

BODHI TREE

A Collaboration of Metaphysical, New Thought, Open Minded Spiritual
Lightworkers. March 2021 - One Year of Covid - Keeping Strong



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ABOUT THEM OR THE GROUP THEY REPRESENT!

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Are you a seeker?

Our event calendar is mostly for online meetings for now, but may start including in person gatherings.

Click on links below for more local event information.

<http://tinyurl.com/peaceburgh>

<https://www.meetup.com/heartofpittsburgh>

*We are non-profit and
all volunteer.*



The Bodhi Tree Magazine is a Collaborative of spiritual light workers and groups in the Greater Pittsburgh area.



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



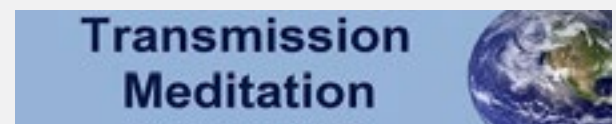
<http://omapittsburgh.org/>



<https://www.meetup.com/eckankarofpa/>



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[Pittsburgh Bleep-lons Group](#)

LEE ROBINSON <timespace337@gmail.com>



Seeing Life - From Soul's Viewpoint

By: Betty J. Rapin

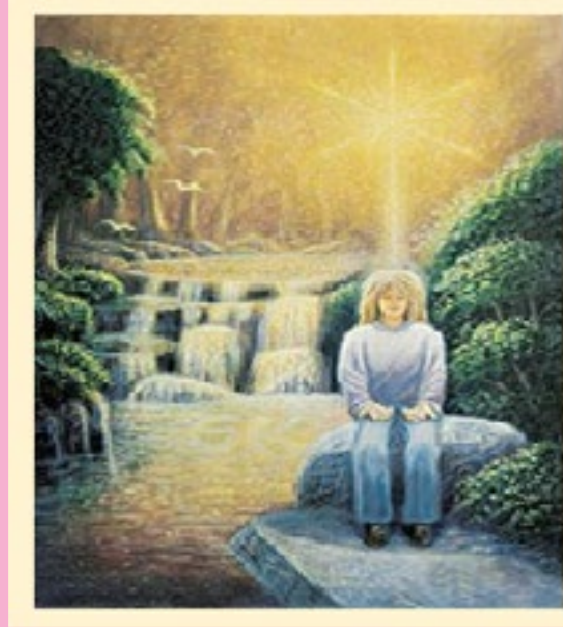
What do you do when life throws you a curve ball? Do you struggle emotionally and mentally with this unexpected situation or do you change your perspective? Try shifting your thoughts to a more positive approach as I did by thinking of the old adage "Everything happens for a reason."

This rings true for me, because I believe in the boomerang effect of karma—cause and effect. Everything I think, say or do—good or bad in this life or other lifetimes returns to me.

I found this quote from the book, "Spiritual Lessons from Living" by Harold Klemp, spiritual leader of Eckankar, to be a great coping tool. Harold writes, "There was a time I thought in terms of life's problems. Then I tried to dress it up: I was starting to think in terms of life's issues. Then I upgraded to life's challenges. And now I realize it's really life's opportunities." As a member of Eckankar, The Path of Spiritual Freedom, I became aware early on that life's glitches were blessings in disguise; opportunities to learn more about myself, my relationship with Holy Spirit, and divine inner guidance to help me help myself, physically, emotionally, mentally and spiritually.

The long-lasting global Covid-19 pandemic created challenging life-style adjustments for survival. The crisis continues to take a devastating toll on many through health and financial issues and the death of loved ones. My opinion about this dreadful virus assault is that it's happening for a "divine purpose"! A spiritual awakening for all of us.

Seeing life from the viewpoint of Soul (higher self) is an advantage for one's endurance during difficult times. The perspective from this vantage point is beneficial in all areas of one's life. I do a daily spiritual exercise that I refer to as 'spending my time with God' which for me builds spiritual stamina.



A daily spiritual exercise brings the Light and Sound of God (divine love) into one's life, expands awareness, links one with Holy Spirit guidance, brings insight and comfort. Like an eagle you can reach lofty heights with a keener view of life—attaining the viewpoint of Soul. Prove it to yourself by doing the following exercise which is a modified version taken from Harold Klemp's book, "The Living Word, Book 4".

Find a quiet place. Get comfortable sitting down. Close your eyes, gently focus on your spiritual eye, the point on your forehead above and between your physical eyes. Take a few deep breaths, and sing the word HU pronounced hue. HU is an ancient name of God, a sacred mantra. Sing HU-U-U-U in a long, drawn-out breath. As you sing, see yourself as a majestic eagle. Catch the wind beneath your wings. Soar upward. Repeat for twenty minutes each day.

For more about Eckankar visit <https://www.eckankar.org>, and <https://www.meetup.com/eckankarofpa/> for zoom events during the pandemic while the Eckankar Center is closed. You can reach someone by phone: 412-856-3680 or email: wpaeck@gmail.com.

Staying Healthy

In the Astronomical Sense

By Rick Di Clemente, author

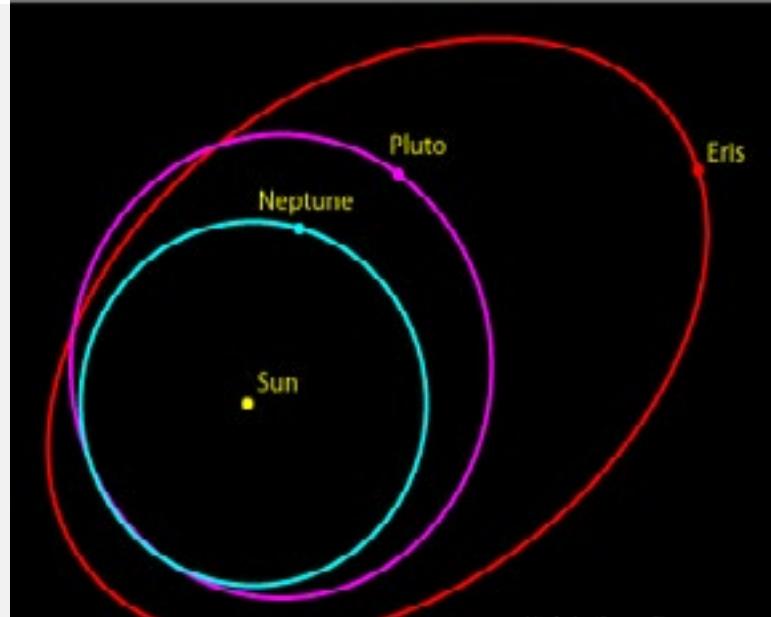
The Exquisite Zodiac

Keeping with the theme of “Staying Healthy in Mind, Body and Spirit” through the lens of astrology is a big subject. What comes to my mind immediately is the 2006 discovery of the new dwarf-planet [Eris](#). Little is known about her, but I can assure you that she is the story of the current times. It’s not just that she is the Goddess of “chaos or discord.” She is also the Goddess of disrupting issues or institutions that have fallen far from their intended mission. Eris is very prevalent now in the minds of the collective across the planet.

Everywhere we are seeing the insistence upon fairness, equality, and the doing away with exclusion. We can vividly feel in the BLM movement a sense of finality; they are not going to take being discounted and belittled anymore. This sense should be arising in all of us recently. The collective works in a very subtle, patient way.

In order for all of us to stay balanced and continue to grow, we all need to add the essence of Eris to our daily repertoire. She urges us from inside to be fair, just, and simply: level-headed in all of our daily activities. We must now speak up when we see or hear those who would have us exclude others. We need to be very vocal when we hear anyone promoting that one sub-group in our country is better than another. Those times are past. We can no longer survive in a healthy way if we don’t include everybody.

Eris is a very powerful astrological body. She is perhaps even more powerful than a planet



that is very much like her: Pluto.

Where Pluto steps in if the body that she is influencing is shying away from its own evolution, Eris has no patience when it comes to counting ourselves above others. You can see this dynamic at work in all areas of our society. The USA has been around for 245 years as we speak.

The time has certainly come for us all to join hands in productivity and well-meaning action. The times are scary, for sure. If we are to maintain our own growth and leave our children with a sane, fruitful world, we are going to have to do some growing up ourselves.

In every individual natal chart or that of an institution, it is paramount that the many complex and varied energies inherent stay in balance. We can no longer (no could we ever) favor one voice in our midst over another. Nobody can survive without a healthy balance. It’s like asking for part of our heart to work while neglecting another.

Can you imagine how long we would last if part of our brain worked while ignoring another? While it seems like common sense, that’s exactly how we have been living for a long time. We must resist the voices that try to tell us otherwise.

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readings available, see: www.starself.com

Finding Balance

by Shiela Forester

After the chaotic year 2020, drained, weary and unsettled, we face the reality that Covid and its variants may be with us for the foreseeable future. Everyone, personally affected or not, is feeling a bit unbalanced and unsure.

Even more disturbing is the apparent collapse of our shared American principles and purpose. Widespread political corruption, economic inequality, environmental decline resulting in massive destruction, and rabid social division with civil unrest the predicable outcome, is creating a path to national destabilization.

According to the Ageless Wisdom Teaching, this turmoil is due to the transition from the Age of Pisces into the Age of Aquarius. Our familiar conditioning so effective in Pisces, focused on idealism and competitive individuality, no longer works. In Aquarius, we must evolve to cooperation, and a unified understanding of ourselves, our relationships with others and with the planet itself.

When tension builds to a sufficient level, the new always emerges. Today's crises have the power to awaken us to a deeper sense of our shared spirituality and our interdependence. We must create new ways of living that allow our spirituality, our inner divinity, to flourish. We are not alone in this lifesaving quest.

Maitreya, the World Teacher for the Age of Aquarius, along with the Masters of Wisdom have come to show us the way if we will allow them. Still working behind the scenes, Maitreya will step into public view once we show a desire to rebuild the world based on sharing Earth's resources, Freedom, Justice and Love. Maitreya embodies the energy of Love and sends it into the world. It stimulates our hearts and minds, inspiring and energizing us for the great work of rescue and rebuilding ahead.

The Aquarian energies are also pouring into our planet, and together they help us stand steady, balanced, loving and unafraid, ready to dedicate ourselves to the Great Service that has always brought humanity through the worst times in history.



This is an historic time of transformation.

One of Maitreya's Masters dictated, through Benjamin Creme, the following in an article published* in June, 2015.

"For some people the coming months will feel to be the most difficult they have known, causing them to search for even a glimmer of hope, of respite from forces with which they feel unable to cope.

At the same time, for others, there will be a heightened sense of their ingenuity and creativity, however unreal this may be. All is moving swiftly into the New Age and impress of Aquarius, whatever the 'reading' of this event. The impact of this will be powerful indeed.

How then should men respond? Know this as a further step towards the New Time and in doing so await the appearance of the Great Lord. Open the gates of heart and mind and be prepared for the onslaught of the new.

" Nothing will be as it was, but Maitreya, the Great Lord of Love, knows that in the end, all will be well.

*Share International magazine: https://share-international.org/master/2015/ma_2015-07.htm

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THE HIPPIE WARRIORESS CRONE

BY TAMAR GEORGE

IN SPRING 2021

As we move into the new Earth, a new way of being mentally, emotionally and physically we get to explore who we are in this new NOW? We are the new us, new to ourselves in the Aquarian age of Unity. So who are we in this world that is changing daily is the question we could all be asking.

A lot of our energy has been oppressed, denied, ignored, or wasted away. Maybe we have taken a back seat to our own lives. Or have given our power away, living for others, deferred our personal dreams, or are living behind the scenes.

It seems that these roles are important right now so let's take a look at how they might fit in 2021. The Crone comes from wisdom and she is all about freedom of choosing for herself. The Warriress desires the freedom to be in her own power that adamantly refuses to become subservient to the patriarchy. The Hippie is enlightened consciousness of radical freedom revolutionary ideals. She is the purest evolution in revolution.

This triple goddess goes where she wants (when she wants) taking her small bags of magical stones, herbs and healing wisdom to whomever has been

<http://www.tamargeorge.com>

damaged by this society. The triple Goddess constructs her compassionate tears as if they were crystal diamonds of enlightenment to all those desiring wholeness and who truly want to know how to stand in the power of their own divine sovereign destiny. She understands higher consciousness and the shift in the DNA!

That understanding doesn't mean she doesn't have triggers, it means she chooses to deal with her own self destructive issues of not believing in her own importance when her wisdom is not appreciated or validated by the majority of others.

Because the Crone has always been the keeper of the TRUE PATH, the inner goddess spiritually desires to serve and is ready to enlighten the damaged masculine patriarchy that pushed her behind the scenes to begin with.

The spiritual energy of the Divine Goddess is ready to be the Divine Warrior and shift this new world into balance. The year of 2021 in numerology breaks down to a 5 and that 5

means getting back to balance as you shift and change. The (Warriress) in reference to the planet Eris embodies the dark and feared feminine (Crone) which rises up to reclaim her place (Hippie) in a world long fractured by patriarchal power.

The planet Eris discovered in 2005 became the "warrior woman" archetype into the collective consciousness. Eris is important because she's related to standing up and fighting for what we believe in which is the feminist struggle for rights and the rights of all people. This Divine Feminine energy as mentor is instructing us on how to call in the "new" us every day, opening our doors to our brilliant super powers, standing up and being powerful, pushing us to be curious and joyful, plus so much more.





What the Heck is Discernment?

By Paulette Glover www.PauletteGlover.com
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What the heck is discernment and who cares? I care, and hopefully, you do too. Discernment comes from the word *discernere*, meaning “separate.” It basically means to have the ability to separate what’s true from what is not true while making judgments that follow an internal moral code of conduct. Discernment creates an ethical awareness of a connection between oneself and the conscience of the soul, the spirit, and the relationship

with the Divine. Discernment speaks to the brave and reaches the truth within each human that follows a moral guidance of knowing that every decision is intimately connected to Source.

Truth is under attack. Misinformation is constantly simmering in the undertow of logic. The attitude of “To hell with the facts, I don’t care, do you?” has replaced respectful dialogue. Having discernment takes courage. It is the responsibility of the spiritually minded to be guardians of the conscience of society. To do otherwise is to fall out of harmony with the law of reason and into the abyss of hypocrisy.

Do you have the moral courage to determine your capacity to discern truth? Propaganda wields powerful images to stir emotional responses---lies, gossip, manipulation, and conspiracy theories instill dangerous paranoia and fear. Do you have the wisdom of discernment to think clearly, carefully, and critically to see the long term consequences to the words and actions of yourself and others? What story do you want your soul to share?

Leaders who walk a line of peace follow a moral code of conduct while guiding the collective consciousness to unity and oneness. Trustful leaders do not have the fantasy of being movie superheroes nor do they display arrogance disguised as morality. Leaders of conscience are accountable for their words and actions. They are unassuming heroes who act from a place of moral integrity in order to transform darkness into light for the benefit of all. The lack of discernment brings dishonor unto the purpose of raising consciousness and rather cunningly paves the way to the enslavement of deception. Ignorance soon replaces awareness with immoral acts and unethical speech.

The Divine sparks as a vibrational pulse formed within our consciousness. Activated by energy, every thought form and belief affects the natural law of order through this vibration. To maintain harmony, discernment of thoughts, feelings and emotions need to create positive vibrations. It is the choice of each person to choose to tune into the frequency of truth.

To succeed in being part of the conscious shift taking place on this planet, it is time to clear the battlefield of fear, hate, judgment, anger, and all errors that have been accumulated and accepted since the beginning of time. The integrity of the soul must be restored so that humankind may live in the grace of God through the conscience of moral principles, for “We have met the enemy and he is us.” Pogo daily strip, 1971.

Karma and Quarantine

By Rick Cempie

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[LINK TO FULL BLOG POST HERE](#)

Maybe you are wondering what the link is between Karma and Quarantine. Quarantine has us all spending more time in smaller groups. Families and small groups can really help us reflect over old thoughts. I'm going to show you how those issues reveal karma because repetitive thoughts show important patterns. Over years as a Minister, Teacher and Healer working with people, folks often seek me out for Spiritual Counsel to learn more about Karma and their own lives. Karma will help you see the lessons you are here to learn or possibly teach.

Karma is about so much more than retribution or payback and often when understood differently it's a paycheck! Think paycheck for anything that adds to your life. Identifying Karma is the best way to begin so you want to know yours. Remember too that a trigger is a behavior, not a person. When we link our ideas to a person we miss so much.

My karma is about my feelings of why I'm upset or feel threatened. What do I fear losing? What beliefs made me vulnerable. We have people around for a reason and we showed up to help each other. So examine your experience, thoughts, and feelings. Then you can see why you are triggered by expectations and how you feel let down. After you know your part, only then should you look at the other side. You are on the way to know yourself better. This is a great tool to see deeper if you are willing to explore. Know yourself.

Karma is all about taking responsibility for ourselves. Understanding our losses or fears shows us the next step.



How can we face a fear or even reverse a sense of loss? The most successful approach to fear is to move forward with courage. Bravely going forward in the presence of fear is really courageous. When you see yourself more clearly perhaps you can find perspective to give to others that same sense of understanding and validation.

Before you were born, you and your guide chose this life and asked these people to join and help you. Trust yourself and maybe see a possibly good reason things unfolded. Imagine a possibility where the other could be innocent and you can understand and not be hurt or fearful. Then you can revisit a fresh chat with hope and possibly even compassion. This is good Karma. Compassion is always a good key to handle your life. Compassion is good for ourselves and others. Have compassion.

So love yourself a little more today. Remember who you are. Character is destiny! Karma is what you came here to work on in life. Celebrate the good you have done. With compassion for yourself and others karma is easier to understand. Things you are yet to do will also be so much easier when you know yourself better. It's all good. Paycheck! To thine own self be true.

<https://www.pinterest.com/rickcempie/>

<https://cempiescorner.com/>

I WILL REMEMBER

BY [REBECCA HARMON](#)

As a global community we have experienced the past year as a mix of fear, trepidation, uncertainty and anxiety due to the COVID-19 crisis and the subsequent economic and cultural impacts all have felt at some level.

We watched as initially stark reports were intermingled with restrictions and recommendations, and it has been difficult for even the strongest among us to stay positive at times.

I was listening to Michael Gott's song, "When I Forget" recently and it reminded me of something that I wanted to share.

26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? (Matthew 6)

This verse from the Christian canon reminds us that we are precious, valued and cherished. It is sometimes challenging to remember that we hold this honored status - especially when we are facing scary times. The best way to strengthen our faith in the face of a great storm is to take inventory of all the many times that we have been provided, cared for and blessed in our lives.

We can use a journal or make a "Vision Board" to review the blessings, answered prayers, miracles, and manifestations that we have experienced over the years.

It is easier to battle the larger giants that come our way when we remember how many times the Infinite Spirit had our back during small and medium troubles. Making a list of all the times Spirit has showed up to cover our expenses, provide something we needed (or wanted), and brought healing to us or someone we love helps calm our fears in the present moment of crisis, and more quickly return to a knowing that we are not alone.

"Nature in her infinite variety of expressions proves omnipresent Intelligence and activity."

- Nathaniel Hawthorne

If I were to revise the biblical text excerpted above, it might go like this:

"Remember all the times Spirit showed up in your life as money, food, healing and answers in things large and small? Be strong and have faith! You weren't alone then, and you're not alone now!"

The lyrics in Michael Gott's song include the following line: "when I forget, will you remember for me?".

One of the roles, I believe, of those who claim the title of Practitioner is to stand strong in the knowing - for ourselves, and for each other - that there is a Power for Good in the Universe - greater than we are - and we can use it! We've been using it throughout our lives, and we can use it now - no matter what we are facing.

When you forget, I am remembering: for you, for me, for us all.

And so it is.

Rebecca Harmon, RScP is a licensed spiritual Practitioner with [CSL Greater Pittsburgh](#) and is studying to become credentialed as a Divine Science Teacher. She blogs about the intersection of Life and Spirituality here <https://practitioners-path.wordpress.com/about/>

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THROUGH THE TURBULENCE OF LIFE: OUR SPIRIT REMAINS STRONG

BY MARYANN HACKWORTH

[HTTPS://WWW.UNITYOFPITTSBURGH.ORG/](https://www.unityofpittsburgh.org/)



Unity co-founders Charles and Myrtle Fillmore were no strangers to adversity. Living through two World Wars, the Great Depression and the flu pandemic of 1918, these two individuals started a spiritual movement in 1889 that still exists today, and it provides us with inspiration and encouragement as we move through our own era of physical and emotional challenges. It is helpful to understand the origin of Unity. In 1886, the impetus for spiritual growth arose for Co-founder Myrtle Fillmore when she was given a terminal diagnosis of tuberculosis.

In desperation, having exhausted all medical resources, she attended a New Thought lecture, where an inspired idea was impressed upon her mind:

“I am a child of God, therefore I do not inherit sickness.”

This life altering perception caused her to question the beliefs that she had been taught since childhood. These new words of wisdom became her mantra and over the course of two years, Myrtle healed her illness by consciously declaring her divine inheritance and progressively changing the false ideas that she had held about herself.

We too have options in how we think, what we say, and the attitude that we bring into the world. Free will is a powerful gift! Learn to use it wisely by choosing affirmative words that express your true identity. You are a spiritual being! You are the physical expression of the One Creative Mind! As such, you can tap into that Mind to access your divine birthright: Love, wisdom, strength, wholeness, joy, creativity and enthusiasm...these are just a few of the traits that are inherent in your divine nature. When we align with the Eternal Source Within, and affirm these attributes, our highest and best life experiences will be expressed. We can find peace amidst the turmoil and joy despite the chaos.

These New Thought principles are a guiding force for us today as we traverse through the uncertainty of changing times. Societal upheaval has resulted in a much-needed exposure of long-held, fear-based mindsets. We have all heard or read words that are put forth to fill our minds with fear. If accepted through ignorance, these views would serve to separate or divide us. But fortunately, as awakened spiritual beings, we are not easily swayed into reactivity. We know that we have a choice in how we think.

Unity minister and well-known author Eric Butterworth shared these words:
“Dwell on this concept: Life is consciousness Life is lived from the inside out
You are a dynamic center in the creative flow of Divine Mind
You have the built-in capacity for health and success
You can be more and do more and have more
Because you are inexorably linked to the transcendent flow of Life”

Knowing these facts, claim dominion over your habits of thinking and speaking. Use the Divine Power within you to affirm harmony and unity in all of your interactions.
Together, we are changing the world as we change our own consciousness!
Please feel free to [virtually visit](#) our inclusive, loving spiritual community to uplift and rejuvenate your mind and spirit!
Blessings to you, Maryann

SOBRIETY IN A PANDEMIC

By: Sara Sachs, Psychic Medium

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In pre-pandemic days, there were two months I gave more thought to my sobriety than usual: October and March. October is my anniversary, and March 31, 1848, marks the beginning of Modern Spiritualism. That was the date when adolescent sisters, Maggie and Kate Fox heard and brought forth communication from a murdered peddler. They went on to become famous physical mediums and alcoholics. Their alcoholic father and these teenagers being wined and dined by NYC café society, due to their sudden fame, were contributing factors. As a recovering alcoholic medium, I find their lives fascinating.



In March of last year, a whole new dimension was added with early cases of covid-19 in the USA, and rapidly spreading cases in the EU and UK. The old denial kicked in about how I still might be able to take my long-planned European trip. It didn't take long for reality and acceptance to set in, as I canceled airlines and courses. I attribute the lessons on these principles learned in my early AA meetings for taking this disappointment as well as I did.

As time moved into April and beyond, the issues of bar openings came into the news. I can be pretty confident that those screaming the loudest about missing their watering holes probably have a problem with drinking. I know how inhibitions and masks can easily drop after a few cocktails. Bars and restaurants had to be closed because of careless drinkers and bartenders when we were in the green phase at the end of June. When I look at my drinking history, I understand how I could have been one of those being responsible for restaurants having to close.

Now I come to the shadow aspect of what this past year has been. Friends and clients without substance abuse issues have spoken of memories of the darker side of their lives emerging from being more isolated. Substance abuse recovery adds a whole new dimension to working with the darker side of the psyche. Memories have surfaced that I haven't thought of since my first year of sobriety. After traveling through the pain of that, a guide recently came to me in meditation (a greatly increased practice this past year) and told me that the good I've done in my mediumship work has far outweighed the damage I did to myself and others from those crazy days over 32 years ago. It's also been valuable for me to be grateful for my sobriety in these most unusual times. The healing for myself and others in my work as a medium is another reason for me to be grateful. These metaphysical and spiritual practices have a strong element of service, a very important aspect for quality sobriety. I hope this helps others struggling with this and other issues brought about with this pandemic.

I understand that substance abuse (along with other addictive behaviors) has increased during the pandemic. There are online AA meetings and other help available. This is help that wasn't available to the 19th century Fox sisters. Please reach out if you need help.

HOW TO HAVE A HAPPY DAY

GUARANTEED

BY: ED FOOTE edcall@zoominternet.net



have been privileged to have heard several lectures by Gerald Jampolsky, who has spoken all over the world on Attitudinal Healing and A Course In Miracles. ACIM says that we should always be happy, and that **“Heaven a choice I must make.”** Gerald and his wife do this every morning to guarantee that they will have a happy day.

I. AFFIRMATION EXERCISE. Immediately upon waking, the Jampolskys say, out loud:

1. “I am not a body.” 2. “I greet the morning - I am free, for I am still as God created me.” 3. “I want the Peace of God. The Peace of God is everything I want. It’s the aim of all my living here, the end that I seek, my purpose, my function and my life, while I abide where I am not at home.”

II. LIGHT EXERCISE Imagine yourself as light and transform all your molecules into light.

III. GRATITUDE EXERCISE. The Course says that insanity is when we are not experiencing the love of our Creator, and when we are not giving that love away with no exceptions. The Course also says most of us are insane most of the time.

To overcome this temptation toward insanity, the Jampolskys say the following statements out loud:

1. “Today is going to be the happiest and best day of my life, regardless of what is on my plate and regardless of the state of my body.”

2. “I am not going to have any thoughts or actions that are hurtful to others or myself.”

3. “I am not going to be a victim of the world I see.”

4. “Perfect love casts out all fears.”

5. “I am the light of the world and so is everyone else.”

6. “I am a vehicle of the abundance of the universe that flows through me - without any boundaries, burdens or blocks.”

IV. THE “TO BE LIST.” The Jampolskys say the following statements out loud:

1. “I am the light of the world.”

2. “I am guiltless and innocent.”

3. “I am judgeless.”

4. “I am part of all that is life.”

5. “I am spirit, not a body.”

6. “I am ageless, limitless, fearless.”

7. “I am unconditionally loving.”

8. “I am unconditionally forgiving.”

9. “I am peaceful.”

10. “I am integrity and honesty.”

11. “I am compassionate and empathetic.”

12. “I am kindness.”

13. “I am trusting and trustworthy.”

14. “I am wisdom.”

15. I am God’s creativity in action.”

16. “I am open-minded and open-hearted.”

17. “I am unlimited.”

Note: The “To Be List” enables you to be sane. ***You are insane when you are not experiencing***

yourself as love and are not giving it out all the time. As the day goes along, you may find yourself upset with something or someone. If this happens, the Jampolskys always ask themselves this question: “Do I want to start the day over?” The answer is always “YES.”

You do not have to go back and repeat everything you did upon awakening - simply remember some of these things. Just like the reset on the computer, this will reset your day.

* * * * *

Ed Foote is from Pittsburgh and travels through the U.S. lecturing on A Course In Miracles and also on the Edgar Cayce Readings. He has volunteered at Miracle Distribution Center in California for over 20 years, helping with conferences, and has been a member of Edgar Cayce’s A.R.E. Pittsburgh Team for 35 years. and has been a member of Edgar Cayce’s A.R.E. Pittsburgh Team for 35 years.

Contact: A Gateway to Awakening

By: Larry Coudriet
larrystarblog.wordpress.com/blog/



[Dr. Steven Greer's](#) first two films relating to ET contact also spent considerable time on topics relating to the suppression of advanced technologies. (Think free energy and anti-gravitics.) He also shared that the population has been kept ignorant of this.

For myself, making ET contact in a CE-5 group (with Greer, at home in PA, and later other locales) has led to reinforcing his message.

When you realize that we are not alone, logical, thoughtful reflection will lead you to begin to question other information (or lack of information) that is under the control of the media.

Five large corporations control the information, and a well known psychological practice is being used. Make the lie big enough; tell it often, and it will assume a quality of truth.

For reasons I don't fully understand, I cannot be around TV sets, especially cable news.

Spiritual nausea? I have spent years developing trusted sources from various websites and in-person at conferences. I have done much work in this area to further confirm [Greer's insights](#).

Many on this forum (BodhiTree) have adopted a more Spiritual interest of self-improvement and "going within". While such work is extremely necessary, it alone is not complete. While it is necessary to develop our inner vision (third eye type of vision), it is also necessary to develop our OUTER vision using our two eyes and mental processes to perceive the world around us. After all, the [Law of One](#) identifies us as Mind, Body, Spirit Complexes!

I do not try (nor am I able to) convince you by telling you the Truth (my Truth). You need to find it own your own, as you would not believe if it were told to you by others. You must do the work.

I see this as the time of a Great Awakening, and huge information dumps are

about to hit as I write this, March, 2021.

The Pittsburgh CE-5 group continues to gather for Contact Meditations. New members are required to first attend an information/training session held in a Sewickley Park. (Surprisingly, the Production Company for [Greer's latest film](#) is located in Aliquippa PA. They saw our public training session announcement then joined to film us.) CE5 means Close Encounter of the 5th kind. That is **human initiated** contact, rather than ET initiated contact. You can join us as well.

Contact me at
LCoudriet@verizon.net
for future trainings and subsequent inclusion in our gatherings.

Yes- change is at hand!
Look to the sky and realize the vastness of the Cosmos; look toward your feet to see Creation and the Oneness of which we are a part; look within to find the ability to correctly perceive the world around you. A "New Earth" is at hand!

Color Trends and Feng Shui

BY: Lunn Cibik

Luann's true passion is helping people find the magic they want in life! You can find out more at

www.innerharmonyfengshuischool.com



Color is considered one of the most powerful ways to work with the energy in your space. That is because color IS an energy. Color the term for the light waves our eyes pick up and process.

These waves of energy are all around us, and our whole body responds. Different colors can raise or lower blood pressure, change our breathe rate, stimulate our digestive system and so much more. Color therapy might sound kooky, but every hospital utilizes this when little babies with jaundice being placed under a blue light. Color and colored light had been used for centuries as a part of our healing and health. So why is it that we just treat color as just a trend?

Trends with color, in clothing or homes, is partially a product of generating sales (tan is out, grey is in) and it is also in response to our emotional cravings and filling that with color. Clothing color trends follow this. In my feng shui work, with people and their homes, and the big trend has been GREY-GREIGE-WHITE. These are the neutrals that people have been using when renovating and making their space feel fresh.

This year's colors trends are more of the same. [Pantone](https://www.pantone.com) (who sets the exact colors for companies to match) has named 'Illuminating' and 'Ultimate Grey' as the colors for 2021. The bright pop of yellow is a burst of sunshine in the grey world we have been in.

From a feng shui perspective the color grey is what we call a Metal energy. It encourages a sense of focus, concentration, and being creative in getting a task done. It holds a sense polished upscale perfection. When overused, white and grey can make people feel mentally overwhelmed. I think of all the people who have worked from home in a grey or white environment ... and it is no wonder they feel overloaded and worn out. The focus is on think and work.

With this year's addition of sunny yellows, we can add more of either a grounded earth energy or a bright and energized fire energy. Yellow can be either earth or fire, depending on its intensity. Yellows with more of a brown cast (think golden waves of grain) gives an earthy feeling of safe, relaxed, stable, secure. Yellow like bright daffodils gives you a joyful zing. Fire energy is all about shining your light of joy, being spontaneous and playful.

Perhaps adding some color into your life right now through clothing or your home space is a way to enhance how you are feeling. I personally work with people to help find their perfect empowerment colors, and also have online self-study COLOR programs. Working with color is one of the fastest and easiest ways to shift the feeling of your space and a mindset.

I would love to help you color your world!

Some info about the other colors:

Red: used to enhance - Physical energy and stamina, excitement, movement, joy

Pink: used to enhance - Nurturing, self-love, compassion, forgiveness

Blue: used to enhance - Calm, truthful, communicative, thoughtful, tranquil, introspective

Green: used to enhance - Active, hopeful, creative planning, balanced, healthy, calm yet energized

Purple: used to enhance - Spiritual, meditative, luxury

Brown: used to enhance - Grounded, stable, nurtured, relaxed, comfortable, secure

Orange: used to enhance - Laughter, connection to others, stimulate the juices of the body

White: used to enhance - Creativity, Focus, Clarity, Logic

Don't Give Up !

By: Susan Rose, with quotes and video from [Genna Rose Giannetti](#) and [Lee Robinson](#)

Remember when social distancing was only for a few weeks? Now we are up to a year! Whether home alone or with your family it started out great for reading, watching online classes, and meditation. But then what? It is a challenge to keep a sense of cheerfulness, happy anticipation and fun in our lives. Some things we enjoyed was driving to Erie to spend the day on the beach. (not crowded at all if you spread out!). ...On warmer days creek walking at Mingo Park (Wash. County) and Falls Run Park in Glenshaw.

Lee Robinson, musician and Bleep- lons group facilitator, recently posted this video of his time at Falls Run in the snow! https://www.youtube.com/watch?v=7BCs_aDwtLc

In the winter we did some snow tubing and museums when open during off-peak hours. We also found a few local indoor pools with water slides that had limited reserved attendance and had social distancing. The young one likes hide and go seek in the house, as well as making cookies. We enjoyed watching you tubes of Pancake art challenges, one is here: <https://www.youtube.com/watch?v=nP35skMkk5g>

I asked a friend what are her friends and neighbors doing? Some of the more adventurous (with money) rented RV's and took the kids off to see America. This was all while keeping up with distant learning online. Some of my friends (without young kids) just hit the road. They video blogged from their vehicles along the way. Have we learned the lesson of living in the now and being appreciative of beauty in our lives? Here is

a post that my FB friend Genna made, after her trek led her to Sedona Arizona for a visit.

**Like all humans,
some days I wake up
and wonder why?
Why am I here?
What's the point?
Have I made a difference?
How can I help more people?
Will I succeed?
How can I heal anyone
when I feel so broken
in so many ways?
When will enough success
be enough for me?
How can I help others when
sometimes I feel so low?
Other days like today
I wake up and meditate on
beautiful mountains like
these and realize
Everything in nature
has high and low points,
including the stable,
secure mountains
themselves that stand so high.
So naturally, I too must have
high and low points too....
and so can you.**



A good friend I met on my journey here in Sedona told me yesterday, "Genna, it's okay to be tired, when you're tired stop, rest and take a break, but don't give up, you're too beautiful of a soul and have too much to teach and heal the world to give up. just rest up and wake back up and I promise you're feeling better tomorrow".

And that's just what I did.

**I give you the same advice "when you're tired of this world, rest and take a break
but never give up".**

Heart of Pittsburgh and Bodhi Tree Magazine

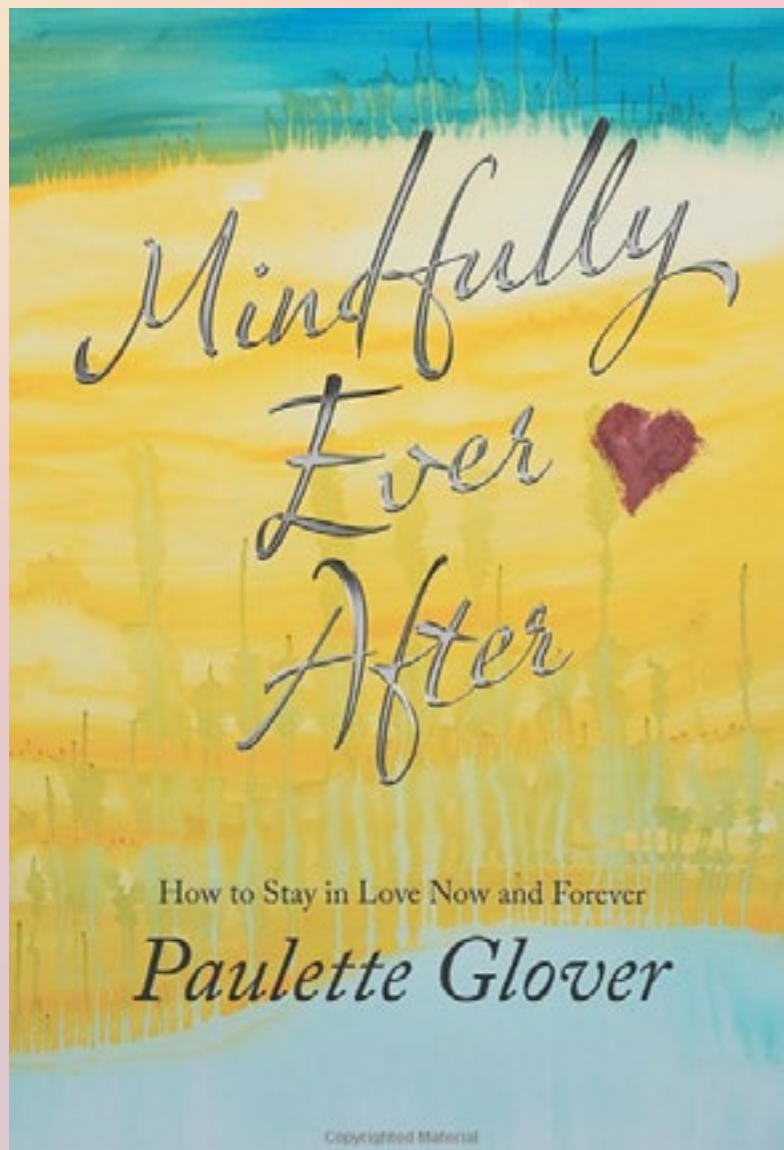
proudly announces the release of a new book by

Paulette Glover.

She is a member of Heart of Pittsburgh and a frequent contributing author on Bodhi Tree Magazine. (In this issue too!) You can preview her new book, ***Mindfully Ever After, How to Stay in Love, Now and Forever***

on Amazon at

<https://www.amazon.com/dp/1982264446/>



~ Love to all, Susan Rose Bodhi Tree Magazine ~