

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

Freedom Sounds Like...

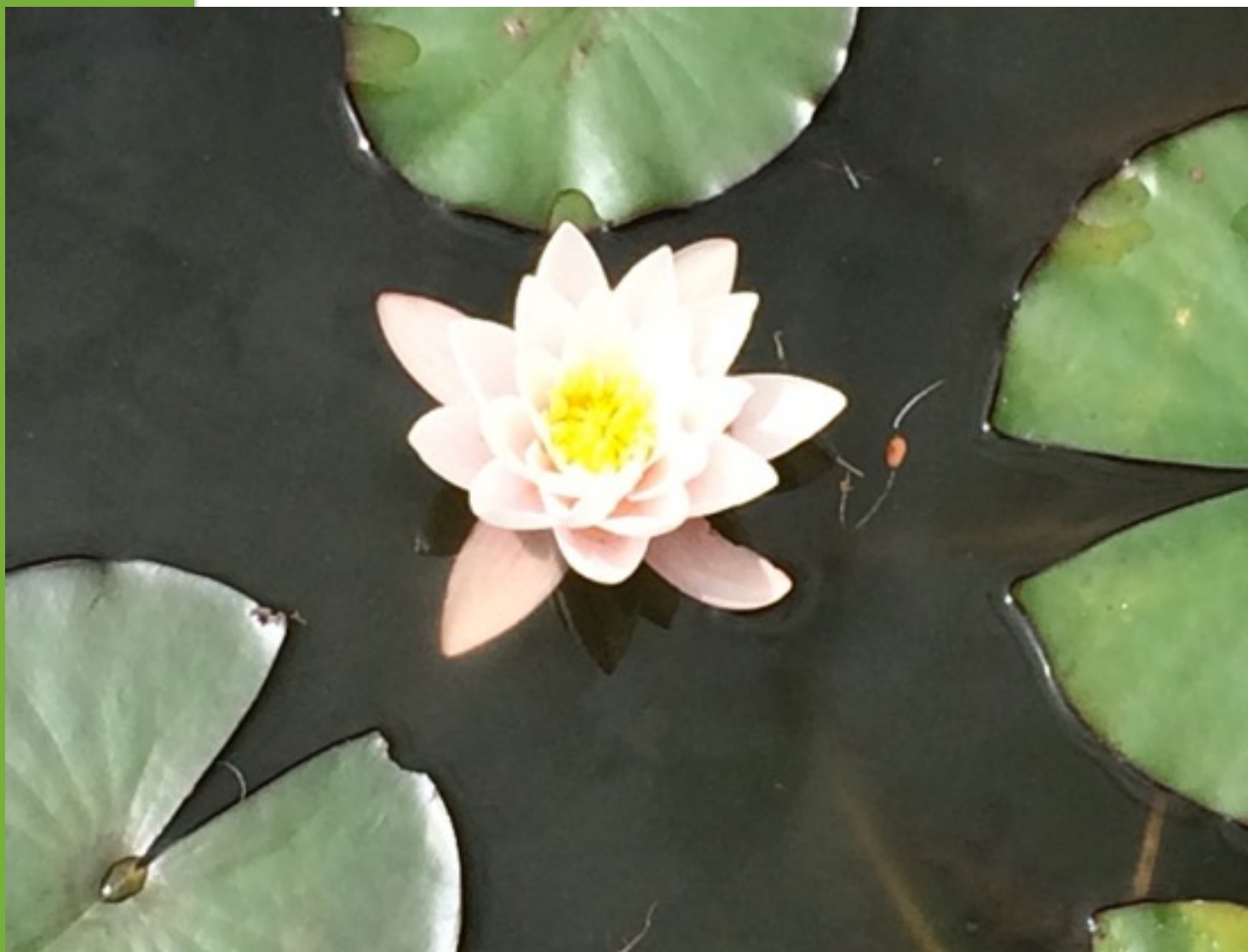


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Springfield

Let Freedom Ring!

By Devon Hoover

When you looked in the mirror as a 2-year-old child, you did not see the reflection of your Self, you saw the reflection of your body. When you look in the mirror today, you do not see a reflection of your Self, you see a reflection of your body. The Awareness that saw the reflection when you were two, is the same Awareness that sees the reflection today. It has not changed. We know that it is the immeasurable and immutable presence of Awareness that is indeed the real Self.

When you look into your thoughts, you do not see a reflection of your Self, you see a reflection of Mind substance. When you look into your emotions, you do not see a reflection of your Self, you see a reflection of Mind substance. The Awareness that sees the reflection does not change when the Mind substance changes. It is still the same Awareness. When the conscious mind (in our human laboratory) feels identified with the body, the thoughts, the emotions, it appears as though they tell us something about our real Self. This produces entrapment. It thrusts us into an enormous amount of efforting to try to fix up the body or fix up the thoughts or fix up the emotions to try to fix up the Self.

When you become awake to your real Self as the Awareness of these objects in consciousness, you are freed to know the true role you play in the evolution of consciousness. It is by offering your presence of Awareness to the unfolding of Creation that you serve the All. Thank you.

When you know that you are not your body, your thoughts, or your emotions, you are free to explore them, to investigate the transformation of one thought form into another. You are free to feel and express an emotion for the purpose of understanding it more intimately. Jesus said, "As long as I am in the world, I am the light of the world." Whatever occurs within your inner or outer life is relevant, important, and needing to be seen by the Light of your Awareness. Thank you for being the Awareness that does not give up on anger, judging the human who hasn't figured out how to apply Lesson 5A. Thank you for being the Awareness that continues to remain the Divine Loving presence that allows anger to come to know itself, to recognize where it came from and where it is going, and to ultimately find its way home. There is indescribable freedom in knowing that you ARE the Awareness. Thank you for being the Light of Awareness to all of the content of experience that you bear witness to in this lifetime. Let freedom ring!



Indianapolis

Going Deeper with Self Trust

By Stella Lynn Boggio

As a student and teacher in the School of Metaphysics, I have realized many truths. I have developed my intuition, received messages in my dreams as well as deepened the relationship with my Inner Self. This has given me great freedom. However, in the past year, I have still struggled with self-doubt and anxiety in many areas of my life. This puzzled me. I have been a student and teacher in the School of Metaphysics for many years. I have gone through many initiations in consciousness. I knew I trusted myself overall. However, there were some signs I could go deeper in this area.

One of the signs I could go deeper regarding self-trust was in how I questioned myself. I would go back and forth when making a decision. I was “afraid” of making the “wrong” decision. In my studies of metaphysics, I have learned there are no right or wrong decisions. Only learning. If something could be labeled a “wrong decision” this would only be true if the learning was disregarded .

My recent Health Analysis addressed this behavior. “We see that the indecision stops this one’s forward progress as she truly desires it to be.” When I heard this statement, I was stimulated to look further at my behavior.

I also saw how my indecisiveness stimulated me to look outside myself for answers. I noticed I was asking others what they thought about various situations in my life. Although advice is helpful at times, we all have our own inner wisdom. This wisdom transcends both time and space. When I get quiet and go within, all the answers I seek are available to me.

Only then do I develop a deeper relationship with myself. Then I can feel confident about the choices I am making. When I observe myself looking for the answers from others, that is a sign for me to go deeper within. One way I do this is through deeper meditation practices. In this manner, I am able to quiet the inner chatter and be more in the receptive mode.

Another way to access inner wisdom is through our dreams. Our dreams contain a vast storehouse of wisdom. Dream Incubation is a way to receive clarity. Before sleep, relax the mind. Next write an open ended question such as what are some options for new job opportunities regarding writing? Do a stream of consciousness writing for ten to twenty minutes. This empties the conscious mind of worries and doubts. This also enables one to prepare for sleep more and to be in the receptive state. Lastly, draw a picture of the expected answer. When I have incubated dreams and received the clarity, my confidence soars.

Self-trust is a skill that can be developed. It takes patience. However, with continual practice, one’s self-trust can expand. This will enable the individual to be their best authentic Self in all aspects of their life.



Maplewood Graduation

Thomas Croft

Hey friends! Back again with another vibes article. I recently graduated from the 1st cycle of the SOM back in May. It was like a ceremony. Graduating from the 1st cycle took commitment and a lot of hard work. I never had a point where I wanted to throw in the towel; there was a part of me that wanted to finish what I started. My soul led me to the right place at the right time and that was at the SOM on February 25, 2020. Since I've graduated I have moved into the 2nd cycle. Now my brother Marcus Croft and I have more classmates. Before it was just me and my Marcus. Now we have two new additions to the team Maria & Kelly. That makes for a good mix of energies and a good balance. I am preparing to teach the MOC course on the 30th of June. I have been preparing myself to teach the class. My teacher Dr. Diana suggested that I write a paper on what I have to offer the class and what I want to gain from the class. A few things that I want are students who are willing to learn more about themselves and are ready to grow. I want to share my experiences with them and help them through any adversities that they are experiencing. I want us to connect in our hearts, to be aligned with one another, to know what it is that they need. I offer commitment, peace, and stillness. Traits that every soul has, are just like a key you have to turn to access it. Another suggestion was the "secret sin" an exercise from the 1st cycle where I release the phrase "I can't" from my consciousness. If you know you know this exercise works wonders.

I shared an experience with Terrence-LaMont and Marcus Croft on the weekend of 6/11. The Maplewood branch hosted an event called The Collective Garden Experience. We cleared up the side of the building by pulling up the weeds and cutting the grass. We all held the intention to release old thought forms and make way for new thoughts, to clear the space. That we did. We aligned ourselves with the earth by thanking each weed that we pulled in doing that the experience was very harmonious. It was a gentle process. We found some DEEP roots. Old thought forms that needed to be released. After we cleared the space we were greeted by three bumble bees. That was confirmation that our work was complete. A good omen. That was a piece of the puzzle in preparing me for the class that I am about to teach. I have been prepared well by my teachers. Here is the flyer for the upcoming class. If anyone would love to learn more about themselves feel free to stop by Maplewood. We would love to see you there. Also, my brother Marcus Croft is hosting a lecture called the "Inherent Power of Reasoning" on 6/29 from 6-7 pm at the Maplewood branch. You will not want to miss this one right here. That concludes this month's article. May peace be with you.



Palatine

The Great Teaching

By Gino Crededio Jr

As a young man, I walked with the Lord, my teacher, through the desert. Side by side we walked down the road, one baking in the heat, the other basking in the sunshine. The Lord taught me many things in those days and always answered true my questions.

At once, I asked the Lord, "Teacher, is it not true that we have walked for many miles and many days?"

"This is true, my friend," replied He.

"And is it not true that there has been naught in wisdom nor virtue that you have kept from me should I have asked of it?"

The Lord laughed, "This is also true."

"Then Lord, I have often heard mention, in our travels, of that teaching about the nature of the world, that aspect of Creation that is called Maya. I should like to know it."

My Teacher slowed, but he did not stop. I could see that he looked troubled as though that which he considered was heavy and of great weight. "I think it would be better if you did not ask this of me," he responded finally, but I was not so easily dissuaded.

"But have you not said to me many times to wear of the world as a loose garment? How can I do this if I do not truly know the world in which I walk?"

"This too, friend, is true. Though I must warn you that this teaching is perhaps the heaviest of all. Are you sure that you would have knowledge of it now?"

"To live is to suffer; all that comes into being must fade away except the Truth. Thus have you instructed me. I am ready."

I looked to my Master and thought that he might sigh with the burden of the request I made of him, but as always he was ever smiling though I swear even the smile he bore that day seemed heavy too.

"Very well, as always, I shall not deny my student when he has need of learning, but first we have walked many miles and the sun is hot overhead. I must rest in the shade of this fig tree over there. Continue on down the road and you will find a well with a bucket ready for you. Fill it with water and return to me so that I might have drink and I will wait for you here."

"Of course, Lord," and as always I honored my Teacher. I left him there under the banyan and set off in search of water.



For a whole day it seemed did I trek, and though it was hard, I made great haste, so excited was I to finally receive the great teaching.

When I arrived at last, it was quite late and the sun had just begun to set, but as I was told, there was a small stone well and a bucket made of smooth wood on a rope beside it. My Master was never wrong.

I let it fall deep into the well with a splash and pulled it up so that I too might drink deep of it for it had been a long walk. The water ran over my cracked lips and fell down my parched throat when I heard her voice.

“Traveler, why do you use my bucket?”

Too tired to be startled, I turned and saw her. She was beautiful and young with hair of red ginger and eyes of light yellow-orange. She wore her robes modestly around her yet I could not help but notice how comely she was and she had some jewels upon her breast and fingers such that I wondered at why she would be at the well alone.

“The Lord my Teacher has need of it. I did not know to whom it belonged,” said I.

She smiled and gave me an eager nod. “If the Lord had need then well it is that my bucket was here for him. Yet then traveler, answer me this. If the water is for thy Lord, why do I see it dripping across your face instead?”

I was embarrassed but could sense that she meant only to be playful. I found that I too smiled and answered her, “It seems I too have need.”

“That is plain to see, friend,” said she with such warmth that I immediately felt assured and welcomed. She asked me more of my Master and I answered her true for she too had heard of the Lord and his Teachings. We spoke more and before long the light of the setting sun was fading fast. I bid her that I must be off.

“Friend traveler, surely you mustn’t go. For it is dark and the way is perilous, fraught with robbers and the ruts of wagon wheels on which you might trip. Surely, your Teacher is good and wise and beyond fear and doubt. He would not want you to risk yourself, and his water of course. Stay this night here in the village with me and my family. My father is chieftain and surely no harm will come to you under his roof.

I considered her words for it was true that to venture back now would be most unwise and He was kind and understanding. How rude would it be of I to refuse her hospitality? So I agreed and followed her into the village, leaving the bucket behind to retrieve it on the morrow.



True to her word, her father was chief and was a great and generous man. He sat me around the fire of his hearth as his wife and many daughters served us both wine and chai to my fill as they prepared the evening meal. We too spoke of the Lord and his Teachings for her father had many questions and a great capacity to listen well to the Words as I had received them.

When the food was set and the table prepared, I was called to sit at his right hand and the night was merry. He offered me a soft bed made of fresh straw and I slept well.

In the morning, I gave my thanks and declared my intention to set off, but he would not hear of it. "Come traveler, sit once more at the table and at the very least break thy fast with us! Besides, there is still more I would ask of you and seek thy counsel on for you are much educated and that is rare in this world. Your Teacher would not want you weak for your journey back to him."

I was hard pressed to argue his logic and even if I was, my belly argued for me at the smell of the fresh baked bread his wife had arisen early to bake. I sat and again we spoke as his wife and daughters set about their chores for the day. It was almost noon before I had realized I forgot my purpose. I thanked her father and bid to leave, but he merely shrugged and stoked the fire at his wife's request. He said, "In this world, flaws flock to actions as smoke gathers around a fire. It cannot be helped. Before you go, you must accompany me around my village and see the fruits of my actions. I am chieftain here and shall hear nothing of it."

Unwilling to be rude to the man who had done me much good, again I agreed but begged he would not keep me long. He clapped my back and ushered me out of the house as his daughter hid her cheer. The village was quite large and filled with strong, prosperous people. Seeing me accompanying their chief, they treated me most well and made offers of hospitality to which the chieftain cried that none shall care for this stranger better than he and there was much laughter all around.

He showed me their market, still bustling with trade and fine fairs. He showed me their fields built by the river with inventive lines of irrigation dug deep in the soil and many plants growing quickly to harvest. He showed me his flocks and his herds, strong in number and healthy of beast. He showed me the great dikes with which they held back that same river and claimed they had even learned how to harness the waters when the floods came.

Having seen it all, I was much impressed by how well he took charge of his people and the great prosperity to which he had led them. Moreover, I was much taken aback by the love they had for him, and I could see it was well-earned.

As we walked, our conversations continued and eventually turned from the matters of the Teachings to more worldly things for I was educated in these too and he sought my counsel on many things from how to care for his sick to where to plant and even on how to better reinforce the infrastructures of the village. When we returned home, it was again to the fading light of dusk. I thanked him and bid him farewell.

"Traveler! Have you learned nothing for one so educated? It would be unwise to leave my village again now. Stay the night once more and leave again in the morning. Do not refuse me my hospitality."

Again, I could not. We sat about the fire and ate well of the food his wife and daughters cooked for me all that day and again I was called to his right hand for he had no sons. He was not greedy nor inattentive and conversed privately with his wife, allowing me to meet the rest of his family.

This night there was much wine and as the evening drew on, the young woman was called upon to sing and dance for us as she had great talent and it was true. Her voice was rich and gentle, her melodies both sad and joyful, and her movements were of much grace. I enjoyed it all so much that I stayed awake early into the dawn and asleep late into noon.

In this manner did I pass many days, always hoping to soon be off to my Teacher, but happily finding excuse to stay just a little longer. At first, I was bound by obligation of my host's hospitality then bound by need of my knowledge and skill tending to the buildings and sick. When the young woman became pregnant, I was bound by my duty as a father.

This was a joyous day and her father fully accepted me as his son. He wed me to his daughter that very evening and there was a great feast for all were happy and life was good.

Long did I stay, halting incursion of bandits upon my friends and family and farming our lands to reap the bounty of what we had sowed.

In time, my father passed away and I was made chieftain and I was blessed with many strong sons and jewels and servants and camels and much land and people to care for. The village had never seen such riches and all hailed our good fortune and peace.

Eventually, I too had grown old and was raising up my own son, strong and healthy, to take my place. All in the village rejoiced that with the dawning of his manhood under my tutelage that their fortunes would maintain and even grow for another generation to come and all had faith in him, young though he was.

I awoke one day and set my sons to the tasks in preparation for the day. To one I assigned the movements of our herds and flocks to the water for drink. To another the bundling of our wealth for trade on the barge to come down river. And to the last to our fields with all of the young men to take in of our harvests. I sat alone with my wife, old now too but still as beautiful as the first day I saw her and she planted a small kiss upon my cheek that set me at ease.

She wished to make for me a strong chai and promised she would sing for me as I drank it, but bid me to fetch her bucket from the well since our sons were away. At once I set out to retrieve it for I was most eager as always to hear her sweet voice and drink rich fare.

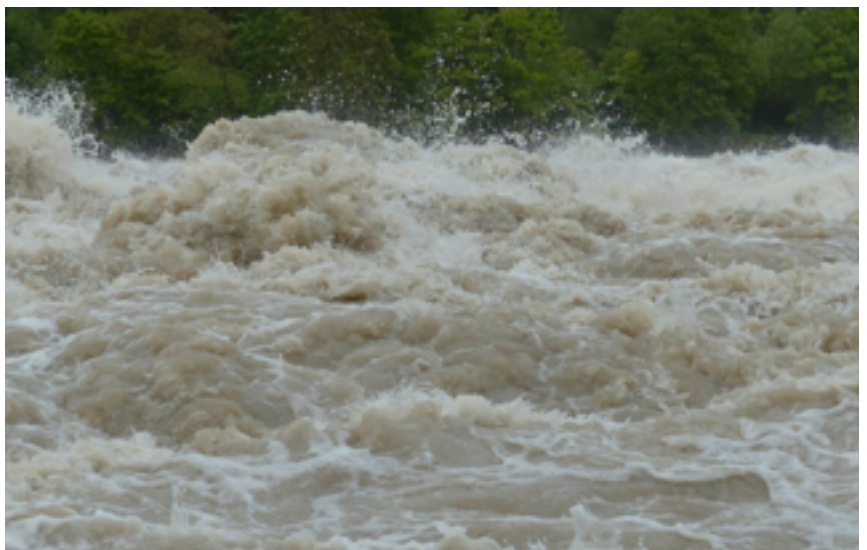
By evening time I had made it out to well and found the bucket still full of water from long long ago. And I took a moment in pause.

I had completely forgotten my mission and my Master. Gently, I chided myself, laughing at my foolishness, wondering if he still waited there under the tree or if it would have withered by now.

It was at that time that I heard a great crash and much shouting so I returned to my village.

Our dikes had collapsed and the waters had overrun all and even the trader's barge floated down the river broken and overturned. The devastation was complete and total, not a thing of my village could be seen but the wreckage of my huts and the floating bodies of my people.

Having naught else, I fell to my knees and in the shock and despair cried as a child into my hands. It was then that the Lord returned to me.



It was a sadness in his eyes too as he smiled at me and asked, "Where is my water?"

Freedom Through Intuitive Reports

By Mari Hamersley

At this time as our nation celebrates freedom, I am drawn to think about what freedom means personally. I am especially drawn to the value of Intuitive Reports and the greater freedom they enable anyone to have.

Just as with dreams, the insights from Intuitive Reports are accessed from subconscious mind, the wiser, creative division of mind. What is given is requested by you and is designed to enhance your life. Each report contains such important messages about who you are and how you can create an optimal life full of learning, growth, and evolution.

Of course, after you receive an Intuitive Report, to build the understandings, to really change and add to yourself, you need to apply what is given. Sometimes we resist hearing the truth which causes us pain, especially when we persist on a path we really need to change. However, when we hear the truth of what is most needed and then live it, we have much greater freedom.

Each of the reports are uniquely purposeful. The Past Life Profile offers truth about a most significant past life and how it applies in the present. Your karmic lessons are revealed. A Past Life Crossing gives insight into how we can relate to another in the most positive and beneficial ways. A Health Analysis brings our attention to how we can have a new peace of mind, balanced emotional state, and a healthier body—indeed a greater state of well-being, which brings freedom to grow spiritually as well.

Years ago, when I received my class Past Life Profile, it revealed that my karmic lesson was Communication. Right then and there, I got it! All my life, I had been terribly shy, and that had held me back in so many ways. It was the greatest daily “pain” in my life. After receiving the report, I was told this was the obligation I owed to my Self to fulfill. So I began to consciously and intentionally have experiences to overcome this misunderstanding by adding to my knowing of communication. Then literally, step-by-step, I changed my whole life.

Time and time again, I extended my ability to communicate in many different ways until it became natural, easy, honest, both outwardly and inwardly. And these efforts enabled me the inner mind communication so I could eventually give intuitive reports for others. What freedom I felt! I could at last be my true Self. Moreover, I could also give to humanity in the expansive ways I wanted to. With each of the many intuitive reports I have received, I can truly say that I have done something to apply much, if not all, of what I heard. And I benefitted, both in identifying unknown abilities and understandings I could begin to use (Hooray!) and in rapidly healing the things I most needed to change to create a greater state of wholeness. Through each one I've had, I've realized the Truth of how valuable the Intuitive Reports are.

Imagine the freedom your intuitive report, well-applied, can give you!



Interview with Dr. Daniel Condrón
Matthew Chapter Seven Monthly Series
Stella Lynn Boggio

In Matthew Chapter, Jesus continues to teach in Parables. He talks about judgement and how we judge others is the standard with which we will be judged. Jesus also instructs others how to pray. He says "Keep on asking, and you will receive what you ask for. " He also emphasizes the Golden Rule which is "Do to others whatever you would like them to do to you."

To enter God's Kingdom is to enter through the narrow gate. The highway to hell is broad. Also, one must be aware of false prophets. Therefore, on judgement day, many will call out that they knew me. "But I will reply, I never knew you. Get away from me, you who break God's laws. Lastly, in this chapter Jesus says "Anyone who listens to my teaching and follows is wise, like a person who builds their house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on the bedrock.

What are some ways to overcome judgmental behavior?

1. Keep your focus on your soul growth and spiritual development. 2. Love your neighbor as yourself.

2. What does it mean to enter by the narrow gate?

Still Mind, Present Moment Open Heart. 2. Discipline Service and Teaching.

3. What is the meaning of prophets in the Bible? A prophet tells us what the future holds. A false prophet is inaccurate.

4. Jesus says anyone who builds their house upon the rock is wise. Give some examples a person can do to build their house upon the rock.

The parable given here concerns these spiritual foundations one builds when in the physical world. A strong foundation is built through discipline, service and teaching.





***Why Lucid Dreaming may
be a Key to a More
Peaceful World***

The NEW MAITREYA ~ the Individual in a Group

“World Peace begins within ourselves.” What if, as this line from the *Universal Peace Covenant* declares, it really does?

Neuroscience shows that putting your mind to grand themes changes your brain. World peace is a big dream. Then, when we invite Yoko Ono's voice, we are asked to consider *“a dream you dream alone is only a dream. A dream you dream together is reality.”*

Can we do both?

My Dreamtime work in the ‘magic mirror’ of our dreams and in the everyday world mirror shows me the answer is “YES!” In 2009, the ***“Living Peaceably begins by Thinking Peacefully Event”*** was held at the College of Metaphysics (USA) where I was conducting Global Lucid Dreaming Research. It was an example of a grand theme, shared and hosted by students throughout the SOM network. Because dream study is a foundation for study, this gathering provided a unique opportunity to track dreams of the attendees to answer a question I had asked myself and others since 1975:



How does what we daydream impact our nightdreams?

Turns out when we practice better thinking it makes a big difference and that's where Nikola Tesla comes in. When Albert Einstein was asked what it was like to be the smartest man in the world, he said, “I don't know ask Nikola Tesla.”

Nikola Tesla told us *“if you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”*

You may not have taken the time to make the connections between what sounds like mind-boggling science and why you woke up before your alarm told you to today. Or what you will put the trash out tonight. But maybe after reading this, you will. Everything begins and ends with you.

At 7, witnessing the death of his brother in a riding accident, set Tesla's course to find ways to control his powerful imagination and photographic memory. In his autobiography, *My Inventions*, Tesla wrote:

"In my boyhood, I suffered from a peculiar affliction due to the appearance of images, often accompanied by strong flashes of light, which marred the sight of real objects and interfered with my thought and action...When a word was spoken to me the image of the object it designated would present itself vividly to my vision and sometimes I was quite unable to distinguish whether what I saw was tangible or not."

Thinking beyond the superficial requires personal investment. Deep thinking. For your Self. An example Tesla set for those willing to study and learn.

So let's learn a lesson from Tesla about dreaming dreams alone *and* together.

Tesla pushed his own limits learning that what makes each of us unique is our **vibratory** pattern. What enables us to communicate is the transference of **energy** we send and receive through thoughts, words and actions. What makes us strong (or weak) is the **frequency** of the interaction between the two. When we admit that our own vibrational frequency at any given moment determines what we perceive as reality in our lives, we are close to admitting our "vibe" is what makes all the difference.

When David Hawkins used kinesiology to calibrate what strengthens or weakens the human energy field, he proposed that "One person calibrated at 600, **Peace**, counterbalances the weakness in 10 million people below 200, **Courage**."

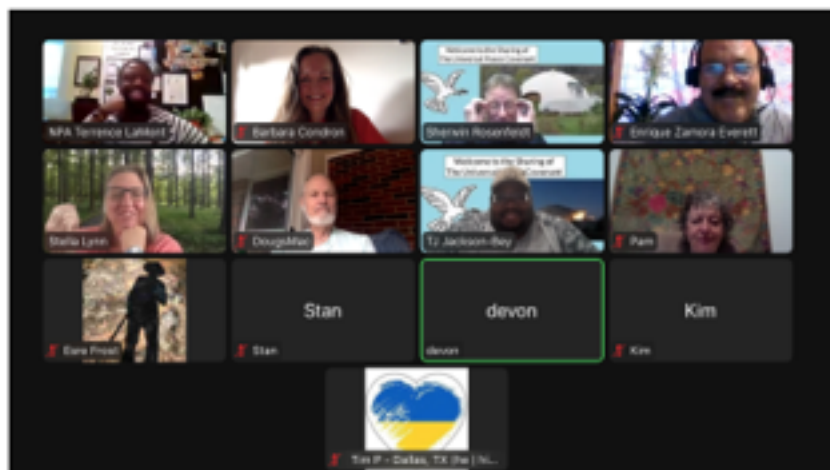
Turns out Peace is Personal. And Interpersonal. Lucid dreaming is conscious co-creation. As Peace enters the dreaming of increasing numbers of people, the vibration, energy, and frequency of our planet and all life on Earth will come into a new day of creation.

In today's chaotic times that 2009 event was the perfect focal point for what we are living 13 years later. The practical reality of intuition is vision.

Living Peaceably begins by Thinking Peacefully

Where will the world be 13 years from now?

For me, reading the *Universal Peace Covenant* is the visualization part of my 3fold morning practice. Because I am able to gather online with others, to envision a seemingly impossible dream, is an affirmation of intuitive, Spiritual Man. It is a conscious co-creation carrying forward the Covenant's original spirit since 1997. Will you consider lucid dreaming with us?•



SUGGESTED MONTHLY THEMES for BRANCH VIBES REPORTS

To Inspire Vibes Reports from the Branches each Month
the Teachers at the National Teachers Meeting Decided to select
Suggested Themes
to encourage every branches participation each month.

All reports are due to www.vibes@som.org by the first of the month
Please submit pics with your articles.
Share what was learned!

January	New Intentions
February	Love and Kindness
March	Spring-Blossoming
April	Dreams
May	Creating with Others
June	Summer Fun
July	Freedom
August	Class in session
September	Collaboration
October	Stillness
November	Gratitude
December	Sharing/Gifting

Educational Events in 2022

Jan 7,8,9 General Assembly

**Feb 5 Area Teachers Meeting
Feb 18,19,20 3rd Weekend**

Mar 18,19,20 3rd Weekend

**Apr 1,2,3 National Teacher Meeting
Apr 15,16,17 3rd Weekend
Apr 22,23,24 National Dream Hotline**

May 20,21,22 3rd Weekend / All Student Weekend

Jun 17,18,19 3rd Weekend

Jul 15,16,17 3rd Weekend

**Aug 6th Area Teachers Meeting
Aug 19,20,21 3rd Weekend**

Sep 16,17,18 3rd Weekend / All Student Weekend

**Oct,7,8th, 9th National Teachers Meeting & 3rd Weekend
Oct 28,29,30 Still Mind Weekend**

Nov 18,19,20 3rd Weekend

**Dec 3rd Area Teachers Meeting
Dec 16,17,18 3rd Weekend / Bread Baking & Caroling
Dec 31st Universal Hour of Peace**

Jan 6,7,8th, 2023 General Assembly

Each time we come together to create the School of Metaphysics Vibrations Newsletter, we open our sessions with an opening projection. Afterwards we each align with the laws of creation and open the book, The Taraka Yoga of Kuan Yin by Gael O'Guinn, to receive the verse that is designed for each of us individually. Here are the numbers we received. Our collective vibration is featured below. Love and Light from your Vibrations Staff.



Devon Hoover - #98 Wavelengths Your attention can be whole and complete when willfulness commands. Temper your mind in service to the whole Self. Train the mind in noble ways and it changes the brain. Epsilon, Alpha, beta, delta, theta, gamma, lambda harmonize in Schumann's wave.

Stella Lynn Boggio #98 Wavelengths Your attention can be whole and complete when willfulness commands. Temper your mind in service to the whole Self. Train the mind in noble ways and it changes the brain. Epsilon, Alpha, beta, delta, theta, gamma, lambda harmonize in schumann's wave.

Thomas Croft #17 Permit Take care for whom you lend your ear. Take Care of whom you speak-Buddha, Christ, Confucius, Mahavaria. Accept the temporary state of the senses. Think deeply where true knowledge resides.

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