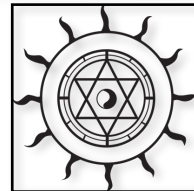


*The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.*

*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

## Gratitude

Peace is our birthright.

Peace is achieved by those who fulfill their part of a greater plan.

Peace is built through communication.

Peace is more than the cessation of conflict.





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## Des Moines

### Experiences in Generosity

By: Wendi Olerich

I have had many opportunities in my lifetime to experience generosity. I have been both on the receiving side as well as on the giving side. Each circumstance brings forth varied feelings. For example, when my daughter and I were in a pretty serious car accident and I was off work for several months, the people in my single parent support group at church took turns bringing us homemade soup. I felt grateful and humbled as well. I also felt warmed inside and out by the love (and soup!) I was receiving when I needed it the most.

There is a lot to be said about the understandings you gain from being on the receiving end of generosity, but I much prefer to be on the giving side! There is nothing better than finding the perfect gift for someone and seeing their big smile when they open it.

I whole-heartedly encourage everyone to give freely of your abundance whenever possible to experience the joy of serving others as well as your ten-fold return. Now is a good time to mention that we at the SOM in Des Moines just had a very successful annual garage sale event. This year we had the opportunity to do it two Saturdays due to the first weekend being mostly rained out. The second Saturday we had beautiful sunny weather and had wonderful fun meeting lots of new friends, and educating them on our school and upcoming classes. We were not only receiving that day, but at the end of the sale all was free and the rest went to various charities, so we experienced giving as well.

I would like to leave you with a quote from Dalai Lama XIV:

Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness. Please remember as you go about your day, be generous with your compassion, love and kindness for the good of all concerned.





**Gratitude**  
**Columbia**  
**By: Kate Wagoner**

**How My Gratitude Practice Changed My Life**

“What you put your attention on grows.” I had experience and understanding in this Truth long before I had joined the School of Metaphysics. I was in a transformative period in my life and I chose to make a change. I chose to let go of the many charged emotions I had not given myself permission to express. I gave myself the chance to feel my feelings, to process, and express them.

After that, it became clear to me that I wanted to prime my conscious and subconscious mind to think and feel new thoughts, since I had made room for newness by clearing out the old. I wasn't really sure how to proceed. I journaled about it and reflected in silence for many times. The answer came to me as I was writing, “Say thank you.” To yourself, to Source, to your experiences, to your Higher Self, and just to Life. It was then that I started my gratitude practice. At first, I wrote down three things I was grateful for every day. They were small or large things. Things that happened in general, during my day, etc. It grew from writing down three things each day, to five things, to ten, until suddenly I was writing “gratitude essays” where I would just express my appreciation through writing until I had no more words left to say. My feelings and my life drastically changed. I became more open, saw more clearly, and laughter flowed more freely through me. My whole outlook on life had changed over the course of a few months, and I was attracting new people and experiences into my life. It felt so good to focus on appreciation. Soon I went from “believing” to “knowing.” It went from a gratitude writing practice to a natural way of being.

It still is for me now. And it brings me great Joy to focus on what's going right with me and in my world. So, pick up your pencil and get to writing!



## The Implementation of Gratitude

### Maplewood

By: Thomas Croft

Hello everyone. I Am back with another article. The theme for this month is "Gratitude". Gratitude is the first thing I start my day off with. I have a gratitude journal and every morning after waking I write down three things that I Am grateful for. I have been doing this for over two years now. Talk about commitment. This has helped me start my day off with a positive outlook/foundation to my day. There came the point and time when I lost my voice earlier this year and one night I spoke with my 1st cycle teacher Terrence-LaMont Bellows. He asked me "Why do I think my voice is gone?" I paused for a moment and he just said that I need to show more appreciation for what I Am creating, I was going to be teaching later that month. I left class that night and pondered what he said, then it dawned on me that he was right. I realized that when I create something, I experience it and move on to the next thing. Now in the School of Metaphysics, we are taught how to slow down and really admire our experiences. I realized that I have not been offering myself the space to admire my creations and what I have done. Now fast forward months later and I am now experiencing moments of bliss and peace as I show gratitude. I experienced this recently during an event here at the Maplewood branch called "The Divine Union Experience". What we did was paint one-half of the living room wall green. Terrence-LaMont, Sam Farnham, Marcus Croft, and I attended and beautified the living room. I stepped into the consciousness of gratitude and tears of joy began to come down my face. I was grateful for the conversations we had, we blessed the paint before we started and in experiencing all of that I became very peaceful. Showing gratitude for all that we have, all that we are, and all that we are experiencing helps us elevate our consciousness to a higher state of being. Give thanks for the choices that your soul has made and you will experience great change.





## Gratitude

### Maplewood

By: Carolyn Steele

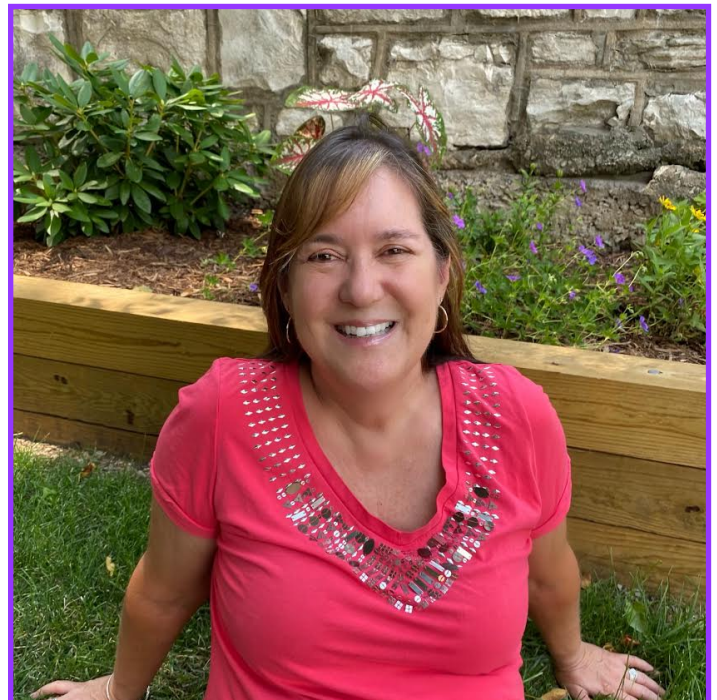
On October 30, 2019, I rang the ship's bell on the third floor of the David C. Pratt Cancer Center. The applause from the nurses, staff and other patients receiving chemotherapy that day brought tears to my eyes. While not easy to define with mere words, memory of this moment runs a gambit of deep emotions with feelings of connection, accomplishment, hope, and love. However, the most profound emotion of all...is Gratitude.

**What IS Gratitude?** I walked from the hospital on that crisp fall day with the certainty that the medicine was doing a robust job to heal my body, and that I would now move forward to gain my strength and energy to rejoin the busy world of learning. I felt with absolute clarity that my grateful attitude (my "gratti-tude") was much like a layer cake formed of the key ingredients: 1) acceptance, 2) forgiveness, and 3) belief.

The first layer that continues to form my attitude of Gratitude is acceptance. Sometimes this is simply, "I accept that I have to get up so that I will be on time to work." Or, it can be more experiential, for example, while backing out of the driveway, I perhaps nick a trash barrel that was not positioned where it is typically placed. I scratch my car. In this moment, I can choose to feel anger toward the person who put it there (OK, it was me), or I can *accept* that I have learned something from this moment. To maintain my lens of Gratitude, I take a deep breath and center myself before restarting my car. I reason that this has taught me to focus my thoughts before driving, and, most importantly, to accept that I have accomplished yet another lesson toward higher wisdom.

The second layer for establishing a lens of Gratitude is forgiveness. Using the same example above, the life lesson may be accepted, but has it been forgiven? More precisely, will I forgive myself for moving my car while distracted and not focused? (I was the one who took out the trash the prior evening...) Yes, of course I can!

And finally, the top layer to create Gratitude is belief. While Gratitude is a thought that we choose, such as, "*I am Grateful now*," it is belief that fuels our goals, desires, and actions into motion. I believe in the good outcome from all that I learned, as I rise to meet a new day. I believe my choices are what help me to grow on this path. Therefore, with the knowledge and culmination of these three extraordinary and key elements, I **accept** that I will make to learn. I **forgive** myself when I make them. I **believe** that by dusting myself off and starting again, I AM Gratitude!



## Stepping into my own Indianapolis

By: Stella Lynn Boggio

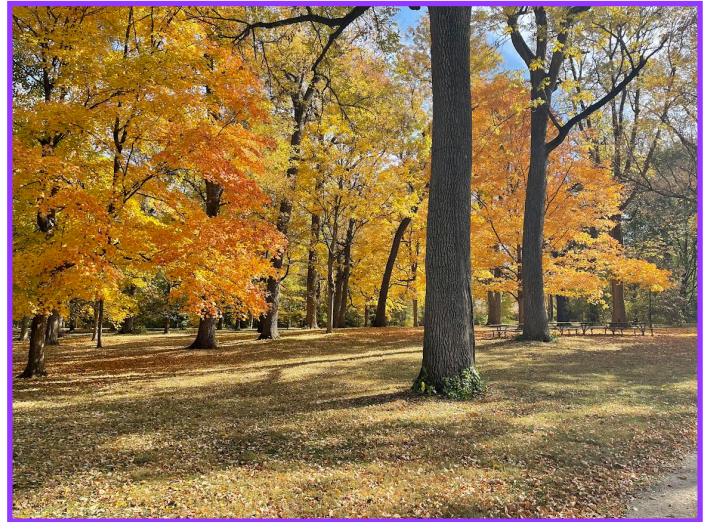
This past month has brought about many changes in my consciousness. I am stepping into more of my own authority at the Indianapolis Branch. I am currently Director in Training and I am learning one step at a time. This past Tuesday, I received three beautiful souls into my new class. I am planning a second registration for next Tuesday. My classmate Ken has a date of November 1, to start his new class.

It has been awhile since I have participated in registration night. It was refreshing for me to receive new faces, ready to learn. I remember when I was in their shoes, over nine years ago. It's hard to believe so much time has passed. I have had so many experiences and changes during this time. As a teacher, it is important for me to remember where I was, the questions I had and also the fears of experiencing something new. During my day to day interactions, I sometimes forget how far I have come. It becomes habitual for me to take life for granted. Also, take for granted the time and dedication I have invested in my own soul growth and development. This is not something to be taken lightly. The changes in me also raise the consciousness of those around me. This is the joy of teaching. I can see myself, in my student's faces. I can remember where I was, when I started this journey.

I am also very grateful for the opportunity to teach. It gives me the opportunity to go deeper with my understandings. I have heard the saying a teacher learns twice. I can say this is true.

In my new role, as Director in Training, I am learning many new lessons. I use to look to others more for approval and validation. I would question myself constantly and wonder if I was making the "right" decision. Now, I get the opportunity to stand in my own authority. Also, having the awareness there is truly never any right or wrong decision. It's all learning.

As I receive more students, I am holding an expansive vision for our branch. I envies a branch full of lively creative students and teachers. We are learning and going in a vibrant community. In this manner, we are progressing more towards our ideal selves and growing in love and friendship daily.





## National Teacher's Meeting

By: Stella Lynn Boggio

Traditionally, the first weekend in October is reserved for one of our National Teacher's Meetings. This year there was a slight change in plans. The National Teacher's Meeting was held on the second weekend of the month. Over thirty teachers, from twelve branches, came together for learning and growth.

Area Directors, Brian Hoover, Dr. Christine Spretnjak and Mavis Curry gave presentations. Brian Hoover discussed how concentration and stillness could be achieved through using our bodies. Mavis Curry discussed public speaking and how we could be effective, in that skill, in our communities. Teachers were asked to prepare a ten minute talk prior to attending the meeting. These talks were given to fellow teachers in small groups.

My ten minute talk was on willpower and the use of the will. I described how development of my willpower has enabled me to make changes in my life.

Dr. Christine Spretnjak gave a talk on Accountability and how to be more self-confident. Dr. Danial Condon discussed the Mayan Calendar and the concept of their time keeping skills as a historical reference.

The teachers in attendance had their own experiences. Here is some of their commentary: Doug Bannister from Columbia-Humility plus patience through people spiritualizing their experiences, Goal+Purpose+Activity. Maria from Palatine-Brian's presentation with a view of a candle POV. Without a candle. No excuses anymore to not do exercises. Use own body and willpower. I am more connected to Self. Connected. Mike Moffa from Palatine- I Gave my 10 minute talk. Receptive to compliments. Share with others so they can discover themselves. This gives people hope for change. Sherwin Rosenfeldt from Bolingbrook- Received confirmation about the things that I have learned and that I am on the right track. Fun. I enjoyed role-playing student-teacher questions.

The Teacher's Meeting completed with a business meeting on Sunday morning. There were topics brought up for discussion that can enhance our education and how we can best serve the community.

National Teacher's Meeting with an exhilarating weekend of development and change for all involved. Looking forward to more evolution at upcoming Teacher's Meetings.





## This is for me as the National Peace Ambassador

By: Terrence Lamont-Bellows

Every creation is a co-creation with God The Creator of All That Is and everything starts from a point of reference that has no beginning and has no end. It is for my experience, in this lifetime, my great challenge, accepting things the way they are. I have a very strong ability and a power to channel great amounts of Divine Energy. There is always someone, who is in front of me, that I can assist with this skill and talent and what occurs for me often in my desire to improve humanity and increase healing and effect the Greater Truth of who each one of us are, it becomes overwhelming for people. An Intuitive Report stated that I am the embodiment of love. I have reached a baseline of understanding, as a soul, that offers me many opportunities. For me, being in acceptance and allowance, it takes for me to shift my perspective about any one person or any one experience as I am aware. So the desire becomes a need for gratitude in its embodiment within my conscious mind. I cannot always see with my conscious mind clearly. I cannot always know. Although I feel and I have had enough experiences to understand wholeness. And so when I do not experience holiness I feel like there should be something done and what I have been teaching myself is that nothing is wrong.

That is my beautiful song. That is my healing mantra. "No thing is Wrong."

That is what I come back to time and time again. I have been teaching myself that nothing is wrong. So my engagement within the world needs to reflect this higher consciousness even as I observe something that is misaligned. This means something that is not in direct relationship to connectivity with the Creator. The Creator is in all things and in balance. These are human experiences. Something that is quite simple is the construction of a building whether it be a home or a business or a worship center. These things are built upon land that is originally designed for nature. Meaning animals and insects and vegetation. If an animal or an insect or a kind of vegetation begins to move into this structure then the human perspective is that this is a nuisance. The human perspective is that this needs to be eliminated or taken care of quickly. Whether that be an extermination or the pulling of a weed or some kind of clean up. In reality, the overarching identifiable truth is that the human construction of this building is actually a disruption to the natural order of things. So if something is disrupted or if there is a disruption that occurs does that mean that something is wrong?



## Gratitude for the Wisdom in Intuitive Reports

By: Mari Hamersley

Simply put, I am so very grateful for every one of the intuitive reports I have had over the years. From Health Analyses to Past Life Profiles and Past Life Crossings, to special reports, such as the Dharma Report, Healer's Portrait, and Transference of Energy Report, the wisdom given has aided me incredibly. And as an Intuitive Reporter, I feel so much gratitude for the ability to bring suggestions to aid others to employ for their growth and well-being. As I see it, Giving and Receiving reports are the two sides of the wholeness of what our Intuitive Reports offer.

To give an example, Just speaking of one type of report, the Intuitive Health Analyses, which I receive every few years, I am grateful for the awareness into the causes of different difficulties that I just wasn't able to pinpoint by myself. Having the insights given so clearly, I have begun to use the suggestions given and have changed the disorders without medications, with purely natural substances and activities. One simple suggestion presented was that I needed more sunshine, and I love it. Sunshine feeds us all. The foods and vitamins named and the exercises have helped me to have more energy and feed my physical body. I have also seen that the needs of the body change over time. One report early on said that I needed more red meat for energy and strength and a report later in my life related that I needed less. They are so timely to aid us as we move through life.

Another powerful report offered me the truth that I could choose my emotions and how I expressed them. This gave me "permission" and the courage to be my True Self. Before that, I had lived with the idea that I couldn't change my emotional expression, thinking I just had to get through any emotional state. What freedom I felt as I began to overcome insecurity and shyness, to feel greater peace, and to start sharing my joy!. Now I can even teach others how their emotional expression is theirs to choose and to be responsible for as well.

And most importantly, I have worked on the mental causes related in the reports to make dramatic changes. For example, one report described the attitude that most held me back as Hesitation. It affected all parts of my life-- my energy levels and physical well-being, my emotional states, and my belief in myself. As I worked diligently to identify where I hesitated and change, I began to make decisions and trust myself, knowing that they would be beneficial. Through this continuous effort to change, I moved to a state of inner security. And by living such certainty and by taking action instead of waiting for the approval of others, I have created a much greater sense of authority all the while having more harmonious relationships with others. I know that I can live the life I want and need. An added benefit produced is that I have built a real trust in my spiritual life, to both connect with the Creator and to connect with and serve my fellow human beings.

The potential to cause permanent understanding and soul growth from what is received in Intuitive Reports is something I am eternally grateful for.





## Interview With Dr. Daniel Condron

### Matthew Chapter 10

By: Stella Lynn Boggio

In Matthew Chapter Ten, Jesus sends out his twelve Apostles. His disciples, were Simon { also called Peter }, then Andrew ( Peter's brother), James ( son of Zebedee ), John ( James's brother), Philip, Bartholomew, Thomas, Matthew ( the tax collector), James (son of Alphaeus) Thaddeus, Simon ( the zealot ), and Judas Iscariot ( who later betrayed him). Jesus also gives specific instructions to his disciples. He instructed them to only go to the people of Israel who are God's lost sheep. Announce that the Kingdom of Heaven is near. Also, don't take money with you or a change of clothes. Don't be hesitant to accept hospitality, because those who work deserve to be fed.

Jesus is sending his disciples out as sheep among wolves. The followers of Jesus will be handed over to the courts and be flogged with whips in the synagogues. When the followers are arrested, do not worry about what to say. Brother will betray his brother. A father will betray his own child, and children will rebel against their parents and cause them to be killed.

Students are not greater than their teacher and slaves are not greater than their master. Jesus also commands to not be afraid of those who threaten you. He also says he does not come to bring peace to the earth but a sword. Jesus says he comes to set a man against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law. Your enemies will be right in your own household. Lastly, Jesus says if you refuse to take up your cross and follow me, you are not worthy of being mine. If you cling to your life, you will lose it; but if you give up your life for me, you will find it.

1. Why does Jesus instruct his disciples not to take money or a change of clothes with them?  
He was telling them that God would provide for them.

2. If someone decides to follow Jesus, what changes can they expect to receive?  
Change in consciousness by letting go of the old aspects and receiving the new aspects.

3. Why should students be like their teacher and servants to be like their masters?  
If you want higher consciousness, you go to a teacher. Nothing can replace human interaction.

4. Why is it important to let go of are fears?  
To replace the fears with an open mind and an open heart in order to receive the light of awareness.



## The NEW MAITREYA ~ The INDIVIDUAL in a GROUP

Back in the not-so 'Dark Ages' of the mid-1900s, I remember learning about time in school.

A large white clock was posted high on the wall over the greenboard spanning the width of the classroom. Black numbers were placed in sequential order, *moving clockwise* around a circle. Somehow this face told us what time of day it was.

Three hands of a clock marked the passage of time. The short, usually black, pointer marked the hour. The longer arrow marked to the minute within that hour. The thin hand, often red in color, marked the second, a moment by moment flow that somehow makes up a day.

I learned how to read a clock so I could break down my comprehension of a day being made up of 24 hours. The mental processes I required for this state of awareness were left unspoken. My teachers told me to watch the clock move with my eyes without aiding me to build concentration in my mind to 'see' what they were teaching. That degree of attention was assumed. It was just expected to happen! Remember?

Like being psychic. Teachers expected students to just 'get it' as if by osmosis. Or telepathy. I watched many of my classmates struggle with this. I felt their *unease*. They didn't come by comprehension easily, and some never did understand. Even when they wanted to. Collective fear-base of consciousness in humanity. Gene Keys describes the shadow of the 57th key in this way.

*"As human beings, we are each under enormous pressure to resonate within these same frequencies. Every human being is like an acoustic tuning fork. If we are placed next to a powerful audio output source, before long we will automatically begin to vibrate at the same wavelength as that output."* (GK57, pg 459)



***"Intuition is the direct grasp of Truth."*** – SOM lessons

When I began studying at SOM, different ways of schooling expanded for me. I realized the need to distinguish the workings of the body and of the mind. Respecting the way each functions.

Just like the hands on a clock. The body sees the clock through the physical eyes. The mind possesses the mysterious third eye, the one that brings *clarity* because mind is the light bringer. Mind is the part of us that does the 'reading'. The mind is what can make sense of it all. This sense-making has a name. It is called REASONING.

When I was a kid, public schooling was not yet teaching the fund**amental** Essential Life Skills involved in thinking for the Self. It was continuing down a road of outcome-based education, standardized tests and grading systems that answered the universal question:

**WHAT will you be when you grow up?**

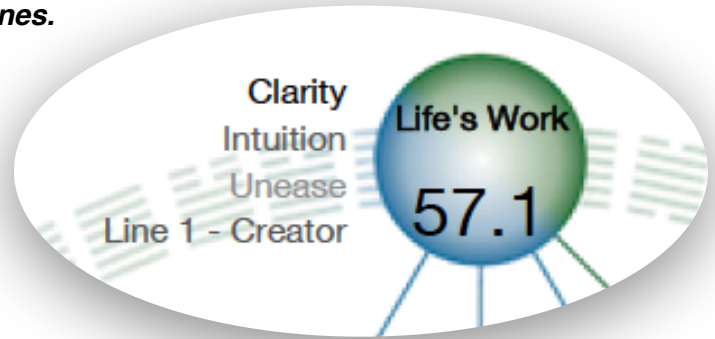
Although a worthy pursuit, and essential for interacting in community with others, there was an underlying question rising from deep within each of us that was remaining unrecognized. We felt unseen. We are like a clock that no one can read because ... in a world of digital clocks ... people are in wont of the skill to read.



The Reasoner wants to grow Intuition. To be a seer *and* to be seen. To read *and* interpret the signs and symbols of time passing. To go Within, to know the Source of Being, is to grasp the Truth of our very existence!

***This is where INTUITION, the Life's Work of SOM, shines.***

Through the eye of a Reasoner, Life's Work is transformed from early concepts of fear-filled karmic indenture into the ideal arena of one's external work in the world. In an awake and alert **Creative Mind**, Life's Work is the role that most suits your creative expression. It allows you the full freedom to be yourself without compromise. It affords you your individual response to the question every human being asks:



## WHO AM I?

Only your Mind can unite the WHAT and WHO in life. This is HOW Reasoning produces a direct grasp of Truth. Intuitive Reporting is taught from the first night of class when we are encouraged to remember our dreams. Conscious Mind and Subconscious Mind working together in harmony evidences *Reasoning* and *Intuition* in action. The seven essential skills used in the Conscious Mind's ability to reason are precisely what the School of Metaphysics teaches.

From the first night of class, I knew - intuitively - beyond any brainy fear that THIS was what had been missing in my education up to age 23. That first night, I performed the Mirror Exercise and clearly saw the difference between the Mind and the brain. SOM had accomplished its Awakening EVOLUTION in me.

*"The leap into the 51st Gift is the leap into the higher self. It is the shock of awakening from one level of being into another."* (GK51 ,p393)

I have performed some form of Mirror exercises every day since. Through inner level work - the holographic living stuff ;) - I have taught the rich history of Mirror Gazing and perceived its future for every individual who is willing to respond to The Question.

Intuition is about the natural guidance system of all human beings. There are many disturbances in 'the Force' right now. We see it in the World Mirror. And social media can easily overload the physical senses and brain. Do not fall into confusion that is not of your own making. *"Every one of us must at some point in life leave the crowd and head off into the uncharted wilderness of our heart. This is the true path and destiny of humanity."*

SOM is a collective field of healing. It best accomplishes this in the individual which returns us to the concept of TIME.

***"Awakening comes once and only once, and after it has come, it stays forever."***

Through Awakening, we transcend the limits of our own thinking entering into Superconsciousness. Echoes of this sense of *Spiritual Initiation* comes when we are willing to look at Self in the Mirror. Anytime of the day or night.

Satyagraha! - drB



## **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](mailto:www.vibes@som.org) by the first of the month  
Please submit pics with your articles.  
Share what was learned!

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



# 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**

## Educational Events in 2023

January 6 - 8 20 - 22	General Assembly Third Weekend
February 4 17 - 19	Area Teachers' Meeting Third Weekend
March 17 - 19 31...	Third Weekend National Teachers' Meeting
April ...1 - 2 14 - 16 21 - 23	National Teachers' Meeting Third Weekend Dream Awareness Weekend
May 19 - 21	All Student Weekend
June 16 - 18	Third Weekend
July 14 - 16	Third Weekend
August 5 18 - 20	Area Teachers' Meeting Third Weekend
September 15 - 17	Third Weekend (50 <sup>th</sup> Prep)
October 6 - 8 7 27 - 29	National Teachers' Meeting 50 <sup>th</sup> celebration Still Mind Weekend
November 17 - 19	Third Weekend
December 2 15 - 17 31	Area Teachers' Meeting Third Weekend Universal Hour of Peace



*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.*



Stella Lynn Boggio # Divinity Consciousness stretches from Heaven to Earth. In the effort to know its entirety, discovery is made. All beautiful forms are created in light. From the mind of the beholder such beauty radiates. He who beholds such beauty becomes such beauty.

Thomas Croft

Kate Wagner

Devon Hoover

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