

The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.

Vibrations



A Monthly Newsletter

Vol. 47, NO. 3



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DREAM COORDINATORS WEEKEND FEB 19-21



Top left to right:

Front Row: Lucenda Barnes, Kate Ibur

Second Row: Emily Know, Leah Morris, Gloria Millare, Kathy Simpson, Codie Lea Schumann, Sean Kuduma, Jorge Candlelaria, Giselle Marie Havel

Back Row: Larry Hudson, Lynn Boggio, Charlotte Craybaugh, Brian Kraichely, Terrance Bellows, Randy Ristow, Aneta Burauck, Jai Josoph, Dr. Terry Martin, Rushad Garrett, Kneale Ewing, Lacey Byrd, Matt Valios, Scott Hippert



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COLUMBIA

One Step at a Time

The Columbia School of Metaphysics welcomes 8 new students to our branch. Doug Bannister is teaching 6 people and Kavi Surapaneni, our newest teacher has welcomed 2 new students to the school.

Dr. Terry Martin gave a presentation on Atlantis and the Evolution of Consciousness for the students. This was preceded by a potluck provided by all of the students. It was a great opportunity to learn about the relationship of Atlantis and the purpose of the School of Metaphysics.

Kate Ibur, Dream Catcher's Coordinator, is also serving as the Dream Awareness Coordinator. We look forward to hearing what she learns and engaging the community to increase awareness and understanding of dreams.



TULSA Completion and New Beginnings

by Dylan J. Tucker

The past month at the Tulsa SOM branch was a manifestation of the pattern of completion and new beginnings. The branch hosted a New Year's event centered around martial arts, yoga, meditation, and a burning bowl ceremony. Director Jillian Bergman said, "It was a movement of mind. We started in the physical with the practices of martial arts and yoga, then moved inward with the burning bowl ceremony and meditation." Second cycle student Sean Lombard also shared his experience: "My favorite part was reflecting on what I accomplished in the year and releasing what didn't serve me in the year... I came with a really strong intention of being the best that I could be in the new year."

The pattern of completion and the beginning of a new cycle also saw manifestation in a class of students fulfilling the requirements for the first cycle of lessons. Kneale Ewing, Crystal Storm, and myself (Dylan Tucker) all completed the first cycle, concluding a study of more than a year. Kneale will be proceeding to the second cycle, while Crystal and I will be reviewing the first cycle to build a stronger foundation for more advanced study. Crystal has been my classmate since we started at the school in September 2014. I've noticed many profound

changes in her, so I was naturally inclined to ask her some questions about her experiences in the school and with completing the first cycle.

When I asked her how she'd changed and grown, Crystal burst out laughing and immediately said, "I no longer cry in every class." I also had to laugh at this, although it really speaks to the nature of mastery of consciousness in that the process always piques very personal and, often, disturbing truths about the self and ego. "My mind and body are healthier," she continued, "I can see and reason more clearly, and I have a lot more success with creating what I want instead of what I don't want. I quit blaming anyone else for my situation and where I am in life."

"What made you stay in the school for so long?" I asked, knowing from experience the level of commitment and willpower necessary to stay with such an intensive set of disciplines and experiences for so long.

"Part of it," Crystal said, "was the college and seeing everyone and hearing the stories about their process and seeing and feeling how different I was each time I visited the college; then I took time to evaluate the progress I was making in Tulsa, and I could see the progress, even though it didn't feel like as big of a change as when I went to the college, and I wanted a lot of things and ideas and feelings and thought patterns."

When I asked if there was anything she wanted to add, Crystal said, simply and eloquently, "Thank you, everyone."



SPRINGFIELD

Moving Within and Understanding Creation

by Devon Westpheling

In January we had many excellent events, turnouts and experiences of learning that traversed through the month. The meditations brought in about 15 students and people from the community, all eager to connect with the deeper part of their Self in order to come to their own understanding of creation and how to live that through their lives. Part of this understanding of Self is through the activation of a more inward look as we draw students' introspective by discussing astrology – then our director Brian, led us into a guided meditation

to give us the opportunity to take it the rest of the way ourselves.

The new Online Dream Catchers Q&A was hosted by Lacey Byrd our new Dream Awareness Coordinator whom gave of herself, learned to express herself outwardly, and attracted participants from as far as an hour away to her vibration. This new Online Dream Catchers is exciting, and we are looking forward to experimenting with it more to discover its drawing potential for greater dream awareness.

Erin's "Fireside Chat", was created for the purpose of a student, Erin Riddle, to give of her extensive sight into the different levels of mind. She did amazing. She received so much from the experience



herself that she now has her aim on becoming a teacher at the School of Metaphysics, as she is directly inline with this desire acting out this truth; "Master students become master teachers."

The Spiritual Focus Session, Healers Portrait, is coming up shortly, so we recognized our resources available in the school and asked Brian to present his to connect the dots as to the value of receiving your healing quality and how it had improved his quality of life in terms of self value in regard to how he sees himself in relation to the whole. "Just by me being me and nothing less, I'm adding to the whole. That's the importance, the value, of every single person."

Healing Service is attracting more lesson 8 or above students as we are engaging them during announcements by actively being part of the Service before they even arrive through handing out projection request forms for them to use the Laws to draw to them the person in their daily experiences who are looking for the answer of healing.

From a pulled back perspective, the school is moving and growing, changing and attracting. Including the very new and welcomed addition to the Springfield school, Silvia Galvan, whom is now living at

the Springfield school branch as well. She is eagerly engaging the students, aiding them in having experiences for the purpose of learning, drawing them out, collecting data, and creating the greatest creation of all, the enlightened Self. We love you Silvia, and welcome you to our circle of Love.

LOUISVILLE

SHIFTING CONSCIOUSNESS

By Charlotte Crabaugh

The Louisville School Branch can proudly declare the emergence of a new leader. Perhaps you have had the happy experience of meeting Shawn at a student weekend. He single-handedly led students in a fun Dream Bingo gathering recently while Jesse and Charlotte were at a third weekend at the College. He also contributed significantly to a scrumptious fruit day feast by preparing plaintain cakes with salsa and guacamole. Now students in earlier lessons have positive anticipation of fruit days to come.

We have welcomed some promising new students



this month. These range from computer guru to actress, and include one who may be a natural talent with dream interpretation. It is encouraging that one of these was recruited from our Dream Short Course. One of our new students has even donated the computer that has been on our ten most wanted list for a long time. Now we can all get busy transcribing Intuitive Reports.

We are beginning a regular weekly gathering for movies or lectures and community building in addition to continuing to build a new class each month.

Whatever we create and learn as an individual will be reflected in our school branch. So I am learning even more about creating a new self image, which a recent Intuitive Report stated needs up-dated. I anticipate the realization of an active, lively fellowship of students in this growing SOM community.

CHICAGO

Allowing the Spirit to move freely

Emily Knox



In completion of 2015, joy arose in the hearts of students of the Chicago school branch during the Universal Hour of Peace. The preparation of this beautiful day brought many students together to give of what they have and allowed them to experience the value within their talents. Angela Appleby and Ariel Zuniga, the directing intelligence for the Universal Hour of Peace, engaged all the students of the school bringing a group consciousness to our school branch.

On the day of New Years Eve we held a continuous meditation chain for 20 hours and 16 minutes to bring in the New Year with peace, harmony, and love. Kim Knapp, and myself began the chain in the early morning, which was stilling for the mind and heart. The morning is my favorite time to meditate because the mind feels open and receptive. This experience led into our day, inviting more students to the school. We shared in loving meals, present meditations, and joyous laughter. Throughout this entire day, I felt so much love and connection with all the students of the school.

We shared in a special creation of laying peace tiles on the Peace Mandala. The Peace Mandala is a replica of the mandala that is held in the lower level of the Peace Dome at the Headquarters. Lisa Stefaniak and Lisa Kenny gave of themselves gratefully through the development of the replica. Creating a peace mandala in our own school branch was inspired by Angela's desire to have people from the community experience the peace that is experienced at the college. We all received her desire and shared in this creation. We took the appropriate steps of asking permission and Dr. Barbara cheerfully agreed that the peace mandala should be brought into the school branches! The experience of laying peace tiles and reading the Kuan Yin blessings was so pure and enlightening to all who joined. We also shared in a burning bowl ceremony, which aided us in releasing. I am currently learning the importance of releasing while on the journey of creating an updated vision of my Highest Self. Release feels good! This is the time to welcome our Real Self!

We are looking forward to our first All Student Meeting of the year on January 22nd. During this meeting, we will be discussing lab positions and inviting students to share their experiences in their lab position as well as stimulate newer students to apply what they're

learning in a new lab position. Since the 2016 began, we have released a class that completed their first cycle requirements. This space has allowed students to step into their own authority by giving themselves an opportunity to experience what it means to be responsible. I am grateful for all the lab positions in the school because it allows students to recognize what it truly means to be part of the whole. Being involved in a lab position allows us as students to draw out our understandings, apply what we're learning, harmonize with Universal Laws, experience our influence, and so much more. I am eternally grateful for the resources the School of Metaphysics offers for our soul growth and spiritual development!

Our NEW CLASS will begin on Wednesday, February 10th! Our goal is to draw 20 students or more. We are continuing to learn more about the group creation of starting a new class through the Universal Law of Attraction. As we create change in consciousness, it will be reflected back to us through the students we draw. I am excited to welcome and teach the new students! Holding more students in the school allows all the students to reach higher levels of consciousness. As we all continue to expand our consciousness to include more individuals, we will know more aspects of Self and aid the whole through the process!

DALLAS

Teaching Teachers

By: Emily Ashley



The Dallas branch is in a state of positive expectation. We are in the process of aligning with the mission of the organization in a deeper way than ever before. We are experiencing this in different ways with serving the community from classes to teachers's meetings, and mind maps to fundraisers. Our focus for the past month has been on laboratory positions, student involvement, teaching teachers, and community involvement.

Recently 2nd Cycle student, Jamie Metzenberg, took a leap in her growth by beginning her first class in Applied Metaphysics. Jamie has been excited to begin this journey for some time, and holds the vision of this to help her to tap into her own value and worth, and share her knowledge with others. It has been very rewarding to witness this *willingness* in her. Through her efforts with building the class, I saw her become honest, vulnerable and excited about the journey ahead. She created a lot of interest and buzz in the School. I see more and more how new students in the School reflect the freshness of infancy. This infancy is contagious and

creates an attractive place to be when paired with all the other students in their stages of growth.

One of our 2nd Cycle classes, which I teach (Jamie Metzberg, Lesley West and Manny Nicandro) are in a creative flow. They are learning to implement the knowledge they are receiving from the 2nd Cycle lessons on visualization and the levels of mind to a class project to raise funds to pay our property tax. We have had exciting meetings discussing the awareness of our fundraiser *thought form* and where it is in the levels of mind. We are having a lot of fun with discovering the hidden truths of mind and how to create our desires. Next month they will be offering a Yard Sale during the day with a Fish Fry at night. During this Fish Fry 3rd Cycle student, Brenton Harris, will be offering the interpretation of the parable in the Bible of the *Fish and Loaves*.

ST. CHARLES



Moving

by Nancy Groeller and Diana Kenney

We're happy to be sending out this **VIBRATIONS** from the pioneers here in St. Charles County. The New Year is off to a great start in the City of St. Charles. There is a lot of excitement brewing with people coming and getting acquainted with the School through the New Year's Eve Day of Meditation for Peace that we hosted.

new class that started on Wednesday, January 6. Cassie Ambuehl is the teacher, and we are grateful to receive 10 new students. I (Nancy Groeller) had four friends who came. Jessica, another student, brought a friend. Rick's son started class, and some people came who had attended lectures we gave at the St. Charles Public Library. Some of the people who came on New Year's Eve also signed up for class.

The class is currently working on the manifestation of a building for our school in St. Charles. Our first class project is in the works in the form of a fund raiser. It is our hope to "Go Big" and raise big monies for the school! 2016 is going to be great for the students in the new school in St. Charles.

I (Nancy) am having such a great time with learning to interpret dreams. It's astonishing to listen to Diana interpret, and I'm so excited at the prospect of being able to do that for myself as well as others.

URBANA

Moving Forward

By Scott Hilburn & Emily Neblock

On December 31st we hosted our "20 hour, 16 minute meditation & peace vigil" at the Unity Church in Urbana. We collaborated with Unity church to create a peaceful environment for the community to bring in the new year. We had a lot of fun co-creating with Unity throughout the process. The event was a great turn out. We started out at 5am with 2 meditators for the first few hours. For a majority of the day we had 2-5 people meditating at a time. There were a handful of times where we had only one person meditating. (This was a sign of growth from last year, as last year we had 1 person meditating at a time for a majority of the day, until the evening.) During the day time we showed 4 various Spiritual & Peace related documentaries. Through out the day we had an abundance of Einstein Bagels and snacks that were donated. In the evening we had 15-20 people attend the burning bowl ceremony led by the Unity Minister Terri. Then we created vision boards. Around 11pm our area Director Brian Kraichely gave a presentation on Peace, and the importance of Ideals. At midnight we read the Universal Peace Covenant and did a circle of love. There was so much love and connection experience throughout the entire day. It was extremely fulfilling for me to experience.

Peace Ambassador for Urbana received two Peace Proclamations in our area from Champaign, and Urbana. This was Lucenda's first experience as a Peace Ambassador and also my first time working with a Peace Ambassador as a Director. We discussed what worked and what could be better, and have come up with a plan to improve for next year. We are really excited to spread the awareness of Peace in our surrounding communities. One of the ideas that we have is to go visit the mayors of the cities who have not been signing the peace proclamation instead of just emailing and calling. We realized that they are not educated on exactly what the Peace Proclamation is and how it benefits the whole. We desire to build a relationship with them in advance before the end of the year so when it is that time to sign the proclamations they will understand what it is. We are also considering hosting a Peace Event at our branch so we can invite them to have an experience.

Spiritual Gathering has been held weekly on Sunday evenings and led by Lucenda Barnes and Scott Hilburn. We have been showing Oprah's new documentary series called "Belief" which illustrates the lives of people of different faiths and their relationships with their beliefs. The series is beautifully produced, touching, respectful and thought provoking. Rich discussions have followed each showing. The energy of the gatherings and discussions has been one of peace, acceptance and exploration. We have had a great turn out ranging from 6 -16 people so far. Many people report they have alleviated judgements and reconnected with their Humanity within.

Kylie LaSalle and I have been meeting for Sacred Space lab position. We are merging our minds and creating a plan to improve our school building to be more attractive and comfortable for all. We are creating a larger chalkboard calendar with 3 months on it so we can easily plan ahead and see the overview for upcoming events. Then we are going to repaint the kitchen and office. We went to Sherwin Williams and asked for donations of paint and literally received a whole trunk full of paint they donated. They were misting colors and many of the colors that we can use. Then we went to Walmart to drop off donation letters for gift cards so we can receive the rollers, brushes and other supplies we need. We are learning a lot about goal setting and initiation and taking steps towards our goals.



We are excited for our new class who started Monday January 4th, who are eager to learn. We welcome Emily Neblock, Ary Jones, Emmett Silver, and Kameron Ledger.

We hosted a SIR meeting and listened to an Intuitive Health Analysis and a Past Life Profile. This was the first official SIR meeting in a while, and we are excited to be starting them up again. The attendees were eager to learn about what Intuitive Reports are, and to hear what they sound like. A common theme in their responses to the Health Analysis was noticing things that are universally applicable and that they each could apply to their own lives. For example, we noticed that we were all thinking about the kind of people we want to surround ourselves with, and the kind of food we want to put into our bodies to nourish our highest self. In response to the Past Life Profile, there was a sense of fascination and wonder about the essence of our selves and what has led us to who we are today. The reports we listened to resonated with the attendees, and helped them to understand what they themselves could receive from their own Intuitive Reports.

FORT WORTH

Peace and Prosperity in the New Year

by Mel Navarro

We had a wonderful Universal Hour of Peace gathering at the Fort Worth branch! The evening started with a delicious potluck and mind-mapping around our goals for the New Year. Then, we got our energy flowing with a Salsa dancing class led by SOM student, Cynthia Seba. Following the dancing, we created a collaborative art piece centered on the Universal Peace Covenant and had a fire purification ceremony/drum circle. We closed the night with a yoga class, group meditation and visualization, and reading of the Universal Peace Covenant at midnight. It was a wonderful way to start the New Year with a Peace-filled mindset.

Looking to 2016, we are gearing up our efforts for the "Still Mind, Present Moment, Open Heart" teaching which Dr. Daniel will give in March. We have started making calls to individuals in our database and spreading awareness about the event. To help generate interest in the event, we have started hosting Full Moon and New Moon Meditations as well as weekly "Metaphysics of the Bible" gatherings led by Michael Dardanes. Rashard Garrett will also be giving a talk at our local holistic fair in the weeks leading up to the March teaching.



In addition, Michael will be starting a new First Cycle class at the end of the month. We will also be hosting a very special SIR Gathering where two of our students, Brynn Byrne and Mukesh Patel, will share their Business Analyses. We are all looking forward to this unique opportunity to receive the wisdom of these reports and hear about the experiences of the students who received them. With many exciting activities already planned for the New Year, the Fort Worth branch is looking forward to further expanding our light and love in the DFW community in the coming year!

“With Metaphysics You Can Do Magic!”

by Cassie Ambuehl

I have chosen to pioneer a new special article for Vibrations, where students will have the opportunity to submit articles that describe how they are making magic happen in their lives through applying metaphysics. This idea originates from a conversation I had with Dr. Laurel during National Dream Hotline® last year whenever she answered my question, “How did you do that Dr. Laurel?” with the coined answer “with metaphysics you can do magic!”

This first article reflects my experience of manifesting my place in a Doctorate of Philosophy (PhD) program in Counselor Education. If you are interested in submitting an article, simply communicate with your local Vibes Reporter, teacher, and director, to work on submitting your article with your branch’s monthly report.

Making Magic Happen

I practice counseling for my career; specifically, I treat childhood Post Traumatic Stress Disorder. After five years serving at my current place of employment, I experienced somewhat of an existential crisis. “What am I doing with my life?!?” ran through my mind as I evaluated my career choices. I had been supervising Masters’ degree counseling students on site, and I realized that in five years I had treated over 500 children. As the counselors I was training began to thrive, I realized that if I move into Counselor Education, then in the course of five years (if I serve five counseling students) I can potentially aid in the healing of 2,500 children. At the mere imagination of this, I radiated excitement and knew it was time for me start making career choices. My purpose was strong, as becoming a Counselor Educator instead of a counselor would employ several aspects of my dharma (cohesion) and challenge me to step into the leader I chose to become.

One of my interns was supervised on campus of the University of Missouri- St. Louis (UMSL) by a professor whose email tag line contained a link to a book he authored, “Toward a Positive Psychology of Religion.” Immediately, I purchased the book and decided that I wanted to work this man. I also began the application process to be admitted into the PhD program at UMSL. I knew that I wanted to be admitted into UMSL because I saw firsthand that the Masters level interns from their program possessed the basic skills and understandings of counseling theory that produces effective counselors.

As a second cycle student, I have received exercises that taught me how to align with detailed visualization to manifest desires. The image that I created was of me being invited to and



attending the PhD interview where every professor would want to advise me, and I would have the opportunity to be advised by the professor of my choice. Likewise, I applied the mental connection exercises that I had received in order to align my consciousness with the professor mentioned above, as there is a strong desire to work with him since he specializes in positive psychology, ethics, and is a distinguished leader in the American Counseling Association.

The interview process began with students presenting themselves, their aspirations of the program, and who they wished to advise them. Of course, I decided to present first as I only had one opportunity to make a first impression. After the presentations, the professors gave the potential candidates an opportunity to ask questions about the program. One student asked if each professor was accepting advisees, and my professor of choice reluctantly admitted that he was choosing to retire and would not be advising new doctoral students.

Was I disappointed? Yes, of course, but on the positive note, the information of my professor retiring allowed me to release the idea of working closely with him. Therefore, I went about the individual interviews in secure confidence. Throughout the day I felt the love of my classmates and teachers behind me. I was able to remain still and in the present moment. My last interview was with the professor whom I had been connecting with and desired to work alongside.



The professor began by sharing with me that he regrets he will not be able to accept me as an advisee. "Cassie, you are the most qualified candidate. You will be admitted into the program. However, I am retiring. Is there any other professor you would be willing to work with?" He explained that he would ensure I was well-paired as I discussed the other professors whom I admired. We spent the rest of my interview discussing metaphysical principles and enjoying the time and space we shared. We agreed to catch up over coffee throughout the program so that I could still learn from him. The seed idea had moved all the way through mind, and I had released it.

After the interview, my thoughts were racing, and I needed to assimilate. I went home and meditated to clear my mind so that I could enjoy the evening with my loved ones. After meditating my phone rang, and I answered it with a completely stilled mind. It was the professor whom I had aligned with for several months. He expressed that he wanted to call and simply thank me for "giving me a reason not to retire; I have agreed to advise you." When I asked him what made him change his mind, he responded that "when everyone else wanted to advise you, I knew I had to."

This is the power of what we are learning. As students we are able, capable and supported through creating our desires. We have been given the skills and tools to produce the life we want. Thank you, School of Metaphysics, for teaching me that I have value, nurturing me as I recognize how to exercise my value, and for challenging me to always be a better version of myself. Thank you for loving me.

Wiz on Words recognizes Teri Karl!

Ms. Teri Karl from Bolingbrook wins our Word Wizard award for March 2016. In her article "Reaching our Community" Teri described the Bolingbrook branch's success in harmonizing with the Universal Law of Relativity and the Universal Law of Proper Perspective as she updated students nationally about how Bolingbrook is reaching out to their community.

I choose to feature Teri's article because she not only described recent events, but she also described how success unfolded through harmonizing with Universal Law and cooperating with subconscious mind. Likewise, the article demonstrates the theme of reaching out to the community, and explains the different elements that are causing this ideal to manifest.

Writing for *VIBRATIONS* is a true gift for the student who practices this lab position. To begin, this student exercises assimilation as they share their learning with students nationally; through this assimilation process the student becomes aware of their own learning and becomes more confident in



their application. Also, the *VIBRATIONS* reporter becomes more abundant as they give of their time and attention to completing their article each month. Their position is essential, as they represent an individual part of the whole. In order for students nationally to receive a full picture of the broad spectrum that is the School of Metaphysics, each part needs to be represented. I offer sincere gratitude for those who continue to hold their *VIBRATIONS* lab position sacred.

Writing 103: Compound Sentence Structure.

Commas! Semicolons! Periods! Sometimes it seems so confusing to know when to use what punctuation. Does the English language have any real rules? In order to understand how to conjoin a compound sentence, the student must first learn the difference between a dependent and independent clause. An independent clause is a complete sentence: a complete sentence contains a subject (noun) and a predicate (tells what the subject does). A dependent clause is not a complete sentence, and cannot grammatically stand alone. Here are a few examples of when to use what punctuation:

Dependent clause, independent clause.
Independent clause, dependent clause.
Independent clause; independent clause.
Independent clause, conjoining word (and, but) independent clause.
Independent clause. Independent clause.

INTERFAITH COMMUNITY

Faith in Action

By: Golbahar Dadyan, Nat'l. Peace Ambassador

This year is the year when individuals will awaken to the truth that lies within them. In each one of us, there is a desire for growth and forward motion. This desire comes from each individual's connection to divine source. In an attempt to know that source we take action on our ideals, desires and goals. With each movement forward there comes a greater understanding of God, Self and Creation.



Understandings are what the soul stands upon to spring forward into bringing forth new understandings. The ideal life is one in which the soul can live and express from all understandings gained. This is living from the WHOLE SELF.

Faith is the ability to concentrate the mind on the ideal image of the self and then to take action towards becoming that ideal. Faith is reaching deep within to connect with a higher power and to live life from the perspective of that power. In order to have faith, one must be willing to receive within the Self the highest ideals possible. Once that is complete, one must concentrate all the mind on imaging that ideal. With disciplined focused attention on the highest ideal, there then can be space opened within the Self to bring heaven on to earth. Heaven on to Earth can be described as bringing high ideals and visions into conscious earthly experiences. This is the Quest for mankind. This leads to Enlightenment.

Interfaith Church of Metaphysics Tenets

We believe:

That man, whether male or female, is a spiritual being having been given existence and free will by his Creator.

That the Creator set into motion laws which function throughout our universe governing creation.

That man, whether male or female, is made in the likeness and image of his Creator; thus possesses the freedom and responsibility of creating with thought.

That thought is cause, and everything else is subcause.

That each individual is striving to know Truth that is Universal becoming compatible to his Maker.

That temporal life is a choice made by each soul for the acceleration of spiritual progression.

That each individual has every possible opportunity for a spiritually enriching existence if he will only choose to envision and live it.

That the destiny of man, whether male or female, is an enlightened an intuitive, spiritual being demonstrated by singular individuals throughout the Earth's history.

That this spiritual maturity is the quest of every individual, and can be aspired to through ever-increasing awareness through disciplining our minds, by meditation, by prayer, and by positive thinking.

That as this destiny is manifest in the individual's progression, it is manifest for all people, and the evolution of mankind is accelerated.

Spiritual Gatherings are one the best forms of receiving from the highest parts of self. This is because, it is a place where divine friendship can be cultivated and practiced. Each person needs love in order to evolve. The gathering of people for the purpose of discussing faith, spiritual growth, evolution and divinity provides a space for these types of friendships and bonds to be forged. From that place faith which is the ability to image the highest ideals can be put into action.

Spiritual Gatherings.. A way to bring Interfaith Community into Life

There are many ways that these gatherings can be structured. I have listed some to give you a starting point. I recommend that you use the forms that I have described. As you learn and grow with these gatherings you can create your own format. You can choose the format that best fits the needs of your school branch and the people in the communities you serve.

I. Breath Work.. Holy Works

Have people gather doing breathing exercises together for 10-15 minutes. Then choose a Holy Work of your choice and read it with the group.

Open the gathering up for discussion so that everyone can share their perspective and how they can apply it to their life. For this particular gathering it would be good to invite a ICOM Minister to join and help lead the session with you.

Benefit: To draw out inner divinity and to elevate the thinking process while connecting to Spirit via breath.

II. Peace is Our Birth Right

In this gathering you can hand out the *Universal Peace Covenant* to each person in the circle and have them read the covenant in a group. Then you can open a discussion on thoughts about the Peace covenant and how it can be applied to daily life.

Benefit: To aid in the application and understanding of Peace into our daily lives.

III. Master Living

This gathering can be held in a Series of 10. In which each week a life skill is covered from the *Master Living* book, written by Dr. Barbara Condon. In the gathering you can read a section in the book and do the exercise that goes with that section. Then have people share what they are learning and discovering about themselves.

Benefit: Understandings and Application of the 10 Essential Life Skills.



When the Power of Love replaces the love of power, man will have a new name: God

- Sri Chinmoy



Ψ How PSI Counseling Changes Consciousness

by Dr. Diana Kenney

August 25, 2015

My consciousness has significantly changed as a result of my study of psi counseling. My relationship with my self is deeper as are my relationships with others. I have a greater conscious mind awareness of how to connect with others and I have made changes in how I am with people. There is a greater ability to relax and be, which brings forth awareness in the subconscious mind. There is a more consistent awareness of my own light. I feel like I am more filled with light, that the light within me is growing. The result is a greater ease that I experience interacting with others on a deeper level. This is symbolized by the stars and the moon in the painting, the people holding each other and me, with light emanating from my torso and my head.

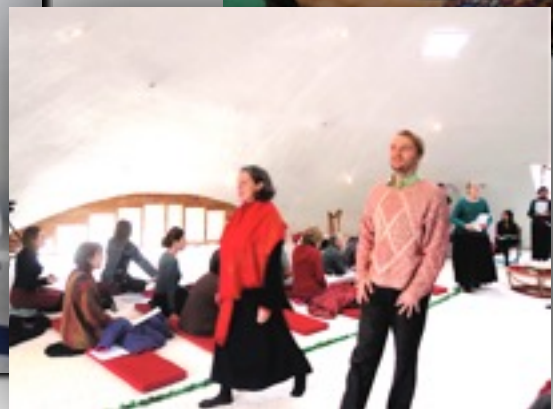
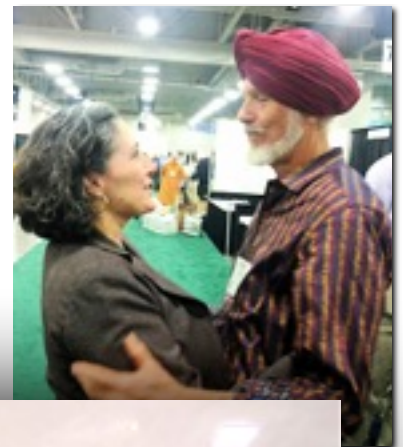


The bridge between the conscious, subconscious and superconscious mind is symbolized by the rainbow. I also am experiencing a greater awareness of the Universal Truth "As above, so below" and of the power of thought. This is represented by the six-pointed star.

I am able to reason with my experiences better and produce spiritual understanding, reflected by the water and the fish. I have more consistent access to the permanent understandings I have developed over lifetimes, reflected by the bird.

This is both empowering and fulfilling. The pyramid represents the full use of the mind's energy. I enjoy more and more moments where I am in the flow. What I need is at my fingertips at the moment that it is needed. My days are more often filled with peace and security.*

Dr. Kenney was among the 36 delegates to the Parliament of the World's Religions in Salt Lake City. Bringing Alva Myrdal to light in THE INVITATION is a ministry of universe peace.



Accelerate your learning online opportunities

"Affirmations give the mind direction."

When the affirmation is for health and healing, the wholeness of our thought is essential for our well-being. When consciousness generates a whole thought, its manifest likeness is assured.

How can this be?

Consciousness is.

Consciousness is wakeful awareness. It expresses through the air we breathe, the water we drink, the fire we warm ourselves by, the earth we fashion, the metal we walk upon. All the elemental forces are alive around us and in us. These create a consciousness field that is always present and ever responsive to us.

To realize this field, imagine what it might be like to swim in the depths of the ocean. All around you would be water, filled with life forms of various sizes and shapes. Your body, being human, would be somewhere around 85% water. Your body would be a physical point of locality for your consciousness to anchor, becoming grounded. This body would allow your individualized consciousness to interact with its environment.

Scientists call this the A-Field, short for Akashic field, and it is at the forefront of consciousness research that seeks to explain the cosmic and quanta universes. This will become very real to you as we explore the affirmations for wholistic health."

– from the upcoming title

KUNDALINI ENTRAINMENT

by Dr. Barbara O'Guinn Condrón

Talk with the author about why SOM Lessons teach Kundalini and how to create an intentional field.

Enter **THE VIRTUAL CLASSROOM**

with

Dr. Barbara Condrón

Sunday, March 27

at 8:30 pm CT

Ask your teacher/director if you are eligible to attend.



ONLINE MEETUPS EVERY MONTH

DREAMCATCHERS ONLINE

dreamschool's Q&A

2nd Saturday of the month...

with Dr. Daniel Condrón & Matt Valois



**Talk with the
Author series -
register early!**

May 8th Sunday 5pm
CDT

INTUITIVE DREAMING

with Dr. Laurel Clark

The New Maitreya

by Barbara O'Guinn Condon

*A letter to Aneta Baranek,
National Dream Awareness Coordinator.*

The **Introduction to Dream Interpretation Course** is taught through SOM branches and is available online at dreamschool.org. There is an important lesson here that you will appreciate as a Gemini. It centers upon communicating from the seed idea. The material that we are now using to teach people how to interpret dreams is the same that is offered to people through the worldwide web. You understand the importance of this outreach, Aneta, probably better than most of the people associated with SOM right now because of your background not only in Internet Technology, more importantly in culture of origin.

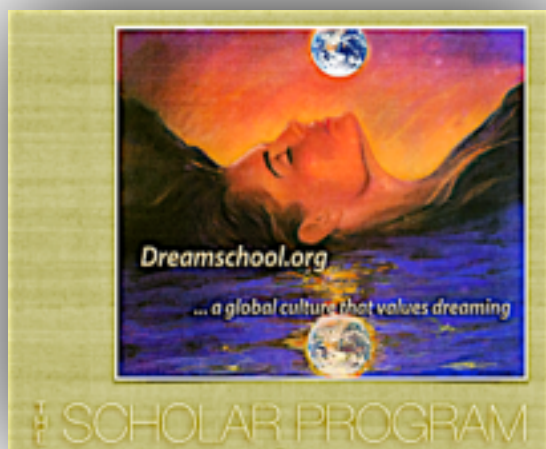
What you bring is so valuable to us collectively. It is the New Maitreya. You are uniquely you. Yes. You also bring a part of the world to us that is unique. This coming together of people – “we come together, all of humanity, young and old of all cultures from all nations” as the *Universal Peace Covenant* says – brings to my mind the individual stones that are being sent and collected to become part of the Healing Wall at the Peace Dome.

Can you intuitively perceive the connection I am drawing here?

In the same light of Relativity, each of the Dream Awareness Coordinators bring what only THEY can offer to this year's collective of National Dream Hotline®. Each individual is stunningly brilliant in their own right adding their Light and Love to something greater than themselves.

National Dream Hotline® has been an expression of the New Maitreya from its beginning in 1989. I know you perceive this. Meditate upon it. Allow it to sink into your consciousness, watering the inner levels of your mind so your soul understandings flower into expression.

Will you accept the teaching today?



HELP! For remembering your dreams

For the individuals who state they do not dream, the first step is to realize that the incapacity is not in the dreaming ability. Rather, it exists in the control of recalling the dream experience.

Those who forget their dreams are often the same people who have difficulty remembering in their daily life. Rather than direct their full attention toward the experience before them, they scatter their mind's energies, receiving information in a piecemeal manner. Later, when they desire to recall the information it comes to them in the same scattered form it was received and they can recall faces but not the names, or events but not the demarcation of time.

To enhance your recall begin developing conscious control of your attention during your daily activities. Endeavor to direct your mental will so you can receive through the body's five sensory receptors the full experience. [Course 140 Lesson 1]

The INVITATION Performance

Parliament of the World's Religions 2015

By Leah Morris



Hezekiah, Dr. Barbara, and Terrence in our hearts knowing they were flying through the air on a different trajectory to the same destination. The relativity of the thought form is infinite. The INVITATION was written in 2003, yet the lives of the laureates extend as far into the past as their influence does into the future.

As the plane engine roared in my ears, I closed my eyes. I thought of all of the lifetimes each of the laureates had lived that brought them to the exact time and place where they could make the greatest impact. Oh, how they each arose to the occasion. When we



embody them, we are embodying all of it; every choice, every challenge, every rejoice, every expression of Love and Truth. We are receiving their consciousness into our beings and for a moment, it is ours to share. Across the isle, Golbahar, Brenton, and Sydney nuzzled together in their row laughing, talking, engaging. They looked so happy. I could tell that they knew each other deeply. Walter and Matt were next to me, still, quiet, content. My heart glowed with peace. Everything in the moment is Right. With gratitude, I thought of all of the lifetimes I had lived, and the choices that I had made that brought me to this exact time and space with each of these wonderful souls.

So many factors had lead us up to that time and space. We sat on the plane together; Walter, Golbahar, Sydney, Brenton, Matt and I. We held Emily,

"We are performing The INVITATION at the Parliament of the World's Religions," I thought. The play itself had made itself known in many forms prior to this one. Each individual in the audience with each performance, has added substance to the thought form as the Law of Relativity continues to carry it's potential forward.

The INVITATION was performed during the PreParliament event in Chicago in 2008, and at a Unity Church in Melbourne, Australia while the Parliament gathered there in 2009. The next step? To give the consciousness of peace to the great leaders of the world at the Parliament of the World's Religions in 2015.



"The INVITATION will inspire them to carry their work into the world. It will be a breath of fresh air, an image to move into," I thought.

What a wonderful gift to give hundreds of world servers who need to know how important they are.

We landed in Phoenix to catch our connecting flight to Salt Lake City and frolicked through the the airport terminal. Within a few minutes, we found Terrence and said, "Dr. King, what a surprise!" He happened to be booked on the connecting flight to Salt Lake City along with us.



When we landed in Salt Lake City, Sydney stood up and said, "Is anyone here going to Parliament?" A few men raised their hands. She pulled a personally designed ticket out of her pocket and said, "We are part of a play about peace that is performing this Friday. We would love for you to be there." Her pure, genuine, generosity shined in her smile, and her eyes as they happily agreed to attend the performance.



The thought-form continued to attract like minds as it moved into manifestation. During our rehearsal on the stage, many people came to the door of the

auditorium looking for another class that had been scheduled and then canceled. We were able to connect with them and invite them to the performance.

An hour before the performance, the cast sat together in a circle in full dress, calmly chanting and connecting our hearts to the consciousness we were about to bring. In oneness, we arose and walked in silence through the halls of the convention center, passing hundreds of people. Mother Teresa and the Dalai Lama were given much respect and attention as we crossed paths with people. I



felt such reverence and honor for being able to bring *The INVITATION* to them.

We decided to strategically place each laureate in the audience, in silence, candles burning before the play began. The newly created "Lives Worth

Examining" film, with updated images and narrated by each of our own voices, brought each laureates life story to the audience.

I sat in the audience, my candle lit and my heart pounding. People were filling the seats, around us careful not to disturb the silence of our reverence. This performance had such depth of meaning to me. Matt Valois brought his keyboard all of the way from missouri to perform his solos adding a profound and heartfelt message.

We delivered *The INVITATION* to the world that day. Each time I perform, I can feel the attention of the audience. Usually, some people are engaged while others not. Some people are alert, yet the meaning passes them by. Some people receive deeply and are moved. I was suprised when, at the end of Betty William's speech, the crowd began to applaud. I remained still and took my seat next to Linus Pauling on stage. Our receptive audience full of religious leaders, lay people, activists, environmentalists and many people from various faiths and backgrounds became more engaged as we continued to give the play.



As Matt began to sing, "We Shall Overcome," a song from the civil rights movement, many people began to sing with him. At the end of the experience, the audience sat silently in reverence for

a few minutes. I could feel the movement within them. The entire cast lined up outside in the hallway to receive the people and their gratitude.

Many people gave each of us genuine hugs and appreciation. I was able to connect with 2 people deeply after the performance. The first was a man from Northern Ireland who remembered how his life changed when the 3 children were killed and Betty Williams and Mairead Maguire started the Peace Movement. He was grateful to hear her story and be inspired again by her words and choices. He even thought I was from Ireland! It was a great opportunity to explain how I had embodied her consciousness through concentration, meditation, and visualization. Another man came to me and hugged me with tears in his eyes.

He said, "Thank you. That was very powerful." He later visited the School of Metaphysics booth, connected with more of our delegates and laid a gem in the Window to the World.



Comments from the Cast

"I had many people bowing before me and recognizing that I brought His Holiness to the Parliament of the World's Religions because he was not physically present. Two gentlemen from India who spent much time with the Dalai Lama asked how I was able to imitate him so well. Many of his words and actions were exactly as they have seen. They remarked how beautifully I was able to portray him.



I shared with them the many years it took and the practice of embodying more than just words and mannerisms. I have learned to sink into a state of consciousness that the Dalai Lama may hold for himself as well as all people. In my mind the image of the words are so clear, that the Dalai Lama comes forth



as if I was presenting to the consciousness of the planet, just like he would do. This world stage and the two men from India gave me feedback that who I was portraying was indeed who I wanted to embody. The experience was humbling and it gave me a taste of what it is like living in the footsteps of His Holiness the 14th Dalai Lama."

- **Walter Hrycaj, Dalai Lama**

"Portraying Shirin Ebadi in The INVITATION was humbling and brought forth my connection to God. At the end of the play, a woman in the front row looked at me and cried. She put her hands together in prayer form, with tears in her eyes she said, "Thank you." She then bowed her head. I knew she was bowing her head because of the grace she experienced by connecting with the thought that, "Peace is an Idea whose time has come."

- **Golbahar Dadyan, Shirin Ebadi**

We express sincere appreciation and gratitude to all who helped make this performance possible by supporting our \$10,000 fundraising goal! Your hearts and minds were and are with us in All Ways. With Love, The INVITATION Cast



"Attending the Parliament of the Worlds Religions was an incredible experience that I will never forget. The Invitation is Honor, Service, Peace. Every time I perform, I awaken those qualities within my Self. Service is what I carried with me throughout my entire Parliament experience, and what I held in my mind during the performance. I felt honored to walk through the Hallway embodying such a powerful and intelligent woman who's lifetime has aided mine profoundly, Alva Myrdal. Walking through the hallway together as a group, already embodying

these Laurette's, was one of the highlights of the Parliament of the Worlds Religions for me."

- **Sydney Kasner, Alva Myrdal**

Gratitude

by Laurel Clark

The School of Metaphysics touches people's lives in ways that continue to influence years later. In one week I received these comments from SOM Alumni.

First, from Rudy Arena. You may not know that it was Rudy's initiative, follow through, communication, and investment of time and energy that moved our intuitive research from audiocassette tapes to digital recordings.

"I am so grateful for the School of Metaphysics and proud of what I brought to it! Thank you Dr. Laurel. I hope, like many of the relationships thus far in my life, this one sustains...

I received my first contract [at work] and the second came two days later. "The universe may provide the minimum to people with faith, but using reason, will (deciding) and taking action will guide us to the answers that acquire health, wealth, joy, and wisdom!"
- SOM L15

From Brenda McGarvey, who was a student at the Maplewood SOM. She learned of the school through Debbie Hudson when Debbie volunteered for hospice. Debbie set me up to speak at Unity Hospice on three occasions. Brenda attended Powers of 10 and introduced it to other social workers at hospice. She said,

"Thank you so much! I have reflected on you all [SOM] so much this past year and the positive path you set me on ... I am so grateful for you and Larry!!!!!"

From Kathy Phillips, former student and teacher in Louisville, KY. Kathy, a realtor, set up lectures for SOM teachers to give at real estate companies in Louisville. She also found the house that the SOM now owns. Right after her birthday, Kathy sent a photo of herself, saying,

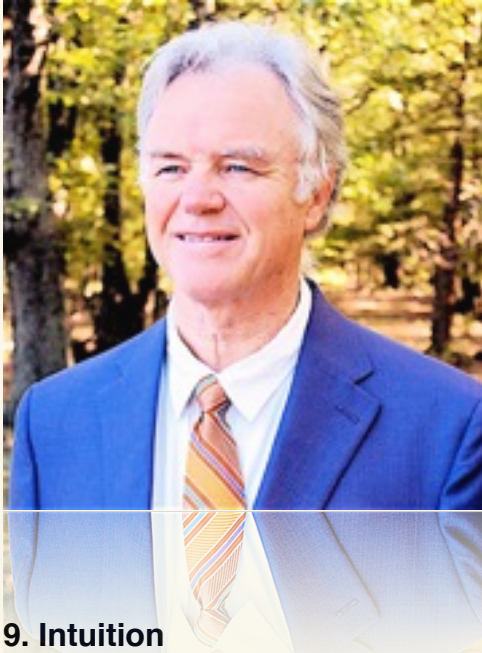
"Looking good for 71 years young as of 1-18-16. Meditation keeps me young. Love to you! Take care. Miss you and your wisdom. I have fond memories of SOM."

From Lori, who was a college student as well as student, teacher, and director:

"I am grateful for great vision and passion for reawakening our Enlightenment ... I have a new coaching partner in a class I am in. She's from Virginia Beach so we were speaking of Edgar Cayce and SOM came up ... very grateful!"



The Keys of Life that are the Universal Life Lessons January 2016



9. Intuition

Whereas, reasoning functions mostly from the disciplined conscious mind and harmonizes with the subconscious mind, intuition brings the superconscious mind into the field of experience.

The conscious and subconscious minds can be accessed by combining will with the aggressive factor of creation. However, in order for the superconscious mind to be accessed one must master the receptive factor of creation. Intuition is the product of a still mind that is receptive to superconscious mind. A still and receptive conscious mind may receive the inner secrets and high truths from superconscious mind providing instant knowledge, insight and wisdom.

The one who receives from superconscious mind rapidly grows in high consciousness and spirituality.

A psychic person receives insight from subconscious mind. Intuition comes from superconscious mind. Intuition is of the Divine. Intuition, when heeded, benefits spiritual evolution. Intuition contains within itself love, insight and wisdom. Kindness, balance and harmony are always present in intuition.

Psychism is centered
and understanding are centered in
chakra. One blessed with intuition is



around the head and brain. Intuition
the heart and connected to the crown
loving and kind, especially to those with

Dhammapada Class

With Dr. Daniel Condron
AT THE COLLEGE OF METAPHYSICS

By Leah Morris

Every morning at 7:30, Dr. Daniel offers a class that is open for anyone to attend. This winter, we have been studying the book, The Dhammapada Interpreted and Explained. The book offers each verse of the Holy Work as well as Dr. Daniel's commentary which adds depth and understanding to the words of the Buddha.

I have learned many things from our mornings together. The most important is the need for mental and emotional discipline. Dr. Daniel stated in class, "An undisciplined mind lacks purpose and falls into stimulus/ response ego motivation that is based on the external environment. A disciplined mind forms desire around the object of attention and consciously creates purpose." One who has a disciplined mind can master sense attachment. Then, the storehouse of understandings from within can pour forth into the conscious mind and be expressed outwardly.

Self discipline is a necessary step in becoming awake like the Buddha. Wisdom radiates from one who is free from compulsive urges and attachments. Once the ego is mastered in this way, we become our own teachers. This means that the entire world and everyone in it become our Teacher. An enlightened master of the self is humble and open to learning from all people and situations. Even animals and plants!

**"If
you find a
friend who is
good, wise, and
loving, walk with
him all the way."
-Verse 328**

When we read the verse about friendship, Dr. Daniel asked us each, "What is a friend?" We reflected for a moment on how to distill our experiences.

"A friend is someone who loves me as they love themselves." -Tim

"Someone that I can give and receive love, truth and understanding with. This aids me to follow the dharma and know the Real Self." -Golbahar

**"I have conquered
myself and live in
purity. Having
taught myself, to
whom shall I point as
Teacher?"
-Verse 353**

"A friend is someone who loves me unconditionally, and who helps me to grow into the best me I can be. There is a special bond and connection and I know I am accepted in the moment no matter what." -Sydney

"A person who I trust, can be vulnerable and open with, accepts me for who I am, and who trusts me with the deep desires of their soul. Someone who is dedicated to similar ideals and is on a journey to fulfill them with me." -Leah



When I reflect upon my experiences in this lifetime, I will always know the importance of the people with who I shared this time and space with. Without them, I would not know the depth of the Divine Love of the Creator. Without them, I walk alone.

I would still get there. But with friends with me, I can fly.



Let the 28th Dream Season Begin!

by Aneta Baranek

As I was teaching the Dream Short Course in our Kansas City school branch one of the students asked about his dream from childhood. The dream was very short with bombs falling all over the house he was living in and the town itself. The student was twelve years old when the dream first occurred. It was only at the age of fifty-five that the message of the dream was demystified as we interpreted it in class. Bombs symbolize forced, unexpected change. The dream reflected how back as a child the dreamer felt out of control with the changes that were occurring in his life. When he received the interpretation the student was relieved. He was able to immediately connect the dream with the physical circumstances of his life at that time when he needed to move with his parents often to new cities and neighborhoods. He did not want to do so, and yet felt forced to oblige as a child. Seeing how the student transformed by receiving the dream interpretation was yet one more confirmation for me to continue the work of dream education.

The fulfillment I have found in aiding others to wholeness through dream interpretation is what as the National Dream Awareness Coordinator I wanted to share with everyone in attendance at the February Dream Awareness Coordinators' Weekend. The weekend was focused on providing all the Dream Awareness Coordinators at the branch level with resources and tools for enhancing their dream interpretation skills. The Dream Short course served as the foundation not only for the Dream Awareness Coordinators' Weekend itself, but also for the series of the upcoming Interfaith Community Gatherings that take place every Sunday at 6:00 PM at each school branch. We are very privileged to have access to the Introduction to Dream Interpretation Course lessons, written by Dr. Barbara O'Guinn Condon. These comprehensive lessons guide us through the dream interpretation theory step by step. As I have been teaching this short course I have seen first-hand how transformational it can be. As teachers of this short course we simply become facilitators of the inner changes that the



National Dream Hotline®

students themselves undergo. We are holding the proverbial lamp of awareness for them as they receive messages from their souls enwrapped in their dreams.

We also focused on the media. Leah Morris and Sandy Leitner both shared wonderful experiences of successfully setting up media appearances to promote the National Dream Hotline® in their respective areas. The more we see the media as a web of connections which we can tap into to promote dream education, the simpler it is for all of us to reach more dreamers out there.

The skit prepared by the College students brilliantly underlined the "look and feel" of the National Dream Hotline® during which we all, the branches and the Headquarters, open up their hearts, phone lines and doors to welcome dreamers from all over the country, and the world, to share their dreams. For those in attendance who never experienced this national annual event themselves it was a great portrayal of what to aspire to create within their own school branch.

Ask your respective Dream Awareness Coordinator and Director to share with you their experiences and skills gained. The ideal set forth was that all who participated in the Dream Awareness Coordinators' Weekend would in turn teach what they learnt.

The Dream Bingo might be a great topic, which is an especially fun and yet purposeful game that was designed to facilitate dream education. In March and April timeframe we are encouraging all the branches to host multiple rounds of Dream Bingo. Who wouldn't like to learn through playing a round of bingo?

To synergize all of our common creative efforts here is a 10 Most Wanted List for all the Dream Awareness Coordinators to use as a measure of involvement and engagement in dream education both at your local school branch and nationally as a whole (see next page).

I look forward to hearing about your experiences leading up to the April Dream Awareness Weekend. I know I will communicate mine in the next article. **Let the 28th Dream Season begin!**



IT Maven Silvia Galvan has given dreamschool.org a mindful redesign for 2016. Check it out today!



Ask you teacher how you can participate in this year's NATIONAL DREAM HOTLINE®. Only April 29-May 1st.

Dream Awareness Coordinator 10 Most Wanted List

1. Teach the complete Introduction to Dream Interpretation Course as part of the Sunday ICOM gatherings prior to the National Dream Hotline®.
2. Minimum of 3 Media appearances setup within your local community for the National Dream Hotline®.
3. Interpret 100 dreams as part of the National Dream Hotline®
4. Establish a minimum of 50 contacts as part of the National Dream Hotline® reach-out.
5. Establish consistent Dream Catchers presence within your community with a minimum of 10 in attendance at each webinar/meetup each month.
6. Host a minimum of 2 Dream Bingo fundraisers throughout the year.
7. Give a minimum of 3 lectures on dream and dream interpretation within your community before the end of the year.
8. Give a lecture or teach the Introduction to Dream Interpretation Course at a local community college/university before the end of the year.
9. Collectively have 3 articles on dream and dream interpretation published on behalf of the School of Metaphysics by the end of the year.
10. Collectively have 4 new dream scholars sign-up for the on-line version of the Introduction to the Dream Interpretation Course.

April 1-3 NATIONAL TEACHERS CONFERENCE

April 9 DREAM CATCHERS ONLINE with Dr. Christine Spretnjak @ 2pm

April 29-May 1 NATIONAL DREAM HOTLINE®



School of Metaphysics Branch Locations

email to (cityname)@som.org

World Headquarters • 163 Moon Valley Rd. • Windyville, Missouri 65783 • (417) 345-8411

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5021 W. Irving Park Road • [Chicago, Illinois](#) 60641 • (773) 427-0155

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2606 Oakview Terrace • [Maplewood, Missouri](#) 63143 • (314) 645-0036

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