

# BODHI TREE

A Collaboration of Metaphysical, New Thought, Open Minded  
Spiritual Groups and Lightworkers.





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## EVENT GUIDE

| May 2014   |   |   |  |  |   |  | EVENTS!   |
|--|---|---|--|--|---|--|-----------|
| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |           |
| <b>FOUR EVENTS</b><br><b>THEOSOPHICAL MEETING</b> at Chatham University<br>5:30-6:45pm<br>Hatha Yoga \$5 donation suggested. | <b>27 TWO EVENTS</b><br>5:30-6:45pm<br>Hatha Yoga \$5 donation suggested.     | <b>28 Music and Meditation</b><br>Highland Park, Crown of Eternity 7-9 pm<br><a href="http://origin.org">http://origin.org</a>        | <b>29 Worship</b><br>7-8:30pm<br>First United Methodist, Shadyside.<br><a href="http://origin.org">http://origin.org</a> | <b>30 Happy May Day! TWO EVENTS</b><br>Transmission meditation, East of              | <b>1 FOUR EVENTS</b><br>Lifestyle Medicine Conference<br>East of            | <b>2 TWO Events</b><br>Grove of Gaia Fest 11a - 7pm<br><a href="http://facebook.com/gaiafest">Facebook invite</a>                          |           |
| <b>EIGHT EVENTS</b><br><b>Pittsburgh Marathon</b><br>Free at Carnegie Science<br>streets may be closed until                 | <b>4 THREE EVENTS</b><br><b>Café Scientifique</b><br>Free at Carnegie Science | <b>5 Join our Facebook Page!</b><br>YOU are in the Heart of Pittsburgh  | <b>6 TWO EVENTS</b><br>Healing mystic meditation 6pm meetup<br>Courtyard   | <b>7 TWO EVENTS</b><br>Freedom of Choice in Cancer Therapy                           | <b>8 TWO EVENTS</b><br>Drum circle - Free 8-9:30<br>Nuin Cneter             | <b>9 Fire Festival!</b><br>8-midnight May 10 Homestead<br><a href="http://www.pyr.org">http://www.pyr.org</a>                              | <b>10</b> |
| <b>Mothers day</b><br>Annual Race for the cure will be in Pittsburgh   | <b>11 TWO EVENTS</b><br>5:30-6:45pm<br>Hatha Yoga \$5 donation suggested.     | <b>12 TWO EVENTS</b><br><b>Resource Fair</b> Free<br>Where the calendar began...<br><a href="http://www.hc.org">http://www.hc.org</a> | <b>13 Worship</b><br>7-8:30pm<br>First United Methodist, Shadyside.<br><a href="http://origin.org">http://origin.org</a> | <b>14 Transmission meditation, to crystal bowls at Schenley Plaza.</b> Rain or shine | <b>15 TWO EVENTS</b><br><b>Food Revolution Day</b><br>3-6 PM                | <b>16 FOUR EVENTS</b><br>4th Annual Peaceful Gathering of Hands  | <b>17</b> |
| <b>FOUR EVENTS</b><br><b>1st Spiritualist Church SPIRIT</b>  | <b>18 TWO EVENTS</b><br>5:30-6:45pm<br>Hatha Yoga \$5 donation suggested.     | <b>19 See the mothership!</b><br>Where the calendar began...<br><a href="http://www.hc.org">http://www.hc.org</a>                     | <b>20 TWO EVENTS</b><br><b>White Chapel</b> South side \$5 donation<br><a href="http://www.hc.org">http://www.hc.org</a> | <b>21 Transmission meditation, to crystal bowls at Schenley Plaza.</b> Rain or shine | <b>22 Are you Curious?</b><br>Here is a 9 min video about who and what this | <b>23 March Against Monsanto</b><br>Starts in Strip District 2pm<br><a href="http://facebook.com/marchagainstm Monsanto">Facebook info</a> | <b>24</b> |
|  | <b>25 TWO EVENTS</b><br>5:30-6:45pm<br>Hatha Yoga \$5 donation suggested.     | <b>26 Site</b><br>Nite Shadyside 7pm, doors open at 6:30<br>Paulette Glover -   | <b>27 TWO EVENTS</b><br>Social Media- Get your message   | <b>28 Transmission meditation, to crystal bowls at Schenley Plaza.</b> Rain or shine | <b>29</b>   | <b>30</b>  | <b>31</b> |

Read ONLINE at  
[www.heartofpittsburgh.com/bodhitree](http://www.heartofpittsburgh.com/bodhitree)

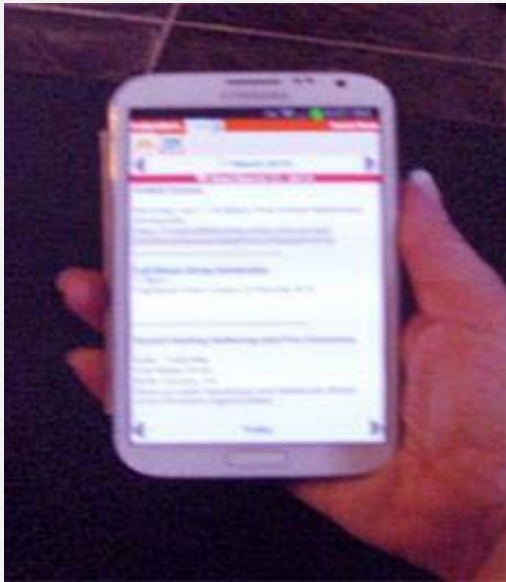
Cell Phone Friendly

# ARE YOU A SEEKER?

Here are local places to go,  
things to do, people to meet!

Where is a calendar of cool events?

<http://tinyurl.com/peaceburgh>



The Desktop/ Laptop version [is here](#).

[Heart of Pittsburgh](#) sponsors the Event Calendar and the Bodhi Tree Magazine. This is a non-commercial venture.



The Bodhi Tree Magazine is a Collaborative.  
It is living breathing and the coming together of  
Spiritual Light Work in Greater Pittsburgh

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**unity** Center of Pittsburgh  
*A positive path for spiritual living*

[www.unitycenter.com](http://www.unitycenter.com)

**SITE NITE**

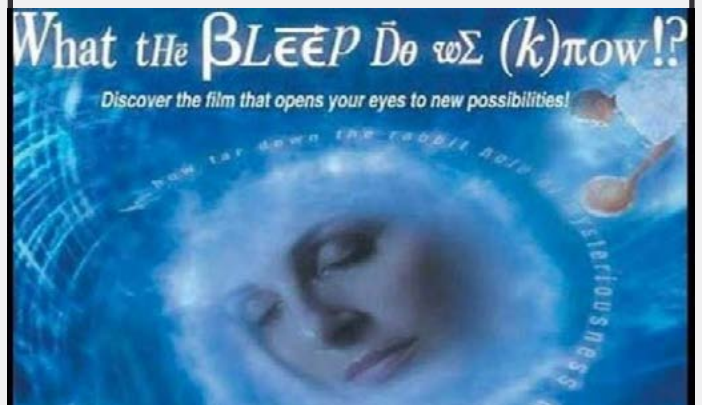
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**1st Spiritualist  
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Bleep & Institute of Knowetic Science  
Lee Robinson, coordinator

Info: 412-400-3779

[facebook.com/groups/271404142931864/](http://facebook.com/groups/271404142931864/)



# THE ELECTION AFTERMATH

Victoria Hanchin, LCSW, author of "**The Seer and The Sayer: Revelations of the New Earth,**"

[www.WholePersonWholePlanet.com](http://www.WholePersonWholePlanet.com) .

Contact her at [Vikki@wholepersonwholeplanet.com](mailto:Vikki@wholepersonwholeplanet.com)



**T**he election aftermath, with its catalysts of shock, anger, grief and confusion--has been igniting a vast, jolting awakening of the people into participatory engagement, active exploration, and self expression, mobilizing around what most matters to them.

I have been awaiting the time of the Great Awakening, but I never imagined it would look like this!

Just behind the scenes, we witnessed the law-breaking Energy Transfer Partners being supported by militarized police. They assaulted the indigenous peaceful water protectors, joined by thousands on their sacred land, protecting the waters for the future generations. Tensions and intensity were off the chart.

I realize now how important it is to scramble everyone from our habitual positions of certainty, and shake people into the dreaded place of uncertainty and not knowing, so that we can learn to be alert in the present moment. Fluid like water we are capable of being surprised and activated into something beyond our control, hopefully something divine!

I trust the Divine Intelligence of the Universe, Spirit, and Evolution to

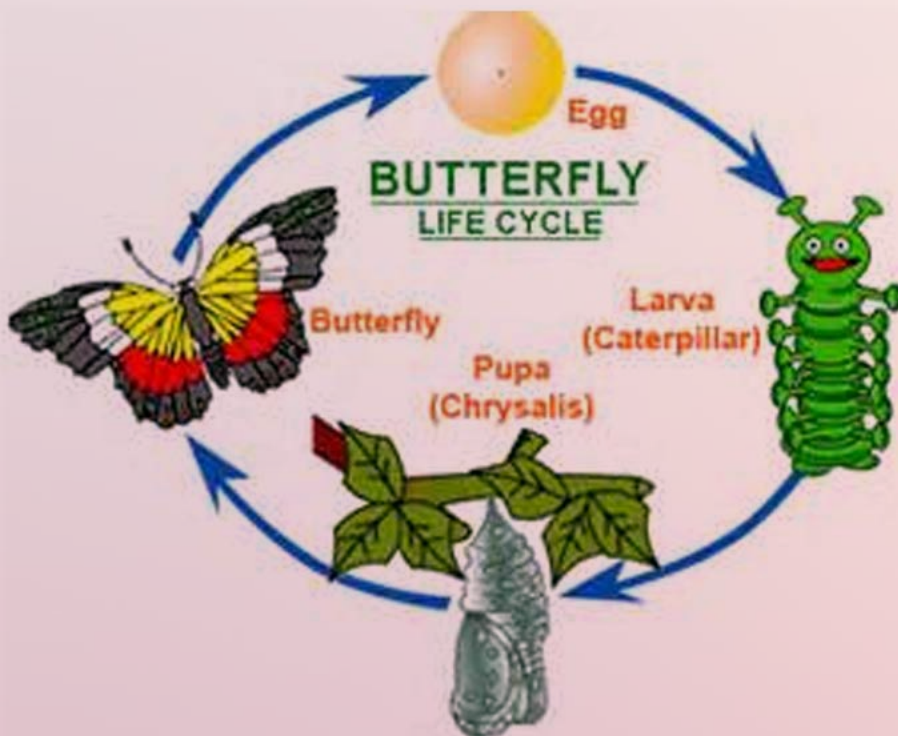
creatively utilize this divine chaos, to catalyze our quantum leap into a higher order of coherent truth.

For right now, it's so good to have untruth exposed, that feeds the illusion of our separation. And it's essential to have the collective pain-body (aka Shadow) no longer swept under anyone's rug.

May the clarity of what we don't want redirect us onto the highest path for the common good of All Life. May the process of our chaos feed the yearning for the highest truth. May we live from compassion supported by fierce love. May we remember who we really are, as unique individualized aspects of the One Consciousness.

May it finally be the time for humanity to go inward into our cocoons, engage our Highest Self and Soul Essence, and transmute from the caterpillar into the butterfly!

Sending love this holiday season to all emerging butterflies, as well as those who are still in caterpillar stage...as my spiritual daughter [Kellee Maize](#) raps, "Put your hands up, hear what I say: the caterpillar and the butterfly have the same DNA!"



# THE PLANET HAS TO BLOW OFF STEAM

By Rick Di Clemente | [www.starsself.com](http://www.starsself.com)

**I**t took me a while, but I finally got the gist of what is happening. Michael Moore called it “Trump supporters throwing a huge Molotov Cocktail to blow up the status quo.” True true. But, its more than that.

Nature is very smart (monitored by Astrology): There has been SO MUCH CONTINUING corruption unearthed everywhere, the BODY of us can't handle it much more. Something, somewhere, somehow it all had to say F\*CK IT! That's why we're having the major Jupiter opposition to Uranus making a T-square to Pluto now and representing what will happen the



next 4 years for the whole planet. I'm not saying I advocate it, but it appears that the planet has to BLOW OFF STEAM so then, it can think straight. The revolution, in all ways, is on.

Uncertainty, carelessness, recklessness, all SEEM to be abounding. BUT, it is necessary right now, to get us out of the mode of

continually unearthing decay. We can't see clearly right now, things are scary, they will continue to be, but, have faith: there are millions and millions of great people in the USA and all over the planet. We have to shake up the status quo.

We're all going to be unhappy with this or that for awhile, but we must keep faith that eventually, we will all face the new challenges with the OLD being just a fading memory - where we can build anew with ALL in mind and no - it will not be politically correct - it will be humanely correct. We are in an age of Pluto, next we will be checking out the stages to go through.

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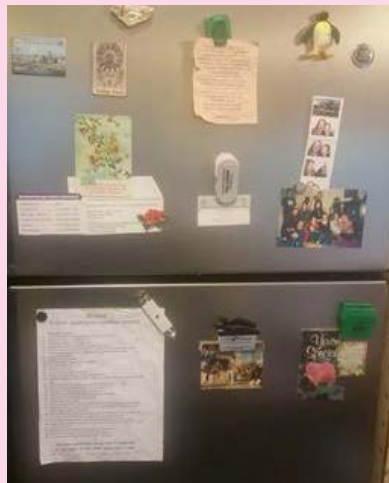
## LOOK AROUND, LOOK UP AND MOVE FORWARD

By Susan Rose | [heartofpittsburgh.com](http://heartofpittsburgh.com)

**B**ernie Sanders lost the New York state primary. That started a long period of sadness for me that peaked with another candidate officially selected. That sadness shifted to anxiety for the entire election about our (??) choices. Although I did not vote for Trump, it was somewhat of a relief when the weight of the election was over. At least it was done.

Now I can empathize with HRC supporters. I know how it felt when Bernie lost. Hanging on my refrigerator is a semi-permanent reminder, a well-worn document stuck to the door. It boldly states: “How to shift ANYTHING to a Positive Context”. A “CAN” opener holds it in place. I need to read it again. Eleven of the best tips are shared with you below:

1. Notice that it could be worse.



2. Cultivate a sense of fascination with it – notice that it's at least interesting.
3. Expand your compassion for all the people who are having a similar experience.

4. Honor it as a teacher.
5. Appreciate the present moment exactly the way it is, enjoying it

- quickly before it is integrated.
6. Acknowledge the opportunities for love and forgiveness.
7. Pretend that this is easy.
8. At least it will make for a good story later on.
9. Imagine what it would be like for nothing to be different, but for you to feel lighter about it.
10. Turn everything over to God and notice how it can strengthen your faith and determination.
11. Notice the extent to which you already feel a little better about it.

I just participated in an [income inequality](#) protest, another day I connected with [others trying to make contact with benevolent highly evolved beings](#). Being in group meditation and hugs really help. I'm staying active, looking up and moving forward. ***“Do what you can, with what you have, where you are.” – quote by Theodore Roosevelt.***

# “THE FOUR STAGES OF PLUTO”

By Rick Di Clemente

<http://starself.com/>

**P**luto-in-Capricorn era started in 2008 and ends in 2023.

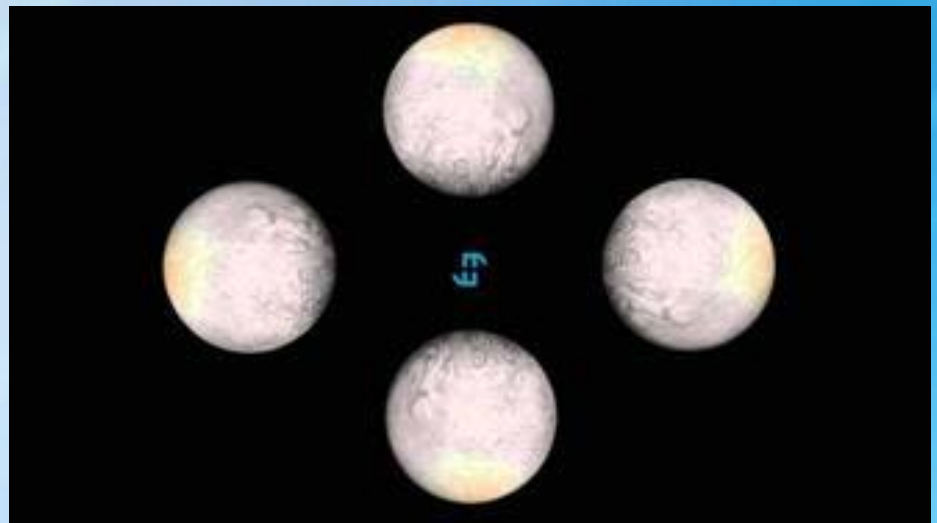
In my opinion, I demarcate how each of these transiting stages act. Briefly:

**Stage I:** Denial. It SEEMS like something is wrong all over the place, but maybe it's cyclical, or just my imagination. I think I'll continue to IGNORE it. This is where much of America is as transiting Pluto has been opposing the USA's Sun in our birth chart. (Large-scale Identity Crisis based upon whether we have used our power or abused it.)

**Stage II:** Dag nab it, no matter how you look at it, drastic changes are in order! All across the board there are great signs of corruption and decay. I have to deal with it. This is when you rent dumpsters and get dirty throwing out the junk. Cleansing and sobering.

**Stage III:** After much pain and work and darkness, "I'm starting to see some light!" We start to see that if we keep it up, things are going to get better and this is directly related to all the purging I have been doing.

**Stage IV:** Rarely attained, but is



possible. Little trouble comes to me now because I have owned my own evolution and have removed my obstacles to growth. I stand tall and strong.

America has been greatly stuck in stage I for a long time now. Much denial and blame has come with this primary stage. Symptoms of this time are blaming this group or that, making excuses, procrastination and plain old lack of integrity and courage. Many are still stuck, feet-in-the-cement. It can't happen here. By hook or crook, many of us are getting with it now and accepting responsibility of Stage II. We are not only continuing to clean up Stage I, Lord knows, but we are being sobered at immensity

of the job at hand.

For the longest time, I didn't think we'd be getting near Stage III. Now, I am starting to see signs of it. Keep in mind that a collective as large as ours can be in multiple stages at once. Certainly, we're seeing many signs of people rising from their couches to do something. To protest. To shake down the makers of EpiPens. To have it out face-to-face with Wall St. It's just beginning as we dig deep to summon our strength. There is much work to do, but thanks largely to the power of Social Media, we're talking to each other. We're discovering each other. We're working it out. We're meeting us.

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**Editors note:** Rick has been having group video chats called **Astrology Unplugged**. Friend him on Facebook and follow his youtube channel. Last chat recorded here <https://www.youtube.com/watch?v=n5jw2rONIU4>



# SEEING WITH FISH EYES

By Sandy Milczarek

<https://sandymilczarek.ordpress.com/>

**T**hat's not a typo in the title. I really do mean "fish" and not "fresh". One of my favorite lines of poetry by Emily Dickinson is this: Tell all the truth but tell it slant. Sometimes for us to discern where our truth lies, our perspective must be altered, slanted, whether voluntarily or otherwise. An unusual word choice or a fresh approach to grasp a concept can shake things up a bit.

I like to fish. When I was around three or four years old, either my grandmother or my dad would place a fishing pole in my hands to keep me occupied while they fished. Looping the squirming worm around the hook and then casting my line into the water fascinated me. I may have caught a bluegill or two, but mostly wound up with my reel twisted with line. I'd take my pole to the nearest grown-up and watch while my tangle was patiently unsnarled.

My son and I went fishing a few times this past summer - just catch and release. It's more about the act of fishing than the end prize of the catch. Although, that's exciting, too. Paddling in a canoe and observing the fish in their habitat in the water is a sacred pursuit for me. At first, I can't see the fish. I must close my eyes, go within myself, take a deep breath and make the shift. I feel a click, like turning on a switch - an act of will. I then look again with my "fish eyes", a changed perspective in how I'm looking through the water. It's like peering into a different dimension, a watery one, and I can now see into the depths and perceive the fish in their secret world. It's an act of wonder.

Learn to see with your inner



eye. Develop a new organ of perception, "fish eyes" if you will, which dives below the surface of the superficial and into the depths of where greater truths may be found. Things aren't always as they seem. This is a brave, brief vacating of your own inner landscape to sojourn into the environs of someone or something "other" than self.

This method translates into everyday life venues, especially in understanding a person or comprehending a concept or opinion that's foreign, even disagreeable to you. Take a walk in someone else's shoes.

After you identify the object for your shift in awareness, there must be a suspension of all judgment combined with an earnest desire to perceive differently, to see "slant".

Take a couple deep belly breaths to shift your body into an alternate awareness. Put your "fish eyes" on - even pretend that you're placing special spectacles over your eyes. Then look with your whole being to perceive the "other" in a new way. Your new understanding or perception may be slight, you may not even agree with what you see, but the *attempt* to understand is priceless. Mountains may be moved. Great divides may be bridged.

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*Editors note :* Sandy (the author) is a member at **Unity Center**. You can meet her there every Sunday in Bloomfield.

# Spiritual Stuff to Do When... You Need Some Fun

My intention is to help you with some ideas on how to break out of the “blahs” and into the “ahs”. Here are some great ways to have spiritually centered fun:

## 1. Laughter

When I was in seminary school in Lily Dale, there was a “laughing chakra” class. Seriously, I thought it was a joke. We sat on the floor and made laughter as we thought it would sound as it came out of a particular chakra. We all started with a hesitation, but before long were laughing for no reason at all.

I found this similar video on YouTube: <https://www.youtube.com/watch?v=Ut530Gr-wpA> So, laugh alone, or find some friends to laugh with. Your spirits will be lifted and so will your endorphin levels. I would also suggest seeking out time with funny people, or at a comedy club, or watching funny movies. The world is filled with laughter at our disposal, find some inspiration!

## 2. Singing

Music makes the world go around. For some of you, singing may feel like spiritual “work”. I get this, and it may, at first, because maybe you were shamed about your voice. So grow, sing for the pleasure of it, not the aesthetic beauty of it. You can enjoy things you are not an expert at, heck, most of us are not experts at many things we enjoy. You don’t have to sing like an Angel to enjoy singing! Sing



in the shower, or in the car or you may also enjoy checking out a kirtan concert or a mantra class. I will often teach (4 times per year) mantra/chanting/meditation classes where you can just let loose for the fun of it, and for the focus. We chant in sanskrit so that you are not focused on the meanings of the words you are singing, but more of the “feeling” of the mantra, and we are lifted by the communal energy that is built. Kirtan is a form of call and response chanting that can be very invigorating. While it is not widely available in some parts of the world, you may consider having your own mini-kirtan thanks the beauty of YouTube. An easy way to begin singing in cant style would be to sing along with someone like Snatam Kaur or Deva Premal, check them out on your music provider or YouTube and join in. The music is lovely and words usually aren’t in English, so you won’t have to worry about if you are doing it right. Just

sing from your heart and FEEL your connection.

## 3. Spending Time in Nature

I am going to feel like a commercial when I say this, but- go outside, go camping, go hug a tree! For many people, once they awaken or have any kind of significant spiritual shift, there is often a drive towards being in nature more.

During some initial phases of awakening, I hear people talking about wanting a garden, moving to a cottage in a forest, or something like that. Well, indulge that impulse. Go for hikes. Spend time on a beach by the ocean or a lake. Explore your surroundings by foot. It can be a wonderful way to rejuvenate yourself. If you can’t go hiking, go sit on a bench at the park and enjoy the sound of the birds and watch the leaves change colors. There is very little that compares to a day spent outside. Here’s a thought, spend a night outside on your deck under the stars, or napping in a hammock instead of on the couch. Find little ways to be in the fresh air, and you will feel amazing. My grandma used to say “get outside and blow the stink off ya!” I still chuckle when I think of this!! For more tips, see the full article: <http://www.revmarjorierivera.com/articles.html>



# Your Current Situation from **AKASHIC PERSPECTIVE**

By Irina Grundler  
[pathtoawakening.net](http://pathtoawakening.net)

**W**ith energies of confusion, uncertainty or even fear being in the air, I would like to share some insights I received from multi-dimensional levels of the Akashic Records. It's totally your choice whether to accept them or not.

The first one is to look at the current circumstances from a different perspective. Normally we perceive everything that happens in our lives from the 4<sup>th</sup> dimensional level of our thoughts.

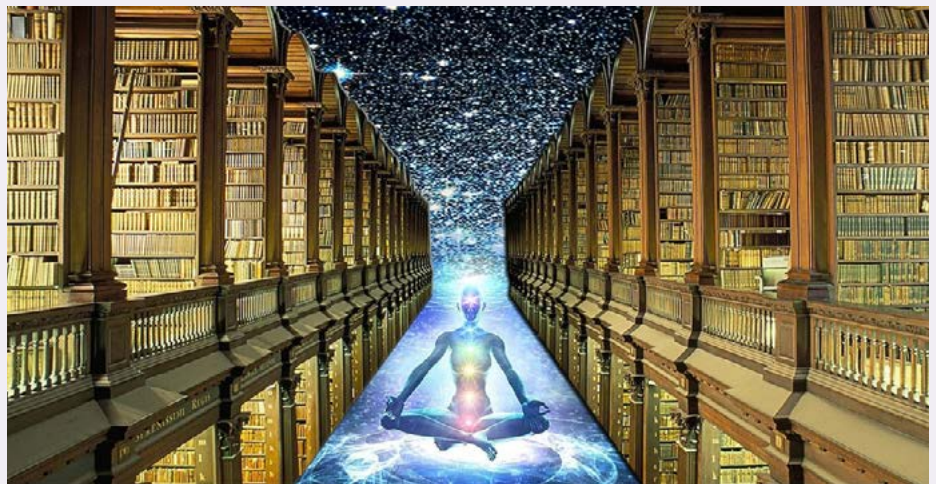
I can compare it to looking at a valley standing at the foot of a mountain. You see what you can see; still if you climb higher and reach the top of the mountain a different view on the same valley will open up. Most likely things that do not make sense from the foot of the mountain, will acquire a different meaning from the top.

Working in the realm of the Akashic Records I learned that very often we as individuals, communities or even countries get out of alignment with our higher purpose; to change this misalignment certain circumstances or people that we might perceive as inappropriate are attracted. After they fulfil their mission, other people or circumstances come. No matter what happens on 3d or 4<sup>th</sup> dimensional levels, there is always a higher perspective and meaning. Just stay open to it.

Another important piece of information concerns energetic foundation of any situation we encounter and our ability to change it. Think about any situation as an energetic container which contains energetic charges coming from each and every participant. We form energetic containers with individual people, groups of people, animals, nature, buildings, teachings... Each participant (either individual or entity) puts its own energetic

side: are these energies of peace, openness, compassion or energies of anger, fear, uncertainty? Keep in mind that due to the energetic nature of the scale, it always tends to stay in balance: in other words negativity attracts negativity while positive energies attract more positive energies.

It is true that very often we feel helpless and stuck, but it is just an illusion. We control energies we



charges into a container; still all chargers together have to create balance in order for the container to exist. If one of the participants puts too much of certain energetic qualities into a container the other participants have to adjust their energetic input in order to keep the container balanced, otherwise it will “explode”.

Please think about the energetic container “I and My Country”. Imagine it as a scale and contemplate what energies you are putting on the scale from your

generate and by changing qualities of OUR energies we can initiate changes of energetic input from other participants on the levels of families, communities, states and countries. The more peace and compassion each one of us generates, the more successful we are together.

Amazing things happen when we take conscious control of energies we put out. Sometimes the Universe shows us support in a way that we do not even expect. Just give it a chance!

# **SPIRITUALITY AND THE GOVERNANCE OF PLANET EARTH** **WITH AN EMERGING CREATION** **STORY UNFOLDING**

By Suzanne Bishop, MS

[intuitz.com](http://intuitz.com)

[www.facebook.com/suzannebishoppsychicmedium/](http://www.facebook.com/suzannebishoppsychicmedium/)

*(Suzanne is a Pittsburgh therapist, professional medium, and activist to empower people to activate their power within.)*

Our planet is dying. We as humans use up more than a third of land that has been modified by technology and culture. Depletion of some resources and mass extinctions of many animals and other species throughout the planet is occurring. This idea that humanity may die off due to its way of life and technology is an idea that should be discussed across every dinner table no matter what your religion, your ideology, politics, etc. Unfortunately it is not being spoken of, so I will speak it. Planet Earth is dying, is it really “our” planet after all? We are temporary visitors to this immensely beautiful, ancient, wise and fragile sphere of ocean and terra.

Earth loves us dearly, she gives to us what we need to sustain life, but we are frittering it all away to keep feeding our material gluttony through outdated political and economic systems, and culture. Harsh words, but these are decisive times and we will do what we do.

So where does Spirituality fit into this scenario -- on one hand doom and gloom by covering our eyes and ears, and on the other hand a renaissance and reawakening through spiritual thought and practice to a revitalized Earth.

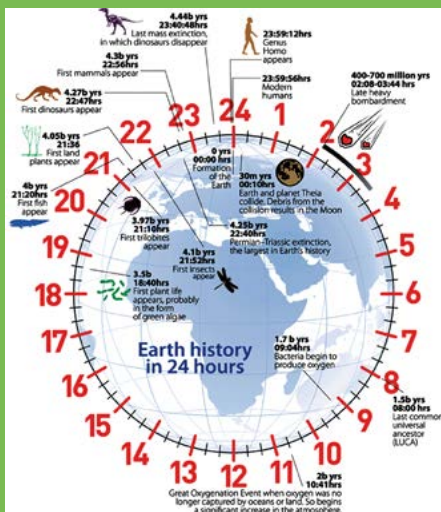
The practice of Spirituality is not a religion but a realization that we are not alone--we have each other, we have those in spirit that we connect to, we have the bounty and communication with the Earth through what we eat and drink and we have the trees and plants and earth and sky. To realize that indeed we are all connected: to your friend and neighbor; to the animals you love, to the food you eat, to humanity itself and to the entirety of Earth; to the universe and multiverse and beyond. We (EVERYTHING) are all connected.

Earth needs our help right now.  
We have the technology to make  
things right. Earth has been there  
for us for the millions of years



it took for our evolution to get to where we are right now. Each one of us has a gift, or many gifts-- to give to Earth, to help her survive these perilous times. I am wondering if the slogan of our modern times could be "*We are not alone, one in spirit, one with Earth and strong in spirit*". What is going to be our new creation story? How will our narrative unfold? Do we even honor that we have the power to create a new earth and a manageable story?

**Now is the time more than ever  
to reach across the road to your  
neighbor, no matter what beliefs  
they have, to come together, to  
come to the aid of our only home,  
planet Earth. --Anulekha Avnitha  
(Sanskrit Destiny Earth)**





# STANDING UP FOR STANDING ROCK

By Jenna Kay Lake

[jennakaymaloney@gmail.com](mailto:jennakaymaloney@gmail.com)

I arrived at Standing Rock on Wednesday November 23rd, the day before Thanksgiving. It was a short visit, about 3 days, but potent. Sharing Thanksgiving with my Native siblings was eye opening- Many indigenous people prefer not to use the term Thanksgiving because of the pain and trauma that day marks for their ancestors.

Instead we renamed it Liberation Day, some called it Gratitude Day. Because of the holiday, there was a huge influx of people, more than the land has been vacated by since the start of the pipeline protest. With the people came lots of donations- huge bags of clothes, boxes of food, money for building supplies. Dozens of tipis and winter structures were built in the short time we were there. We gathered on Thursday in prayer ceremony. Over 100 people gathered together in faith and unity. We prayed for protection of the land and water. We listened in reverence to everyone's sacred messages.

While this occurred, drones flew above our heads, gathering information for the police officers. This happens daily at the camp. On the same day, we gathered by the water near the pipeline construction site, adjacent to the hill where police are stationed 24/7. A loud and spirited drum and song ceremony occurred while some yelled back and forth between the officers. Tensions were high, but luckily no one got hurt and no weapons were used. At any moment chaos could've broken out, but we remained peaceful

and prayerful, as the native elders have requested we do. Holding the energy of love in the face of hateful oppression is a powerful act.

There were a lot of mixed energies at camp. A lot of gratitude and support and yet agitation and uncertainty. Some people identified as protestors and carried much anger. Most identified as 'water protectors.' We were trained to remain as calm as we could and

met. The kitchens made huge meals 3 times a day. A real experience of community was and is being cultivated. I think that community is the key to sustainability. There were solar panels set up and people charged their phones from them. One of the hills at main camp was nicknamed 'Facebook Hill' where people would plug into social media and post their videos and pictures. There was a huge dome where trainings and



help others to do so also. There's a lot of healing to be done, especially on the emotional level. I think the most profound part of being at Standing Rock was the understanding that hundreds of tribes gathered there for the first time in history, and many old rivalries were being resolved for the greater healing of the planet. Much pain from racism and exploitation is being transcended through compassion, awareness and communication.

Sleeping in the cold was difficult but people were very supportive to make sure everyone had their needs

educational workshops were held. Sadly, there were a lot of petroleum burning generators running all day and night. Because of the climate, all of the food eaten was imported, so while everyone there values sustainability, the reality is not sustainable, but I see this as a platform for solutions to be discussed and where like-minded individuals have the chance to meet and collaborate in the future.

I am inspired to live more sustainably and in harmony with the Earth. I feel that going to Standing Rock opened my eyes to the amazing things humans can accomplish when we work together.

**Editor's Note:** At least a dozen Peaceburghers have made the trek to Standing Rock. Lots of folks created group meditations at home and across the country. We would like to thank everyone who helped create a peaceful outcome.

# ELECTION HEALING

By Paulette Glover  
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**T**he 2016 election is over, and, like many of us in the healing arts, I am deeply saddened with the results. But now is the time to restore our faith and recognize that it is our responsibility to send the message of unconditional love to heal the fractured consciousness.

Even though we are separate physical beings, our emotions remain part of *One consciousness*.... *One thought*.... *One energy force*.

Eckhart Tolle said, "The quality of your consciousness at this moment is what shapes the future." *One consciousness* dictates that whatever you decide to attach your emotions to, will be what invariably manifests. What can we do to raise *Consciousness* and restore the darkness back into the light?

Why can't I just continue to pray for protection of all that is right and good--- the meek and the poor--- justice and mercy? While this election has proven to be a

lesson in forgiveness, it has made me realize the important role each of us must undertake by accepting responsibility for what *one consciousness* has created.

There are ways to awaken the weary *Consciousness*, such as: the positive energy garnished through the will of thousands joining arms in a peaceful protest, the magnitude of uniting people from around the globe by signing a petition for a true and just cause, or the passion of defending the right to be heard in a heated courtroom battle.

To aid with Divine guidance by raising *consciousness* in our daily life, I refer to the ancient Hawaiian technique of Ho'oponopono. Dr. Hew Len, the psychotherapist from Hawaii who brought Ho'oponopono into prominence after healing 28 criminally insane inmates, was asked in an interview by Joe Vitale, author of *Zero Limits*, how he was able to heal them.



Dr. Len replied, "I say:

*"I'm sorry. I love you. Please forgive me. Thank you."*

Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world."

<http://hubpages.com/religion-philosophy/How-Dr-Hew-Len-healed-a-ward-of-mentally-ill-criminals-with-Hooponopono>

Ho'oponopono heals the soul by reciting these four sentences, making them a constant mantra running like a familiar tune in the back of your mind: *"I'm sorry. I love you. Please forgive me. Thank you."* Dr. Len explained that total responsibility for your life means that everything in your life – simply because it is in your life – is your responsibility. In a literal sense the entire world is your creation.

It is through Divine guidance and the will to do good, by raising Consciousness one person at a time, will there be an evolution of the Divine Plan. God Bless us all.

**About us:** *This is the 6th issue of Bodhi Tree Magazine, December 2016. It is written and published seasonally as a joint venture of the new thought, metaphysical and holistic community of Pittsburgh. All issues are archived here: <http://www.heartofpittsburgh.com/bodhitree/> The next issue is planned for Valentine's Day, 2017.*