

BODHI TREE

Metaphysical, New Thought, Open Minded Spirituality

During the 2020 Pandemic

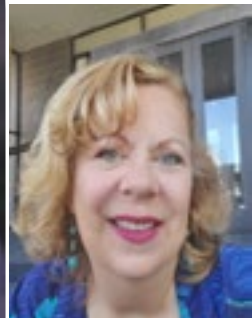


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The images of authors are in order of how their article appears.

Click on each picture for more information about them!



Are You a Seeker?

Join Online Groups with others in Greater Pittsburgh

1. ARE - Edgar Cayce Free Zoom study group, Monday evening at 7:00pm. Every Friday evening video shares also at 7pm. The organizer is Beth Ehrlich at beth.ehrlich@gmail.com or 412-297-3913 for more information.

2. Astrology Unplugged - Free Zoom meeting every Thursday providing insights on current events. Occasional guest speakers. Hosted by DiClemente, author of "The Exquisite Zodiac" Review of charts of those in the news. <https://www.starself.com/unplugged-info/>

3. Center for Spiritual Living, Greater Pittsburgh <http://www.csllgreaterpittsburgh.org> Zoom Sunday Services 10:30a. * See page 8.

4. Meetup Groups around town that are now online: Eckandar of Pennsylvania, Pittsburgh Feminists' Full Moon Magic Circle, Pittsburgh Sixth Sensory Meetup, Pittsburgh Spiritual Living Community Meetup, Pittsburgh Transition Meditation, Pittsburgh Vegan Meetup, Soul Seeded Experiences, more! You must join <http://www.meetup.com> (free) and search for groups within 50 miles, or type in one of the group names listed here.

5. The Sacred Journey of Life (formerly 1st Spiritualist Church) is now seen Sundays at noon, via Facebook live videos. They are archived to watch later on Facebook. If you are logged into facebook check out: <https://www.facebook.com/SpiritualTeachingsandHealing>

6. Unity Center of Pittsburgh* See page 9. Sunday services stream live at 10:30am and you can watch later. They are all there on Unity's Youtube channel. <https://www.youtube.com/channel/UCmxMWj5yftk0rWls19zLcBA/videos> <https://www.unityofpittsburgh.org/>

All meeting times above are Eastern Standard time.

Our Mobile Calendar- Events considered, with safety in mind:

<http://tinyurl.com/peaceburgh>

Bodhi Tree Magazine is a collaborative of spiritual light workers and groups in the Greater Pittsburgh area. This is the 2020 Pandemic Issue - to support those to keep going, staying bright in the process.

This web magazine is all volunteer. It is online only, please forward to friends!



People are freaking out and they need to see your light.

by Tamar George

<https://www.tamargeorge.com>

Why all the chaos and why is chaos something to be grateful for?

We are living through covid, weather extremes and fear of change which is causing division, stress even anxiety. However, waves of love are coming directly from the Creator. The plan was if you could get enough light workers to function in Love on Earth you would create a paradigm shift. Then you had to have the grid aligned and energies in the Universe on board, which happened in July, 2020. We had 9 celestial bodies lined up and that was the opportunity for the real fireworks to begin.

First we needed to have the intent from the Creator and her light codes, keys and math codes to be willed into movement towards Earth. That light wave was expansive and explosive LOVE picking up speed as it was making its way to Earth. As the light moved it touched the Earth's grid sacred geometry lighting it up. Next the Master Crystals were ignited, dna and blueprints were ignited.

Did you know about or feel this paradigm shift? Were you aware that the Earth registered an electromagnetic shift in Schumann Resonances? We actually moved from a fear paradigm to a love paradigm.

This was the 'shift happens' we had as bumper stickers on our cars (forever) and 4d is now happening.

Most are calling it 5d as (d) meaning a dimensional shift, but let's tweak that to (d) density shift which is more about frequency. The definitions are; 3d is defined as fear based, 4d still has ego and desires service to others, 5d has very little ego and continues its expansion for love for all. 6d has no ego. We are One.

What are we supposed to do now? Awareness is the key and this goes for all of us. We need to take care of our physical as our structural changes happen in order to maintain the new frequency. Don't let the old fear (ours and the world) trigger old reactions and spiral us back to 3d. Do clean up karma because it is building tenfold. Be aware of the division as the USA leads the way to make changes in government, financial, healthcare and most of all racism. Please be aware our thoughts are being amplified.

Peaceburgh facebook has been putting out thoughts that are positive and the more individuals that can amplify those thoughts the more we can move through these changes with ease and joy. Always remember gratitude for all those times you asked the Creator to change the world because here is that change, after thousands of lifetimes of suffering in Fear. Let's be grateful as we help co-create the new and share that gratitude with others.

Tamar George, author, psychic coach, artist, goddess at [Peaceburgh.com](https://www.peaceburgh.com).

2020: Challenges and Opportunities

By Irina Grundler <https://irinagrundler.com/>

Just a couple of days left before the start of December - the last month of this very unusual year, perhaps the most unique year of everyone's life.

We can talk about the events of this year in many different ways, still I would like to remind you that any challenge, any seemingly negative event always brings along many opportunities to resolve negativity and turn any challenge into a new step in your growth. Think about how you coped with the challenges of 2020. Were you desperate, worried, upset, frightened, angry at yourself and the whole world around? Or did you navigate through the circumstances with a smile on your face, accepting, observing, overcoming your own difficulties and helping others with theirs?

No matter what you might think about 2020, it gave us plenty of opportunities to step up to the next level of Mastery and get more aligned to the Wisdom of the Universe. Below are some of the Universal rules which I'd like to remind you about:

- Live from your heart. Energetically your heart is 60 more powerful than your brain. Limit your communication with social media and TV and listen to your heart. There is no hatred or judgment in your heart, only acceptance, understanding, desire to find peaceful solutions to different problems. You are no better or worth than the others. We are all ONE on a physical level. Your heart knows it.
- Take responsibility for your life and your actions. Don't expect others (governments, politicians etc...) to fix your life for you. Be reasonable and take appropriate actions.



Sometimes it is very helpful to give up the need to know why things happen as they do; avoid expectations and trust the process of life.

* Avoid negative emotions as much as you can, fear, stress being some of them. To cope with stress, our body produces special chemicals and releases them into the blood. If it happens for a short time, it is ok, but if you remain frightened and stressed for a longer time, your body will need additional energy to produce chemicals. Where will it get additional energy from? It will turn off less important functions, for example your immune system. That is why the body under stress is much more open to viruses, etc...

* Devote some time every day to look at the eternal sky, stars, nature, trees... meditate, participate in spiritual and mind-body practices. So many people who contacted me for consultations this year when asked "what brought you to this session?" would reply: "My job hours are cut down; I have more free time now and I want to use it for my spiritual growth". Are you on the same wave? If not, what holds you back?

• There is lots of valuable information available online. For example in April I conducted a free online Balancing Session. The recording is still available. Please check the link below, feel free to share it with others and remember you can listen to this session as many times as needed when you want to get back to the state of balance, harmony and peace. <https://irinagrundler.com/video-emf-phase-xiii/?fbclid=IwAR1Qc7PXdisKoEYwAn2Qf8FhSNNpVw-bJeJzXzIK7LgZykvXvFshQR-XwZSk>



BEFORE: This client creates organic Ayurvedic products and now needed to do this from home. Her workspace was in her game room, but it was not working for her.



AFTER: Relocating the cabinet elsewhere in the home, a makeup vanity was repurposed at her desk, set in command position. Clutter cleared. Still room for hubby and pets.

(PART 2) **FENG SHUI FOR THE HOME OFFICE**

By LuAnn Cibik

[email LuAnn@inner-harmony.org](mailto:LuAnn@inner-harmony.org)

Working from home was a reality this year for both parents and children alike. Some people were lucky and had a space that was already designated as a home office. Others found themselves scrambling to convert a dining table or perching on a couch.

Feng shui is the art of arranging your space to support your life. Working from home may be the new norm, even once the current crisis ends. Businesses have discovered that it's far cheaper to have less corporate real estate devoted to desk jockeys, so it's worth investing now to make your perfect office. Working from home brings its own distractions and dilemmas... and opportunities.

Suggestions:

- Have command position – this means sitting with your back to the wall and facing towards the most used door in the space. The wall behind also helps for those online meetings where you don't want everyone seeing the rest of your home.

- Clear away the clutter, especially non-work items from the immediate space.

- Have a space to stash your work papers off your desk; piles create a feeling of

being overburdened.

- Place symbolism of abundance around your computer

- Physically clear the space so it's sparkling

- Clear the space energetically, and do this every day after work (see easy methods below)

- Check out EMF's in the home office, and move offending electrical devices away. (check out my video tips on Health Home Offices)

- Use a salt lamp to increase the negative ionization in the space, and also space clear it effortlessly.

Still perched on the couch? Finding a space is a matter of converting for little used spaces. In all cases you want to remember the rule of command position.

- Spare bedroom – if you do not have frequent company, then this room needs to shift in to being your home office. Guests can couch surf.

- Basement / game room – carving out a space for work can mean just moving some furniture around (see attached photos of a recent client)

- Bedroom – putting your desk on moving pads for pulling out when working and then move it away when done

- Dining Room – if still used for dining, have storage to put your office away at night.

- Closet – clear one out and dedicate this as your office. Make your desk easily movable, or one that folds down (like a fold down ironing board) and then everything can be stored away as need be.

- Hallway – be creative. If you can't have command position, use a mirror in front of you to be able to see what is behind you and use a chair with a tall back to feel more supported.

Working from home can be a blessing, as it does give YOU control over the space, and can make it support you physically and psychologically.

Ways to Space Clear your Home Office -(because who wants the bosses or client's energy lingering at home?) Use a Salt Lamp. Plant a bowl of salt under your desk, and then flush the salt at the end of the day Use a water-based space-clearing spray with gemstones and essential oils

Several days ago, I thought back to Autumn 2019. It was an uneventful season like most before it. We went about our lives, experiencing personal ups and downs. As individuals and as a community, we were blissfully unaware of the great wave of change that was rumbling toward us.

The wave –known as the pandemic - hit our shores and brought with it a disruption on a scale we have not seen since World War II. No one has been left untouched; all of us have felt the impact at some level. For some, the changes were welcome. Work from home became the norm, video conferences grew tolerant – even welcoming – of cat video “bombs”, barking dogs and crying babies while business casual took on a whole new feel (sweatpants and slippers anyone?).

For too many others, the changes held no hope or humor. Jobs were lost, businesses closed, and families disrupted due to the impact of a microscopic particle that has reminded us that size is irrelevant. Last Autumn, Center for Spiritual Living Greater Pittsburgh was looking to the New Year with great expectations for bigger and better things. By the end of March 2020, although reluctant to do so, we realized that continuing to meet in person was not an option. This stark reality would kick off significant changes for our community.

We learned how to ZOOM and pivoted our programming to one that feels normal to Gen X'ers while sometimes confusing to Baby Boomers. We weren't alone as we learned to navigate brand-new waters: the world was furiously paddling along with us. Thankfully, we have learned, grown, survived. We are still here – but we are forever changed.

We've said goodbye to our space in Carnegie and HELLO to online everything and the realization that being “in community” can take on many forms and functions – even some we could not have imagined before. The word transmutation is defined as a change that is especially strange or grotesque. It's a fitting description of the past 12 months. Previously, the thought of not gathering in person; giving up our physical space and hosting services entirely online would have been considered an unacceptable option – perhaps a strange and grotesque one. Today, these strange changes have offered hope, connection in time of separation and opportunities we may have never seriously considered absent these unusual times.

We have been changed by this virus, experiencing fear, sadness, anxiety and grief; but we have also felt deep hope, great relief and soaring anticipation for all that lies ahead of us that is Good.

Almost 100 years ago Ernest Holmes wrote:
“Stop trying, stop struggling; begin to be calm, to trust in the higher laws of life, even though you do not see them; they are still there.”
While we look around and see the strange and grotesque changes, we trust in those higher laws because we know – without a doubt – that they are still here, working perfectly in our lives.



A Transmutation

By:

Rebecca Harmon. Practitioner and Board Vice President for CSL Greater Pittsburgh

~ Rev. Mary Ann Trifaro is the Senior Minister seen in upper image.

Sundays, 10:30am Zoom Meeting

Meeting ID: 842 7334 4013
Passcode: 731419

Phone only: (646) 558 8656

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

Uplifted Through Unity

Your Source for Inspiration

by Maryann Hackworth

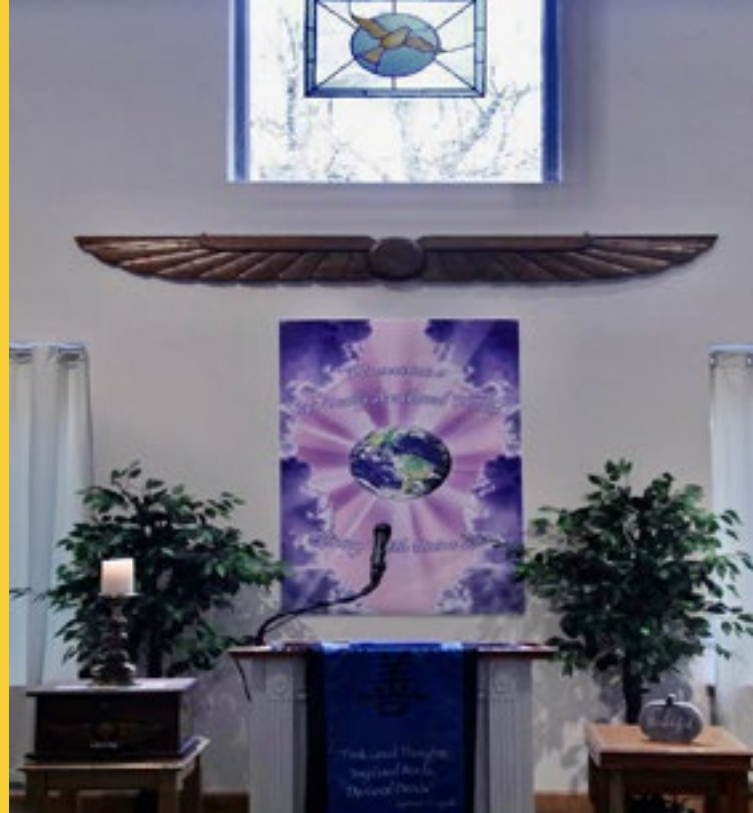
The past several months have been a time of unprecedented change in our lives. Through all of the challenges, it is comforting to know that we do not walk alone. Unity Center of Pittsburgh is a viable, thriving and supportive spiritual community for those who seek uplifted perspective. We all know the ways that fear can permeate into our consciousness. Now, more than ever...

It is important to focus on the Inner Truth of our Divine Nature. Unity brings forth New Thought spiritual teachings that can guide us through life experiences. Each week during our live-stream service, we deliver inspired messages and musical performances that are recorded in our space.

Our website link and YouTube channel remain accessible, so that viewers can revisit often for spiritual nourishment. Affirmative words and prayers uplift and empower us through these difficult times. Guided meditations and songs that boost the Spirit are included in each service. Unity Center of Pittsburgh's mission statement is the integral component in everything that we offer:

*** We are an inclusive, loving community; dedicated to teach, inspire and practice positive spiritual living.**

*** We envision a spiritually awakened world flowing with Divine Love! Each one of us is contributing to this collective awakening through our own self-realization. In spiritual friendship, we invite you to join us as we affirm our response-ability to use the power and strength within us to positively impact the world**



Unity co-founder Charles Fillmore wrote:

Divine love in the heart establishes one in fearlessness and indomitable courage.

* We embrace these words today, as they reflect our resilience and tenacity for spiritual growth. We welcome you to experience Unity Center of Pittsburgh, where you will find a cache of New Thought philosophy. Moving through these changing times together, we are restored and invigorated by the energy of the Oneness that we share!

unityofpittsburgh.org
unityofpittsburgh@gmail.com

When we can safely return to in-person, our local center is at 5343 Kincaid St, Pittsburgh, PA 15224

East End Pittsburgh (Garfield)

See our live streams as well as archived services here <https://www.youtube.com/channel/UCmxMWj5yftk0rWls19zLcBA>

10:30 am Sundays

WHERE THE WILD PLACES ARE

BY [SUZANNE BISHOP](#)

I ask now. Where did all of the wild places go? I had a conversation with a dear friend last week, and the ad that contains this phrase came up: “Is it real, or is it Memorex?” Our conversation centered around the current crisis like Covid-19, art, and this idea that things feel like they are closing in. Almost like my soul is being swallowed under.

The crush or weight is heavy from my constant use of social media, newsfeeds popping up everywhere. When I call to speak to a representative for my cell phone company I am intercepted by a programmed greeting that leaves little power in me. I just need to speak to a human, that is my desire. I am re-directed by a non-human.

My online life is one huge sea of navigations with Artificial Intelligence, Google URL Bots, mercantile surveys led by AI (Artificial Intelligence) that pop up uninvited into my feed whether I want it to or not.

Now with Covid-19 directing how we live and who we see, my need for freedom is intense. What does my need to seek and be in the wild parts, (as a response to our digital prisons,) have to do with our current crisis? My response to be in the untouched parts of Mother Earth comes at a time when all of humanity and the core of who we are as humans is threatened to be transformed into a replica of itself —Our quest to remove ourselves far away from our human core as

we dive irresponsibility into our robotic digital age has brought us all here. Our humanity is slowly getting peeled back as a backdrop to the long night driven by AI.

So, my contribution is short and to the point in these perilous times.

Covid-19 is a daily thought we all have. Those Covid-19 thoughts are personal revelations about all of us, disguised as a death sentence, but are really opportunities to listen to GodStream flowing through our hearts and desires.

Covid is only a wake-up call for us to embrace our humanity.

<https://intuitz.com/>

<https://youtu.be/wtJfhXimS8Q>



JOKE REVOLUTION

By Kevin May [Video Here](#)

For the past 5 years I've been collecting jokes everywhere I go. I often ask Grocery Store clerks and random people on the street if they know any jokes, and quite often we trade. This practice has brought great joy to many people I've encountered and has been a lot of fun for me too. I encourage you to share jokes with your friends, family, and "random" people you meet in public.

I often say that most Americans are currently suffering from a terrible illness, which greatly reduces their quality of life. What is this crippling condition? ... JOKE AMNESIA! Many people that I encounter in public do not even have one joke memorized! This is an abomination to the Joke Gods.

To solve this pandemic situation, I am calling forth the Joke Revolution. I encourage you to ask for jokes everywhere you go. You can start off with friends and family to get your feet wet, but the real fun begins when you start to brighten the day of "strangers" at grocery stores and other public spaces. Here are a few examples of how I usually start the conversation :

1. "I know this is random, but I like to ask people for jokes, do you know any? ... It's okay if they are super cheesy" :)
2. Or... "So, I'm a joke collector. Do you happen to know any jokes?"

---- To get you started :
What is Beethoven's favorite fruit?
- Bah-nah-nah-na!

I recently got fired from my job at the Calendar Factory.
- It was because I took a few days off.

For more, please check out my newly released book "The Joke Revolution". If you would like to order a physical or digital copy, email me : Kevin-MayCoaching@gmail.com

THE MEANING OF CRUCIFIXION

By [Sandy Esch](#) (EASTER EVERY DAY)

From my favorite book "[A Course In Miracles](#)"
T-6.I.....4 Nothing, however, can be explained in negative terms only. 5 There is a positive interpretation of the crucifixion that is wholly devoid of fear, and there-fore wholly benign in what it teaches, if it is properly understood.

T-6.I.2. The crucifixion is nothing more than an extreme example. 2 Its value, like the value of any teaching device, lies solely in the kind of learning it facilitates. 3 It can be, and has been, misunderstood. 4 This is only because the fearful are apt to perceive fearfully. ...

T-6.I.6. As I have said before, "As you teach so shall you learn." 2 If you react as if you are persecuted, you are teaching persecution. 3 This is not a lesson a Son of God should want to teach if he is to realize his own salvation. 4 Rather, teach your own perfect immunity, which is the truth in you, and realize that it cannot be assailed....


T-6.I.12. The crucifixion cannot be shared because it is the symbol of projection, but the resurrection is the symbol of sharing because the reawakening of every Son of God is necessary to enable the Sonship to know its Wholeness. 2 Only this is knowledge.

T-6.I.13. The message of the crucifixion is perfectly clear:

Teach only love, for that is what you are.

W-pl.190.... 3 This is the day when it is given you to realize the lesson that contains all of salvation's power. 4 It is this: Pain is illusion; joy, reality. 5 Pain is but sleep; joy is awakening. 6 Pain is deception; joy alone is truth.

God promises you joy instead of pain
when you teach love.



**Teach only love, for
that is what you are.**

[https://thejoywithin.org/a-course-in-miracles/
the-meaning-of-the-crucifixion-and-resurrection](https://thejoywithin.org/a-course-in-miracles/the-meaning-of-the-crucifixion-and-resurrection)

WHAT THE 1918 PANDEMIC CAN TEACH US

By: Sara Sachs Mediumonthego

412-298-4051

www.PsychicSara.net



At the beginning of the quarantine, I learned that Squirrel Hill was hit very hard by the Spanish flu due to war and Eastern European Jewish immigration. My grandfather was part of that earlier wave, and had become part of that community. My father and aunts were young children then, but never spoke of it.

I learned of that pandemic from research and spirit. 1918 & 2020 are very similar, with conspiracy theories abound! Pandemics are fertile ground for them. Sadly, some gullible people have been seduced by QAnon, an organization similar to early fascist groups of post WWI. Views of satanic child trafficking are reminiscent of the old blood libel (google it) stories that brought pogroms to the Jewish ghettos. Working a strong spiritual program during these times, along with being grounded is important. Programs of meditation and rational thought need not conflict. Right and left brain processes can flourish together!

There will be an end to this, and we can avoid the mistakes of 100 years ago. Today's quarantine gives us a deeper understanding of the excesses of speakeasies and reckless investments of the roaring '20s. Pandemic conspiracy theories planted the seeds of nazism. We can choose to celebrate a new era with gratitude for survival and return of simple human contact, as well as mourning those lost to cova. Speakeasy madness was the way to avoid grief. Yet, good things came out of post-pandemic days: psychotherapy, Alcoholics Anonymous, and women's suffrage!

What if they gave a war but the people got together and sang instead? After watching these videos, you have faith in human potential, regardless of distance or isolation. See **Lockdown Hallelujah**. Also, Lord Bless You by [LOCAL Singers](https://tinyurl.com/1000generations), <https://tinyurl.com/1000generations> :) https://www.youtube.com/watch?v=_PQYVbd1Gwg



ROYAL CHORAL SOCIETY: Hallelujah Chorus in Isolation #Meecier2020 #RoyalAcademyofMusic

Reinventing Yourself During the Pandemic

By Karen Litzinger, MA,LPC

Perhaps you are needing to reinvent yourself because the pandemic crashed your industry. Or you may be employed, but the pandemic has caused you to think about life, time, and greater happiness. Or you may be insecure in

your job and want to have some back-up plans in place if needed.

Whatever the reason, it is important to think through a next step for greater happiness and success in a thoughtful way.....

See Karen in panel discussion: <https://www.youtube.com/watch?v=Jjpt13FYMcU>

For article see: <https://karencareercoaching.com/2020/10/reinventing-yourself-during-the->

Heal the Snake - With You, the Force is Strong

Watching "The Rise of Skywalker" with my stay at home family, there was a scene that caught our interest. It is when the heroine, Rey, heals a Giant Snake. She notices an ugly ferocious snake has a wound on it. Instead of blasting the huge fanged snake, she sends it love and The Force with her hand. Happy now, the snake slithers away. She had to lay her weapon down and approach the beast with nonjudgement. It made me wonder if we can likewise shed our fear of the coronavirus and tame it with love. Regardless, I also mentioned to my family that I should do more reiki on them. I reminded my grandson, when I placed a castor oil pack on his bellyache, I also used my hands. He wanted to learn it too!

So seize the opportunity to learn and teach something new during this stay at home time.

Maybe you will learn a healing technique.

If you want to learn reiki (or something else), you can do it online until you can learn in person. Here is a link from udemy, which has **low-cost** classes in just about anything, <https://www.udemy.com/courses/search/?q=reiki%20certification> With my library card number, I subscribed (**free**) to "Universal Class," that has over 500 online courses on a wide variety of topics.(Holistic ones too!) You only need an Allegheny County library card number to sign in. It is not necessary to live in Whitehall. <https://www.whitehallpubliclibrary.org/learning-more-parent/learning-more/online-courses/>

In any case, stay open to discovering and practicing skills and talents into something enjoyable and useful. Don't underestimate your value even when in quarantine. We are in this together.

May we have the courage to move forward to heal the snake. It is still an excellent time to be in the flow.

watch video clip: <https://www.youtube.com/watch?v=SGbuPhpJNl0&t=5s>





Pandemic And Election Jitters? Cycle through!

It was Winston Churchill who said the only thing we have to fear is fear itself.” Kind of wishful thinking, huh? How about his other quote, perhaps a bit more practical. “When you find yourself in hell, keep going.”

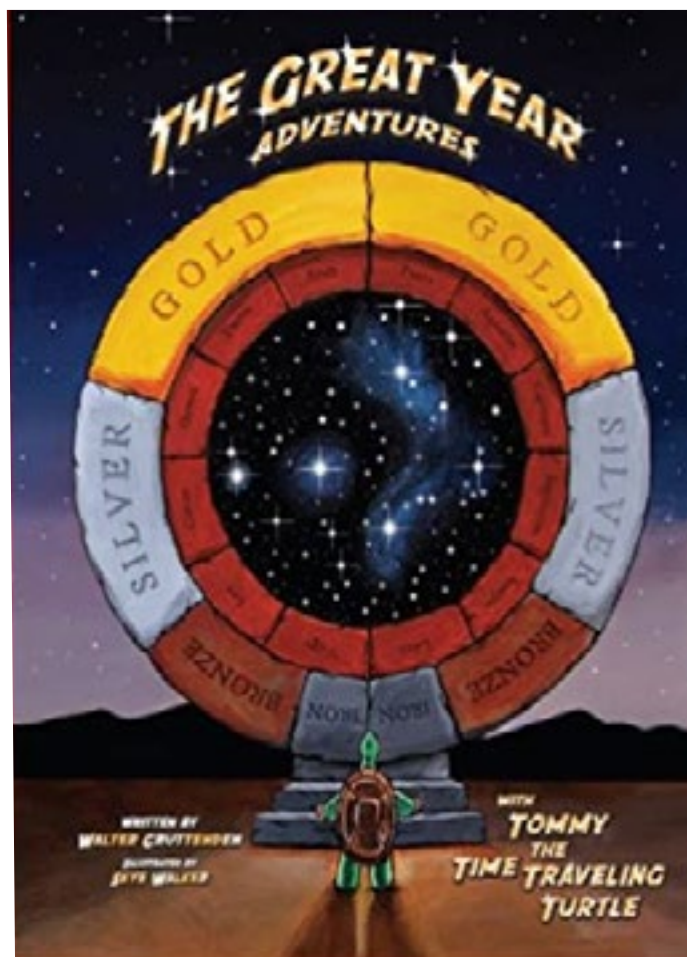
It is currently the end of November in the 2020 Pandemic year. We thought we would be done with this by now. But here it is, and we are talking about how to do socially distant holidays. First in our lifetimes. Some people say we are in the end times.

As we look through the history of the human condition throughout the ages, there have been cycles of great illumination as well as cycles of darkness. There have been many ups and downs of civilization and somehow, humanity kept moving. Some may even call it an adventure. Tommy, the time-traveling turtle, takes on the challenges of each age. [Great Year Adventures.](#) Our mastery is being refined. No easy lifetime to skate through this time around. Did you agree or even ask for a challenge? A gift?

Are we in an astrological (and astronomical) time that is all about disruption, or can we blame it on Pluto? Enjoy life’s adventure, regardless of the cycle you find yourself in.

Although the evenings grow shorter, and darkness is growing, it is part of a natural cycle. I find comfort that every year the loss of daylight time and shortening of the light occurs right before the start of winter. Although few like winter, after Dec 21st, it is a time that proves that light never lets us down. Despite the snow and cold, each day gains a few minutes more light. So too, for us, every day will begin to grow brighter. We will cycle through this. Hold that thought.

Last 2 articles by Susan Rose MSN, RN BodhiTree Publisher





HeartOfPittsburgh.com



“And the people stayed home.

And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

“And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

“And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.” By: Kitty O'Meara

<https://www.youtube.com/watch?v=j4g5Ro-zdU>

<https://www.youtube.com/watch?v=Wi0rrkLPayQ>

A magazine directory of Pittsburgh area spiritual groups and businesses is available. These groups are also listed on the HeartofPittsburgh.com web site. The information on both sites is pre-pandemic.

We hope these places survive.

Please check with the business first to see to what extent they are currently available.

<http://www.bodhitreemagazine.com/2019directory.pdf>

<http://www.heartofPittsburgh.com>

~ Love to all, Susan Rose Bodhi Tree Magazine ~