

VIBRATIONS

A Monthly Newsletter

The Ideal of the School of Metaphysics is 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 is to accelerate the evolution of humanity by ushering in intuitive, spiritual man.

The activity of the School of Metaphysics is teaching teachers.

newness



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By Marcus Croft

Hello everyone, Marcus here from the Maplewood School of Metaphysics. I wanted to share my experiences with you from our previous Teacher's Meeting. Where a handful of teachers including myself gave talks on specific topics. My talk involved the benefits of being a student in the School of Metaphysics. I talked about how the mental exercises we give helped me to see where my attention would go, and how long I could concentrate. So overall these exercises helped me discern from the rampant unconscious thoughts to thoughts of higher awareness within myself to differentiate the Ego or the Higher Self! I've come to realize the difference between the two! And if you come to the School of Metaphysics you can do the same!



By Thomas Croft

Hello everybody. Every third weekend of the month anyone who is a student, former student or a graduate of the whole study gets the wonderful opportunity to come out to the main campus and spend time on the beautiful land in Windyville, MO. In preparation for coming out to the main campus which is the headquarters, it is wise to come up with an ideal, purpose and activity so that way we can direct our attention to what we want to achieve for that weekend.

The ideal that I set for myself was:
To find unity in service for
The purpose:
Of expanding my capabilities:
The activity was to be more mindful and aware.
With a goal:
Of completing my important task by Sunday at 10 am.

That special task is, you guessed it, Vibrations! I learned this weekend that you have to be very specific with your goals. Imagine that! Most of my weekend was occupied with completing Vibrations with the help of Kate Wagoner and Stella Lynn Boggio, fellow students from the Columbia and Indianapolis branches and we make up your Vibrations staff for The School of Metaphysics.

Friday night the three of us made a schedule that helped us be more intentional with our time. When we arrived on the main campus, everyone gathered around to talk about their ideal, purpose, activity and goals. We decided to go back to the basics.

We started off Saturday Morning with the daily reading of the Universal Peace Covenant. If you would like to join us go to Peacedome.org to register. Saturday was a jam packed day with Vibrations, Intuitive Reports and I even had my class to wrap up the day. This is one of the benefits of coming to the College of Metaphysics. While the three of us created Vibrations, we flowed a lot more smoothly. It was a breeze. By the time noon came it was time to receive my Health Analysis. A Health Analysis (HEA) is an Intuitive Report given here at School of Metaphysics by a Reporter and the Conductor. To find out more go to som.org. In a HEA they look at and examine the mental, emotional and physical levels of the individual. I won't go in depth with the Report but it did mention that "this one needs to allow what is being received to come through the mind and examine it without judgment whether it be good or bad". Wise words that came through our Reporter Mari Hammersley. For dinner we all ate this light soup with bread and salad. You could taste the love in it from those who prepared it for us. As an act of karma yoga everyone washes the dishes together. Then we had our class in the beautiful Peace Dome with Diana our Teacher along with Kate Wagoner and Marucs Croft as my fellow classmates. One little nugget from class came from a dream that was shared with zombies in it and the interpretation was profound. It was that there were thoughts that arose in this one's consciousness that this one was judging and instead of judging the need was to allow. A great question to ask the Self is, "What is the benefit of these thoughts?" Thank you to my Teacher, Diana!

We came back to the main campus and Mike Moffa and Zack Busch, fellow students, had just wrapped up their class as well. For those of you who have had class within SOM I know you can relate to me on this one. Students can get really hungry afterwards. If you know Mike you know that he always has some snacks. All of us motivated Mike to share with the group and we went to town on those snacks. It was time to eat!

We wrapped up the weekend on Sunday starting with allowing peace to flow through us and be present for the reading. Shortly after the reading of the UPC we had brunch which consisted of what we had previously eaten over the weekend. If you have been to the College you know the last duty is karma yoga. If you want to go to heaven make sure to get your karma yoga done. Karma yoga is basically leaving the place better than you found it. Cleaning it cleanses the space. Everyone then gave each other a hug and went back home. If you are a current student on Lesson Eight or above and haven't been to the college yet, I suggest you ask your teacher and director about coming down next 3rd weekend, March 15-17th. It is a great opportunity for growth and learning.



Dallas

*By Antonio
McDonald*

Embracing newness entails a transformative process of shedding old patterns and embracing novel ways of living. It's a journey that demands courage and openness to relinquish the familiar, even if it means stepping into the unknown. Releasing our old selves involves letting go of ingrained habits, beliefs, and behaviors that no longer serve our growth. By doing so, we create space for fresh perspectives, opportunities, and experiences to enter our lives. This process can be both liberating and challenging, as it requires us to confront uncertainties and navigate discomfort. However, it is through this willingness to embrace change that we pave the way for personal evolution and fulfillment.

While the pursuit of happiness may often seem elusive, the prospect of newness imbues us with a sense of hope and possibility. It serves as a beacon of light, illuminating the path toward a brighter future. Even amidst adversity and setbacks, the promise of new beginnings keeps our spirits buoyant and our hearts resilient. Each moment presents an opportunity for renewal and growth, reminding us that joy and contentment are not static destinations but rather dynamic states of being. Through embracing the spirit of newness, we cultivate a mindset of optimism and perseverance, empowering us to navigate life's twists and turns with grace and resilience.



NATIONAL VIBRATIONS COORDINATOR

BY STELLA LYNN BOGGIO

Experience Third Weekends

For the past several years, I have had the pleasure of participating in “Third Weekends” at the College of Metaphysics Headquarters. These weekends are always a sacred time for me.

I started attending Third Weekends every month in February 2020. I had made the commitment, to step into role, of National Vibrations Coordinator. This involves creating and overseeing the production of Vibrations, our school’s monthly newsletter. My teacher, Kerry Keller, had been in this position, for several years, and was ready to pass on the opportunity for service.

These weekends, have been transformative for me in several ways. At first, I had resistance to making this journey every Third Weekend. How would I take, “time away” from my life? Would this really be beneficial for me? Couldn’t I just create Vibrations from Indianapolis? These were questions I pondered. However, the richness I receive, every Third Weekend is truly a unique experience.

First, it is the connection and Mental Intimacy I share with others that is so valuable. In setting aside, the time to attend Third Weekend, I am giving a gift to myself. The College of Metaphysics is located on 1500 acres in the beautiful Ozark Mountains. It is a place where many souls have ventured, over the years, to explore expanding their consciousness. In a city environment, there are many individuals with many thoughts. Our tendency, as humans, is to rush from one activity to another, never really exploring the true purpose. Even if we set aside the time to connect with others, it is usually hampered by time constraints and family obligations.

Connection and Mental Intimacy, first begins in the car ride. For the past several months, I have been sharing this car ride with Maplewood School Director and teacher Terrence-Lamont Bellows, along with Thomas and Marcus Croft, who are also fellow students and teachers from the Maplewood Branch in Saint Louis Missouri. The time in the car affords us the opportunity to share our learning experiences and how we are applying what we have received to our lives. Because, we have set aside our daily routines, we are able to fully concentrate in these discussions. This allows us a deeper level of giving and receiving. Many times, we listen to Intuitive Reports. These reports include Past Life Profiles, Past Life Crossings, and Health

Analysis. The School has been giving these reports since its inception. These reports involve wisdom from Subconscious Mind, which only knows truth. There are also universals, in these reports, even though each report is for a specific individual. Sharing these reports allows us to know ourselves, on a deeper level. Knowing ourselves allows for a deeper connection, in our relationships.

In additions to classes and creating Vibrations, there are many opportunities to serve, at Third Weekends. When we serve others we are serving ourselves. These activities allow for deeper connections and more substantial conversations. We have group mediations as well. Last Third weekend, we had an open-eyed mediation, on Saturday morning. I had a profound experience, during this meditation. I was observing my thoughts, from Subconscious Mind. I was keenly aware of the difference, in this mediation, between my Conscious Mind and Subconscious Mind, which only knows truth. Lately, my mediations have not been very deep. This meditation gave me a direct experience of how I can separate from my thoughts and identity them. I can choose my thoughts and therefore can create my life more consciously and abundantly.

Dr. Daniel Condron, who is Chancellor of the School of Metaphysics, shares his wisdom and insights freely on these weekends. He had recommended a book by Bob Proctor, “Change your Paradigm, Change Your Life.” I have made a commitment to listen to this book, for ninety days. It is after that time, any change we make will become a positive part of our life. Participating in Third Weekend, and the conversations with Dr. Daniel Condron has helped me stay accountable to these positive suggestions and therefore change my life for the better. Everyone would be enriched by these interactions.

Third weekends offer unlimited opportunities for spiritual connection and growth. I encourage everyone to consider joining us in these adventures. Growth, expansion and community will only enrich your life. Students, in the School of Metaphysics are eligible to attend these weekends, when they have received lesson eight, in the first series of lessons. There are also upcoming opportunities for the general public to attend being discussed for future weekends. Join us for mediation and connection in the beautiful Ozark Mountains. As a student, talk to your director to see what opportunities are available. See you soon at Third Weekend!

THE NEW MAITREYA BY BARBARA CONDRON

Master Students make Master Teachers

The **NEW MAITREYA** *Master Students make Master Teachers* by Dr. Barbara Condron

Have you seen the videos that start with one newscaster reading the news, then it pans out to another different newscaster, in a different city, saying the same words?

Then it pans and there are suddenly 4, 6, 8, 12, 20 people on your screen saying the EXACT same words!

They are readers.

They receive the same story from news resources and someone determines what will go on air, and in what order.

The process of communication is the same as it has always been. Before the internet, there was cable. Before cable there was 'the black box'. That was when the instinctive radar went up about the possibility of programming meaning more than what you were seeing on the 'boob tube'.

Through the technical development enabling common sight and sound (brings Revelation Chapters 12-13 to mind), the effect on the brain moved from storytelling around a tribal fire to something else. **Narratives** took on meaning outside of a college English class, and the lines of fact and fiction blurred into the grey haze of an emotional level dream shared by thousands, maybe millions, of viewers. **Eyewitness** became secondhand and limited to where a cameraman focuses his camera (think visualization).

These videos are clever, hilarious, and even revelatory for they put before our eyes and ears the reality of what Tibetan Dream Yoga has known for centuries and Aboriginal Dreamtime has carried forward for 65,000 years— as 'life is as a dream.'



DREAMING is
a function of
IMAGINATION,
the 6th
Essential Life
Skill.



Before I studied metaphysics, I studied journalism at the first and best J-school in the world right here in the US heartland, Missouri. That was the early 1970s when those in the profession were awake about the distinction of reporting the news and creating the news. There was clarity because news readers hadn't been invented yet.

THE NEW MAITREYA CONT.

The people in those seats were called news ANCHORS, and for good reason. It was their job to communicate the facts of what happened objectively. Meaning - free of bias and partiality, in today's parlance that would be 'spin'. (I always think of chakras when I hear that word used in that context, can you see why?)

Anchors were invested in the responsibility of their position to tell the whole story and let the viewer/listener/reader decide truth as they see it. Walter Cronkite was the best example of this for years. He ended each of his broadcasts with 'And that's the way it is (insert day of week), (insert month/day/year)."

In the **World Mirror**, Cronkite was *like* the messenger through subconscious mind showing us what went on during our day **worthy of our time and reflective attention**. We were able to see ourselves - or not - in the news he agreed to put 'on the air'.

Just *like* a dream presents to us personally what we were conscious and unconscious about the previous day, 'Uncle Walter' came into our living rooms at dinnertime to show us the best (inspiring speeches, landing on the moon) and the worst (assassinations and the Vietnam War) that human beings are.

Life is *like* a dream.

Our listening and viewing skills matter.

So we build those skills, like an alphabet of phonetic sounds eventually produce words which describe meaning. There are words that are superficial, more like grunts and clucks than crafted vibrations carrying frequencies. Sanskrit is a language of frequency. Tones that are melodic, resonant, healing.

The Vedic chants are examples, and it is why they endure and are passed on generation after generation. Many things are worth preserving that humanity has evolved. We not finished.

Only the individual stories have beginnings, middles, and ends. We call that dreaming.

Dreaming, in the day and in the night, is not as much the result of image making as of the five essential life skills that it stands upon. Next month we will explore....

Why does Listening come before Imagination?

In the meantime, reflect upon the narratives.

One of the principles I learned in J-School was to always know your sources. I've often reflected upon this in reference to the Source of Being, of Spirit, The Creator, God. Meditation is a daily practice of connecting to Source. Meditation.

I have also connected it to being in the Presence, whenever possible, of creators. My life has been blessed that way. To know the source of any thought is to be to whatever degree one allows, in The PRESENCE.

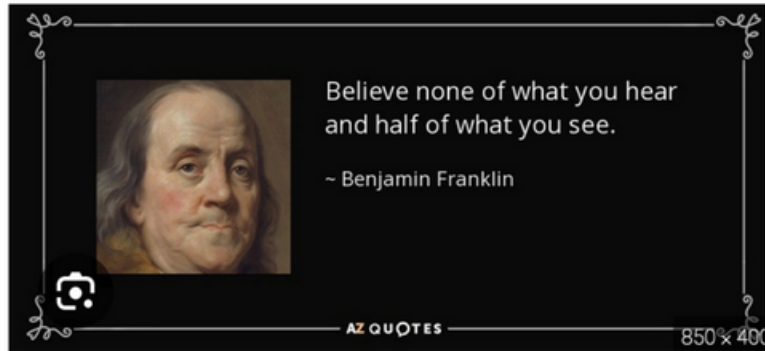
I keep myself awake about devices that carry 'the news', for with a third of the world's population now holding 'the internet in their hand' any can tell a story. Since consciousness

THE NEW MAITREYA CONT.

runs a spectrum, now, more than at any time in history, we are maxxng out the extremities. 10x, it's called.

Yes, it could all explode. But being a mom, that's just what it feels like right before the baby is born.

Be a spiritual midwife/husband. Or if you prefer, be a good Witness. Humanity needs you.



Regenerative Agriculture

By Karl Anstine

Picture, if you will, 1500 acres of land nestled in the foothills of the Missouri Ozarks. Bordered on three sides by the crystal clear waters of the Niangua River, there are wooded hillsides, green pastures and verdant meadows. It's a place of healing: healing of the soul, the physical body, and of the mind. If you so choose, visualize yourself there - on that land and in that space - taking part in activities that bring you joy, learning, and healing.

The Headquarters of the School of Metaphysics is a unique and wonderful space, providing limitless opportunities for growth, learning, love, and prosperity in all aspects of our Selves. I love this space and appreciate the gifts it, and the people here, have given me. I recognize it has the ability to provide great abundance for the school and those who are involved in its community.

I've been involved in a project that gives back to the land and the school, and I really love it! It's often referred to as "regenerative agriculture", and we use "adaptive, multi-paddock, grazing (AMP)" to build the soil and grow beneficial plants and healthy animals. A symbiotic relationship occurs as the animals eat the plants and the plants gain nutrients through the manure left behind. It is our job, as stewards of the land and animals, to ensure the relationship remains symbiotic by keeping the animals moving so they don't spend too much time in one small space, leaving an over-concentration of manure. Too much manure in one small space causes unwelcome results - in farming as well as in life.

I can take pride in my ability to learn to do things I never thought I'd be doing. I have not been a farmer/rancher before in this lifetime. I grew up in a small town, and was known as a "city boy" by my friends who lived in the country. Although I worked a couple of summers for a few of the local farmers, I didn't wrangle cattle or drive a big tractor. I certainly never expected to need any of those skills as an adult. I have had a lot to learn on the physical plains as well as the metaphysical plane. Working on the land has helped me remember that there are no mistakes - there is learning in everything we do.

For instance, I learned that if I drove a tractor and wasn't living in the present moment, aware of my surroundings, I might tear out a gate post with the brush hog! Go figure! It's really helpful to be aware of myself and my surroundings when I'm swinging a chain saw. Being in the present moment protects me and others I'm working with.

I've learned to take time to enjoy my surroundings. There is a peaceful, happy feeling I get when I revisit the experience of standing in the sun-drenched field on a warm spring day, feeling the gentle breeze and listening to the sounds of the Niangua River. How fortunate I am to be able to stop and enjoy that moment!

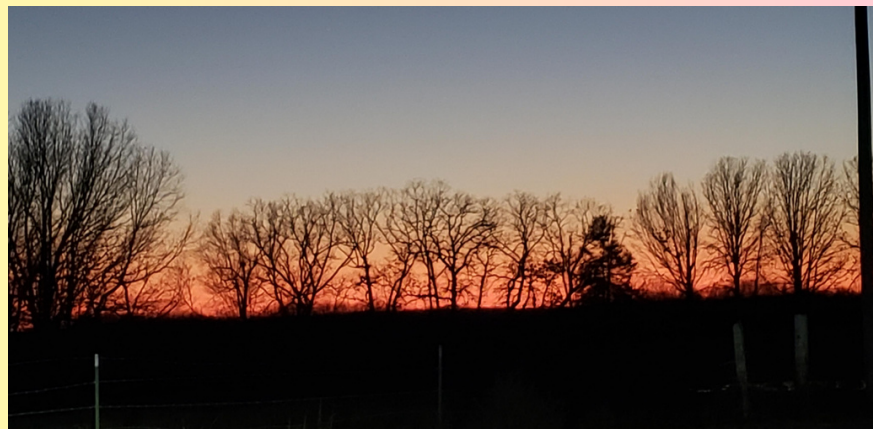
What a beautiful space for meditation, too!

I've been strengthening my creative abilities, too. I've been visualizing lambs frolicking and sheep grazing in a healthy, vibrant field. Away from the cacophony of the city, the lowing of cattle and the chirrup of insects are the only sounds I allow my mind's ears to hear until night falls and the tree frogs begin their symphony.

The air is fresh and clean, the ground soft beneath my feet. I can recognize the feeling of joy I get when I know, without a doubt, that I have become a powerful creator! It all started with someone else's thought; we added the breath of action. Now we have claimed the knowing that our efforts will soon pay rewards for ourselves, our Selves, and our School.

The School of Metaphysics has about 1500 acres of land. There are so many resources on that land: fields, timber, the river, caves, the errors and experiences of others, the love of our community... and mindfulness. Let's use our resources! We all have a desire to learn and grow - why else are we here? I would love for you to come create with me.

Living the Country Dream



FROM THE CHANCELLOR

BY STELLA LYNN BOGGIO

MATTHEW CHAPTER 25

INTERVIEW WITH DR. DANIEL CONDRON

The kingdom of heaven will be like ten virgins, who took their lamps out to greet the bridegroom and the bride. There were five that were wise and five that were foolish. The foolish ones took the lamps with no oil. The wise virgins took lamps with oil. At midnight there was a cry, Behold the bridegroom is coming; go out to meet him. The virgins got up to prepare their lamps. The foolish virgins said to the wise ones, "Give us some of your oil." The wise ones replied, "There would not be enough for both of us. Go out and buy yourself some." When they left to buy, the bridegroom came. When the virgins came back they said "Lord, open to us. Then the lord said, Truly I say to you, I do not know you. Be alert for you do not know the day nor the hour the lord is coming. Another parable. A man went on a journey and called his servants to put his wealth in their charge. One he gave five talents, to another two and to another one according to each one's ability. The one who received five talents then went and traded and earned five more. The one who received two did the same. However, the one who received one went and hid it in the ground. After a while, the Lord returned and took an accounting from them. The one servant who had five talents said My Lord you offered me five talents; behold, I have added five others to them. The Lord said to him, Well done. You have been faithful over a little, I will appoint you over much; enter into your master's joy. Then the one with the two talents came and said, My lord, you gave me two talents, behold I have added two others to them. The lord said to him, Well done, good and faithful servant. I will appoint you over much; enter into your master's joy. Then the one who received one talent came and said, My lord, I knew that you are a hard man, and you reap where you did not sow and gather where you did not scatter. So I was afraid, and I went and hid your talent in the ground; here is the very one you gave me. His lord answered and said O wicked and lazy servant, you knew me that I reap where I did not sow and gather where I did not scatter. You should then have put the money in an exchange, and when I returned I would have demanded my own with interest. Therefore take away the talent from him and give it to the one with ten talents. For to him who has, it shall be given and it shall increase to him but he who has not, even that which he has shall be taken away from him. And the idle servant they threw into the outer darkness; there shall be weeping and gnashing of teeth. When the son of man comes in his glory, and all his holy angels with him, then he will sit upon the throne of his glory. He will separate the flock. He will put the sheep at the right and the goats at the left. Then the King will say to those at his right, Come you blessed of my Father, inherit the Kingdom that has been prepared for you since the foundation of the world. For I was hungry, you gave me food; I was thirsty, you gave me drink; I was a stranger and you took me in; I was naked and you clothed me.

From the Chancellor Cont.

I was sick and you visited Me, I was in prison, and you came to me. Then the righteous will say to him, Our Lord, when did we see you hungry, and feed you? Or thirsty and gave you drink? And when did we see you a stranger, and took you in? Or that you were naked and clothed you? The king then will answer, saying to them, Truly I tell you, Inasmuch as you have done it to one of the least of the my brethren, you did it to me.

Then he will also say to those at his left, Go away from me, you cursed, to the everlasting fire which is prepared for the adversary and his angels. For I was hungry and you did not give me food; I was thirsty and you did not give me drink; I was a stranger and you did not take me in; I was naked and you did not clothe me; I was sick and in prison and you did not visit me. Then they will also answer and say, Our lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in the prison, and did not minister to thee? Then he will answer and say to them, Truly I say to you, Inasmuch as you did not do it to one of these least ones, you also did not do it to me. And these shall go into everlasting torment, and the righteous not eternal life.

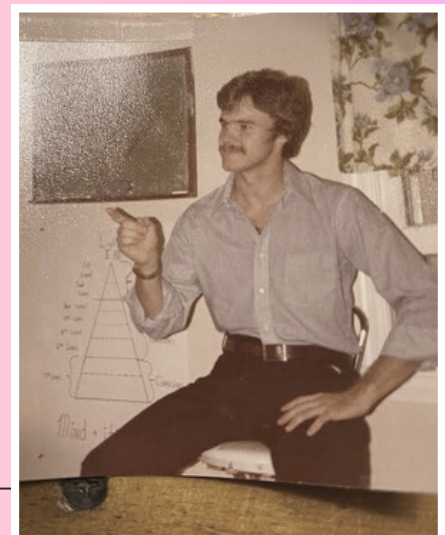
1, What are the characteristics of the foolish and wise virgins? The foolish virgins represent people who make a beginning commitment to their soul growth and spiritual development but they do not sustain it. The Virgins with the oil represent aspects of the self that maintain their commitment.

2. What are some ways we can increase our faith and trust in our own value?

Talents represent value. Therefore the two servants that increased their masters wealth are two aspects of ourselves that recognize their value. Everyday helping someone else and everyday striving to increase one's success in life.

3. What will it mean to an individual when the son of man comes in his glory? One who has gained self awareness and has come to know the self. Such a self aware person identifies the productive aspects from the unproductive aspects. That person sets the unproductive aspects aside.

4. Explain the parable of the separation of the sheep and the goats? The sheep represent those people and those aspects of self that listen to receive and follow the teachings of the highest truth the Christ Awareness. The goats represent those aspects of the self that do not heed follow and practice the highest teachings and the highest truth and instead go their own separatist way. One who knows the highest truth which is connectedness oneness in love experiences that blissful radiant oneness that is beyond time.





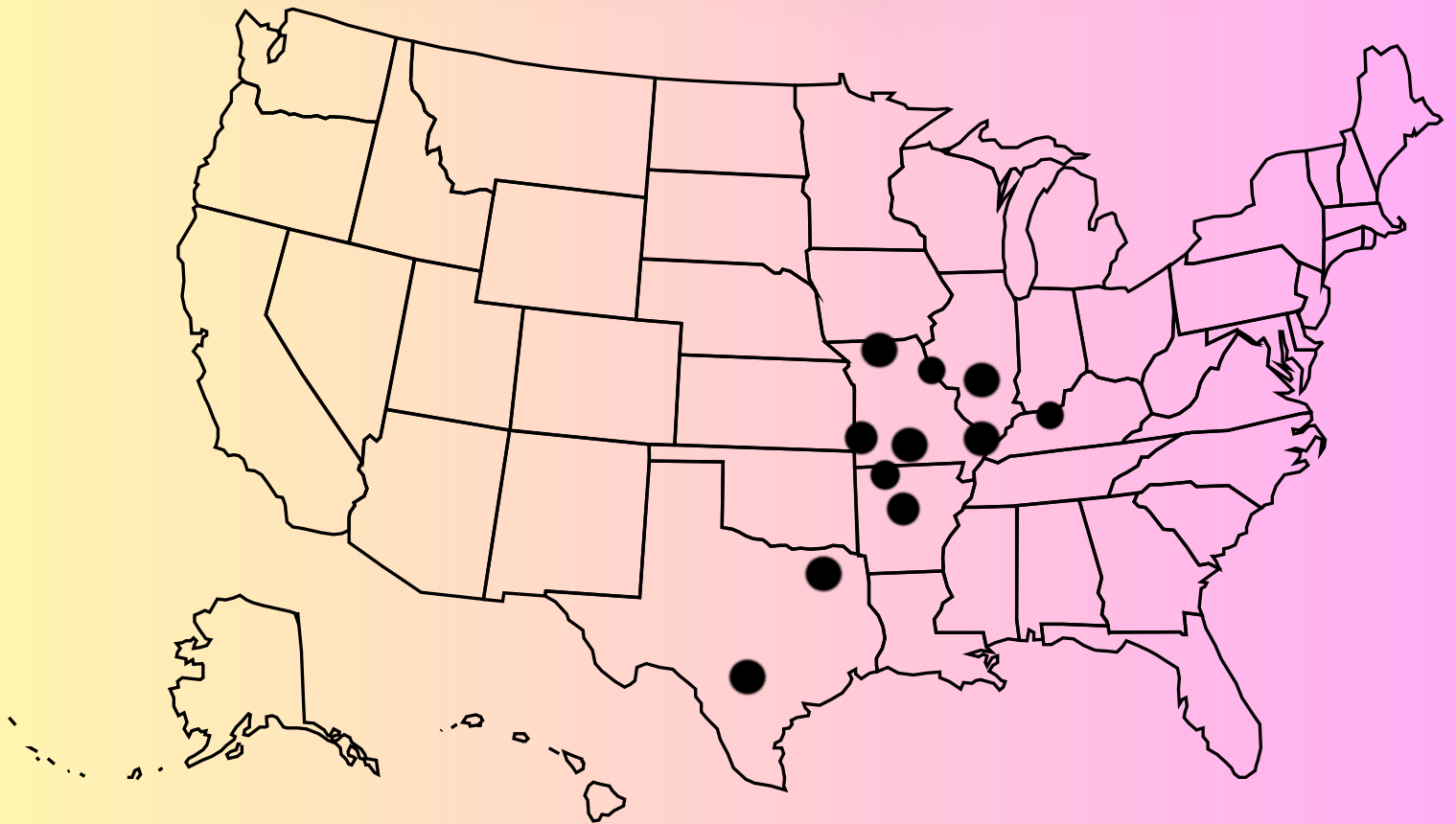
By Stella Lynn Boggio and Mike Moffa

GREAT NEWS! our National Dream Hotline will be held

Friday 6:00 P.M. Central Time-Sunday 12:00 P.M. Central time. April 26, 27th 28th. On zoom.

Thank you for joining me at this pivotal point, in our individual as well as collective soul's journey. Sharing and connecting our spirits is what unites us on a more expansive level. This is our thirty-six consecutive year hosting the National Dream Hotline. We are bringing back our old format of having a hotline open continuously for forty-two hours. This means many more students will have the opportunity to deepen their relationship with Self by holding space on the National Dream Hotline during these forty-two hours. Wouldn't it be fun to gather a group of students at your branch to hold space on the National dream hotline as you aid the public in their wonderful journey of dreams? Contact Mike Moffa, who is our national dream coordinator, or the Palatine Branch of The School of Metaphysics. 847-991-0140 or email at patatine@som.org and of course let your teacher know.

What's shaking bacon!?

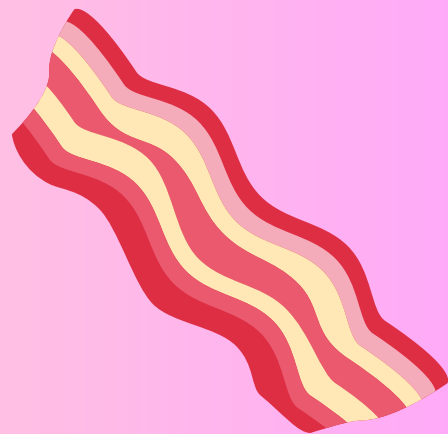


What have you learned in class this week?

Thomas: The talk of town is shifting your paradigm. I'm in the process of expanding my attractor field. Some ways I do that is by observing people who display traits that I want to improve on and ask myself "How would this person act?"

Stella Lynn: I applied this week giving and receiving without attachment so I could expand and become one with others.

Kate: In class I learned the power of people coming together who are united with a common purpose. This is a community, and a class setting is a smaller reflection of our broader School of Metaphysics community, and the world beyond. I enjoy sharing and listening to new perspectives.



JANUARY - NEW CHAPTERS

FEBRUARY - LOVE IS BLISS

MARCH - NEWNESS

APRIL - EXPANSIVE DREAMS

MAY - DIVINE FRIENDSHIP

JUNE - EXPLORATION

2024 MONTHLY THEME FOR VIBES



JULY - PLAYFULNESS

AUGUST - INITATION

SEPTEMBER - RELEASE

OCTOBER - CREATIVITY

NOVEMBER - REFLECTION

DECEMBER - FESTIVITY



CALENDAR OF EVENTS

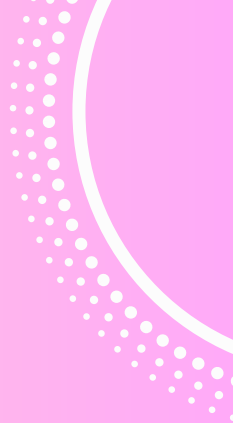
2024



JANUARY 5, 6, AND 7	GENERAL ASSEMBLY
JANUARY 19, 20 AND 21.	THIRD WEEKEND
FEBRUARY 3	AREA TEACHER'S MEETING
FEBRUARY 16, 17 AND 18.	THIRD WEEKEND
MARCH 15, 16 AND 17	THIRD WEEKEND
APRIL 5, 6 AND 7	NATIONAL TEACHER'S MEETING
APRIL 19, 20 AND 21	THIRD WEEKEND
APRIL 26, 27 AND 28	DREAM AWARENESS WEEKEND
MAY 17, 18 AND 19	ALL STUDENT WEEKEND
JUNE 14, 15 AND 16	THIRD WEEKEND
JULY 19, 20 AND 21	THIRD WEEKEND
AUGUST 3	AREA TEACHER'S MEETING
AUGUST 16, 17 AND 18	THIRD WEEKEND
SEPTEMBER 20, 21 AND 22	ALL STUDENT WEEKEND
OCTOBER 4, 5 AND 6	NATIONAL TEACHER'S MEETING
OCTOBER 25, 26 AND 27	STILL MIND WEEKEND
NOVEMBER 15, 16 AND 17	THIRD WEEKEND
DECEMBER 7	AREA TEACHER'S MEETING
DECEMBER 20, 21 AND 22	THIRD WEEKEND



BRANCHES



A KUAN YIN BLESSING

.Stella Lynn Boggio: # 22 Surrender Turing from the Creator's work kills the seeds sown. Turn to the Creator for the experience that heals. In gratitude, rejoice as you bear the cosmic seed. The beginning of knowing is a highly prized experience.

Kate Wagoner: # 22 Surrender Turning from the Creator's work kills the seeds sown. Turn to the Creator for the experience that heals. In gratitude, rejoice as you hear the cosmic seed. The beginning of knowing is a highly prized experience.

Thomas Croft: # 68 The Blessing Be prepared to fulfill the promise of eternal life. Go through the door, approach the gate by creating for a higher purpose. What you saw, now will feed generations. Whole knowledge that leads to health and well-being period.

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