

# BODHI TREE

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



Summer 2017

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# Are you a seeker?

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

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Bodhi Tree Magazine is a Collaborative. It is living, breathing and coming together of Spiritual New Thought Groups and Light Workers in the Greater Pittsburgh Area.

See past issues at our web site:

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<http://www.csllargerpittsburgh.org>

Meetup

MEETUP REMINDERS

The Pittsburgh Metaphysics Meetup Group

<https://www.meetup.com/The-Pittsburgh-Metaphysics-Meetup-Group/>



unity Center of Pittsburgh  
A positive path for spiritual living

<http://unityofpittsburgh.org/>

SITE NITE

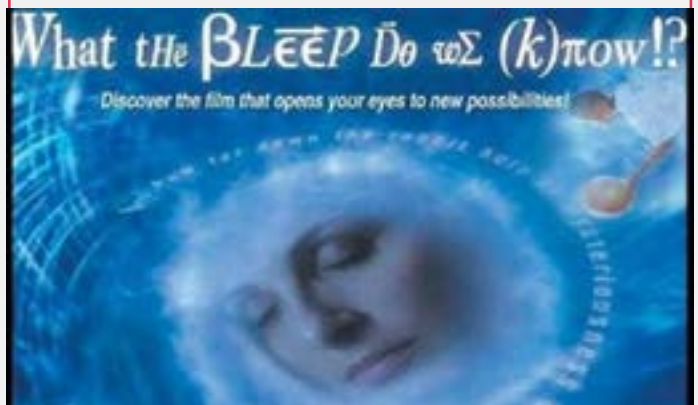
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[www.sitenite.org](http://www.sitenite.org)



1st Spiritualist Church of Greater Pittsburgh

[1stspiritualistchurch.org/](http://1stspiritualistchurch.org/)



**What the Bleep & Institute of Knowetic**

Science Lee Robinson, coordinator

Info: 412-400-3779

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

# LIGHTWORK ENERGY FOR PITTSBURGH

[www.celestiallight.net/](http://www.celestiallight.net/)

by Nancy Hayward

When thinking of relocating to Pittsburgh my first trip here, I stepped out of the car, and when I planted my feet on the ground the energy from the earth shot up from the ground. into my feet and throughout my body. Pittsburgh is one of the sacred cities on the planet. The energy of the city is different and it impacts people living here as well. The general population is more gentle and kinder than other large cities I have traveled to. It is no surprise that Pittsburgh is always ranked as one of the best cities in the country to raise a family

On a more spiritual note, as I felt the energy traveling up through my body, I was also aware of the vortexes that are present here. The energy from the four rivers travels directly to the heavens. Since I



have been here for a few years now, I have both read about, and met others who have shared their similar experiences. I connect with angels. Archangel Michael has mentioned to me that Pittsburgh is one of the holiest cities on the planet. It attracts enlightened beings to the earth from other dimensions as well. The heightened level of spirituality of our city also branches out to other cities in our country and throughout the world assisting them to progress spiritually.

As lightworkers, we need to protect ourselves on a regular basis as we go out into the world and mix with other energies in public places. Also, remember to clear your chakras regularly as well as placing a protective energy around

your body. Our energies are being raised to a higher level for our work in this lifetime. We need to be protected from harsh energies as we work, shop, dine, etc. What a lightworker thinks and feels not only impacts the individual, but also the planet. This is part of our mission, to anchor the "light."

You can ask angels to surround and protect you on your daily journey. Since the veil has become so thin between heaven and earth,

many people connect easily with the other side and with angels. Even the Bible mentions that this time would come. John 1:51 Hereafter you shall see heaven open, and the angels ascending and descending upon the son of man.

You can ask angels to protect you in your daily life so that you are not impacted. Archangel Michael will happily usher in, or you can request a group of angels - whatever you desire.

There are angels with different purposes such as healing, prosperity, writing, expanding your business, virtually anything you have a need for, an angel can move into your life and help you in ways you never dreamed. Otherwise, they are just hanging around hoping you will request their help. Invite as many angels as you desire for your life's spiritual mission. So let's continue to manifest and bring wonderful spiritual things to the planet, Pittsburgh!

# ACCESSING YOUR NEW COLLECTIVE POWER

by By Rick DiClemente [www.starself.com](http://www.starself.com)

Here is a typical example of someone exhibiting the use of the new powerful Pluto period in which we find ourselves. Note this: regardless of whether you are for or against the growing or shrinking of national support for health care:

Senate Minority Leader Chuck Schumer (D-N.Y.) recently argued that it's time for his party to take a "bold" approach adding a single-payer health care system...

"We were too cautious, we were too namby-pamby, this is sharp, bold and will appeal to both the old Obama coalition ... and the Democratic voters who deserted us for Trump," he said.

Too many are focused on the fear of this new, era-shifting, identity crisis in which the USA currently finds itself.

The message here is clear: while the forming Pluto Return of 2020 is certainly shaking things up already, it is also allowing us to reach deeper than we ever have before and to become more. Now, because of these heavy-duty planetary alignments, it's not good enough anymore to keep resting on our laurels of our World War II victory in 1945. The world has changed and is continuing to do so at an alarming rate; I'm

sure you've noticed. Other countries no longer see the good ole U.S. of A. the way to which we have become accustomed.

What this means for each of us is, as Schumer said, it's the end of lame efforts. It is time now for all of us to reach deeper and claim what we want the new America to be. Besides this projection upon the collective, it's also quite clear that now is the time when we are ready to claim more passionate destinies for our own selves. It isn't hard to understand. We must claim our personal power. It is truly more accessible now than ever before.

This is a time when excuses just aren't getting it. We used to be able to depend so much upon many of our institutions. Now, following the universal wisdom of Pluto, Neptune, Chiron, Uranus and Saturn, it seems that we are being cut off from our support systems. A myopic view of things would agree. However, if we sense deeper, we can see that the greater unconscious is urging us to take hold of the new collective, one with a stronger, more intimate connection to Source, where our true power emanates. We're learning that we're not just individuals; we're closely tied to All-that-is.



# Nature's Way

by Rebecca Harmon

Each Summer, I keep an eye on my parents' garden when they travel. Again this year when I stopped by to check on the tomatoes, I was in awe at the bounty of the crop. My mother's touch has once more nurtured a garden filled with tomato plants that are heavy with tomatoes in every shade from green to red (and on the Yellow Boy plants, from green to deep golden yellow).

As a spiritual teacher, I use nature often in lessons and stories. That day as I made my way carefully between the plants, I could not miss the message that abundance is nature's preferred and natural state. And if it is so in nature, it must be so in our lives.

"Natural state indeed - she hasn't seen MY bank balance," you may be thinking with skepticism.

Successful gardeners know that there are things we must do to ensure an abundant crop, such as preparing the soil, buying quality seeds or plants, planting at the right season, keeping critters from nibbling the plants when they sprout (fences), fertilizing with earth-friendly products, pulling weeds so the plants have room to thrive, ensuring plenty of water and providing support so that when the stalks get heavy with their bounty, they don't fall on top of themselves and rot in the dirt.

The coaching for an abundant life experience isn't much different. It requires preparation and making good choices that support balance and a healthy lifestyle. The spiritual Truth that I see peeking out from the heavy tomato vines each year is that when we work with Mother Nature, she provides for us bountifully, whether it's tomatoes or life experience.

When we feel that the odds are stacked against us, we can stop and think about the garden. Nature's

default setting is abundance, but we still are assigned the prep work: the weeding, watering, fences, and fertilizing if we want to see the full bounty of our crop emerge.

It's no secret that a tomato picked off the vine tastes better than any store-bought tomato. There's a lesson here, too. We can take shortcuts in life - attempting to "buy" the end results that we seek, but we will never realize the same quality, whether it's a tomato or life experience.

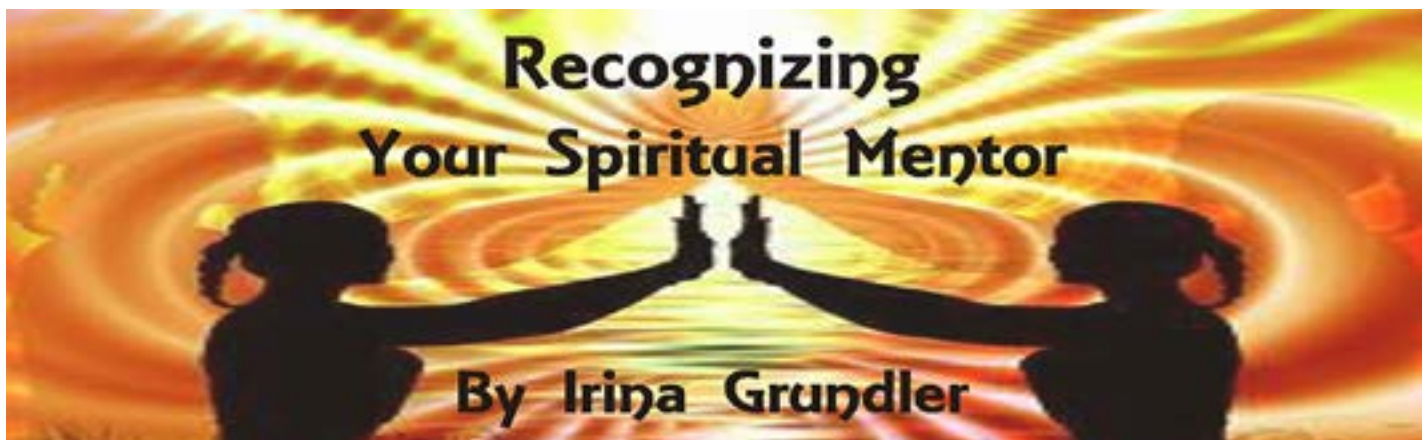
Harvesting the fruit of our labor is satisfying, whether it's in a backyard garden or in life. This Summer as we enjoy farm-fresh fruits and vegetables or appreciate the beautiful flowers on our porches and gardens, we can remember nature's lesson: that the Universe gives back to us in abundance that which we plant in our lives.

When our "harvests" are lacking, we need to consider planting different seeds. We may also need to erect some fences (boundaries) in our lives to keep destructive critters away. We will want to consider adding organic fertilizer (spiritual practice, healthy eating) and let's not forget the importance of weeding - removing old thought patterns of lack that choke out the sprouts of abundance that are waiting to take root and grow in our lives. And when we finally learn nature's lesson, we can enjoy a bountiful harvest, year after year.



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[www.pathtoawakening.net/about-irina.html](http://www.pathtoawakening.net/about-irina.html)

As you walk your path of spiritual awakening, it might be helpful to use some guidance or directions from time to time. With so many options available to us now, it might not be easy to make a choice and figure out what spiritual mentor would be “right” for you.

There are several things I recommend keeping in mind.

Each one of us vibrates at a certain vibrational/ dimensional levels. While most of humanity vibrates at level 4 (physical plus mental levels), some of us vibrate of level 5 (the level of a Spiritual Seekers) and even level 6.

People who vibrate at level 4 are dominated by their egos. As they get closer to level 5, they might develop the ability to feel or sense energetic fields, communicate with multidimensional beings and even use these abilities to manifest certain things in their lives. When a person like this assumes the role of a spiritual mentor, he/she comes from his ego, not from his heart. It does not mean these people are bad or negative in any way; very often, they are charismatic and fun to be with. They can be very successful in a fourth dimensional world and accordingly attract lots of followers.

I encourage you to use your discernment when meeting this kind of a mentor. There are probably certain things that you can learn from him/ her and use in your everyday life. Still, a fourth dimensional person dominated by ego can never be an ideal mentor to a fifth dimensional Spiritual Seeker. Instead of helping you with spiritual growth, this mentor and his teachings will hold you

back and keep you attached to fourth dimensional reality.

Following are some questions you might want to ask yourself about your mentor which will help you to figure out if he is “right” for you:

- Do I feel supported in my spiritual growth by this mentor?
- Do I feel more aware in his/her presence?
- Does he/she encourage me to think for myself?
- Does he/she give me space to move at my own pace?
- How do I feel after communicating with the mentor?

Another important thing to realize is that you are under no obligation to be “stuck” with one mentor.

As we experience what is possible to achieve spiritually while being in a physical body, we might need help and guidance from different mentors, each of them being an expert in some particular area(s). As you grow and evolve, you might need new mentors who are able to better help you with understanding and managing your new vibrational state.

A mentor coming from the heart will support whatever is needed for your evolution, including engaging with other mentors and teachings. Remember that by helping you in your spiritual growth, he/she also contributes to his own spiritual growth, so in a way you become one team moving along the path together for as long as it is beneficial for both of you.

# Fear Not

by Sandy Milczarek

Summer is winding down. Autumn approaches with its downward tug, pulling us by the ankles from our lofty, summery dreams. We've been recreating. The sun has drawn us out of ourselves and up into the heady feel of Nature in its fullness. Now, the shadows grow longer and the weight of responsibility draws us back to ourselves. It's back to school or college for children and young adults. We all begin to turn our attention to preparing our homes and cars for winter. There's a feeling of "back to work" for us all.

As the earth travels through the seasons, it also moves through the seven chakras, ending with the red root chakra at Christmas. Autumn is the beginning, for those of us living in the northern hemisphere, of living with the orange chakra. Creativity. Sexuality. Emotions and relationships. What have we harvested as fall approaches? On a primal level, even though we no longer live in an agrarian society, have we harvested (or created) enough to make it through the winter? Will it be a difficult time of lack and hardship? We can feel the energies of the seventh chakra, the root, start to bleed in with thoughts of approaching dark nights and bitter cold. Fear's icy fingers begin to tighten its grip on our thoughts, even though we may not see its affect as a primal force.

Fear can be crippling. It is the impetus for so much of the negativity that rules our lives. There is help at the end of September to battle our encroaching fears. Can you hear the rousing cavalry call of the approaching warrior? Archangel Michael. Michaelmas, celebrated on September 29th, is a mostly Western European Christian tradition that some also recognize in the United States. St. Michael, along with Uriel and Gabriel, are honored in a feast day on the Catholic calendar. Waldorf school students play



challenging games in "The Festival of Courage" in honor of Michael's bravery. Stories of Saint George battling the dragon are told to fortify their spirits.

Michael is the Archangel who overcomes Satan and darkness. He places his foot upon the head of Satan while he brandishes his sword, encouraging us all to take up the sword of our wills and face the fears that plague us. Once we do so, we see that those overwhelming fears are not so big and bad, and they shrink into mere shadows. Can we see them for what they are? Can we integrate these now small fears back into the light?

Embrace the warrior spirit of Michael. He, as well as the whole hierarchy of angels, are here to help. Talk to them – out loud even. Make clear what it is you need, what fears you have, what your heartfelt desires are.

Then, on the darkest winter night, when we are deep in the throws of our red primal chakra, a new light is born unto the world. Another angelic voice begins its proclamation with, "Fear not!"

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Sandy Milczarek is the author of *Rebels from Olympus*, an action-packed Young Adult novel. Her website is: [sandymilczarek.wordpress.com](http://sandymilczarek.wordpress.com)



# I AM A PRAYER FOR PEACE

by Christy Semple, RScP



A favorite song we enjoy at the Center for Spiritual Living is Peace is Every Step by Bodhi Setchko. With its pleasant melody and uplifting lyrics, it affirms that peace is our true nature as expressions of the Divine.

As we move through a time of turmoil in our country and our world, the desire for peace is being spoken by many people, along with the question of wondering if it is possible. In New Thought teachings, we celebrate our Oneness and the Divine qualities that are inherent in us as expressions of the One. We know that despite appearances, peace is our inherent nature, as affirmed in Peace is Every Step.

Yes, peace is possible. It is right there, ready to express through us. Whatever we do to allow and support that in mind and in action energizes the expression of peace in our world, close by us and beyond us as it ripples out from our own examples and energy.

“I am a prayer for peace” is a beautiful phrase from Peace is Every Step that gives us an idea for how we can be beacons of peace in the world. As in an affirmative prayer, we can declare the truth of peace in our thoughts and actions. We can be walking affirmations of peace in the world, even when conditions don’t appear to be so.

A recent conversation I had with an inspired woman provides a wonderful example of being a prayer for peace. This person was experiencing a challenging neighbor who exhibited negative behavior and made distressing remarks about pets and property. Rather than react in a similar

negative fashion, this woman said she mindfully stayed peaceful and continued her yardwork. Later, when practicing her daily meditation, she focused on love and in her mind saw her neighbor surrounded by the light of love. “I practiced thinking and feeling peace,” she told me, “instead of thinking about saying mean things back to her.”

In similar fashion, I recently saw two grown men loudly arguing about a parking place in a supermarket lot the other day. A couple of people nearby reacted with the urge to shout back at them. “Please stop,” I said, as walking by and, surprised by this peaceful request, they did.

These are the ways we can each be a prayer for peace in our daily life. We can mindfully practice peaceful responses, practice the knowing of peace within other people (including those expressing negativity) in our spiritual work, and practice the speaking of peace-oriented words about ourselves, other people, and our planet in our inner and outer conversations.

Then we can give energy to the expression of peace and support by out picturing it in our world. By nurturing our own habits of peaceful thinking and responses, we inspire a shift in ourselves that aligns with our true nature of peace and expresses peace in the world around us.

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of healing prayer and  
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[Greater Pittsburgh](#)

# WHAT IS TRANSMISSION MEDITATION?

by Sheila Forester

*Sheila Forester is a long-time volunteer with Share International. A member of the Pittsburgh Transmission Meditation Meetup group she coordinates Transmission across 10 Midwestern states.*

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My introduction to [Transmission Meditation](#) was in 1987, shortly after the birth of my first child. Laura was born very premature and doctors gave her a slim chance of surviving. Up to this point in my life, I lacked interest in and even certainty in God's existence. But faced with the frightening prospect of losing my baby, I found myself, for the first time, praying for answers and seeking a higher power.

A friend suggested that I attend a Transmission Meditation group where I lived in Wheeling, West Virginia. Although I had no experience in meditation, working on myself spiritually as well as serving humanity resonated within me.

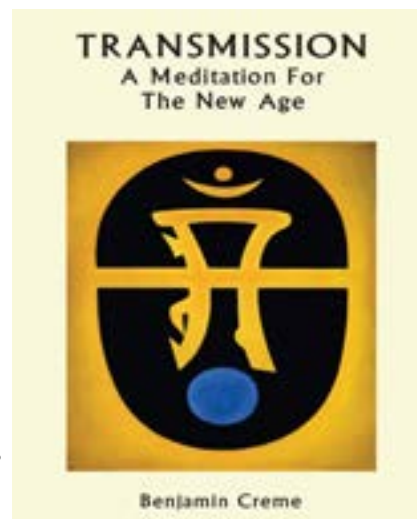
In 1990, I moved to Pittsburgh and formed a Transmission Meditation group in Oakland. Twenty-seven years later, this group continues to meet today, and there are sister groups in Highland Park and Shaler Twp. Introduced in 1974 by author and futurist Benjamin Creme, six hundred Transmission Meditation groups exist in forty countries around the world.

Transmission Meditation is a free group meditation that brings healing, transformative energies into the world. Groups come physically together and sound The Great Invocation - a mantram that essentially says "Let Light and Love and Power restore the Plan on Earth". When recited, the group is automatically linked with the Masters of Wisdom.

Who are the Masters of Wisdom? For thousands of years in the East, knowledge of the existence of the Masters has been commonplace. In this coming time, humanity will come to accept the fact of their presence because they are returning to the everyday

world as foretold by Helena Blavatsky, Alice Bailey and Benjamin Creme. The Masters are known by many names, e.g. the Great Mahatmas - the Lords of Compassion. The Masters are perfected humans who oversee our evolution and are the custodians for all energies entering our planet.

The energies now streaming into Earth, from cosmic and extra-planetary levels, are at such a high potency they cannot be absorbed by average humanity. During Transmission Meditation, the Masters direct through the chakras of the group members these high vibrational energies, a process which steps down their potency, making them more accessible for humanity. These "stepped-down" energies are re-directed by the Masters into the world where they are needed the most. The Masters can see your chakras and know how much energy you can safely handle. You are in excellent hands when your meditation is overseen by the Masters.



During Transmission, the group members hold their attention focused at the Ajna center, the chakra between the eyebrows. This forms a conduit between the soul and physical brain, through which the Masters direct the energies. There is no prior meditation experience or belief system necessary.

Because of my involvement with Transmission Meditation, I am no longer that same "mother of no faith". It has positively changed my life, and helps me to feel greater love and unity with others. Most importantly, Transmission Meditation offers humanity the energetic stimulus to take the future in hand and save our planet.

# REACHING LIGHT THROUGH THE DARKNESS

by Suzanne Bishop, MS

## Art Therapist / Medium / Transformational Change Facilitator

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How does that saying go? We define insanity as “doing the same thing over and over again and expecting different results”. (Author Unknown, Albert Einstein may not have originated this quote.)

I bring this powerful quote forth in the wake of the [recent death of Australian healer, Justine Damond](#). She was mistakenly shot by a Minneapolis police officer.

Justine’s unexplained death brings up many vicarious fears in people’s minds and hearts surrounding our safety, trust in our police and political system. Also, the idea that there are no guarantees in life is uncomfortable to acknowledge. It brings some to a twitching and uncomfortable state of vulnerability.

While this article is not meant to stress the differences and effectiveness of a purely pacifist spiritual life and an activist’s life, Justine’s tragic loss of life seems to be bringing out a forging, a crafting, a merging of the two ways of interacting--with our rapidly dangerous world among myself and others within the spiritual community. We do still seem to hold onto that dynamic of having to suffer to learn our spiritual lessons. That I suppose is because within this matrix of what we create remains a tight hold onto the need for duality. I am sure we will one day crawl out of that need.

The point of my writing today is to emphasize the need for all of us, personally and collectively--even on a soul level--to accept our dark or

shadow sides. By not integrating what belongs to all of us, is us, will forever rise out of us unaware in destructive ways hurting those around us and ourselves.

The following quote is from “Good and Evil in Analytical Psychology” (1959). In CW 10. Civilization in Transition. P.872: “To confront a person with his shadow is to show him his own light.”



Our society needs mending, we need mending. If what is occurring in our violent streets and being played out in political theatre and our wars reflects our personal unhealed and unacknowledged darker inner realities, then positive change will not happen until we reach the middle way--after our temporary descent into our darker realms, where it can finally rest in the light of understanding and renewal.

I make the connection above to Justine’s death as a catalyst for change. It is time to get real, to accept our accountability that not only are we all suffering together, but we are all in each of our unique individual ways seeking to heal, to be whole. On some level I was in part responsible for Justine’s death, as we all are. Dig deep, my friends, the treasure is waiting for your acceptance, understanding and hero’s loving decisive blade of discernment.

The protester’s song (My song.): “I rise to tell truth to power, I rise to tell truth to me”.



I believe in most everything. Within the guidelines of practical discernment, I believe that anything and everything a soul needs to experience in a lifetime is possible. And so, on this clear summer evening (2016) of our encounter, I felt honored to be included as I traveled with friends to a gathering of CE5 members. (CE5 is a meditation whose purpose is to reach out to benevolent extra terrestrials.)

We live in an exciting time, given the vast dimensional access opening up for exploration in this area. My own leanings on the matter of contact sometimes leave me suspecting that we are talking to our own future selves and soul groups. However, regardless of the source, with a careful eye toward resonance, the perspective from a higher dimensional approach to our times can be life enhancing. I'm inclined to believe that this open mindset and the energies of the contact session set the stage for what I'm sharing of our experience on the return trip home from the meeting.

As we traveled, my friend began getting visibly antsy with excitement as she was being clearly guided off the highway to view a ship in the area. We clamored out of the vehicle, and indeed she was seeing a visible light ship. With my believing mind but untrained eyes, I was seeing a clearly defined space where a ship would be. In the energy of the space, I began snapping pics into the dark with my pocket camera. Some remarkable phenomena was occurring at this location. Due to the

excitement of the events, my photos into the vast depths of dark night were completely forgotten.

On September 11, I randomly began thinking about the camera and the evening, and to my surprise, what I downloaded were pictures of an unexplained object in the far left corner of the frame, high in the dark night sky. The intricate color patterns seem to defy the low resolution capability of the camera and lighting. As a believer, an explanation for my own path is that the message answers my soul calling to work and express with light. I take pictures of nature and animals with a passion and share the unique impressions that I receive because it is the closest that I can come to working with light in a physically tangible way.

In that regard, I treasure this shipload of light and the message of affirmation that it brings to me for my own soul path. I see it as a gift, serving as an adequate explanation in its own right. However, the explorer in me, the "co-creator artisan of time and space" yearns for a ride on such a ship of energy, to BE the energy, light and color that defies the density barriers as it blinks in and out faster than the eye.

Given my suspicions of future dimensions connecting back to the lower density of this "Now", I delight in thinking that this may well be Me that I see in the sky, fulfilling just such a longing in the tangible future.

# How to have fun around here!

by Susan Rose

There are plenty of fun things about Pittsburgh. This summer was like the others, art festivals, fireworks, free concerts and boat racing at the Regatta.

Mostly when having fun though, I like a spiritual component to it as well. That way, after the event, the buzz of the bliss (or grace) lingers and picks me up for the week. If the awe or the spirit is not in the event, it likely passes by me. Good stuff, but just way too many places and events to do. Spending your precious attention is often a choice between good and better. Spend it wisely.

Many of you may be unaware that I lived my first nineteen years in Erie, PA. So although my roots have anchored in Pittsburgh, there are still many places and people that are new. Discovering what is here (Unity Center, Bleep/ions Group, Site Nite, Metaphysical Meetup, Center for Spiritual Living and more) may get confusing. The list on page three of Bodhi Tree Magazine remains an aid for seekers to help them find their tribe, or several tribes to grow spiritually.

[HeartofPittsburgh.com](http://HeartofPittsburgh.com) is also a site to learn more.

A few Sunday's ago, I questioned a group of folks enjoying some refreshments after the service at the [1st Spiritualist Church in Wilkinsburg](#). This church utilizes mediumship in every service. Why do they come, why here? The answers received were similar to others in many open minded groups. "I come for spirit and feel it here, I don't



feel it in ordinary churches." "I come here because people believe me and don't think I'm odd." "I come because of the acceptance feel." "I can share my own supernatural experiences."

That, my friends, is pleasurable. When growing up Catholic, (except for a few cool folk masses), the experience was one of discipline, not enjoyment. Group meditations and Reiki shares can be fun. Sure, you can meditate alone, but in a group, the energy is multiplied and it feels so thick in the air, it's as though you are in a bee hive with the hum of spirit all around you. I first experienced this in an Edgar Cayce Search for God Study Group, but later have found it many places. A place you have not heard of is the [Bruno Groening Circle of Friends](#). This local group meets every three weeks. Here one senses a strong connection to spirit as well as opportunities for healing. [Joan Dickerson](#) (pictured with me above) facilitates the group.

Gatherings like this all over town feel like bliss. Although it may not look like "fun" to a passerby, it is to me. It brings the loving reunion of coming "home". I surrender to a deep current of divine will when uniting with people of pure intention.

How about you? Consider exploring spiritual events, groups and friends. You need not be alone. Take a refreshing plunge into lasting spiritual fun, true joy.

Thank you for reading and sharing!  
Bodhi Tree Magazine is published online 5 times per year  
<http://www.heartofpittsburgh.com/bodhitree>  
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