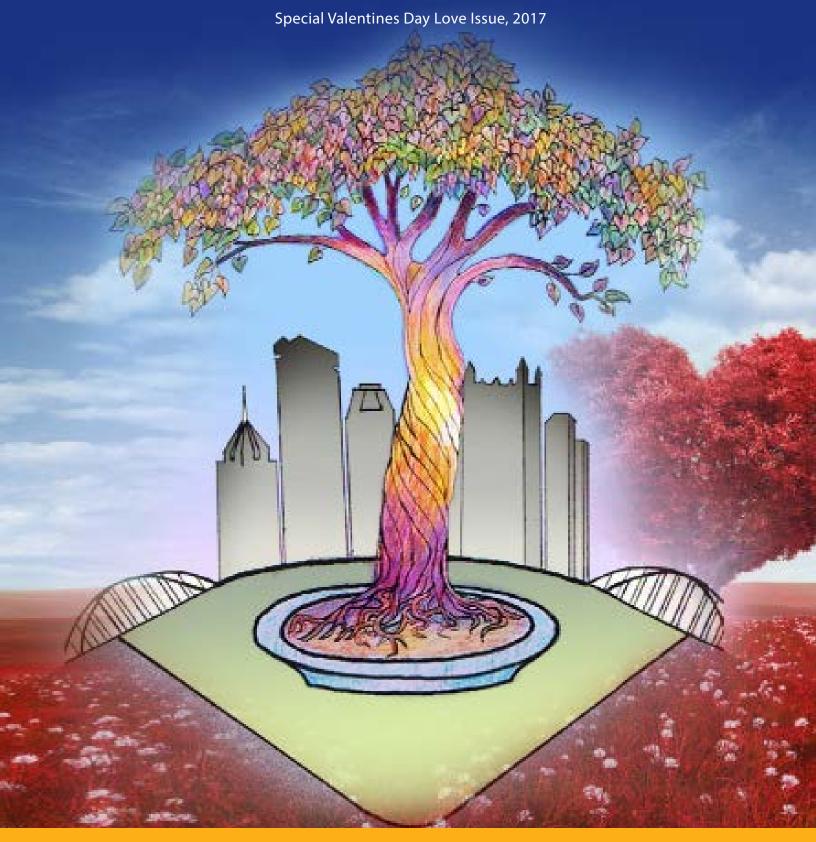
BODHITREE

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



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Read ONLINE at www.heartofpittsburgh.com/bodhitree



Cell Phone Friendly

ARE YOU A SEEKER?

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

<u>HeartofPittsburgh.com</u> 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.cslgreaterpittsburgh.org



MEETUREMINDERS

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/

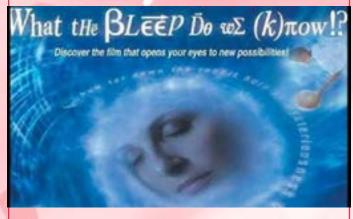


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WHAT STIRS YOUR HEART AND FEVERS YOUR DREAMS?

Most of us see February in the Northern Hemisphere as another winter month just to be gotten through on our hopeful path to an early spring. How thankful we are that it's the shortest month of the year.

ut wait. February should not be overlooked as we hotfoot it through its twenty eight days, with a pause in the middle for Valentine's Day. It's a quietly mystical feminine month, where hidden activity awakens beneath the surface in preparation for new life. The sun rises earlier and sets later almost imperceptibly with each passing day. The trees' sap begins to stir and rise. Early shoots of green peep up through the soil. February is a turning point as the earth transitions from winter to spring.

Imbolc, an old Celtic festival, which derives its name from the ewe's first milk for their lambs, was celebrated in honor of the triple goddess, Brigit. The old crone of winter now transforms into the radiant virgin of spring.

The ancient Romans celebrated Februalia, a ritual of purification celebrated around the middle of the month. It was a time of spring washing and cleaning. Februalia is derived from the Latin word. febris, or fever, the purification of sweating when one fevers.

The second day of February brings us Groundhog Day in the United States, and, in the Christian religion, Candlemas, which includes the purification of Mary,

Mystical February By Sandy Milczarek



Jesus' first entry into the Temple and his presentation there, where blind Simeon proclaims him to be the Light of the World.

The popular romantic comedy movie, Groundhog Day, is a purification story of a rude, selfish weatherman from Pittsburgh who relives Groundhog's Day in Punxsutawney, PA innumerable times on his path to self-realization. It's a bit like reincarnation. At the end of the movie, the purified man is deemed worthy of his Lady. The couple can now move into a sacred union. where the masculine and feminine are equally honored and revered.

Valentine's Day brings the high fever of love in the middle of this special month, where purification and preparation for what spring may bring is at its peak, especially if we approach it with intent, awareness and reverence. Friends and especially lovers exchange gifts, flowers, candy and greeting cards. For those without a special Valentine, it can also be a day of deep disappointment and sadness.

Underneath this trick of outward affection, there is a hidden question and action for this early thrust of spring. What is your heart's stirring desire? Again, I ask you, what fevers your dream? Allow it to speak to you. What seeds must be planted once the ground is readied? What preparation, purification must you do? Your manifested dream feeds the world.

Prepare for your Spring. When you align yourself with the sacred timing of the earth's seasons and the path of the sun, you tap into universal power. It's a synergistic union of energies. Dream it. Work it. See it.

Join Sandy at the **Unity Center** of Pittsburgh for inspiration, celebration and friendship. Her web site is https://sandymilczarek. wordpress.com/

"WHY THE HECK DID THIS RELATIONSHIP COME INTO MY LIFE?"

Is the question I'm asked the most.

In Avatar the movie (2009), scientists are able to engineer DNA of another race and operate these likenesses called "avatars," by genetically matched humans. If you saw the movie, you know there are two worlds in which the film takes place for the hero, one in a lab and one on Pandora's biosphere.

ust imagine being back in Heaven because your Oversoul is always there. This Oversoul is eternal and a conscious creator being. When your Oversoul decides to explore another life and create an "avatar" on Earth, it goes about asking other souls if they are going to Earth any time soon. If the answer is yes, then it is discussed if the other wants to create a compact to meet once there and what do they both hope to accomplish? The Universe has to do its best to get both of you in the same place to meet. That meeting isn't always going to be timely or reasonable to your life at the moment. In fact that actual meeting on Earth is sometimes just weird. You know you know them, but from where?

All the spirits you agree to meet are taking a life for one reason, how to live love to gain WISDOM. The Earth lab is a profound 3D holograph (alternate reality) and the lesson is to live love within the Earth biosphere. On Pandora, the Na'vi blue actors showed us what was possible when we liked and respected ourselves, others and the planet. What we could 'truly be' when we have the wisdom to live love.

Relationships are difficult no matter when they do appear. Every issue of self-worth comes

Relationships By Tamar George



up in a relationship and we expect ourselves to be satisfied with another when we are not satisfied with ourselves. We think if we could just have the perfect relationship we will finally be happy? Generally happy does seem to happen for a little while until our self-absorption or the others narcissist takes over.

There are many kinds of agreements or compacts; some of them are to finish karma from a past life chapter, maybe to work together on a project or to help the other without it being detrimental to ourselves. When you meet one of your many 'Lover' compacts, you will just LOVE them and it will drive you crazy. Why

do you feel this way? What do they expect? How will this ever work?

The bottom line is, both individuals need to figure out how to help each other to be their best and gain wisdom through their negotiations. The answers lie in trust, respect and loving communication.

My work the last 31 years as a relationship psychic coach is to gift insight from spirit into why this relationship came into your life. Spirit is able to reveal the past life, lesson or gifts.

Tamar George can be contacted via phone or web site. 412-389-0679 http://www.TamarGeorge.com

SPIRITUAL STUFF TO DO WHEN...

YOU NEED MORE LOVE

In these days of terrorism, poverty and corruption, it may seem that love is in short supply. Most of us have had our hearts broken more times than we would like to admit (even to ourselves). With Valentine's Day coming soon, I wanted to take a moment to propose that love really could be the answer for what ails us as a human race. I will pull in some assistance from thought leaders to hypothesize my conclusion. Let me begin with the problem. "What problem" you say? Any problem, if we could keep it that simple. Problems in general that require a solution. Einstein said "No problem can be solved from the same level of consciousness that created it." So if the level of consciousness has something to do with the problem, what are levels of consciousness?

According to Deepak Chopra at www. DeepakChopra.com, there are three levels of awareness:

Level 1: Contracted awareness This is the level of problems, obstacles and struggle. Answers are limited. If you are at this level, you will be frustrated and exhausted.

Level 2: Expanded awareness This is the level where solutions begin to appear. There is less struggle. Obstacles are easier to overcome. Your vision extends beyond the conflict, giving you more clarity. Negative energies are confronted realistically.

Level 3: Pure awareness This is the level where no problems exist.



More Love by Chi Chi Rivera

Every challenge is a creative opportunity. You feel completely aligned with the forces of nature.

If Einstein was correct in saying that we cannot solve problems at the same level of consciousness that created it, we must learn how to transcend in awareness. Whether that transcendence is at the personal level, or humanity's

An interesting book written some years ago by psychiatrist Dr. David R. Hawkins called Power vs. Force, talks about the frequency vibration of various emotions. He created a tone scale from 1 to a 1000 and rated them using muscle testing and thousands of volunteer test subjects. Feelings like fear and shame were on the low end of the spectrum, while love, joy and gratitude occupied the coveted 500 and above spots. If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the answer. It's vibrational frequency is very high. Expressing love, or gratitude would help you raise your level of awareness and open you to solutions. When we learn to give and receive love, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

Connect with me: www.PittsburghMedium.com www.facebook.com/PGHmedium/

FEBRUARY MAKES US ALL TURN TO OUR "LOVE LIFF"

The Chinese New Year of the Fire Rooster arrived on January 28, 2017. It is bringing a year of "Peach Blossom Luck." Translation, this is your year if you want to attract the loving partner. During the fifteen days during this time is the most "auspicious" time for you to set intentions and attract your special loved one.

he Feng Shui Masters are all predicting that it is also a great year to have children. There are more children and more marriages performed in a "Peach Blossom" year than any other time. Get on the band wagon if this what you are looking for this year!

Feng Shui has nine areas on the map (Bagua) that relate to different areas of your life. By far the Relationship area is one area to pay attention to always. When I have a consultation and better "Relationships" is one of their goals, they have chosen well. The sector that houses this energy is the far-right corner of your bedroom. The colors of this area are pink and shades of red. Place two items (pairs) of candlesticks or a pink scarf in this zone. Set the intention of exactly what you are looking for. This creates a spark that is necessary to light the fire.

Anchoring in your Relationships by Yvonne Phillips, Consultant



Bodhi tree in NOT a political magazine.

* No wait, maybe it is! By Susan Rose, MSN, RN **Publisher**

A few years ago I was a plant.... a disrupter sent to holler and boo during an election speech. Looking around for my group of dissenters, it seems like the promised gang stayed home. Just me and my trusty girlfriend were in a sea of spectators waiting for their hero to arrive. Absolutely surrounded, we timidly

applied a few well-timed boos, only to have people turn around and tell us to BE QUIET!

Feeling rather out of place, we wondered what we were doing in this unlikely place. Then, after a long time of standing in a very hot un-air-conditioned building, there was a commotion. A frail elderly woman, who was trying to keep standing in the crowd, had passed out. There were strong men on either side of her holding her up.

Knowing that she should be lying down with her legs up, made no difference to her rescuers. Upright, with her feet flopping in the air, they lifted her through the crowd to the exit. I could have woken her up. My nursing instincts had kicked in.

Then the lesson dawned on me.

Although the lady, the crowd and even the rescuers were "the enemy", my strongest need was to help. It was frustrating. The humanity of the problem woke up my training as well as my heart. A flood of compassion washed over me. In that moment, the elderly lady, the crowd and even I became one

Today, many are still getting over election blues, avoiding the "others". Can we bridge the troubled waters and emphasize our common values rather than our differences? Hey, maybe that is the best "political" intervention after all. Bodhi Tree Magazine can be a plant in the crowd.

The Universe Is Calling, Will You Answer?

By: Reverend Patti Perhacs Minister and volunteer, spiritual director at the Unity Center of Pittsburgh.

he universal consciousness of the U.S. and the world is one of social movement and change. A tug of war is taking place over vision, values, purpose, power, and ideology. Our way of life and the very foundation of freedom and the equality we believe in, is being threatened.

It's as if a great earthquake has taken place and people are struggling to stay upright. A divisive fault line separates many – causing people to think in terms of "them" and "us" rather than "We". There are those who lean in to democracy and others (and I put this thought in the light) who are leaning in to authoritarianism or fascism.

As a Universalist who embraces metaphysical Christianity and eastern philosophies, I believe in the inherent good of all people and all religions. I have taken this current world manifestation into my temple of Divine Mind and spiritual study to ask, "why is this shift happening, what might we expect, and how shall we respond?"

The idea of putting "America First" is in conflict with our U.S. democracy, whose foundation is "liberty and justice for all".

A country who believes in the Golden Rule as an altruistic maxim of reciprocity, a universal mantra and the foundation of many religions and countries, which is to treat others as you would want to be treated.

- Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss – Laozi
- Love your neighbor as yourself, said the Lord - Leviticus

So why is it happening now in the midst of forward progress in equality, inclusion and economic growth?

It's the YIN and YANG, the lesson and experience of KARMA and DHARMA. The shadow is racism and bigotry which is compounded by degrading ethics and a rise in greed, power. At times, in degrees, yes we too create both energies,

in our judgement of others, in opposition to the Golden Rule. It is all creative force.

The dis-order we are experiencing is still in Divine Order and the upheaval we see as left and right, right and wrong, love and darkness, is causing a quickening in awakening and new awareness, love and activism.

This is the Dharmic aspect of this situation.

Love is Born from Understanding -Buddha

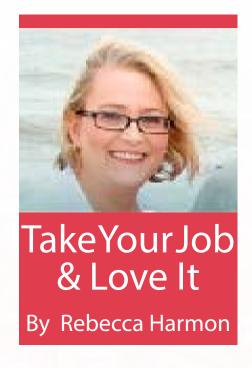
As the sunshine brings out beauty, the light of love brings out master virtues, the Christ consciousness of unconditional love. So Love, Love, Love - Myrtle Filmore

Silence the angry man with love... the ill-natured man with kindness. Silence the miser with generosity. Silence the liar with truth. -Paramahansa Yogananda

This is possibly the greatest calling of our lifetimes. All people of all nations must awaken within to their temple of Divinity, becoming one with universal love and understanding. Those who limit Love to be found in only one temple have not awakened to the truth of God in Man. We must love each other as the devotee loves God and God loves humanity, faultlessly and completely.

The universe is calling. Let us answer by becoming activists of love, freedom and democracy. We are one, undivided. Namaste dear ones.

elfless service is a major theme in the Bhagavad Gita, a 700-verse scripture from the Hindu tradition. Throughout the Gita, Krishna emphasizes its importance as well as the need to abandon selfish attachment in conversations with Arjuna, his friend and devotee. As with many wisdom texts, the Gita is a story about humanity's spiritual journey, and Arjuna wrestles with issues as relevant today as they were on the battlefield at Kurukshetra.



The Gita teaches that the way to Brahman (infinite, eternal and changeless bliss) is through selfless service to others and relinguishing attachment to selfish outcomes. This theme is the perfect intro for examining whether we love our jobs. After all, it's February - the month of hearts and chocolate; the month we celebrate love.

Although we're happier at work than in previous years, research finds that less than half of us report being satisfied with our jobs. In a typical week we spend close to 50% of our waking hours at (or traveling to/from) work each week, which can translate into a lot of misery if we dislike our job. When we also consider the rising incidence of chronic diseases attributed to stress, it's clear that something needs to change.

One challenge to long-term

job satisfaction may lie in our initial motivation. While some of us intentionally chose careers aligned with our life goals, many of us chose careers based largely on the salary we could earn. Money is essential to living and it's easy to see why anyone chases the dollar, and yet the data shows what the Gita taught: having an attachment to a self-focused outcome (a certain salary) is not the path to bliss. Today we call this the "golden handcuffs". But if we're miserable at work, how do we balance making enough money while acknowledging the wisdom of the Gita?

We must first reconnect with our true selves and recognize our sacred gift to the world. Are we able to share this gift in our current job? Are we in alignment with our employer's output, mission, and vision? Do we work with people whose lives vibrate

in harmony with our core values and even on tough days, can we maintain our internal peace? If the answer to any of these is no, it may be time for a change - in our perspective (if we want to stay) or in our job. When we perform work that's in alignment with our true selves, we are giving more than 8-hours at the office and we are working for more than the number on a paystub. We are serving humanity with our unique and sacred gifts; engaging in selfless service as we focus on our contributions and not our salary.

This Valentine's Day as we ponder all that we love, let's make a commitment to loving the work that we share with the world.

Through selfless service you will always be fruitful and find the fulfillment of your desires: this is the *promise of the Creator.* [3.10]

Rebecca Harmon is President of the Board and regular speaker at Center for Spiritual Living, Greater Pittsburgh She is also the author of two books, Discover Your Path: a map to job happiness and 7 Simple Steps: job satisfaction - any place, any time available on Amazon.

Two Roads are Diverging: Sacred Economics for Today, and Why We Need it"

By Suzanne Bishop, MS



o be frank, my dive into "Sacred Economics" (A book written by Charles Eisenstein, called Sacred Economics) began in the 1990's with my business. You see, it has always been of importance to me to share my wealth of knowledge and craft with the community. In the 1990's my work was as a graphic designer, holding my own in a very competitive world of design and illustration.

Yes, I did charge rates according to my graphic design manual, but always left the opportunity for individuals to pay according to their comfort zone and ability. Providing a lot of pro bono work for community organizations was a gift to the community. I felt alive in this circle of life, making a living for myself, my daughter, and our animals. At the same time interconnecting myself with my community created a stake in its health. My business choices made a difference.

After a two year art program located in Wilkinsburg, this desire to feel connected promoted me to offer payment options that fit the needs of clients. It is great to also use barter arrangements. Bartering provided me with a huge mamma crystal that sits proudly on my conference table, as well as a very professional photo shoot soon. My

own brand of sacred economics works for me.

It felt good to offer the opportunity to do Reiki Attunements to a young man who lives on the proverbial other side of the tracks. He earned a scholarship to go all the way to Reiki Master Teacher. He is excited to master Reiki to provide his granny with some love and relief from painful knees, but will also support himself financially as a practicing Reiki Master Teacher. He will help bring Reiki to the inner places of Pittsburgh that struggle economically and also socially in a just way. I am laughing like a Buddha about this, in that he is completely sidestepping the system. Our capitalistic system often counts him out as a person of color. Are you feeling counted out too? We worked to plan his attunements out according to what he could afford. He finds value

in his new knowledge and skill. Like the "Butterfly Effect", from his experience things spring forth from our endeavor together. One minor triumph in my own sensibility that all can be right with the world if we iust make some better choices.

My story is not meant to grab attention, or isolate myself from the many business owners who are already living in a sacred way. Abundance comes in all forms. "Keep it simple, keep it growing.

For more info on the actual book Sacred Economics, created by its author: http://sacred-economics. com/

Suzanne Bishop is the leader of the local Metaphysical Meetup Group and the owner of Intuit Now, a socially conscious and ethically sound Psychic, Intuitive and Mediumship Arts Practice.

Editor's note:

New Economy workgroup is also available at the Thomas Merton Center in Pittsburgh. http://thomasmertoncenter.org/focus/campaigns/newg-pgh/ There are also several "time banks" in the area for barter. Check out:

ebruary...A month when thoughts of love offers delightful relief from winter doldrums...A month for rose-lipped maidens and lightfooted lasses to proclaim their love...A month to ask'ls my heart spiritually open to give and receive love?'

The Heart Chakra, the seat of love, consists not only of the heart and circulatory system but also the breasts, thymus gland, lungs, diaphragm, shoulders, arms and hands. It is located in the center of the chest.



The Sanskrit word for the Heart Chakra is Anahata, meaning "unstuck". This powerful chakra governs the human energy system where our emotional perceptions of love, joy, peace and unity reside.

While the mind is divisive and creates the illusion of duality, the heart is pure and able to accept personal challenges as life lessons in accordance with the Divine Plan of the Universe. "Let go and let God" releases our need to know why something happens and embraces the healing energy of compassion and forgiveness to spiritually develop our life-force energy.

To create healthy life-force energy is to join the mind and the heart chakra into becoming a single spiritual energy current. Just as a river flows between two banks, it is impossible to divide the mind and the heart into two and become one with the flow of love. Your thinking becomes your heart, your heart becomes your feelings, and your feelings become your perception to the power of Divine Love. Because love is such a powerful emotion, unconditional love helps you to heal yourself as well as others. To love yourself does not mean you indulge yourself with external pleasures like jewels or lavish vacations. Spiritual love of

the heart chakra is to appreciate and accept the beauty of nature, understand compassion and forgive yourself and those who have hurt you.

In our society, forgiveness is such an unappreciated act of self-love that many people would rather lay on a bed of nails than find the spiritual courage to listen to their heart's emotional message. Within each of us is a wounded heart - hurts of betraval, job loss, death of a loved one, physical and emotional abuse, abandonment, and more.

A heart full of fear, anger, or revenge is carrying a terrific burden, permitting your past to have complete power over your present. When you learn to let go of the hurt, your grateful heart chakra becomes fully present, open to love and new possibilities.

How can you open your heart chakra?

- Be kind. Kindness is contagious and makes your heart feel better.
- Speak positively. Recite affirmations you believe. 'Fake it 'till you make it.'
- Stop talking about past hurts---

seek professional help.

- Stop being judgmental---about yourself and others.
- Forgive every person, place, circumstance and event from the past.
- Stop complaining about what you don't have and give Gratitude for what you do.
- Give hugs: 4 a day for survival, 8 for maintenance, 12 for emotional growth.
- Recite the heart chakra mantra ---OM MANI PADME HUM.

When you are in the flow of love, your energy can flow without any blocks, and only then will you achieve spiritual consciousness. As Buddha said, "There is only now."

Are you looking for your twin flame?

If you are determined to meet your twin flame or if you are convinced that your life partner is your twin flame, I might have to disappoint you. It is extremely unlikely such encounter will ever happen while you are in a physical body... Before I explain why, let's define what a twin is.

Before a Soul becomes an individual energetic entity, it is a part of a soul cluster, or an oversoul. At some point each oversoul divides into 6 energetic pairs or twin flames. Needless to say the vibrational composition of all twelve souls who have the same



energetic "parent" is very similar. If you are able to tune into your soul's family (when in meditation, for example) most likely you will experience profound sense of oneness with each of the members. Still, the vibrational composition of twin flames is almost identical, there is a reason they are called "twins".

An oversoul would divide for a very simple reason – to have more different experiences. Think about it as wanting to have twelve different arms to reach out, touch and explore. Because it wants to have a diversity of experiences, having all "children" together in the same part of our planet just does not make sense; on the contrary they would be spread all over the globe. The possibility of their meeting would be extremely limited.

A possibility of twin souls being together on Earth is even rarer, because they do not tend to incarnate together at the same time. While one twin flame goes through its experience on the physical plane, the other often remains in a higher dimensional realm serving as a spirit guide to its "twin". On top of it all, there are a lot of restrictions we agree to before incarnating into a body which make a contact between twin flames difficult. It is designed in this way in order to not distract a soul from living its purpose while incarnated. The contact is still possible, most likely it will happen in meditation, dream state, during out-of-body experience. In order to consciously communicate with your twin flame you need to be at the 6th vibrational level. If you are not there yet, the contact with your twin flame will most likely be more unconscious and spontaneous.

The fact that we do not meet our twin flames in physical bodies does not prevent us from creating beautiful loving relationships with deep soul connections. Very often these relationships are directed by twin flames of the partners from different vibrational level. Many deep intimate connections at soul level on Earth happen between souls from secondary or extended soul families. Because these relationships are so beautiful and intense, they are very likely mistaken for twin flame connections.

If you would like to know more about a special relationship in your life or would like to attract such a relationship, please feel free to contact me.

ost of us know and love Edgar Cayce, the sleeping prophet. He provided health and spiritual information while "asleep" in trance. A non-profit organization continues what Edgar Cayce started. Known as ARE (Association for Research and Enlightenment), their headquarters is in Virginia Beach.

There's a group in the Pittsburgh region that studies his work and sponsors local events in Cayce-related metaphysical topics. Their <u>volunteer</u> dedication brings quality programs to the area. We are lucky that a special Two-Day Conference is scheduled soon. Come join us to explore the mystery, beauty, wisdom, and wonder of the Ancient World.

Light from the Distant Past

This TWO DAY seminar will be held at the Radisson Hotel in Beaver Falls on May 6-7, 2017



Discount advance registration here:

https://secure.edgarcayce.com/2017/registerAREconferenceFE170503.aspx

For registration and questions over the phone, call conference registrar 800-333-4499

For more information about the speakers, topic and registration fee click here: Edgar Cayce Events

https://www.edgarcayce.org/media/8498/light-from-a-distant-past-pittsburgh-flyer.pdf/

Editor's note:

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