

BODHI TREE

A Collaboration of Metaphysical, New Thought, Open Minded Spiritual
Groups and Lightworkers. Summer to Fall Equinox 2018



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WANT TO READ MORE? SEE BACK ISSUES:

WWW.HEARTOFPITTSBURGH.COM/BODHITREE

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](#),

www.HeartofPittsburgh.com

sponsors the event calendar

link list, Meetup Group

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

and the Bodhi Tree Magazine.

The annual local directory of groups

can be found at

<http://www.heartofpittsburgh.com/bodhitree/directory.pdf>



The Bodhi Tree Magazine is a Collaborative of spiritual light workers and groups in the

Greater Pittsburgh area.

<https://www.unityofpittsburgh.org/>

unity
Center of Pittsburgh



1stspiritualistchurch.org



<http://www.csllgreaterpittsburgh.org/>

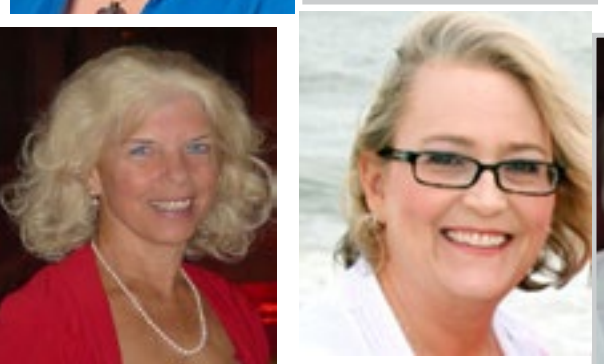
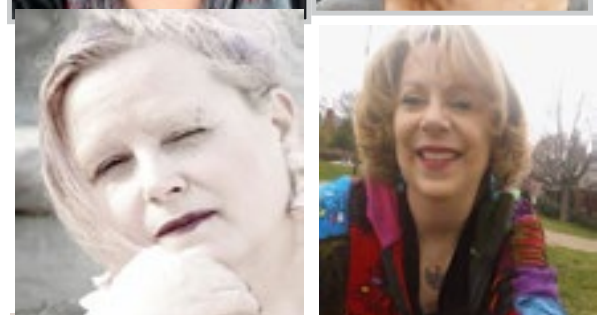
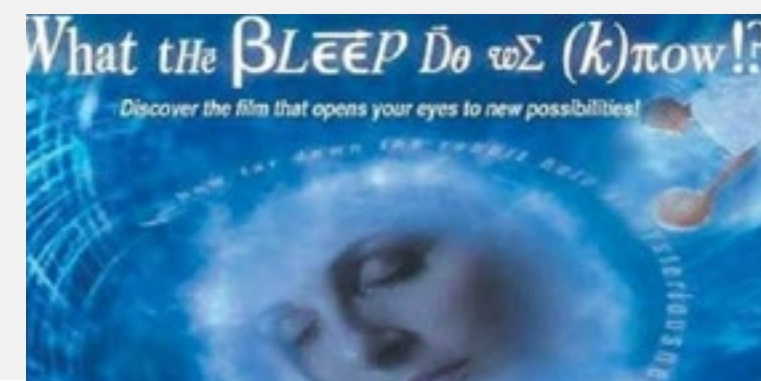


<http://omapittsburgh.org/>



[Pittsburgh Bleep-Ions Group](#)

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Transmission Meditation: The Best Things in Life are Free

by Sheila Forester

It is clear the world is in crisis. Polarization can be seen in all areas of life. Injustice, inequality and a deep distrust has caused so many to shut down. It's understandable. But ask yourself the following: do I want to be part of the problem, or part of the solution?

If your answer is the latter, you may be feeling a greater urge to serve and fulfill your divine purpose. There are endless ways to make a positive difference in the world. One way that is great for people with busy lives and is a simple, yet potent form of world service, is Transmission Meditation.

Transmission Meditation is a group practice that offers us an unparalleled opportunity to work directly with the great Masters of Wisdom – perfected humans who oversee our evolution and are the Custodians for all energies entering our planet. At this time of crisis, the Masters know what spiritual energies are needed to stimulate us towards peace and goodwill and to galvanize us to take our future in hand and save our planet. These spiritual energies come from cosmic and extra-planetary sources and are very high in vibration. Transmission Meditation groups work together with the Masters to 'step down' the potency of these great energies so all of humanity can absorb and benefit from them.

The technique for Transmission Meditation is simple: A group of three or more come physically together and say aloud the Great Invocation*. During the meditation, the group members hold their focus at the ajna center, the sixth primary chakra located between the eyebrows. This focus creates an alignment between the physical brain and the Soul, through which the Masters direct spiritual energies down through the group members' chakras. If/when the attention wanders, the members sound inwardly the mantra "OM", and the attention instantly returns to the ajna center.

Transmission Meditation is free, and all are welcome. It is not a replacement for any spiritual practice in which you are engaged, and no prior meditation experience is required.

Meditation is so important for spiritual growth that more and more of us are including it in our daily lives. Transmission Meditation is unique because it combines both meditation and service together.

Why not give Transmission Meditation a try? It can truly change the world and at the same time help you grow as a Soul. For Transmission groups in Pittsburgh: [meetup.com/Pittsburgh-Transmission-Meditation/](https://www.meetup.com/Pittsburgh-Transmission-Meditation/)

*The Great Invocation – please visit: transmissionmeditation.org/GreatInvocation.php
Benjamin Creme's book: *Transmission: A Meditation for the New Age* is available to download for free at: share-international.org/background/printed/print_main.htm

For more info contact: 412-952-7974 (phone or text) – transmissionmeditation@verizon.net

Relationship Don'ts

By Rick Di Clemente

www.starself.com

Millions of people refer to astrology for help or guidance with their relationships. Even so, care must be taken. There are many astrological wannabes out there eager to take your money.

To begin with, most people know very little about astrology beyond their basic Sun sign, Mercury Retrograde and an occasional full moon. It is good to know as much as you can about all the signs, but way too much importance is placed upon matching one Sun sign with another.

Birth, or natal charts are extremely complex starting with your Moon, Mercury, Venus, Mars signs, et al. Matching Sun signs is like saying, "I have a Chevy, you too?"

It takes a very experienced astrologer a good deal of work to point you to your "best match." People don't know this, but almost everyone has four or five signs predominate in your chart for this or that reason. It's not uncommon at all, for example, for a Taurus to have lots of Leo and Pisces energy. Or, for an Aquarian to have a strong amount of Virgo and Capricorn in their chart. Because of the millions of planetary permutations possible in a given chart, it takes a careful analysis before relationship needs can even be assessed.

The first and foremost thing the astrologer should do for you if you are looking for guidance is to see just what abilities you have in your own chart to have a relationship. Too many are looking for a co-dependent relationship while kidding themselves into thinking that they are actually sharing.



I see this a lot: note how the word "relate" is the basis of the word "relationship." This failure of being able to actually relate in an adult, healthy way gives rise to most divorces. Most people are expecting too much from their partner and that often proves to be too much for the relationship.

Even so, many couples do just fine, but not for the reasons they might think. When doing couples comparisons, which is very difficult to do, the placements of the couple's Venus and Moon are of utmost importance since these are the two main emotional planets; critical to all exchanges. I'm sure you've all seen couples that look and feel to be a strange match, yet, they just do fine. This is not uncommon. Usually, when the astrologer looks deeply into a well-matched couple's charts, there are very strong connections by planets you might not even be aware of, such as: Neptune and Pluto.

You should not be discouraged to use the very powerful, useful knowledge of astrology to help with all of your relationships, but, be aware, it takes an awful lot of study with an open mind to get an accurate assessment of what you really have. In a word: be very careful of taking anything too seriously from an astrologer, whether promising or discouraging. Even the best get things wrong and have to look past their own biases. Yes, learn all you can. After all, your heart and intuition are your very best guides to begin with. And, if you're going to use an astrologer, hire a good one.

Gratitude: Resources and Practices to Inspire

By Karen Litzinger, MA. LPC

Gratitude has become such a visible part of spirituality and psychology in the last decade that likely many of you are practicing gratitude and keeping a gratitude journal. I began keeping a gratitude journal in 2000 after reading about it in *Simple Abundance* by Sarah Ban Breathnach. When I lost my job in 2001, I realized that the year of journaling is what kept me grounded. It was my main spiritual practice.

Here are a few perspectives and resources that may enhance your gratitude practice:

Research on Gratitude: Keeping a gratitude journal was found to increase happiness by 25%. This seminal and still quoted research study by Robert Emmons and Michael McCullough was done in 2003 with participants simply writing down five things a week for ten weeks. Check out The Greater Good Science Center for inspiration and research.

Feel Gratitude: Louise Hay was the teacher that inspired me to go beyond noticing gratitude and writing down what I'm grateful for. Consider her advice of strongly feeling the emotions of gratitude throughout your body before you get out of bed. Perhaps simply the sky, your partner, your furry friend, your bed...or something bigger.

Express Gratitude: The other side of being grateful is showing appreciation. Otherwise it is simply an internal practice, even though your internal well being will, of course, have positive ripple effects. Write a thank you note, compliment a cashier for a great smile, let someone know the difference they made in your life.



I experienced the spirituality of gratitude and synchronicity when I sent a thank you note to a ninth grade teacher who received it on his birthday the year he was retiring and questioning the value of his teaching career. You never know the impact you may have.

Manifest through Gratitude: The teachings of Abraham prompted the abundance practice of feeling and stating gratitude as I pay my bills. "I'm so grateful that the electric company is providing power to my house that I love." Feeling gratitude for what you are affirming in your life as if it has already happened is a core New Thought principle.

Be Inspired: Take six minutes to watch this amazing video that was featured on Oprah's Super Soul Sunday narrated by gratitude guru Brother David Steindl-Rast. Google: gratitude video Louie Schwartzberg.

Celebrate World Gratitude Day: World Gratitude Day is September 21 annually. In 2018 it will be celebrated in Pittsburgh on Sept 16, at the First Unitarian Church of Pittsburgh Undercroft Art Gallery, Shadyside. Check the [web site](#) for details.

The author, Karen Litzinger is a member of Unity Center of Pittsburgh, Founder of World Gratitude Day Pittsburgh, and a Certified Career Counselor.

For more info:

www.UnityOfPittsburgh.org

<https://worldgratitudeday.wordpress.com/>

www.KarensCareerCoaching.com

FENG SHUI SOLUTIONS

By Yvonne Phillips, FSII
Feng Shui Consultant & Coach



We hear the words used jokingly at parties or in groups of people saying, that is certainly **not** Feng Shui!

So, what exactly is meant by that statement? What we are really saying is, I am not comfortable within that space. The environment does not work for me! You must "feel good" within that location where you are sitting or standing or working in order to be the best possible "you." Please check out some of the Feng Shui cures that can help with problem areas.

The Boudoir

You have heard that placement of your bed is important, and it is! You don't want your bed facing the bathroom and that really is common sense. You don't want to mix negative energy with the loving chi of the bedroom. Always keep the bathroom door closed. If that is the only location that is available for your bed placement, there is a cure for this! If there is room, place a small bench at the bottom of the bed and placing a rug there will stop the negative energy coming full force directly to your bed. It will also give a sense of being protected while asleep.

Align your bed on a solid wall and try not to place your headboard against a wall with windows. This

symbolizes that you don't have solid support in your life. If that is the only wall that is available, do this: make sure you have drapes and blinds on the windows to create a sense of a full wall. I have even placed folding screens in this area to create a good sleeping environment.

Bathroom Energy

Since a lot of this space is sending the energy down and out by flushing of the commode and draining the water in a shower, you need to make some corrections that can assist you in this negative process. One would be to place any type of bamboo plants, either real or artificial within the area. I have real bamboo with no light and it still grows well. Bamboo is tough and resilient and can block and stop this drainage. This is reflected in loss of your money and if you place some cures in this space, it will do the job. Other easy cures are always leaving a night light on and to have a mirror that doesn't reflect the toilet to keep the chi moving. Always keep the bathroom doors closed.

Attics, Basements & Garages

You are fooling yourself if you are leaving excess items in these areas. So, if the decluttering bug has hit, make sure that you remove these items immediately- *out* of these

spaces. The attic is represented as your higher aspirations exactly like the top of the pyramid. Clutter over your head will stop the flow of creativity and guidance coming to you. Yes, it is subtle, but all these energies affect you daily. Basements ground your home and if what you have stored there is all boxes and items you don't know what to do with, they are also undermining everything that you are trying to accomplish. Move these items on and empty the boxes! Use proper storage containers and shelving that will help simplify these areas. Your garage is sometimes the first area you see when you come home and the last thing you see before you start your day. How is the view? Unused equipment or boxes and items scattered haphazardly will not do the trick for you. Organize and use storage units to make this area more welcoming to you as you drive into your home.

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Please follow her on Feng Shui ABC on Facebook for classes and events. www.facebook.com/FengShuiABC/

www.fengshui-world.com

www.fengshuiabc1.com



Spiritual Stuff To Do When... You'd Like to Develop Your Intuition

By Rev. Marjorie (Chi Chi) Rivera Kain

1. Recognize your inner voice

Intuition isn't loud or demanding – it's subtle and speaks in lots of ways. Your intuition might speak to you as a vision, a feeling, a hunch, a thought, or in words. Or, your intuition may speak to you in physical ways, such as goose bumps, discomfort in your tummy, a sigh of relief, or a sour taste in your mouth. You may even receive intuitive messages through your dreams.

Sometimes intuitions are simply a deep sense of knowing and certainty. Recognizing how your intuition speaks to you may be as simple as reviewing your own patterns.

2. Intuition by invitation

Regular meditation will help you clear your mind of distractions and teach you how to better recognize the subtle impulses from within. I recommend you set aside time each day to meditate on your own, or use guided meditations. Start with five to ten minutes daily if you are just getting started. Anything is better than nothing.

3. Center stage it

Your most valuable wisdom comes when you are most open to receiving it. That's why I encourage you to devote time every day – multiple times a day, if need be – to consciously give your intuition center stage. Intuition is your very own Super Power. No Superhero turns down an opportunity to put on his or her cape. Why should you?

4. Ask questions

Receiving wisdom isn't a passive experience. Get down-right specific about the information you want. The more clearly you pose your questions to your innate wisdom, the clearer the answers will be.

5. Write down your answers

Creating an intuitive journal is a highly effective way to access your intuition and capture its wisdom. I suggest you make a regular practice of journaling for just five or ten minutes a day – you'll be amazed at the clarity of what comes through!

6. Take some (immediate) action

When you act on the

information you receive from your inner teacher, you open the channel between your subconscious and conscious mind and will receive more intuitive messages that are stronger and easier for you to hear and act on.

7. Trust yourself

Trusting your intuition is all about trusting yourself – and the more trust you place in yourself, the more success you will have. Easier said than done? I can help. You may want to take a development class, or have a personal mentor. That's where a professional intuitive like me can help.

Contact me to see if we would mesh well together, heck, use your already budding intuition to know if I'd be a good teacher for you.

In Love and Light,
Rev. Marjorie Rivera Kain
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Find me on:

Facebook: <https://www.facebook.com/PGHmedium>
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CONSCIOUS PARENTING: KNOW YOUR CHILD AT SOUL LEVEL

By: Irina Grundler irina@pathtoawakening.net

<http://www.pathtoawakening.net/about-irina.html>

When our kids come into this world, they are truly vulnerable on the physical level, but their Souls might be much older and wiser than ours. They chose us as their parents because on the Soul level they know that we can create the best environment for having Life experiences they chose for this current incarnation.

Still as parents we often don't think about what they (as Souls) expect us to create. We love them and do all things that good parents should for their kids, since this is what (in most cases) our parents did for us.

The thing is that the time is different *now!* New energies, new higher vibrations are available here on our planet and the new kids are born with a higher level of awareness than we had when we came into this world. This gives parents a possibility to go beyond traditional "good" things and to bring higher awareness into parenting.

One of the ways to do it is to find out what the Divine Gifts of your kids are, what energies they bring to this planet so that you could help them to fully express these energies in their life. This information is stored in the Akashic Records of each Soul and can be revealed upon request.

Here's an example: you probably heard about Indigo and Crystal kids who started incarnating on Earth in mass in the 80's and 90's (according to some sources even in the 50's and 60's). They bring a higher level of consciousness to our planet. These Souls come from the Nihal



star system and many of them incarnated on our planet for the first time. Because of this they just don't understand "the rules" that govern our society and often don't want to live according to them.

Knowing this information might be very helpful to Nihal Soul parents. In many cases it might explain why their kids keep on "experimenting" with the rules of the society, often rejecting them. Obviously, parents need to be very patient explaining how our society works and getting their kids to accept the rules and adjust to them.

Another valuable piece of information besides a Soul Group of Origination is discovering what your kids' dominant energy vibrations are. Our souls are "made of" energetic vibrations which correspond to certain personal characteristics in a 3D world. This information can be used to determine how to better help your kids to adjust to this world without hurting their true selves. They develop gifts they are abundant in instead of putting efforts into developing skills that correspond to a very small part of their vibrational spectrum. Direct them to choosing an occupation that is aligned with their unique vibrational qualities.

Conscious parenting is more than just being a good Mom or Dad. It is about adopting a multi-dimensional approach in parenting in order to help your kids to express their Purpose and Divinity!

SOUL FLYING-- SHIFTING AWARENESS TOWARD YOU AS WORK OF ART

BY SUZANNE BISHOP, MS



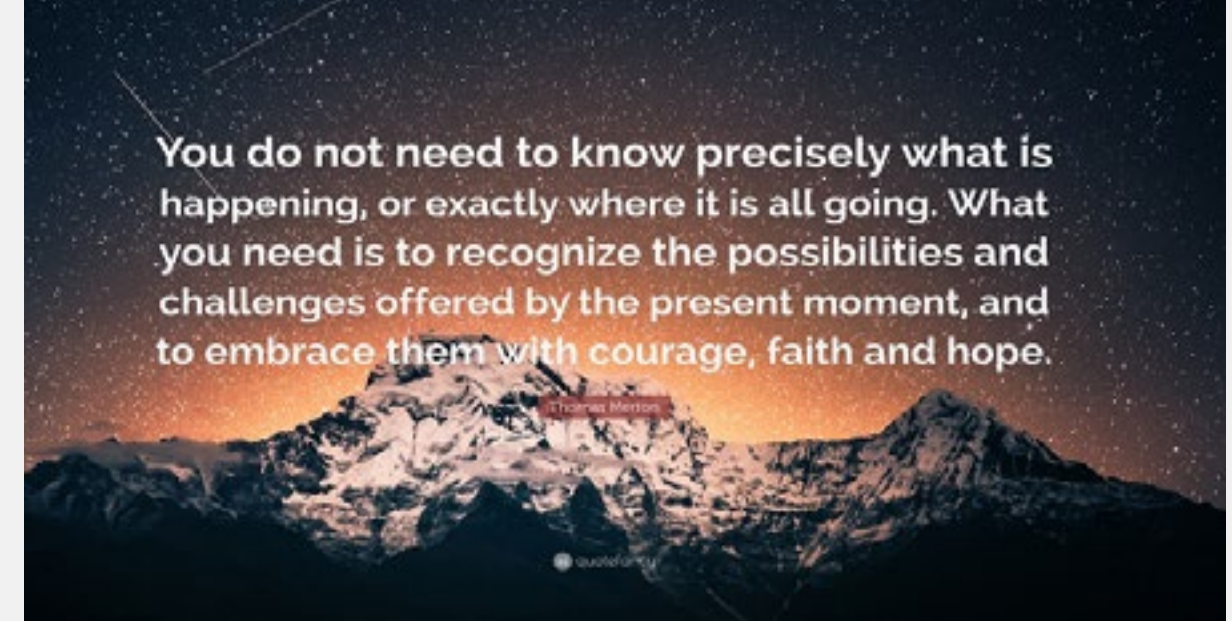
It is no surprise that I would come up with and coin an awareness as “Soul Flying”, in that we are all works of Art from our beloved Source as “God’s Recreation” unfolds in all of its immaculate beauty. I am a trained Art Therapist. We humans are also part of Source’s ever changing canvas of this beauty unfolding. Source is aware of our beauty, but are we? I had a “what if” moment recently, pondering Earth’s beauty, this Milky Way Galaxy’s majesty, this universe and multi-verses amazing qualities. What if, I asked, if we humans began to think of ourselves as an integral part of Source’s creation. A part that is not only integral and amazing, but as an art form. Yes, we are indeed cherished as such in realms we struggle to connect with, like the Angelic realms--it is time to cherish ourselves coming from the awareness that we are just that special, just as an art form should be.

Ok now, we are getting there. Smiles . . . we realize we are Source’s creation and art. Source loves us, and we love ourselves so we move forward and love the world. Now, imagine that you are also part of Source’s supply of creative energy. Source is longing for us to co-create ourselves free from shackles of some pretty outdated dogmas and restrictions--some religions are holding us back. Now, how do you want this artform which is you to be created? What amazing colors can you create for your shell or Aura? What sort of symphony is created by wiser choice of words? How much fun is this? Source I feel is aching for us to join in on the creative process with us (you and your persona and higher self as well) free to erase or transform areas of our painting or song that do not fit or agree anymore.

Yes, now we have it. Source’s song is our song and we deserve it. We see us as a cherished work of art, honored and protected. Inner work is sometimes hard, but having a fresh approach to ourselves makes it easier.

I leave you with these questions: “Now that you are Art, what shape do you have?” “Will you be serious or playful creating yourself as Source’s symphony unfolds?” It is up to you now, that is free will. So many ways to go. The title of this writing includes “Soul Flying”. Why? Because, to me, our souls cannot be contained. They have always been co-creating with Source, even if we do not have awareness of that creating at times. Seeing ourselves as co-creators of us as Art helps us to recognize our souls in endless flight toward our individual and collective beauty. Blessed Be.

Suzanne is owner of [The Pittsburgh Metaphysics Meetup Group](#), [Star Nation Meetup](#) Group, Intuit Now/OMawake She may be reached at <https://intuitz.com/>



PREDICTIONS UNMET

by Susan Rose www.HeartofPittsburgh.com

Have you been keeping up with all the predictions? There certainly have been a swarm in recent years. How about the Earth Rebirth at the end of the Mayan Calendar in 2012? How about the return of Planet X, Y2K, California sinking, imminent disclosure, personal ascension, solar flare, portal openings, ETs landing, white hat take over, collapse of money?

Sometimes the prediction that you did not see materializing was a blessing that it didn’t. It can, however, be a disappointment if you were looking forward to it. You may even feel ripped off of from the preparation you gave to the predicted event.

When a widely spread prediction did not occur on schedule, I’ve noticed that there are explanations offered to followers of the topic.

Here are a few.

1. It did not happen because the calendar was off, it was meant for another date (conveniently kicking the can down the road).
2. It was supposed to happen, but a benevolent ET group protected us from it.
3. It happened, but we switched timelines and are now living in a parallel dimension. So we don’t notice the difference, except for the occasional Mandela Effect.
4. We are all in a matrix computer program. The program glitched.
5. It **did** happen, but only the spiritually adept can sense the difference.
6. It is happening now. You just need to be awake enough to see it all around you.

There is a battle going on for your precious time and attention. An example is fake news. Both mainstream media and alternative media may be compromised with disinformation. Lots of true stories give an air of credibility, and then comes the zinger of falsehood. Was the truth-telling just a set up to make us fall harder into emotional chaos later? It is hard to know what to believe.

To go forward, we need to balance the information age by going within. Remember the time your meditation brought you to a place of wordless bliss? Ok, well recreate that, or at least the memory of that feeling.

Then bring in the prediction or news of an event that is attracting your attention. So how does that feel? If it’s in harmony and resonates in grace, then it is one with your divine truth and purpose. If it magnetically repels and feels abrasive, then let it go. It may or may not be true, but it is not one with what you are here to do. You have just lightened your load.

As the Thomas Merton quote tells us in the image above, we do not need to understand it all. Nevertheless, don’t bury your head in the sand. Acknowledge these predictions and respect the believers. Say to yourself “just another opportunity for soul growth”. Embrace good and bad news with courage faith and hope. And then **smile**.

I Have a Vision

By Carol A Briney

<http://www.CarolABriney.com>

A vision that all people realize and accept their undeniable self-worth. Where all people know and accept that they are unique, loved, and cared for beyond their wildest imagination.

* A world where people understand and accept that they already have all they need to live a fabulous, glorious, delightful, loving, healthy and prosperous life inside of them.

* A world where we all know that nothing missing, nothing is wrong with us.

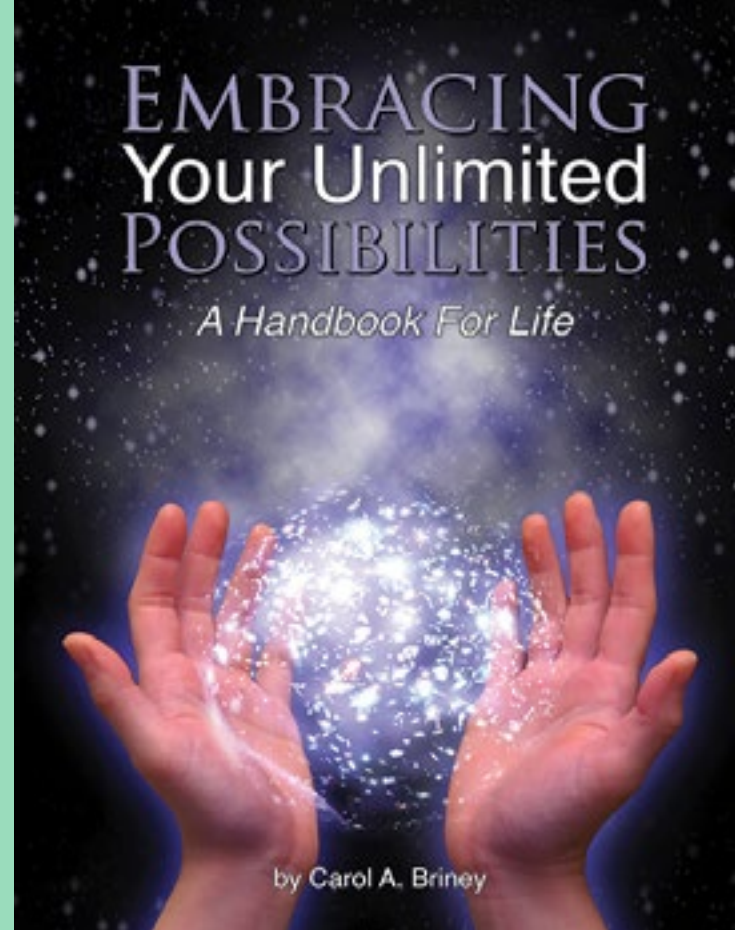
* A world where people know that “God / Source” is living through them and not outside of them.

* A world where people open themselves up to the knowledge that each one of us is an individual expression of the Source of this glorious universe, and that we ALL have the same unlimited potential and possibilities.

* A world where we all know that we came here to live a joyous and ever-expanding life.

* A world where every person is allowing themselves to become what they are meant to be and not what others believe that they “should” be.

* A world where each person knows in their heart that they are not sinners, they are not all of the negative stuff that they have been taught in order for man to control man. We each know and fully understand that we are



a part of God and we have always been a part of God. You are a Divine Being, having a human experience.

In this vision, we all stop getting in the way of our Spiritual expansion and permit ourselves to connect to the Divine within. I share this vision with you and ask that if you see it too, come and join us to uncover the secrets to living the life that you came here to enjoy.

If you are challenged by seeing the Divine inside of yourself, I will be here to hold that vision for you until you can see it too. Let us all shine our lights so brightly that others can see their way out of the darkness too.

We will be meeting twice a month in the Pittsburgh area. To learn more or to join us, email: Carol@CarolABriney.com

Mindful Listening

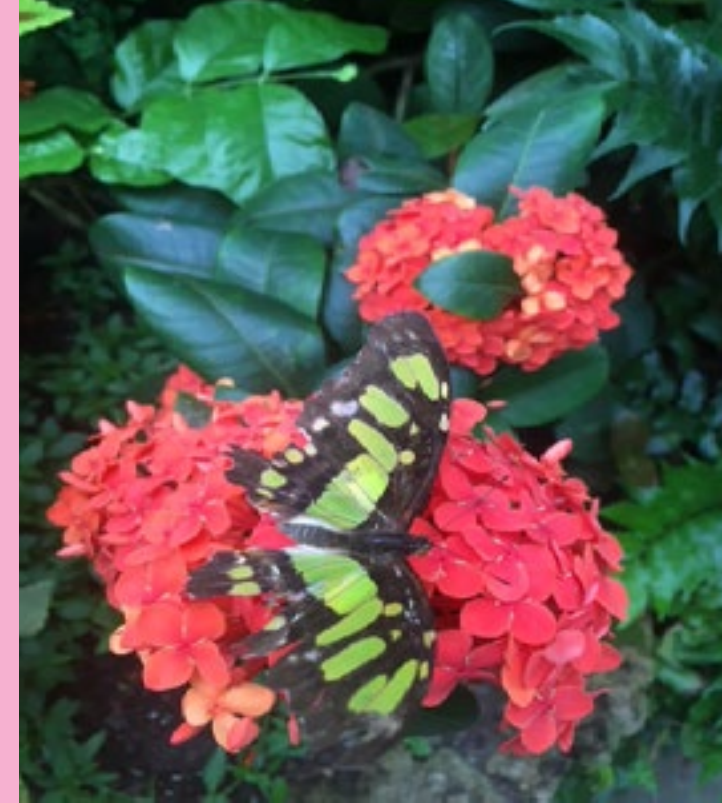
Christy Semple, RScP

Listening is a spiritual tool that is often not used to its greatest potential. Ernest Holmes, founder of the Science of Mind teaching, said, “Let the inner ear listen to the voice of truth that is always speaking.” In the beautiful book, *Seven Thousand Ways to Listen*, author Mark Nepo says, “Listening is the doorway to everything that matters,” and “This is the work of reverence: to stay vital and alive by listening deeply.” In his book, Nepo encourages the reader to listen deeply and mindfully to all that is being “said” by nature and through the experiences of our everyday life. He even inspires us to wonder about and practice the idea, “How do we listen to all that is not said?”

These wise teachers both realize the all-knowing, ever-present nature of Spirit and the power and potential of fully opening and listening in a multitude of ways with our inner ear, our heart, and even our whole being. They remind us that all the ideas, answers, and guidance we need are right there – we are immersed in the Infinite Knowing – we just need to open up and listen. Ernest Holmes affirmed this with the expression of the beautiful idea that, “What we need is a new outlook upon life, a broader vision, a deeper realization. This can come only from the Spirit that knows all things.”

So, when we are seeking answers, guidance, or clarity and not feeling that we are getting this, even when doing our spiritual practices, we can be inspired by these wise teachers to practice mindful listening – listening fully, listening deeply, and tuning in to “the voice of Spirit that is always speaking,” sometimes in subtle ways.

In our busy lives that tend to be filled with much noise of the world around us and noise within of planning, to-do lists, fears, and judgements, but also filled with the desire for the flow of Spirit’s



Intelligence and Love, we need to go deep within and truly let go, truly connect to the flow from Source, and truly listen. We need to be mindful that answers and guidance from Spirit can be subtle, coming to us as single words or the name of a person or place that keeps coming up in our mind or the world of our outer experience. It helps to be aware that answers and ideas might come to us as a nudge or feeling to do something, ask something, or talk to someone. We also need to realize that ideas and guidance can come through seeing, hearing, or feeling something through touch, and then tuning in to the ideas and wisdom that rise through us from those experiences.

To optimize the spiritual practice of listening, start with presenting a question as you begin meditation or visioning, then stay mindfully aware and open to the Infinite Nature of Spirit and the infinite ways Its intelligence can flow to you and through you. You are sure to be enlightened and amazed!

Caption for photo: The observation and then listening in our mind to the intelligence that is expressed through nature, such as perfect patterns and the perfect attraction of butterflies to flowers, can inspire us with ideas and guidance in the resolutions of questions and challenges we may experience. Photo by Joyce Nowak

Christy Semple, RScP is the Spiritual Director at the [Center for Spiritual Living](http://www.CenterforSpiritualLiving.com) Greater Pittsburgh in Carnegie, PA

Peaceburgh is Born Peaceburgh is Now

By Tamar George
(facilitator/protector of Peaceburgh.com)

As this November rolls around with elections, energy is downloading powerful waves of light. The energy is amplifying what is in us. The Point/Confluence/Rivers are all amplifying what is in us. It's a lot of chaos, and depending upon your perspective it's either wonderful or difficult.

What happened seven years ago to get us to this Point? The end of duality and its completion was announced to take place on November 11, 2011. This was to be a clean slate.

Remember we opened the possibility of ending duality and now that possibility was a success. The shift had happened. This event was titled the 11:11:11. By 2012 we will be living in the energy of Oneness. The 11:11:11 was successful in the city of Pittsburgh for 2012. We had hundreds of people show up to download a new unity program for Pittsburgh. We made it official that day because over a hundred warriors of Light claimed this city as Peaceburgh. Yes, a crystal city of Love, Light and Peace.

What happened the day of the 11:11:11? On the North Shore of Pittsburgh, we gathered and listened to the sacred buffalo drum (drumming a powerful human heartbeat) a unified heartbeat in Unity. We claimed and chanted our intent of downloading sacred ideals of loving higher consciousness living into our city. As we did this working we could stand by the rivers using the power of 3 Rivers amplification and direct the energy. It was also fun to see our magnificent city from the North Shore. That day, that energy, that was the clean slate, our words were creating the blueprint of the NEW.



We claimed a progressive city of Light and Love. A sacred Crystal City and named it Peaceburgh. We were graced by the presence of a Buddhist monk that chanted over the water down at the river's edge that we had already poured our new sacred blueprint into. That intent of 'loving one another' water was then poured into the 3 Rivers to be carried forth to the other rivers and eventually into the oceans of the world. That day was cold with a thick grey cloud cover, but the moment we claimed our city to be Peaceburgh the clouds opened up in a split second and a beam of sun light (so bright you needed sunglasses) beamed a solid golden ray of confirmation majestically over the Point. Everyone at once burst into a sigh of AWE. It was done, there was the affirmation! Some said they saw spaceships.

I thought we all saw a miracle. Peaceburgh was really born that day. Many who had major Pieces in its growth and vision were there to celebrate.

The whole article can be read on Peaceburgh.com or <http://peaceburgh.com/what-was-the-1111-and-111111/> and to post gazette article. <http://www.post-gazette.com/local/region/2011/11/11/Many-look-to-11-11-11-as-the-date-to-celebrate/stories/201111110261>
<http://www.TamarGeorge.com>
<https://www.facebook.com/Peaceburgh>
<http://www.Peaceburgh.com>

Spirit Is Always Right On Time

by Rebecca Harmon
<https://practitionerspath.wordpress.com/>

"Spirit is never too late." ~ Florence Scovel Shinn

In *The Game of Life and How to Play It*, Florence Scovel Shinn describes a woman who needed \$3,000 by the fifteenth of the month. Mrs. Shinn prayed for her; the fifteenth came, but no money arrived. The woman called, concerned that it was going to be "too late". Florence assured her that "Spirit is never too late!"

The fifteenth was a Saturday, and no papers would be served on a weekend so she told the woman "It is Saturday, so they won't sue you today, Your part is to ...[show] perfect faith that you will receive it by Monday." And, the woman received the needed money right on time.

A while back I had requested to change my work hours to an earlier shift. Shortly thereafter I sent a \$400 check to a contractor which I did not expect to arrive until Tuesday and assumed it would not clear until Thursday. I sent the check having more than \$400 in the account, knowing I would be paid on Friday. All was good.

On Tuesday, however, my balance dropped to \$236 due to a forgotten check. I didn't have time to go to the bank, and was scheduled to teach that evening, so I had few physical options. I resisted panic and worked to channel my inner Florence.

I felt certain that the contractor's schedule and banking cycles would give me at least a day to work things out giving me time on Wednesday to make it to the bank. After work I encountered much lighter traffic, so I went home before heading to class. To my surprise,



I found a check in the mail for more than enough to cover the \$200 misstep in my account. I deposited it digitally and received notification that deposits made before 6pm would be credited by 6am the next day.

The next morning (Wednesday) I checked my account to verify that 6am availability and saw that the contractor's check had cleared. Previously on Tuesdays and Thursdays I left work and drove straight to the Community College where I would teach until 9pm. Had I not changed my work schedule; encountered lighter traffic and decided to stop at home - I would have come home Tuesday around 9:30pm, found the check, deposited it digitally and found the next morning that I had a \$37 overdraft charge to my account.

I have been the grateful beneficiary of many "magical" happenings like this one and I regularly quote Mrs. Shinn who said throughout her life that "God makes a way when there is no way". She chronicled the evidence of it throughout her writing, and I can say with conviction that it regularly demonstrates the same in my life.

Rebecca is a popular speaker, writer and metaphysical teacher. She has written 2 books dedicated to career success: [Discover Your Path](#) – a map to job happiness and [7 Simple Steps: job satisfaction, any place, any time](#) - available on Amazon.

an ELEMENTAL TUNE-UP

BY SANDY MILCZAREK

I Love to think of nature as an unlimited broadcasting station, through which God speaks to us.

-- GEORGE WASHINGTON CARVER



As we observe nature and appreciate its beauty and abundant gifts, nature is observing us back. A new-to-me bird showed up in my urban yard this past summer. I felt as though something was watching me. When I turned my head, my eyes met those of a bird who was scrutinizing me. It stayed a few seconds longer and flew away. I was seen by nature, I incredulously thought. After a few more encounters, I had noted enough of its physical details to identify it as a cedar waxwing. Fruit-eating birds, my apple trees must be a favorite.

When we love nature, nature loves us back. As I attuned to these gentle waxwings, I shifted into the awareness of the elemental beings of nature and was reminded of how they have been mandated by God to love, care and work with humans. There are elemental beings which align and assist with each of our body's natural processes of breath, metabolism, circulation and body function. Our bodies are made from the same elements of the earth -- air, earth, fire and water. Venture outside, rest in nature and connect with these devoted spirits to help you be at-one-ment with yourself and all of creation around you. It is a very subtle experience, more of a tune-up, but one which augments your own inner wisdom in a deep knowing of what is best for your body.

The four elements and the corresponding elemental beings:

1. Water -- undines

The steady flow of blood and fluids through our circulatory system, feeding our cells with food and oxygen.

2. Fire -- salamanders

The body's metabolism.

3. Air-- sylphs

Assists with the breath.

4. Earth -- gnomes, fairies, elves, pixies, wood nymphs

The components of bone, muscle, skin, organs, teeth, hair, nails.

There is no right or wrong way to tune up your body with the guidance of each elemental group. First, start with an opening prayer for protection from any negative forces and wisdom in intuiting what needs your body requires. Thank the elementals for all the hard work they put into keeping you, as well as all of nature, in a state of balanced harmony. Follow your intuition on how to proceed. Ask the elementals to speak to you. It may be in words, but more frequently you will be given images, impressions on what your body may need.

For instance, do you feel as though the fire within you is burning out? Just as fire is a chemical reaction, metabolism can also refer to the sum of all chemical reactions that occur in a living organism. Is there something you can do to help? The subtle message from the salamanders may be more rest, more exercise, a certain type of food to add to your diet. Maybe a vacation?

A simple request for aid in physical well-being is enough, too. The elementals will work on you with their subtle energetic magic.

Relax and bask in the love nature has for you.

Sandy Milczarek is the author of *Rebels from Olympus*, an action-packed, spirit-filled teen novel. It's sequel, *The Rebel's Call*, will be published this fall. Release date to be announced soon.

Her website is: <https://sandymilczarek.wordpress.com/>

News Around Town

As the chant goes, "She changes everything She touches and everything She touches changes"

The metaphysical spiritual community that encompasses Heart of Pittsburgh, Metaphysical Meetup and many many others want to thank the Leadership Board and members of SITE NITE. The last meeting at the First United Methodist Church is being held in September. SITE NITE provided high quality spiritual sharing as well as friendship and community to many for years.

In their typical wisdom of the heart, the board and especially Regina Rivers and Kathy Evens-Palisamo have arranged a union of the SITE NITE flock with the new and growing OMA group. (OMA stands for Ohio, Monongahela and Allegheny) <http://omapittsburgh.org/>

Programming is planned in the future that will combine email lists. We will still see old friends, and make new friends as well. If you were OK with transportation to Shadyside you will be happy with the new location in Oakland. The Twentieth Century Club, Biegelow Blvd. FREE parking in UPMC lot across the street!

Thank you to OMA as well for reaching out to us to combine the talents of both groups. Upcoming events at OMA can be found at <http://omapittsburgh.org/upcoming-events/>

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The Pittsburgh Metaphysical Meetup Group (over 1300 members online) has spawned off a second group called "Star Nation". It is especilly focused on connecting Star Seeds (people who feel like they were born connected with other planets.) See both meetup links below and thank you to Suzanne Bishop for her leadership in organizing both groups.

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

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Annual events like a trip to [Lillydale NY](#) are planned by the 1st Spiritualist Church in Wilkesburg. Lillydale is the national and perhaps world center for Spiritualism. There are a variety workshops and speakers there. Although it is a three-hour drive to western New York, you can often bump into someone you know from Pittsburgh. Spiritualist Church member Sara Sachs shares her experience of the Summer, 2018:

A Summer of Challenges

This has been a summer of travel, challenges, and spiritual growth. The big challenge was my course in Demonstrating Mediumship with British tutors Andy Byng and Phil Dykes. It was a push the boundaries, going back to square one type of a course. I took comfort in seeing that other experienced mediums were also struggling with this different way of working, a true bonding experience for all of us.

I remember periods in my life where I had to strip away old ways, which no longer worked, to replace them for a better life. There was always resistance and tears, but worth it in the end. This experience brought back what I heard early on at AA meetings: this is simple, but not easy! I left feeling that I had a lot of work to do, whilst also wondering if I could do this work at all! The answer came in a Facebook call from a friend who told me that the owner of a metaphysical shop we visited was able to validate the spirit of a former business owner there I had described in that conversation. That was just what I needed to hear!

In the weeks that followed, I practiced what I learned at the outdoor services in Lily Dale. I asked Spirit to continue to tutor me. I also used law of attraction meditations, and daily sitting in the power to manifest this new way of working. I now have a more regular meditation program than I've ever had before.

I'm starting to get the feel for it! What this all boils down to is getting out of my own way and telling my ego to take a hike! That's the only way real change has ever happened for me in any phase of my life.

As we go into the season of harvest, I've once again experienced tearing out the old growth to make room for the new crop to replace it.

Sara Sachs Psychic Medium
www.PsychicSara.net

Heart of Pittsburgh

It is an honor to host Bodhi Tree Magazine under the domain host of



HeartOfPittsburgh.com

*Keep your face to the Sun and all shadows
will fall behind you!*

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~ Love to all, Susan Rose Bodhi Tree Magazine ~