

BODHI TREE

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



Late Fall / Winter Holiday Season 2017

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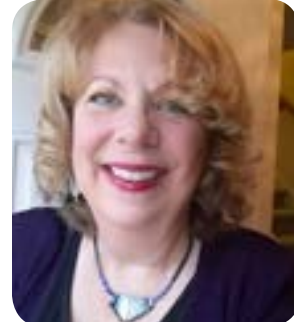
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Are you a seeker?

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

HeartofPittsburgh.com sponsors the Event
Calendar and the Bodhi Tree Magazine.
This is a non-commercial venture. The
mobile calendar is

<http://tinyurl.com/peaceburgh>



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:

HeartofPittsburgh.com/Bodhitree

facebook.com/groups/BodhiTreeMagazine/



Located in Carnegie

<http://www.csllargerpittsburgh.org>



The Pittsburgh Metaphysics Meetup Group

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A COMMUNITY OF COMMUNITIES



Rebecca blogs regularly at: practitionerspath.wordpress.com

by Rebecca Harmon

I grew up in rural Ohio, where multiple generations of my family filled the church pews on Sundays. I have many fond memories from those years because the church was more than the place where we learned about religion – it was an extended family.

We celebrated with families when a baby was born, and moved into action cooking, cleaning and helping with kids when there was a death in the family. There was support when jobs were lost, cards sent for birthdays and special occasions, and when someone was ill or injured, people moved in to assist in any way they could.

As an adult, I grew frustrated with the dogma and doctrine. I also moved away from that small, rural community, and so the things that tied me comfortably to the church I grew up with no longer existed for me.

Years later when my grandchildren attended pre-school at a local Church that knows how to “do community,” I realized that I very much missed that tight-knit community and for a time I wondered if I could return to the church. But as loving and welcoming as they are, there’s a dogma I would need to adopt if I wanted to join that community and I was unwilling to do so.

Over the years I have believed that the metaphysical community is deserving of this kind of supportive network. The thing about us though is that we come in so many different metaphysical “flavors” that each corner of our wonderful Pittsburgh metaphysical family tends to be small. Small is good in many ways; it’s intimate and

cozy, but it can limit how we “do community” due to the limited resources. Still, I wasn’t willing to give up on my dream and today I am moving closer to making it a reality.

I call my idea a Community of Communities and the core tenet is that all our small metaphysical businesses, practices and communities are connected under an umbrella metaphysical organization. I am actively engaged in securing a physical space where this Community of Communities can be located, offering a place for classes, presentations, seminars, workshops, meditations, private sessions and more that will be available for use by all affiliated communities. The ability to reach out and connect within the larger metaphysical community to provide updates, rally support or send some cheer is exciting and promises to start a whole new way of being in the metaphysical community here in Pittsburgh.

There is great healing power in our shared numbers as we build closer connections and support each other on this walk called life – celebrating our joys, comforting each other in times of trouble and building a strong network of like-minded people who care about each other even as we maintain our unique metaphysical perspective and offerings.

I invite you to ponder this dream.

Looking forward to 2018 as a year of community – the inaugural year of our Community of Communities!

Join us [on Facebook](#) to stay in touch!

Rebecca is a popular spiritual teacher and writer, and will host ‘Meditation & More’ at 1pm on Sundays beginning January 7, 2018 at the [Center for Reiki & the Healing Arts](#) in Mt Lebanon. Find more information [here](#).

THE EVOLVING NATURE OF EXTRATERRESTRIAL CONTACT

by Larry Coudriet

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Overview

As the current leader (self-appointed and a volunteer) of the Pittsburgh ET Contact Group, I often contemplate the best means to assist everyone to come to an awareness of the myriad of civilizations that exist in our galaxy and in other dimensions. I began this task by training with Dr. Steven Greer (Greer) in the Spring of 2014, where I answered his call on the last day of that training to become a community leader to promote the understanding of ET races. To comply, I did a presentation at the Sewickley Library and chose to start an ET contact group.

Part of the Contact group procedure is to ready people for actual contact with ET's. This preparation begins with training sessions. In these training sessions, I introduce people to the meditative methods and contact techniques as taught to me by Greer. Generally these methods work well. They are especially suitable for trainings that I have done outside of the Pittsburgh area (notably Boca Raton, FL and Cleveland, OH). Many people throughout the world are familiar with the "CE-5 Protocol", and, as such, people from all over the world can now gather and meditate using pre-agreed contact protocols.

However, despite this world-wide general acceptance of CE-5 protocols, I am now re-thinking for the future the manner in which we (the Pittsburgh Contact Group- dubbed "ET's Under The Stars") will use to make connection with the ET races. In this regard I have received several messages from the ET's themselves, courtesy of my close friend, Rayanne Sifferlin (Rayanne). (She offers her Channeling services [here](#)).

Somewhat as an aside, but specifically directed to those of you who have read this far and are skeptical of "ET contact", be assured that we are making contact. No, we are not having space ships land on our lawns.



Generally we see objects in the sky, sense the ET presence in and around our bodies. Our most spectacular manifestation of the Pittsburgh group was a comet-like ball of light (soccer ball sized) with an extended tail that appeared some 20 feet away from the group! This lasted for just a few seconds.

Basically, the ET's have told us that we need to make these gathering "more of our own". Their suggestion is for us to bring our own unique talents into the circle as we gather. The goal in all cases is to energetically and emotionally get into the joy of the contact experience. While time needs to be set aside for the meditation portion of gathering, we are to be more spontaneous, joyful as each of us offers our unique talents to the group.

One particular aspect of Greer's Contact procedure is a visualization of where the group is physically located. Greer refers to this locating (for convenience of the ET's) as "vectoring". I have found this to be unnecessary. When you make a connection, they know where you are.

This article is continued at : [Larry's Star Blog](http://larrystarblog.wordpress.com)

THE FERAL AND CHRISTED HUMAN

by Suzanne Bishop, MS



Here we are nearing 2018. Holiday celebrations are near. This article will attempt to reconcile, as Feral Humans, our natural and instinctual self with the transformed Christed Human. What is the Feral Human really but our basic, instinctual, direct knowing, directed and ultra connected self. It is the Feral Human self that will suddenly have the physical strength to move a car off a child to save the child. Before the physical hormonal self kicks in, is that instant recognition that we are connected and we can do anything, but it remains on a purely instinctual level.

This Feral Human is also the self that may feel neglected by God or any support, left out and thinking that the pie is just not big enough for all. This is the beginning basis for greed. Sexual impulses also prevail.

As far as the Christed Human is concerned, to best be explained, it is the transformation from a one dimensional, instinctual form of human to an enlightened, multi-dimensional human who also knows in an instant that there is a guiding

force outside of instinctual self that is running this show. And we are okay with this loss of control. Faith is very much a part of this Christed Human's awareness. Various forms and interactions take place for the transformation from Feral Human to Christed Human: near death experience, a moment of salvation coming in from the spiritual realm in moments of despair and ultimate forgiveness, a committed lifetime of service and many other avenues to living within the realm of the Christed Human.

My talk about this Christed Human is from my own experience in this lifetime and many other lifetimes spent studying and living in despair, and human emotion and psychological study. One need not be a part of an established Christian group, even atheists transform into what I call alignment with the infinite Christ Consciousness. This always evident alignment with Christ Consciousness is forever offered up to us, and is indeed a big part of our human development when looking at it within a broad spectrum. In a few words, Christ Consciousness and our alignment with it is simply unconditional love. Of course there is much more complexity in describing the Christ Consciousness. But, for now it is the availability and reality of this alignment to Christ Consciousness toward becoming a Christed Human where the rivers flow freely and in your direction always. We are never alone.

Recognizing our Feral Human self, which does not get left behind but is integrated into a rebirth of our higher natures, is the first step towards wholeness and living life through the lens of love. Christ's rebirth and resurrection is a mirror for all of us to rise. This transformation from Feral Human to Christed Human is our next evolutionary leap into a peaceful planet, a healed planet, and a healed humanity.

Connect with me here: intuitz.com

AGAPE, SWEET AGAPE

by Sandy Milczarek

It's what the world needs now. And . . . it is for everyone.

When you plug in the Greek word, "agápe", in place of "love", the popular song from the '60's takes on a truer meaning to the context of the lyrics.

What the World Needs Now is Love transcends us to a higher, finer state of what love can be for us. The Greeks were insightful enough to give us more than one word for love. Agápe means the love of God for humanity, as well as humanity's love for God. Unconditional. Powerful. Consuming. Creative. Infinite.

Without asking for it, I have experienced this great grace of agápe. When I wake up in the morning, occasionally there is this immeasurable comfort of great love waiting for me. I did nothing to deserve it. I had not offered a particular prayer, nor did I have any dreams. I embrace this love. It is a divine moment out of time and place. It fills me, washes over me, carries me into my day. I want to share this with everyone. I can't speak of it - not really. I mentally gather up the love, and with open hands, blow it into every direction, just like a kiss.

I have found a touchpoint that links me into this higher state of grace. Nature. I sit on my back deck and watch the birds. When I focus on a particular bird, I open my heart to feel love for its "birdness". Within the moment, my heart opens wide and the power of agápe fills me.

There are other means with which to fill yourself with agápe. First, you must release negativity and calm the monkey-chatter part of your mind. Make room for God's love. Also be willing to receive the love. Say a prayer. A mantra. A poem. Meditate.

Sing a spiritual song. Focus on nature or a loved one's face. There are so many ways.

December, with the start of winter, is the high time of agápe. If only we could slow down and tap



into the agápe that is a bit heightened in its accessibility this time of year. Turn the pace down on the shopping, the parties, the technology, the busy-ness.

Take time for the stillness and go inside your heart and tap into the quiet place where God resides. It doesn't matter what religion you celebrate, or don't. God only wants you to know how deeply, divinely, unconditionally you are loved.

Many religions celebrate important holy days that can help us find the light and love within each of us in this darkest of months.

Here are a few examples:

- For the pagans -- it's the return of the sun.
- For the Christians -- it's the birth of the son.
- For the Jewish faith -- it's the endurance of the oil in the Hanukkah lights.
- For Buddhists -- it's the Buddha's Day of Enlightenment, also known as Bodhi Day.

Love can change the world. By practicing the presence of divine love within ourselves, we can become ambassadors of agápe.

Sandy Milczarek is the author of *Rebels from Olympus*, an action-packed Young Adult novel.

Her website is: sandymilczarek.wordpress.com

EMOTIONAL TRIGGERS

by Sandy Esch



Like everyone, I would love to just gently glide through life... but no one is that lucky. Everyone knows the feelings of: anxiety, joyfulness, depression, and gratefulness... We are all riding the rollercoaster of life. Sometimes it is enjoyable, sometimes it's painful, like when our emotions are confused or unpredictable.

Example: The other night I woke up feeling very worried, tears were welling in my eyes, and I started to think about sad things in my life. Shortly afterwards, I fell back asleep but the next morning my stomach was upset.

I have been in this situation before, and I remember thinking my sad thoughts during the night were what caused me to feel sick in the morning.

Now I consider that there are things that can cause my body to feel emotions, I call them emotional triggers.

A few are:

- Digestive system upset
- Airborne elements
- Full moons

Acknowledging emotional triggers has released much blame that I had been putting on others and myself. Referring back to the example above about the other night...common sense kicked in and said, "Wait a minute nothing has changed since you went to bed. This is not a logical emotion to have right now!" That thought made me step back, and I was able to not let the emotion take hold of me. I was quickly able to fall back asleep, and the next morning when my stomach growled I remember what I had for dinner..."Pepperoni pizza! Digestive disruption! A very well-known emotional trigger!" And once my digestive system was better, my emotional state was.

I credit knowing about emotional triggers for rescuing a vacation. I was standing on a balcony of our hotel room feeling so worried about all types of things, I felt so edgy. I asked myself, "Is this emotion worthwhile? The edginess, the worry... is it being helpful right now?" The answer was "No" so I knew there was an emotional trigger. My husband and I feel it was due to the cell tower across the street since he was feeling the same way. I'm glad I realized it was a fake emotion, or I would not have been able to have fun.

And full moons are known to affect our moods - that's how the word "lunatic" came about.

There are definitely times when emotions are well deserved, but emotions do burn up energy.

The sooner false emotions, caused by emotional triggers, are identified the better.

I use different methods to stop false varying emotions:

If I am getting angry I'll say the alphabet backwards.

If I am feeling sad, I try to see how many cartoon character I can name

If I am scared or worried, I see each letter of the Lord's Prayer in my mind.

What I am saying to myself is "I'm not getting emotional."

And if I still can't shake the emotion, I try to blame the weather, or planets, or something I ate, and ride the storm out. Hey, that's life!

DEEP LISTENING

by Christy Semple, RScP

The cold and quieter days of winter, when nature is resting around us, provide a magnificent setting for quiet contemplation and reflection. You might enjoy this through yoga, meditation, or other spiritual practices, breathing deeply and opening up to the voice of Spirit flowing to you and through you.

But there are even more ways to listen deeply, to open up, to understand and to experience clarity and living more fully.

In the beautiful book, *Seven Thousand Ways to Listen*, author Mark Nepo “inquires into the endless ways life asks us to listen.” Nepo affirms that listening is one of the most mysterious, luminous, and challenging art forms: “Whatever difficulty you face,” he says, “there are time-tried ways you can listen your way through. Because listening is the doorway to everything that matters.”

In his book, Nepo offers dozens of examples of life-enriching experiences of deep listening that occurred for himself and others, and he provides exercises for nurturing this skill within ourselves, along with fascinating reflective questions to inspire listening deeply to ourselves and others.

The wise and beautiful words of Nepo remind us that the voice of Spirit is everywhere, all around us every moment of every day, and we can open to Its wisdom and guidance anywhere at any time, not only in moments set aside for meditation, yoga, or other contemplative practice. Answers, understanding, and healing ideas are always right there.

In *Seven Thousand Ways to Listen*, we are also reminded that deep listening not only involves mindfully tuning in with a deeper awareness, but also involves clearing out what may interfere with this deep listening. And so, with a deeper awareness, we need to open up to what we need to clear out. “In the deepest embodied sense, the ability to listen and receive makes an inlet of us,” Nepo tells us. “Through our very lives, we each become a passageway of the soul...



The work of listening is to be constantly worn free of our preconceptions and preferences so that nothing stands in the way of our direct experience of life.”

And so, in the seeming quiet of winter, we can practice a deeper listening within and without. We can tune in to the sound of snowflakes falling on to our sleeve or the winter wind swooshing through the branches, each reminding us that life is always moving and flowing. We can really, deeply listen within to ideas and feelings that come up about a question or life challenge, tuning in to even a single word or repeating, seemingly simple idea. Winter is a perfect time to nurture the awareness, the knowingness, the livingness of Spirit through us. And as spring emerges, a new understanding and fulfillment can express in our lives.

Christy is a licensed practitioner
of healing prayer and
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[Center for Spiritual Living](#)
[Greater Pittsburgh](#)

THE REMINDER

by Reverend Patti Perhacs

[Unity Center of Pittsburgh](#)

I recently received a call from a dear friend with whom I hadn't spoken often over the past years. She explained, for varying reasons, she hadn't felt connected to God for quite some time. (I was surprised by her confession, considering thirty years ago she introduced me to the spiritual organization and teacher with whom I would study metaphysics, new thought and mediumship for eighteen years).

Rather matter-of-factly, she went on to inform me she has been diagnosed with cancer. I found myself in the throes of disbelief and heartache for her potentially difficult journey ahead. I asked Spirit for guidance, to become a rock of support and light to direct her back to the source of all, to find peace and to heal, in whatever form that will take place. It's Love (God) after all, which heals.

This painful situation has brought to the forefront of my awareness the reminder that earthly life, with all its joys and sorrows, has never a guarantee of tomorrow.

I wish to alert you, as I have been alerted, to live with a focus on the good, to abandon regrets, anger, and angst, to embrace every moment and gift of nature, family, friends, holidays. Live each day with enthusiasm.

Every day is special when mindful and expectant. Look for the order to see the life of God energy at work, in both the yin and the yang of all that is. Our intention: Oneness. God will wait for us, but our life and our creation will not.

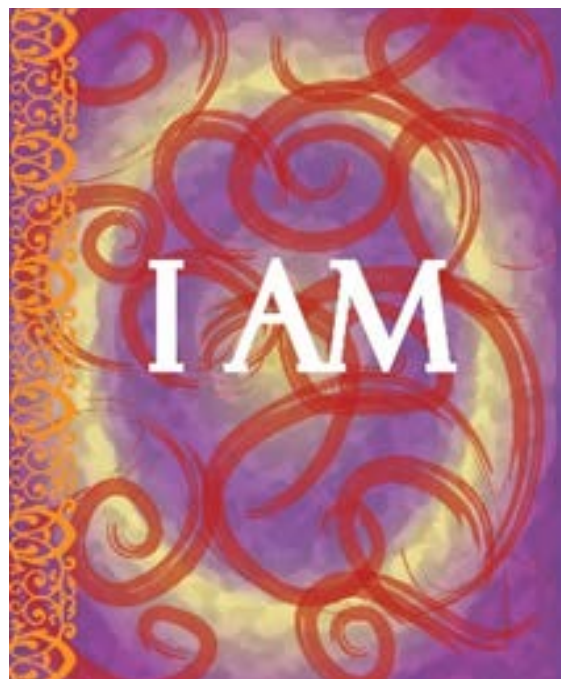
Outer circumstances should not define us for they are a limited perception of truth. We mustn't tarry long in disillusionment, but find our way back to Source, or otherwise, risk perceived mortal outcomes. The more we open to the vast ability of Divine Mind, the greater our strength as we direct and create from a place of higher consciousness, of power and beauty – immensely more than we can

imagine (Ephesians 3:20 interpreted).

Hold steadfast, as above so below, all is in divine order. If we believe everything happens for a reason, we must approach each day in wonderment and learn to see and feel our way through the physical manifestations, the good and perceived bad, for GOD is real. Take comfort, Loving heals.

Let us pray for all on the path of Mother-Father-God, may I/we be steadfast on ours. May those who are lost return swiftly back to inner Love and Light. The mighty I AM presence of who we are but one, Master Jesus the Christ, St. Germaine, and all the ascended ones, thy wondrous radiance is enfolding all humankind, as a transcendent light rolls like a mighty flame to reduce to ash all imbalanced thought form. We are uplifted in the infinite fullness of the I AM presence, single minded in the I AM active energy, of love, wisdom and power. And so it is forevermore. I AM the majestic Presence.

Namaste dear ones. You are blessed with mindful awareness of the I AM presence.



THE M's of CHRISTMAS

www.paulettglover.com/

by Paulette Glover

Jingles jingle-ling; “Do you remember when...?”; a silent night brimming with gratitude and grace. Music. Memories. Miracles. ‘Tis the season to sing, reminisce, and embrace the Magic of Christmas.

Before the earliest snowflake hits the ground, the music of Christmas carols reach the airwaves. I hear myself singing along, “Fa la la la la”---yep, just me, the radio, and a voice so loud and so off-key that the lack of restraint makes my spirit soar. Shoppers hum along as carolers travel door-to-door singing holiday favorites and then served luscious hot chocolate with bobbing marshmallows---all are raising their voices in glorious harmony!

As the holiday arrives and family members gather around the cookies and cheese balls, I recite memories of Christmases past to my grandsons, “I remember the night your Uncle David and I both saw Santa on our front porch.” Their bright eyes grow wide with awe as I recall our tale. Later, as my adult kids poke fun at my “gaudy, hunky-adorned” tree, I remind them of the time their Dad spent hours drilling holes in the living room wall while tying up a top-heavy, crooked tree with rope to keep it from crashing.

As the night progresses and the children fall asleep, I pull out the well worn deck of cards. Each one of us has a certain memory of when we would stay up all night playing Euchre (a card game) with the affectionately dubbed Pigeon sisters. My mom and aunt, now gone, were the legendary Pigeon sisters (the Odd Couple movie)---acting silly while shrewdly winning many a game.

Memories are great. Miracles are better. I believe in the miracle of the generosity of the human spirit and kindness of strangers: individuals donate to the bell ringing volunteer

on the corner while the Toys-for-Tots boxes pile higher by the day; when church groups, schools and communities make certain every family has food on their table and each child is remembered on Christmas day. I believe in the miracle of the gift of life as the birth of one man, or woman, can change the world and preserve it to make it a better place to live for future generations. I believe in the miracle of peace, when soldiers can one day lay down their arms and the sound of silence will be heard throughout the world. I believe that one Christmas Eve, long ago, my brother and I really did see Santa Claus in our kitchen window. I believe in Miracles.

After all the M's of Christmas---Music, Memories, Miracles--- my favorite “M” of all is the white thread of Light that bind the letters of the unconditional, stick-together-through-thick-and-thin, love of “family”. Without the ‘m’ in the middle of ‘family’, ‘fa’ would just be a musical note and, I wonder, does ‘ily’ mean I love you? Like a conductor of an orchestra, the many intertwined M's of the holidays compose the masterpiece of Christmas.

Can you hear the Magic?



ACCEPTING THE TRUTH HOLDING THE LIGHT



by Susan Rose

Last year I provided a talk at Site Nite. It was about UFO disclosure and cover up. To me, learning about intelligent life around the universe was delightful. It felt like an expansion of love to include sentient beings everywhere, all part of God. Surprise- the majority of the audience already have heard of much of this, and had mostly incorporated this into their version of reality. Living amongst spiritually minded free thinkers might be part of your life style. We may forget that the majority of people may not be as comfortable with making real paradigm shifts. Sometimes even we react viscerally to new tragic events and don't want to believe them. Whether it is a mass shooting, assassination, or new conspiracy truths from WikiLeaks, it may become overwhelming to handle.

Many who find it very uncomfortable use a coping tool called "Cognitive Dissonance" to help move away or move past facts. On one level, it looks like it is true, but we choose to deny or forget it anyway. Not everyone feels cognitive dissonance to the same degree. People with a higher need for consistency and certainty in their lives usually feel the effects of cognitive dissonance more than those who have a lesser need for such consistency. So you cannot pull the crutch out from those who are handicapped until they are ready to take to first step on their own. Debate does not convince. So what is a lightworker to do?

Let's look at the movies for examples. Star Wars had ObiWan and Yoda peacefully living in their full connection to The Force, but ready to teach and share with others when the time is right. The Oracle taught the youngsters how to bend spoons and gave cautions and predictions to the heroes breaking out of The Matrix. So you can live in times of great distress and still be beacons on energy for good. Maybe that is why you chose to be in this turbulent world.

Remember that there is no such thing as a big or small miracle in God's eyes. It all is energy and love is life. True Happiness is found in the in the present, in the space between the notes of the song of your life. Claim The Force as your birthright. Recall the magic words that the girl says to David Bowie and the end of the movie Labyrinth- "[You have no power over me.](#)" Darkness cannot prevail unless we give energy to it.

Love them all- especially those who are doing evil because they need the love force redemption the most. The word justice is a slippery slope, and can slide easily into retribution. "Forgive us our sins as we forgive others". One physician cured an insane mental ward by saying the prayer ([HOPONOPONO](#)). If you are tempted lean on the denial of cognitive dissidence, get out your light saber. Banish the fear, and feel the words: "I love you. Please forgive me, I am sorry. Thank you".

JUPITER IN SCORPIO

by Anjali Soi
anjaliso.com/astrology

Jupiter entered the sign of Scorpio on Oct, 10, 2017 and will be there until Nov. 8, 2018. Scorpio is a sign of transformation and breaks down processes for death and rebirth to occur. It is a powerful energy that brings a certain intensity needed to break through inner and outer resistances for change to occur.

The effect can often be painful or traumatic leaving one asking 'why'? Why am I experiencing this destruction and chaos? The level of trauma, however, indicates the level of attachment one felt with his or her experiences, judgments, beliefs and any other aspects of life that have come into question.

Thus, Scorpio triggers the death of the ego and requires not only the evolution of one's external reality but also the internal reality of thoughts and emotions. We are invited to embrace mystery and mysticism through the confrontations, crises, power struggles, or dramas in our path and to find strength and empowerment in the process. Where Scorpio exists in your natal chart shows the area of life in which the theme of change and rebirth is present throughout life, and if you are born with any planets in Scorpio, you are meant to activate Scorpio through those planetary energies.

Jupiter initiates a new journey where higher philosophical meanings and deeper Truths behind the destruction are found. The intense energy of Scorpio is now channeled positively and proactively, and feelings and emotions are synthesized in a way that feels hopeful, expansive and even adventurous. New perspectives are also gained which provide healing and opportunity.

Exploring the aspects of the unconscious, particularly through archetypes, will be an excellent way to fulfill the adventure of Jupiter in Scorpio.



Archetypes are symbolized and personified patterns of energy that exist in human consciousness and working with them can reveal a holistic understanding of the self. Researchers of the unconscious such as Carl Jung and Caroline Myss defined a number of archetypes including the "Hero," "Caregiver," "Rebel," "Ruler," "Magician," "Artist," "Alchemist," | "Child," etc. A certain number of types are emphasized within an individual's psyche and have light and shadow sides that require integration for the overall healthy and complete expression of the type. Expressing these energies can increase one's sense of personal freedom and awareness of abstract principles existing in the human journey. Most importantly, one becomes more compassionate and sensitive to the journeys and personalities of others.

2018 will be a year of intensity and will test our ability to balance various facets of life, but taking a more spiritual and philosophical view will help heal any wounds or hurts that come up. The idea is to expand our knowledge of abstract realities and to become less involved in details and left-brain logic. Create spiritual ideals with which you can thrive, find peace and forgive and face any fears and emotions that arise with passion and grace.

THE AGE OF ERIS

by Rick DiClemente Starself.com



This is the age of Eris. She was discovered outside the orbit of Pluto on January 5, 2005 and temporarily named 2003 UB313. She is categorized as a dwarf planet, but she is definitely claiming her place as the solar system's 10th planet. Yes, Pluto is a planet to astrologers.

And boy, is she a wild one. Can you imagine being in the sign of Aries for 120 years? She takes 558 years to orbit the Sun. When I was born she was at 5 degrees of Aries and now is at 23.

Getting to her nature in the mythology of astrology... She is the planet of "discord". Seen any discord lately, or since 2005? Why does she do that? Born to her mother, Nyx. She is known for "dishing out fate." *Eris was not invited to a wedding so she chucked an apple marked "To the fairest" into the party for the vainest goddesses to fight over. Her rage at rejection and the need for vindication is what is blamed for the Trojan war.* - (Darkstarastrology.com)

Briefly, in conjunction with the phenomenal rise of the Feminine principle, we certainly can understand the "me too" uprising as well as the fact that females just aren't going to "take it" anymore - thank Goddess. So, if you are wondering what in the world is going on right now, besides Pluto, Neptune and Uranus, et al, she is the answer.

Ultimately, Eris is very fresh upon the scene, as it will take us generations to really ascertain her deeper nature. Nevertheless, she is the whistleblower and protects the feminine side of

this tilted current state of affairs (too much saber-rattling and pissing contests).

You can feel the emergence of the "woman who hasn't been heard" and easily see the insistence now for not only equality but to be a force to be reckoned with. *The idea implied in the myth that the Underworld can also be a place for love and passion side by side to justice and balance constitutes a living legacy...* (Darkstar)

This will explain why everything is so topsy-turvey. You can call it "political correctness" if you wish. In other words, things are not going to straighten out in our world until we straighten them out. Eris is here to assist in that enormous task. Given that her orbit is so lengthy, she isn't going anywhere too soon.

She certainly seems to be the perfect accompaniment to Pluto. Each seem intent upon digging up old stuff and either healing same or exterminating it. In many ways, yes, we are at the end of a long period of treating the planet and each other in toxic ways. Tip your hat, Eris is here to counter all of that.

It ain't pretty or comfortable, but when you have to have an operation, surrender is your best course of action. She promises to bring her power to heal us as a planet.

Get used to it MEN, women want to be treated fairly.

SPIRITUAL STUFF TO DO WHEN...

you need more gratitude in your life

by Chi Chi (Marjorie) Rivera - Kain

“Acknowledging the good that you already have in your life is the foundation for all abundance.” ~ Eckhart Tolle

Here are some suggestions for how to offer small and, yet perhaps, profound ways to appreciate those around you who may need it most.

1. Be an active listener.

One way to show your gratitude for those you love is to make time to be present while they are speaking. Show your gratitude to others by really listening to what they have to say. Being heard by someone can often make a big difference.

2. Give out compliments.

Giving a compliment costs nothing, and often has great paybacks. Compliments lift your spirits as well, by helping you look for the positive in/for others.

3. Be thoughtful of others.

Consider someone else's feelings with every action and word. Offer to do a chore or errand. Celebrate other's joys as if they were your own. Help lift others if they are feeling down by offering a kind word, or by pitching in to help.

4. Write handwritten notes, etc.

When you receive a gift, handwrite a thank you note that mentions the gift you received and your appreciation. When family and friends are having a rough time, handwrite letters of encouragement and inspiration or give them a call and let them get it all out.

5. Write a love letter.

Address a love letter to those you love - from your spouse, to your parents, to your children. You will provide them with proof positive they are loved and appreciated. It also helps remind you what you have to be grateful for every day. Leave notes in unexpected places

6. Perform a random act of kindness.

Hold the door open for someone. What could it hurt to say, “Have a great day”? Be patient when someone is running behind. Offer your help to someone with lots on their plate right now.

7. Say “I’m sorry” and always say “Thank You”.

No matter how mad you get or how right you are, be willing to say you are sorry to those you truly love and appreciate. Be willing to compromise in life. There's a saying that goes, “You can either be right or you can be happy”. Try to say thanks to people who are just doing their job, because you just never know how much energy it took to get the job done today...your thank you could make a life or death difference.

8. SMILE!

All the time! Share a smile with loved ones and strangers on the bus. While not everyone will smile back, it is certainly worth the effort to keep doing it. Smiles are contagious, so do your part to make happiness and gratitude go viral. Smiling often makes you feel better (it's hard to feel nasty with a smile on your face). I'm sure these have medical benefits that I am not aware of, but the metaphysical ones are numerous!!



Visit my site: www.revmarjorierivera.com/

WITH SPIRITUAL KNOWLEDGE COMES PEACE

by Michael R. Weir C.Ht., CI
www.heritagehypno.com

A client comes in for a hypnotherapy session to work on her issue of not having successful relationships. She said she thinks the reason she's having a difficult time in all her relationships is because she had been sexually abused by her father for four years of her childhood. Despite going through many years of talk therapy, she knew she was still holding onto the trauma of the abuse.

So during her first hypnotherapy session, I gently guide my client deep within herself. The process of this guidance is called a hypnotic induction. She goes from her conscious mind awake state, to her subconscious mind, and even deeper to her super conscious mind where she is connected with her soul. The soul is the energy that animates these bodies. When we (the soul) leaves the body, it no longer moves for we are no longer animating it.

I have her focus on a place in the spirit world where we are choosing souls and they are choosing us for our life experience lessons. You can read *Journey of Souls* and *Destiny of Souls* by Dr. Michael Newton to learn much more about this Life Between Life aka LBL. This is where we go between each lifetime until we are satisfied with what it is like to "play by ourselves" and then we awaken with God in a sharing of eternal unconditional love and joy.

My client is there in an instant. I ask her to go to where she is choosing the soul that is going to be her father. She said, "okay I'm here." I asked her to know all about the life experience lessons her father and she is in the process of learning. She said, "I was learning the life lesson to give up control." She said that her father was learning the

life lesson to overpower people." She said "We are agreeing how we are going to learn this experience. He agrees to abuse me and I will have to give up control, he will gain more of the lesson of overpowering people. I am going to learn the rest of my lesson as it's taking me too many lifetimes already, and it's a very difficult lesson."

After bringing all the knowledge of the events in the spirit world to her conscious mind, it was able to rationalize why this trauma in her life has occurred, and easy to release the trapped emotional energy of it. When I asked her about forgiveness of her father she smiled and said, "There is nothing to forgive. We set it all up as a part of lessons our souls are learning. I am at peace with this now. I am no longer a victim."

Her next relationship was very successful. She's got her power back, and she is grounded in the knowledge of what a powerful soul she is. With spiritual knowledge comes peace.

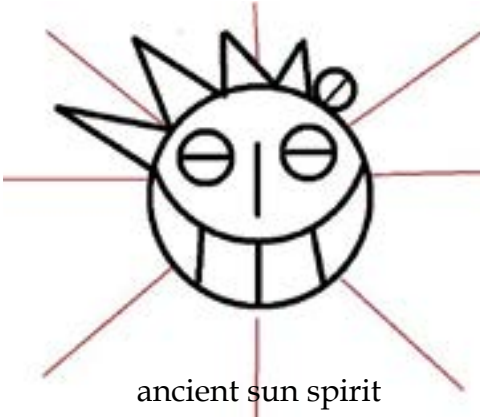


Editor's note: *reminds me of*
[this Neil Donald Walsh story](#)

THE WINTER SOLSTICE in ancient Taino tradition

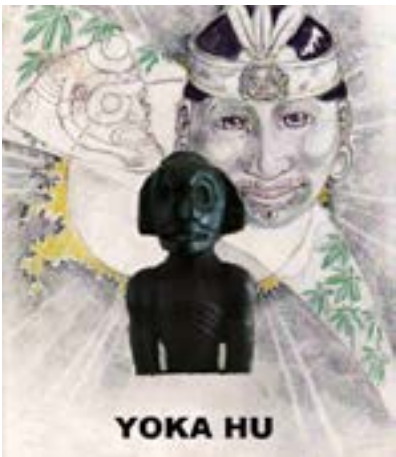
by Miguel Sague

Our Taino ancestors were attentive sky watchers and made accurate observations of the movements of heavenly bodies. These movements almost always express themselves in the form of cycles and the assessment of these cycles was as important to the Caribbean islanders as it was to their contemporaries living in the high Maya civilization near-by.



ancient sun spirit

ancient Cuban wooden representation of YokaHu as a living deity



One of the most important cycles observed by the astronomers of the Central American and Caribbean civilizations is the yearly cycle of the sun. To the ancient Tainos the sun itself and its cyclical movements across the sky were associated with Yoka Hu, the male spirit of the yuca plant.

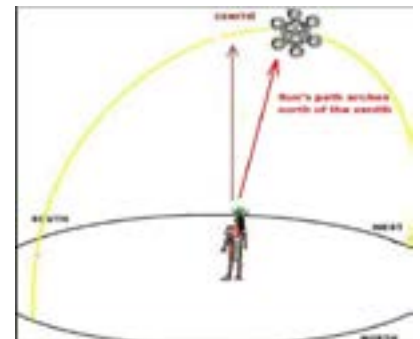
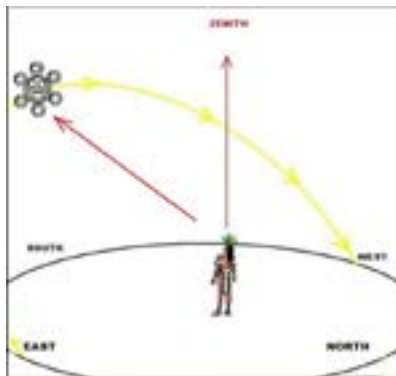
The ancient Taino recognized four major positions occupied by the sun in the sky during its annual cycle. These positions coincide with the four seasons of the year. Spring, Summer, Autumn, and Winter. Although the environmental changes that take place during these seasons do not manifest as dramatically in the tropics as they do in temperate regions, the sun itself does assume very distinct and recognizable positions in the sky during each one of them.

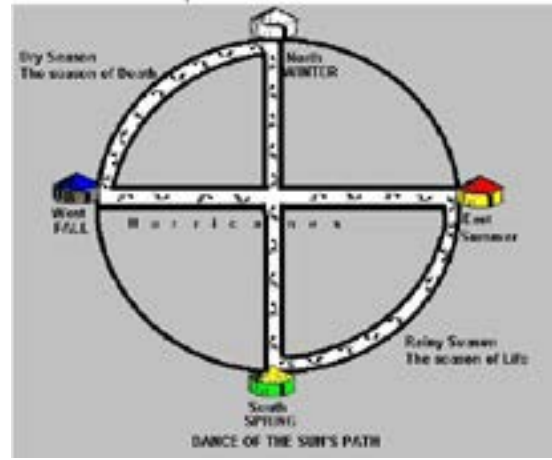
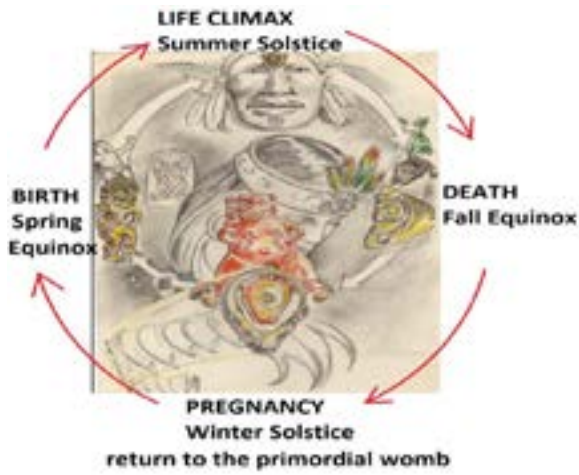
In the Caney Indigenous Spiritual Circle we recognize this cycle as a powerful spiritual element of our belief system. In it we recognize the annual life cycle of Yoka Hu himself. Yoka Hu is a manifestation of Life and Energy. In his role as the soul of the yuca plant and its resultant food product, cassava, he manifests a life cycle very much like that of a plant.

He is born (he sprouts), he reaches maturity, then is harvested and when that happens he must die. In death this eternal being returns to the soil, the earth is his mother, Ata Bey. As in the case of the annual plant this return to the earth constitutes a re-planting. When re-planted, this plant spirit develops in the soil and then finally completes the cycle by sprouting anew and starting all over again.

In the Caney Circle we associate each one of these important moments in the life-cycle of our supreme plant spirit with a particular position of the sun during its annual cycle.

To understand this concept one must be totally acquainted with the four specific positions of the sun as it goes through its cycle in the Caribbean region. This is a fundamental concept in the study of astronomy.





These are the four cardinal points in the Sacred Wheel.

The Winter Solstice is the moment when the Lord of Life returns to the womb of his mother the Cosmic Matriarch to then gestate as a fetus in her sacred womb in the Under World. He is then re-born again in the Spring along with the green sprouts of the early rainy season.



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On behalf of Miguel and all the authors and volunteer staff of Bodhi Tree Magazine, we would like to wish you the brightest and best holiday season. Abundant Blessings to you all.

We want to celebrate the New Year with you. Bodhi Tree is planning a Valentine's Day issue in 2018. The magazine was started at the request of Unity Church of Pittsburgh and the Pittsburgh Center for Spiritual Living. Its intention was to bring together new thought, metaphysical, open minded spiritual teachers and groups in the city. This is our tenth issue.

Volunteer staff include: Rebecca Harmon, author and graphic designer for magazine, Sandy Milczarek, author and proof reader, Susan Rose, author, web master and publisher.

Prior issues are a gift to you and can be downloaded from our archive site at www.heartofpittsburgh.com/bodhitree/

In gratitude, here we come 2018!



Thank you!

Bodhi Tree magazine is the result of a collaborative effort among members of the spiritual and metaphysical communities of Greater Pittsburgh.

We intend to light up the region and everyone in it and also be a beacon for people everywhere.

Please circulate this beacon of love and light via email, on your web sites and social media. You can read this issue and previous issues here:

HeartofPittsburgh.com/Bodhitree

We also have a facebook group and you are welcome to join us!

facebook.com/groups/BodhiTreeMagazine