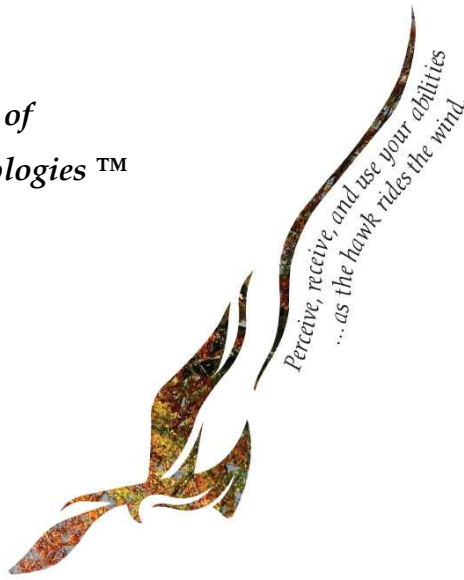


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
February 2010

The SCS *Beyond Mastery* Newsletter

Welcome ...

Here is your *Beyond Mastery Newsletter* for February 2010. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

This month the featured articles are “Wisdom or Woe,” by Debra; “Gifts of the Season,” by Joel; “The Heart Matters: Liberate the Embittered Self,” by Debra; and “A Moodie for Your Noodle” by Joel.

Wisdom or Woe

In *Defy Gravity: Healing Beyond the Bounds of Reason*, medical intuitive and mystic, Caroline Myss, asks her readers, “Do You Want to See this Situation Through Wisdom or Woe?” This is really an important question, one we would do well to ask ourselves often (if not always), especially when things seem a bit challenging. As Myss reminds us, all situations and circumstances have many levels and layers to what is happening, and what has happened, and what might possibly happen in the future.

I really appreciate knowing that I don’t have to blame myself if I have a flat tire. I don’t have to blame my husband either, but that is sometimes more likely to happen. Where choice really becomes significant is when things get serious. I remember reading that Treya Wilber (wife of a very smart guy named Ken Wilber) said she did not want to be thought of as a failure if she did not survive the cancer. You see, Myss says that woe is the result of taking events personally, “as if all of the pain and suffering were intended just for you.”

So if that is woe, what is wisdom, and how do you start living life from the perspective of wisdom? It may look a bit too simplistic, but Myss says to look to the saints to see how they did it—they ask for it! Yes,

you can ask what it would look like from the perspective of wisdom, and you get to see from that perspective. It is often called the “as if” frame, and sometimes it is described as suspending disbelief. Maybe you can suspend woe the same way....

Myss creates a very handy “this, not this” formula for living with what she calls seven dark passions and the seven graces. One blogger reminded us that these are the seven deadly sins in Catholicism, and I think of them as *shadow*. They certainly create a lot of woe-is-me.... I think you will enjoy having the awareness to navigate your own life by.

Pride, or fear of humiliation is the energy of the root chakra, and the grace that sets you free is your having reverence. This does not mean just appreciating what you think you want, but actually being able to see that all of life is interconnected and that everything (and every one) begins and ends in “divine consciousness.” That one made me think of the story of the young child who heard “from dust we come and to dust we return” in church one morning and came running out of the bedroom saying someone was either coming or going under the bed!

Greed (avarice) is played out in the sacral chakra as one-on-one power plays, or the sort of competition that has played out in the board room and the bedroom. The corresponding grace (piety) enables you to see with a “softer heart,” by looking beyond the context and focusing on what is divine within another. If you have not done so yet, you may enjoy “The Power of Presence: Seeing the Divine in Everyday Life (7 Keys to Joyful Living)” which is available right now as a *free* E-book at <http://www.scs-matters.com/FreeE-book.shtml>.

The dark passion of self-entitlement (luxury), housed in the solar plexus, is experienced as blocks to our innate knowing—from how to heal, to how to access our

intuition. The grace of understanding, which is found in common sense (sometimes not very common), awakens you to the universal laws that truly enable you to see beyond the “obvious and the personal” and to use this higher knowing for the good of all.

Your heart center holds both the dark passion of wrath and the grace of fortitude: courage for your living out your highest potential. This is about awareness, about becoming Transrational—aware of your breath, your thoughts, your emotions, and your beliefs. I certainly resonated with what Myss writes about how some people are guided to start an organization for a certain cause. I had a profound recognition when I read her words about how that often results in obstacles (and humiliation) while trying to bring a spiritual ideal into physical reality. She went on to clarify that the humiliation is a mystical surrendering of your personal vision to the divine plan, “To be of service to others through your inner gifts, your intuition, your courage, your talents, and your creativity is possible for all those who are willing to respond to the needs of others.”

The fifth passion (gluttony) and grace (counsel) is associated with the throat chakra, and is about your taking conscious control over the choices you make and results in mystical truths being revealed to, not learned by, you. The list of mystical truths sound a lot like the presuppositions of SCS/NLP and the Four Agreements of Don Miguel Ruiz to me, and include: What is in One is in the Whole; Within every physical event is hidden a symbolic counterpart that represents the higher or cosmic purpose for the event; All experience is impersonal. How we interpret our experiences, whether we see them as negative or positive, failures or successes, is what personalized the events of our lives; every life has a purpose that unfolds amid a journey of endless opportunities (p.141). She goes on to point out that truth always causes change and it is impossible to integrate a truth and have things remain the same. Sounds a lot like anchors to me, too.

Her list of suggestions in that section offers some brilliant NLP interventions. No wonder Joel and I both have enjoyed the book....

The sixth chakra (Brow or Third Eye) houses the dark passion of envy, which chokes out the ability to recognize the opportunities in your life because it can keep the focus on what you don’t have. The grace of knowledge, thankfully, ensures that our souls are relentlessly calling us to the sacred, whether we call it that or not. Our language begins to reflect our recognition life is an intimate relationship with the divine.

Sloth (living in the mind, imagining what life could or should be) is the dark passion of the Crown chakra. The balancing grace is wisdom. We come to the place where we accept the cycle of life and death, beginnings and endings, not as cruel, but as essential. Recognizing the many layers, multiple meanings, and that we are at choice of how to view it all, you see it all with compassion, living your life with wisdom, not woe.

Gifts of the Season

The author of the book of Ecclesiastes (who may well have been Solomon who was well-known for his wisdom) said, “To everything there is a season, and a time to every purpose under the heaven.” Singer, song-writer, and political activist Pete Seeger added a few words of his own (“Turn, turn, turn” and “a time for peace, I swear it’s not too late”), and the song has been a cultural staple since the 1960s. In the Northern Hemisphere, the current season is winter, which is traditionally associated with hibernation and death. Deciduous trees lose their leaves, and migratory birds head for warmer territory.

Many people do the same thing. “All the leaves are brown / And the sky is gray.... California dreamin’ / On such a winter’s day” (“California Dreamin’,” Mamas and the Papas). “Snow birds” from New England and the upper Midwest flock to Florida.

While I can understand the desire to avoid the cold and snow (and especially the snow shoveling) of winter, I tend to agree with the author of Ecclesiastes. My sense is that every season serves a purpose and that each offers gifts when we are willing to receive them. Migrating birds go south in winter because that’s where the food is. People, at least those who have the means to travel easily, don’t have that excuse. Why migrate south when the local grocery store is closer?

For most of human history, seasonal travel was relatively unknown. Before the days of central heating and air conditioning, wealthy people would often leave cities for their country estates during summer. During winter, people just stayed inside more, sat by the fire, and read. In the States, children went to school during the winter and helped on the farm in the summer. Winter provides the opportunity for rest, repair, and renewal. Summer is a time for activity, exploration, and adventure.

Humans are, of course, among the most adaptable of all creatures. We can find opportunity for rest, repair, and renewal in the middle of summer and opportunity for activity, exploration, and adventure even in the coldest of winters. At some point, somebody had to come up with the idea of ice fishing, and here in Michigan we have a number of snowmobilers eager to test the thickness of the ice on the lakes. To paraphrase Satan from Milton’s *Paradise Lost*, humans have learned to make a summer of winter and a winter of summer.

I sometimes wonder, however, whether the artificial summers and winters we create for ourselves have the same effect as the natural cycle of seasonal changes. What happens to us—physically, emotionally, mentally, and spiritually—when we alter than natural cycle fostered by the seasons? Do we lose something when we exchange sitting by the fire reading during winter for sitting by the air conditioner reading during summer? Is the reading less meaningful?

My sense is that we might have to make a special effort to retain meaning when we are out of step with

the seasons, just as we have to make a special effort to adjust to an altered circadian rhythm.

Humans evolved doing most of their work during the daylight hours and sleeping at night. A number of different studies have shown that those who work the night shift (often called the *graveyard* shift) have more health problems than those who work the “normal” hours of 9 a.m. to 5 p.m. Although it is not easy to account for all the variables, the data suggest (see <http://www.americashealthrankings.org/>) that in the States, people who live in states that have the greatest seasonal change (i.e., northern states) are the healthiest, while those with the least seasonal change (southern states) are the least healthy.

It is pretty hard to say anything about cause and effect. One of the factors is that many people tend to move south when they retire, and older people tend to have more health problems than younger people. Even so, I think we do well to remember that we have evolved over the millennia to adapt to the seasons, rather than having them adapt to us. That doesn't necessarily mean we should force ourselves to forgo vacationing in Florida (or other points south) or even moving south to avoid winter winds and snow.

What it suggests to me is that, even if we choose to move somewhere warmer for the winter months, we would do well to use the time for rest, repair, and renewal—of body, mind, and spirit.

The Heart Matters: Liberate the Embittered Self

Essentially every culture has some version of the idea of *do unto others as you would have others do unto you*, yet often people get caught up in behaviors, beliefs, or attitudes that are counterproductive to what we would want our own experience to be. In the New York Times bestseller, *The Joy of Living: Unlocking the Secret & Science of Happiness*, Yongey Mingyur Rinpoche shares a powerful story that demonstrates this truth in a way that you will find yourself doing what you really want and living more and more of what your soul desires.

A woman married, and as is often the custom in other parts of the world, the new bride moved into the home of her husband, and his mother. Finding the situation less than what she had imagined her honeymoon to be, the bride went to a doctor asking for some poison, intent on killing the old woman and ending her own misery.

The doctor wisely counseled her to sprinkle only small amounts of the poison on her mother-in-law's food, and to be very loving and very kind to her so as not to cast suspicion on herself in the death.

The kind behaviors and the loving attitude began to change things between the two women, and the bride came to genuinely care about the old woman. Afraid now that the old woman would soon die, she went back to the doctor, full of remorse and angst, asking for an antidote to save the old woman's life. Totally distraught to be told there was no antidote, the bride

wanted to end her own life to pay for her cruelty to such a nice person.

The doctor must have been very wise, because he laughed and confessed he had not given her poison at all, he had given her only a harmless herb. At first the new bride and her mother-in-law had hated each other, but once they had started treating one another with kindness and respect, they had become close friends.

In some ways it is easier to see this with people than with other experiences in our lives, but the truth is truth across contexts. Years ago I moved out of a home I really loved. It was quite a challenge to get myself to a place of valuing and enjoying my new living space, even though I now really appreciate and enjoy the home that I previously disliked. Sometimes this can happen with our job, or even with our relationships. One client has made two strong attempts to change jobs, thinking that working in another setting would suit her better, and then both times coming to see that where she is really is a good fit for her.

In December I was evaluating the wisdom of driving to Kalamazoo because the weather was predicted to be dicey. In the process of inner asking I heard, “Just because you can, doesn't mean you should.” I elected to go, and traveled over without incident. The weather did prevent my getting back home the next day, however, and I have come to appreciate the wisdom in that experience, just as in the experience of moving to a new home, or learning to get along with someone, or even, as it turned out, just like the bride in the story, coming to love someone or something previously not valued.

Caroline Myss (*Defy Gravity: Healing Beyond the Bounds of Reason*) wrote about a point at which each of us will surrender our personal viewpoint in a moment she says *liberates the embittered self*. I am wondering if you can do that moment-by-moment. It seems that this view (nothing was a mistake or an accident) is addressing the NLP presupposition *there is no failure, only feedback*.

My dear friend and mentor, Dr. Robert Waldon, of Reunion Ministries, shared some wonderful “primary support tools” available for us to use in 2010. The tools include The Lovers for when you find yourself over-giving, pushing, not nurturing yourself, or feeling sorrowful. You must open yourself to a greater sense of equality in your relationships, reconciling dualities, opening to inspiration and Divine wisdom, and balancing your giving and receiving. Affirmations for working with The Lovers: “I love all unconditionally,” and “Through giving total freedom and trust, I release all apparent polarities and stuckness, opening to the perfect experience of love in every relationship,” and, “I choose to be free from inhibitions, guilt, and bondages in all my relationships.”

The next support tool Robert mentions is The Willful Expresser, Spirit-guided, artistic, optimistic, self-expressive, dramatic and powerful “right use” of your will to create the world you want where your strength and love of life come from following your

heart. The affirmations include: "I will, and it is so," and "I love to express myself," as well as, "My vitality, enthusiasm and full expression create the world I choose;" and "My full, free self-expression is an inspiration and blessing, opening the world to the experience of greater joy and happiness."

The third support tool is called The Positive Mind, the part of us which sees opportunities and potential benefits, and is concerned with equality and humanitarian ideals, where you must be positive in all your worldly interactions, seeing harmony and goodness in all things, because this creates and empowers more good in your world. Above all, you must see yourself as a spiritual being. The affirmations for your enjoying your positive mind are: "I see good, and I know it," and "I see the good in all people and events, opening me to unlimited opportunities and the experience of abundance for All." The tools are based on a system of symbology developed by Robert, and published in his book *The Soul's Awakening*. If you would like him to do a personal life-purpose reading for you, or to order your copy of the book, give him a call at (800) 919-2392. Thank you, Robert, for showing us ways we can each enjoy this freedom!

A Moodle for Your Noodle

When my father was in his early 70s he asked me whether I thought he needed to get a computer. I told him "no" because I could see that he was afraid of having to learn a new technology. In all his years of working as an architect, he had never had to learn to type. He wrote personal letters by hand, and his professional correspondence was prepared by secretaries who were familiar with QWERTY.

As I have mentioned in previous articles for this newsletter, we live in a time of accelerating technological change. Rapid change, of course, presents both challenges and opportunities—challenges associated with continual adjusting to the new, and opportunities for learning new things in a new way. One of the principal results of technological change is the increase in options available. Our options for almost everything, from TV channels to fruits and vegetables in our grocery stores have increased. There's a cable channel for everyone (regardless of tastes), and fruits and vegetables once considered "seasonal" are available year-round.

Even though SCS specializes in what have to be considered old technologies (Energy Medicine and neurolinguistics), Debra and I have seen the need to adapt to the changing technologies and options for learning. Not everyone has time and opportunity to attend traditional seminars and workshops in a classroom environment, especially for the length of time required to really master complex skills. Even our most traditional universities (Harvard, for example) now make many courses available by Internet-based distance learning.

The most mind-boggling statistic (at least to me) is that, according to a recent (3 January 2010) CBS News item, more than 2 million *high school* students are

already taking classes online, and estimates are for that number to increase to 10 million in four years. I haven't seen any recent statistics for college students, but colleges are currently (February 2010) offering more than 3500 degree programs online, and in 2008 "millions" of students were completing classes online. I (Joel) had taught business communication online several years ago when online instruction was still in its infancy. Moodle demonstrates that the technology is all grown up now.

As mentioned in "What's New" last month, SCS has added an online course management program, "Moodle" to our list of possibilities for you. We plan to use Moodle to provide at least some of the cognitive learning for the workshops we offer most often, focusing on introducing people to concepts, and to serve as an ongoing source of continuing education for those who have already completed training in Healing with Language, Healing with Energy, or The Intuitive Process. We are excited about the possibilities of being able not only to deliver a better, more comprehensive understanding of the subjects we teach, but also to do so in a way you will find more convenient.

At the moment, the NLP course is set up and ready to go. Once we know for sure what we are doing with Moodle, we'll add "Energy Medicine" and "The Intuitive Process" in that order. Yes, there's definitely a learning curve—perhaps not quite so daunting as the learning curve required for moving from typewriters and "snail mail" to computers and e-mail, but daunting, nevertheless. Fortunately, such learning curves foster the growth of new neuronal connections, which automatically result in more youthful, faster, and more powerful brains.

The instructional program for NLP follows the same order as the material in *Healing with Language: Your Key to Effective Mind-Body Communication*, with emphasis on understanding and application. If you've been curious about the online educational process, and if you've wanted to learn more about the power of NLP to eliminate limiting beliefs and to promote health and well-being, join us on Moodle. It will be good for your noodle.

For more information about how you can sign up for online instruction in NLP and about our plans for instruction in Energy Medicine and The Intuitive Process, send e-mail to debra@scs-matters.com or joel@scs-matters.com.

Language Tip

Once upon a time, a long, long time ago, an old and very wise shaman wondered what final gift he could give the people of his tribe before he left his body and transitioned to the spirit world. Over the years he had taught them how to communicate with the animals of the forest so that the hunters could provide food for their families without depleting the herds and flocks. He had taught them how to use fire safely to provide warmth in winter and to cook their food. He had taught them to settle their differences in ways that

benefited all and harmed none. He had taught them how to bind wounds and how to use plants and magic to promote the healing of injuries and illnesses. For a long time, he thought about what else he could give and decided that he could still give the one thing they would need more than anything after he was in the spirit world. On the evening before the night he was to move into the spirit world, he gathered the tribe together. When everyone had settled in around the campfire, he said, "Once upon a time, a long, long, time ago...."

The gift is, of course, storytelling, creating an extended metaphor that conveys important information in a way that it can be remembered. A metaphor is basically a comparison in which one thing stands for something else. In the phrase, "All hands on deck," for example, "hands" is a metaphor for complete sailors, whose hands are required to perform various tasks. Short metaphorical expressions, usually called similes, are often used to help people learn about something new based on its resemblance to something already known: "A word processor is *like* a typewriter with electronic paper."

Metaphors aren't always understood for what they are. In "Mrs. Robinson," Paul Simon asked the metaphorical question, "Where have you gone Joe DiMaggio," only to have Joltin' Joe call him and say, "I haven't gone anywhere." In a subsequent interview, Simon said, "Evidently Joe had never thought of himself as a metaphor." Joe, of course, makes a perfectly good metaphor, as does Babe Ruth, Lou Gehrig, and Jackie Robinson. More complex metaphors are even more likely to be misunderstood. Even reasonably well-educated readers sometimes fail to understand that Melville's classic work, *Moby Dick*, is a metaphor about searching for God.

Even though they are sometimes misunderstood, the right metaphor at the right time told to the right audience can greatly enhance the power of your communication. When you can use a story that is already well-known and understood, so much the better. A small company in competition with a much larger one, for example, might say that it is a David competing with a Goliath. Would you rather do business with David or Goliath?

To enhance your ability to use metaphors, pay attention to those being used around you. Individual words, short phrases, or imagery used symbolically (such as the butterfly and the rooster for prescription sleep aids), and longer stories (such as "Harry and Louise" of health reform fame) can all be metaphorical. Ask yourself whether the metaphor "works" for you. Does it communicate effectively? Are you drawn into the story? Is it easy to remember and repeat? Once you start looking for metaphors, you'll become increasingly aware of how pervasive they are and how you have been using them perhaps without being fully conscious of them. At that point, it won't be long until you catch yourself saying, "Once upon a time...."

What's New?

Although the Web address remains the same (<http://www.scs-matters.com>), we have changed the hosting service. Moving all the files and mailing lists to their new home has been challenging, and we'd appreciate your letting us know if you discover that something isn't working as expected. We are also in the process of redesigning the SCS Web site.

One of the advantages of the new Web hosting service (BlueHost) is the availability of the course management software Moodle (see <http://www.scs-matters.com/Moodle>), allows us to offer online instruction for those who want to know more but have had difficulty finding the time to attend workshops. It will, of course, also allow those who have studied with us to continue learning following and between workshops. The NLP course is ready, and "Healing with Energy" and "Developing Intuition" will be coming soon.

You may use the online program as an introduction to NLP or as a way to review and enhance your skills for only \$25 a month. When you pay in advance for certification as a Practitioner or Master Practitioner of NLP, the monthly fee is waived. For when you want to use the course to decide that you really want to earn certification, the monthly fees will count toward the cost of certification.

In our continuing effort to provide you with the best values in holistic health, we have put the manual for our workshop, "The Power of Presence: Seeing the Divine in Everyday Life," online as a free e-book for downloading. The address you need for downloading is the following:

<http://www.scs-matters.com/FreeEbook.shtml>

We have continued putting videos on YouTube. You can find all SCS videos quickly and easily by going to www.youtube.com and entering joelpbowman in the search window, or by going directly to the following Web address: www.youtube.com/joelpbowman and clicking on the link for "Uploads."

We have been posting SCS updates on Facebook and Twitter. On Facebook, SCS uses Joel's account. To receive SCS updates on FB, "friend" Joel. On Twitter, we have the username Scs-mattersLLC. To "follow" us on Twitter, simply go to www.twitter.com/SCSMattersLLC, sign up, and ask to "follow" us. We use Twitter to provide an easy way for you to stay informed about what we'll be doing and where and when.

If you are able to help us make better use of either Facebook or Twitter, we'd be glad to hear from you, whether by sending Joel an e-mail message (joel@scs-matters.com) or Facebook wall writing....

Also, we now have a newly revised and published edition of the SCS Level 2 and NLP in text/workbook format. The new title is *Healing with Language: Your Key to Effective Mind-Body Communication*. If you're among those who purchased one of the previous editions—even back to the days of the big, thick, three-ring binder version, you'll be glad to know that

we will make the new version available at a *huge* discount—so that we can all be on the same page. The retail price of the new manual is \$24.95, plus \$1.50 Michigan sales tax.

For those replacing previous editions, the charge will be a mere \$8. Shipping within the United States is \$3. For overseas shipping, multiple-copy discounts, special shipping requirements, and to reserve your copy now, send a quick message to Debra (debra@scs-matters.com).

Judy and Her Jewelry

Also relatively new and definitely current, Judy Bolin continues to recover nicely, and jewelry donated to contribute to her ongoing recovery continues to be available for you to order yours now. Simply go to

www.scs-matters.com/judyjewelry.shtml

You will enjoy the jewelry even more knowing that it is supporting a good cause.

What's Coming Up?

The Super Sunday series will continue in 2010. It was created especially for those with tight schedules and a desire to have this powerful tool kit, allowing you to earn certification as Practitioner or Master Practitioner of NLP in the most convenient way! This program is for you when you are highly motivated and committed to doing your reading and independent study. Either way, mark your calendar now for Super Sunday events on the 28th of February and March, in 2010. Also, when you're ready to complete your NLP certification quickly and easily, set aside 23 April through 1 May for the first of two SCS/NLP Intensives in Saint Joseph. Or perhaps the second intensive, from 13 August through 21 August will be more convenient for you.

The SCS approach to NLP focuses on using what we call *The Big Three of NLP* (anchoring, submodalities, and advanced language patterns) to promote your own health and well-being and to facilitate that process for others. You will receive a thorough grounding in the fundamentals of NLP and other subtle communication systems.

- Anchoring
- Submodalities
- Timelines
- Metaprograms
- Metamodel
- Milton Model
- Hypnosis, Trance, and Altered States

Both the NLP intensive and the SCS/NLP Super Sundays focus on experiential learning because you will have the opportunity to become familiar with the NLP terminology before your training begins through having read the appropriate materials in the NLP training manual. We are also now offering instruction and support by e-mail and online video. For more information about this innovative, cutting-edge learning opportunity, or to be among the first to sign up, call/write now: (269) 921-2217 or debra@scs-matters.com.

In 2010, watch for a master manual for healing with energy similar to *Healing with Language: Your Key to Effective Mind-Body Communication*. Individuals are increasingly recognizing “energy” as significant for health and wellbeing. When you learn energy healing with SCS, you also receive a comprehensive understanding of using language to support your work with the Energy. Because both are important, when you learn NLP with SCS, you are also learning tools that influence the energy. In the same way that body, mind, and spirit cannot really be separate, energy and language are both part of the Subtle Communication Systems many want to know more about. We consider that blend—energy and language—to be what helps SCS—and Joel and Debra—provide a wonderful learning environment.

As part of our *Perpetual Tuition*, if you are already trained in NLP or SCS Healing with Language, you can attend to improve and update your skills at just \$25 a day. Space for these special days will be limited, so be sure to reserve your place early. Call/write now: (269) 921-2217 or debra@scs-matters.com.

“Developing Your Intuition with SCS,” which is designed to help you learn to distinguish among desires, fears, and intuitive insights, is still being developed. This program is for you when you're ready to begin using your “sixth sense” to its fullest capacity. For a preview of what will be offered, you can watch the course being developed at the following Web address: <http://www.scs-matters.com/Moodle>

The real question is where you want to go next.... When you sponsor an SCS workshop, you have the advantage of bringing the workshop to you instead of going to the workshop, and your commission for sponsoring the event will undoubtedly cover the cost of your tuition—and perhaps even more.

To learn more about sponsoring “The Power of Presence: Seeing the Divine in Everyday Life (7 Keys to Joyful Living)” or any of the workshops in the SCS list of offerings, call Debra at (269) 921-2217, or send her a quick email message: debra@scs-matters.com.

Change begins with you. SCS can help.

See more...

Hear more...

Feel more...

Be more ... SCS

