

BODHI TREE

A Collaboration of Metaphysical, New Thought, Open Minded Spiritual
Groups and Lightworkers. New Year 2020 - Great Hope



The thrill of hope-the weary world rejoices-for yonder waits a new and glorious morn



CONTENTS

3. ARE YOU A SEEKER?

4. THE CURE IS CURATION by Kevin May

5. GIFTS FOR LIFE by Rick DiClemente

6. REASON FOR HOPE by Shiela Forster

7. TURN OVER A NEW LEAF by Betty J. Rapin

8. AUTHENTIC SELF / COMPASSIONATE SELF by Suzanne Bishop

9. BE - ACT - HAVE by Irina Grunler

10. CLOSED DOORS by Rebecca Harmon

11 JUST SAY NO via Intuitive Channels, Susan Rose

12. LETTING GO AND LETTING SPIRIT BE MY TUTOR
by Sara Sachs

13. POWER OF THE SPOKEN WORD by Rev. Mangus

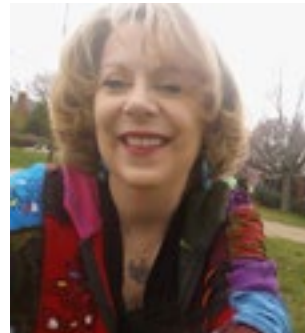
14. EXPERIENCING FAILURE by Kitsey Higgins

15. HOPE IS ONLY INCHES AWAY by Steve Treu

16. 2020 – IT'S A 4 YEAR! By Patti Perhacs

*OUR AUTHORS AND READERS AGREE TO FORWARD THIS
MAGAZINE TO FRIENDS BY EMAIL,
SOCIAL MEDIA, & WEB SITES..*

*IT TAKES A COMMUNITY TO PROVIDE CIRCULATION
SHARE A LINK TO WWW.BODHITREEMAGAZINE.COM*



Are you a seeker?

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

Where is a calendar of cool events?

<http://tinyurl.com/peaceburgh>



www.HeartofPittsburgh.com

sponsors the event calendar

link list, Meetup Group

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

and the Bodhi Tree Magazine.

Bodhi Tree Magazine is published online seasonally

with inspirational articles written by

Pittsburgh area authors.

We also publish an annual directory of

local spiritually open-minded groups.

The next directory is scheduled for Feb. 2020 release.

The last directory issue was published Feb. 2019,

and can be found in be archived issues here:

<http://www.bodhitreemagazine.com>

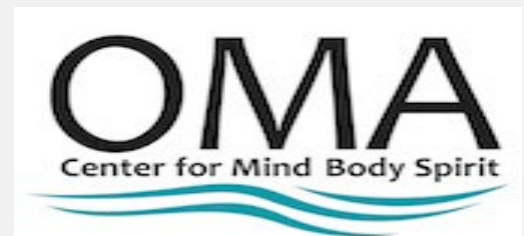
<https://www.unityofpittsburgh.org/>



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



<http://omapittsburgh.org/>

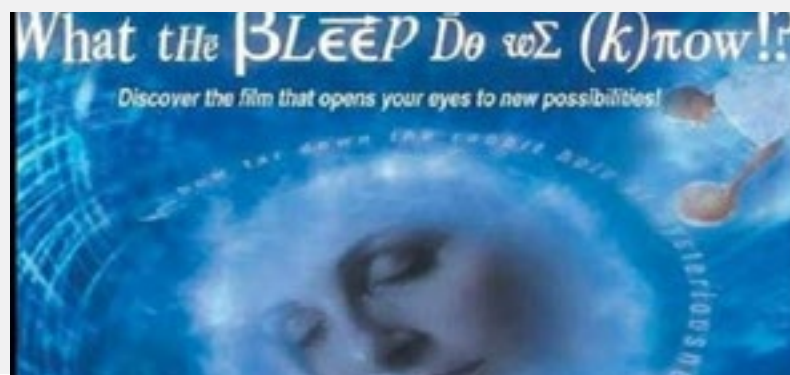


*NOTE, 1ST SPIRITUALIST CHURCH HAS REORGANIZED. A
NEW WEBSITE IS COMING SOON.*

[Pittsburgh Bleep-lons Group](#)

[Meets in Oakland Area](#)

[LEE ROBINSON <timespace337@gmail.com>](mailto:timespace337@gmail.com)





The Cure is CURATION

by Kevin May/ Philo Lila

<https://www.teampachamama.net>

Curation, means to gather and highlight pieces of artwork. The artwork we must gather and share includes: healers, philosophers, writers, activists, teachers, artists, musicians, permaculture experts, builders, organizers, and visionaries who have so much to offer towards this new paradigm. If we highlight all of the beauty that already EXISTS, then we will see a lot more consciousness SHIFTS.

Imagine an ancient Egyptian pyramid. The innermost chamber is deep below the outer surface. A small opening in the outer wall has a mirror that catches a beam of light from the sun, which then ricochets to another mirror, and light consecutively ping pongs its way to yet another mirror, until finally SHAZAAM! — the entire inner chamber is illuminated! This technique of directing, harnessing, and utilizing a beam of light is a powerful metaphor.

We can also harness the best art and solutions in the world and ricochet them through the Internet with the power of Curation. This is the work I feel called to do, and I invite you to do the same. Be a Curator, and help cure the widespread drought of inspiration and hope! Please use all forms of media to spread these inspiring forms of art, music, and positive news stories :)

Please follow our Team Pachamama Page on Facebook and @Team_Pachamama on Instagram.

For more check out [TeamPachamama.Net](https://www.teampachamama.net)

Musicians to check out :1. [Ayla Nereo](#) 2. [Trevor Hall](#)
3. [Matisyahu](#) 4. [Satsang Music](#)
5. [Rising Appalachia](#)

In 2010 I rode my bike across America exploring Sustainable Living. We met a tremendous amount of “Solutionaries.” We visited eco-villages of all shapes and sizes. Some were powered largely by hydro and solar power and surrounded with fruit trees. Many homes were built from local materials by the residents of the communities.

We realized that many of the Permaculture Solutions are already in motion and working in places all over the world. The technologies for humans to live in a harmonious balance with Natural Law already exist. There are many cutting edge Facilitation, Conflict Mediation, and Community Organizing techniques that are tried and true. Also, First Nation representatives from tribes all over the world are coming to the forefront and sharing wisdom and traditions teaching how to live in “Right Relation.”

It boggles my mind how much of collective human consciousness is put towards analyzing problems, diseases, sickness when many of the cures are already available.

This is why I firmly believe that the **CURE is CURATION!!!!**

GIFTS FOR LIFE

By Rick Di Clemente

readings available, see: www.starself.com

Perhaps we all take it for granted, but each of the Sun signs represents quite a package of universal gifts. Without our identification with “our sign”, I dare say few would believe in true astrology today.

In each of our birth gift bags, we were given an archetypal sense, an inner response to how we are to deal with the world. It's up to us how we use our own powers.

ARIES – Aries the first, is given the gift of adventurous impulse. Not to be denied or even cautioned, the Ram needs to barge ahead. trusting its own feel for life. Always testing itself and bumping its own head, yes. A very refreshing sign.

TAURUS – With the second sign, we are tied to ourselves and the wonderful earth. Our sense is to anchor our consciousness to what is around us. A very steady, sane, and trustworthy sign. The Bull is where we get the glue of life.

GEMINI – The light-footed Mercurial sign of Gemini is here to explore. Both whatever it finds as well as its own ability to exchange and communicate. Without the Twins, we would have quite the boring life. Wanna find out anything new? Ask a Gemini.

CANCER – Because of the zodiac's first Water Sign (emotions), we feel for ourselves as well as others. This tender sign has quite a job handling the field of interrelationships where one can be hurt. Theirs is the sense of mothering, caring and protecting. We can't go far without the Crab.

LEO – Thank goodness for the Lion. Embedded with the recent delicate past of Cancer, Leo is gifted with the sense of “Not Me! I'm not weak!” This grants the growing story a sense of confidence.



VIRGO – A very underrated sign. They have the gift of caring and purity. Think about it. What other sign would you rather have assigned to any job? The Virgin has great appreciation for the life it's been given.

LIBRA – Because of the intelligent, tactful sign of the Scales, we learn to pair up with others and how to be interpersonally.

SCORPIO – An intense, but very simple sign. The Scorpion is given the gift of passion and the ability to be intimate.

SAGITTARIUS – The Archer is given the light-hearted sense of fun and being optimistic. Often overlooked, Sagg is blessed with almost always being in a good mood. No small task.

CAPRICORN – Commonly underrated, the Goat is the sign with the gift of duty and responsibility. The “father” of the zodiac makes sure the planet keeps spinning.

AQUARIUS – The wondrous sign of The Water-Bearer is given great steadiness. A true sense of loyalty and friendship. Aquarius is tolerant of the rest of us. These are the caretakers of the environment, thank Goddess.

PISCES – Always last, the Fishes are here to love. Period. Easy to take for granted. This sign is clearly the most misunderstood. They just want to float along with life's flow having been given the 2 greatest of gifts: faith and belief.

Reason for Hope

by Shiela Forester

Watching the evening news, you might find it hard to image what hope can there be for the future. Just when you think things can't get worse, they do! War, economic disparity, climate change, political corruption and hunger engulf our planet. What is happening to the world?

Although we undeniably live in tumultuous times, the hopeful news is that the current chaos is only a temporary condition resulting from extraordinary events now taking place: a change in cosmic cycles, new energies entering the planet and the emergence of the World Teacher Maitreya.

At this moment, we are at the cusp of two great ages, the beginning of Aquarius, and the departure from Pisces. As our solar system moves away from the energetic influence of Pisces, we witness the crystallization and collapse of those structures – political, economic, religious, social. Concurrently, the new energies of Aquarius influence our lives and its gifts will direct us more and more towards group consciousness and the creation of a new civilization based on Oneness and Love.

Historically, at the beginning of each new age, a teacher comes to inspire and aid humanity to respond positively to and use the new energies. Fortunately, that teacher is now here. Maitreya the World Teacher along with the Masters have emerged onto the world scene – fully enlightened, incorruptible individuals whose purpose here is to assist in humanity's evolution. They come as educators and advisors to share their wisdom and indicate the next steps we are to take to insure we enter the new age on solid ground. They know our free will is sacrosanct and that all change must be decided and initiated by humanity. As Maitreya says: "By human hands and human feet this new world must be born". Maitreya and the Masters know the solutions to resolve our many crises. Their advice to us is simple: "Share and Save the World" – so that all may have the basic necessities of life – food, healthcare, education and shelter.



Sharing will create a sustainable planet and establish the justice, trust and peace needed so humanity can love and support one another, and live to its full potential instead of struggling just to stay alive. Maitreya knows we're ready to share: "My heart knows your answer, your choice and is glad."

Maitreya calls to the soul, which lies best within each and every one of us. A hopeful example is Greta Thunberg, the young Swedish student who began a School Strike for Climate and has galvanized millions of people to call for climate action. We all matter and have a role, large or small, to play in the restoration of our planet.

A source of steadfast hope is Share International, preparing millions for this extraordinary period by providing a unique understanding of the times. It promotes the world service of Transmission Meditation practiced by hundreds of groups globally who make up a Network of Light.

Learn more about this hopeful message visit <https://share-international.org/> – about Transmission groups here in Pittsburgh: <https://www.meetup.com/Pittsburgh-Transmission-Meditation/>

TURNING OVER A NEW LEAF

By Betty J. Rapin email [wpaeck@gmail](mailto:wpaeck@gmail.com)

Each year ending, I would review my life to decide what I needed to work on to improve myself. Thus, my life would be better if I committed to and followed through with the several resolutions I was determined to stick with. My hope was, if I made changes in my behavior, my improvement would be evident in all areas of my life.

Every year I was **“turning over a new leaf”** to become a better version of myself. However, most of the resolutions were broken after a few days, and then disappointment would set in, making me think I was not capable of changing. What was wrong with my approach? I finally received my answer; it was my perspective!

My point of view was coming from the emotional and mental attitudes ingrained within my subconsciousness. I had to change from the inside for it to reflect on the outside. Later I learned I wasn't getting the full picture of what was influencing my life—karma! The law of cause and effect played a major role in my life experiences.

I realized I have spent many lifetimes trying to turn over a new leaf; not just every year but every lifetime I reincarnated. Then I realized that every morning when I awake, this is another opportunity to start anew, take stock of yesterday's experiences, learn from life, see what has improved and what needs to be improved. Then begin with the attitude of gratitude, a fresh new outlook of appreciation for another chance to change—a new beginning. How great is that?

As a member of Eckankar, The Path of Spiritual Freedom, I believe that Soul, the true self, a particle of God, is sent to earth to go through experiences for a specific lesson. Learning to recognize the messages life brings one expands their consciousness. For me, connecting with Divine Spirit brings heightened awareness and accelerated spiritual unfoldment via the direct route of the Spiritual Exercises of ECK, singing HU and following the outer and inner guidance of the Mahanta, the inner side of the Living ECK Master Sri Harold Klemp, the spiritual leader of Eckankar.

“While we are here, we live, learn, enjoy life, and greet each day with thanksgiving. We say thank you for the creation of all life, for giving us another opportunity for the experience that leads us home to the Heart of God, to the Ocean of Love and Mercy.” Harold Klemp, Cloak of Consciousness, pg. 257

Why not forget the New Year's resolutions and turn over a new leaf with each day as I have? Now each year on my birthday, I can truly celebrate as I look back in review. Life is wonderful when you recognize and understand the messages from Divine Spirit

ECKANKAR of Western PA is located at 4290 Old Wm. Penn Hwy, Monroeville PA, 15146.

Go to

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

Questions?

call 412-856-3680



Authentic Self/ Compassionate Self

By Suzanne Bishop, MS

Art Therapist/Medium <https://intuitz.com/>

Image by Susanne Bishop

The word compassion gets shared a lot within the spiritual community. That is a very good thing, right? I think it is. I have learned during this past year--2019--that it is hard to meet the reality of compassion in the face, and to live a life full of authentic compassion and grace. I literally hate the word tolerance. I should not be just tolerating anyone or anything if I am truly connected to all. Compassion is a much better word to use to describe any loving response to the unacceptable. My personal story is a call for hope for 2020.

My various trials and errors this year have brought me to the brink of knowing myself on a much more authentic level. I was living my entire life in one big paradox. Someone in a recent group I attended brought up the idea of living in a paradoxical world. I believe this sort of uncomfortable experience creates strength, endurance and a wealth of creativity that cannot be generated elsewhere. To live within a paradox--and survive--demands extreme thinking, negotiating, integration, seeing all gray areas for what they are, and ultimately the kind of creativity that can move mountains.

How I experience paradox is that I live in a world that is of supreme mystery, full of anomalies, We are all anomalies, and mysteries walking around, it is what makes life here on Earth exciting. Women, minorities, those who feel powerless at times, the disabled-- really anyone who must adjust THEIR way of existing to get along with the power structures to survive knows what living within a paradox is like. They know, because they have to know. They are one way, and then concede to exist in another way-- one more acceptable within that power structure.

That idea came to me during this year. like a surge of electrical power lighting up my inner world to shine my true value upon me. I saw myself for the first time, not as I had to be, but as I am. AND, that is what brought me to have compassion for myself firsthand in a very real and authentic way. I really don't think I have had true compassion for others until I realized my true self, beyond my mask. How could I, really?

So, my learning this year has been a falling down of my fake exterior, one worn for survival in a world that demanded me to be a certain way. I thought I had rebelled against it. But, even that was a faded attempt. I feel free now, able to be myself. Free to explore all of my compassionate self toward others not like me, those I long to love in a way that fosters connection.

We all live a brief life really, our wounds carry on within a world that demands conformity. I appreciate all of our opportunities to break free from our expected selves into flight toward our creative selves.

BE - ACT - HAVE

By: Irina Grundler

irina@pathtoawakening.net



The 2020 New Year is almost here... many mystics tell us this is a special number, signifying a portal when the Universe helps up manifest what we want. Most likely, you already had a chance to put together your list of goals and things you would like to accomplish or create...

And now, looking at your list let's talk about what would be your next step. Do you have a clear idea regarding how to get to where you want to be? How to enter your new reality?

I want to share a very simple formula with you, which hopefully you will find very effective and easy to use. The formula is: **Be – Act - Have**. If you don't have something you think you should have, it is very likely that your vibrational frequencies are in misalignment with your desire. Even if you give something to a person and this something is not in alignment with his vibrational frequencies, he won't be able to keep it.

For example, somebody can hit a lottery and within a brief period of time, lose all the money and return to the same situation as before.

Here's another example: If somebody is longing for a happy relationship, but feels miserable inside, and then out of the sky the perfect partner will appear in his life, he still won't be able to keep it going.

Frequencies of being miserable do not match the frequencies of happy relationships. So, if you really want to change something from the outside, you need to start from changing something within.

Right now, please close your eyes and imagine or think that everything that you had planned for 2020 is already in your life. And start describing to yourself how you feel with having all this? How are you, and what are your vibrational characteristics when this is in your life **ALREADY**. Do you have any different sensations in your body? Stay in these energies; let them get down to the very bottom of every cell of your body. Let this state be your beacon of light, showing your way to manifesting what you want.

Now, that you determined what energetic frequencies would be a perfect match for your desired outcome (also remember to make sure that your goals are realistic and do not go beyond your abilities), it is time to **ACT**, because just **Being** is not enough.

You need to start acting in order to bring what you want into your life, perhaps make some changes. If you need more knowledge – you need to study; maybe you need to create new sources of income, or change something in your lifestyle, also remember to get all the support you might need, it is always available if you ask.

And then the desired results will just show up in your life, and it will happen as naturally as the blooming of flowers happens in spring. New vibrational state. New results. **Be-Act-Have**. This is the way to create the life you want!

May your 2020 be Happy and Creative!

Irina Grundler

www.pathtoawakening.net

CLOSED DOORS

BY REBECCA HARMON

REBECCARSCP@GMAIL.COM

PRACTITIONERSPATH.WORDPRESS.COM

Sometimes as we are pursuing our life's dream, we come across a series of obstacles. It can be frustrating as we turn a corner, thinking we're about to make some forward progress just to find a closed door where we were expecting a welcome sign.

As I wrote in an earlier blog featuring the flags erected at beaches when there are dangerous rip-tide currents, it's a good idea to pay attention to the messages placed in front of us on our life journey. The tricky part is that in life, good things require effort, sometimes even downright hard work and old-fashioned elbow-grease. We don't manifest our Good out of thin air. We are required to put forth effort to realize our rewards.

In some corners, this is referred to as paying in mental and spiritual coin. Once we figure out the work that's ours to do and place our energy and attention on our goals, we must remain open, willing and able to read the signs - to recognize the messages we're being sent!

In New Thought metaphysics, an important aspect of affirmative prayer is the acceptance of our desired outcome happening "in harmony with the Highest Good for all." Sometimes this means that the plan we had in our heads may not unfold exactly as we had hoped.

Closed doors along the way can mean we're not ready for the next steps. They may indicate that we need to work a bit more on our project, but it may also indicate that this particular "route" is out of alignment with the highest Good for all. This doesn't mean our dreams are done, but it may mean that we need to take a different approach.



The next time you encounter a detour in the form of a closed door, ask for wisdom and guidance and then listen: is this just a temporary delay, and a sign that you need to keep working (you're not ready or the timing isn't right)? Or is this an indication that you need to come into your Good through an entirely different door?

To find the answer, spend time in quiet meditation; know that you are divinely guided by the Universe and be grateful for the signs and messages along the way. When you do, the right doors will open in divine, perfect time and place.

Rebecca Harmon is an educator, writer and popular speaker in her profession (health informatics) and also enjoys sharing these gifts within the larger metaphysical community.

She started a blog on metaphysical spirituality in 2012 and is proud of its incredible growth (>500% increase in Views and > 1,000% increase in visitors since inception).

A licensed Practitioner through Centers for Spiritual Living, Rebecca enjoys teaching people how to use universal spiritual principles to solve life challenges.

JUST SAY NO!

Rather than thinking to yourself “I’m a positive thinker”, today I will think positive thoughts, extend that thought a little bit further, a little bit deeper, and say instead of positive thinking, “I adhere to positive living”.

What is the difference between positive thinking and positive living? I’ll give you some examples. There are many, many ways of expression, learning opportunities, pleasurable activities, fun activities, teaching opportunities, millions. There are probably thousands that present to you every day as the minutes tick by.

What I mean by positive living - there’s only so much time in a day, so what you need to ask yourself is “Out of all the wonderful things that I could be doing, how do I want to spend this time, how can it best serve my evolution as it is for the highest good?”.

And where it is towards your highest good, so too it will follow that it will better the ascension of not only your soul, but the souls around you, and the hope of the planet.

So to give you an example, Susan had an opportunity to spend some time with her daughter on a beautiful early evening, the crisp blue sky and beautiful red leaves on the trees. She had the opportunity at her daughter’s suggestion to take a walk around North Park Lake. Instead, they went to the shoe store and they both had some really great purchases. But the next day, the weather changed. Something you can do on a rainy day is shop for shoes, and walk along the lake when it is sunny.

Sometimes your choices are not between a right and a wrong but between a right and a right. Have you placed too many goals on your vision board for the new year?

You **should** “Just Say No” to some of them, in order to do the important ones well.

Intuitive*Channels

With the amount of awake consciousness, realize that something must not be done when there is something else to be done.

And hey, don’t do it so seriously, do it like tossing a coin, but at least bring that thought to the foreground in your consciousness that you do have a choice. So choose how to spend your consciousness and choose it wisely. This is what I call positive living.

And by the way, there are times that you must spend in mundane tasks, such as chopping wood and carrying water, or spending it on a job that you might not find so pleasant that day. When you find yourself in situations like this, find ways to whistle while you work, like the Seven Dwarves who sang “Hi Ho It’s Off To Work We Go.”

So too you can choose to manipulate your consciousness at will, and this is true magic. You can choose to manipulate your consciousness to find a more joyous and peaceful place for you to live, to work, to play, and to grow.

The Amusement Park that brings many delights and many pleasures, if you stay too long there you will get sticky, you will get dirty, and you will get tired. So choose the peaceful times to rest as well as the exciting times. Look at your day and plan how to use your consciousness

Spend it as you spend your hard-earned cash. Spend it wisely. As you pass over to the other side, you will see your life flash before your eyes. You see it from the beginning to the end, the totality of it, and you go to your highest self to report on how you spent your life.

It is just like coming back to school and doing that report - “How I Spent My Summer Vacation.” Come back with the story line of YOU, your progress and fulfillment in learning to experience love in form.

Submitted by Susan Rose, based on information seen here: <http://www.gaiafriends.org/intuitive.html>

LETTING GO AND LETTING SPIRIT BE MY TUTOR

By: Sara Sachs, Psychic Medium

412-298-4051

www.PsychicSara.net



This year of transformation and growth grew out of the number of mediumship classes I took at the Arthur Findlay School in the UK and the Zwanenhof Spiritual Center in the Netherlands since 2015. After challenging classes and being taken out of my comfort zone many times, I knew it was time for the personal growth part advised from all tutors. I signed up for The Sacred Journey of the Soul at the Zwanenhof in February 2019.

On the first day, the course organizer told us that this wasn't a class in evidential mediumship, which I knew when I signed on. This was just what I needed.


The week was transformational, living up to the course title. There was a lot of letting go of old pain, but gaining a wonderful sense of self. We learned not only to trust others, but ourselves as well. There was that and so much more gained through powerful exercises!

The lessons of the week and a spiritual assessment I received from a tutor/medium from Scotland set the tone for the rest of the year. He and I discussed how there was not just one way to do mediumship, and that I should take what I needed from that last very challenging mediumship course I took in July (same school), and leave what didn't work for me. He also told me about the greatest compliment he received from a student after a mediumship class he taught at Arthur Findlay. It came in the reply of a question he asked: what have you learned from me? Reply: absolutely nothing!

That's what set me on my path for 2019. I decided that for the next year, I would take no classes, sit in mediumship circles, nor go to any self actualization seminars. I needed this time to process my experience of that week, and let spirit be my tutor. It was a lesson in there being no gurus with one answer. I switched my November class at Arthur Findlay to March 2020, organized by that Scottish tutor!

This has been an interesting year of pushing forward in my work and life, with the hits and the misses! It's been a wonderful year of spirit teaching me. I had fun experimenting with new tools I discovered for mediumship, whilst serving at message services. I let go of the fear of failure and learned some valuable lessons.

I've also learned that letting go doesn't necessarily mean giving up something completely, but stepping back, and getting the best out of it with a healthy dose of detachment! I no longer see the world in black and white, but I'm embracing the murky world of the grays! This is what I plan on taking into 2020.



Everything becomes a
little different as soon as it
is spoken out loud.

Hermann Hesse

The Power of The Spoken Word

by Pastor Michael Mangus
101 W Main St. Carnegie PA 15106
Suite 103

[Center for Spiritual Living Greater Pittsburgh](#)

As I think about the power of our spoken word, one particular word comes up for me. That word is abracadabra! That word conjures up all kinds of images for me. I often think of the magician waving his magic wand over his hat and saying the words abracadabra! Then either something appears, or something disappears. It is said that the meaning of the word from the Hebrew is "I will create as I speak." From the Aramaic, the word is supposed to mean "I create like the word."

Since we are made in the image and likeness of God, we are naturally creative. However, we don't tend to think that our word is creative. Wrong! The Universal Law is actually creative by not creating. Remember that our master teacher Jesus said it is done unto us as we believe.

So, we use the power of the spoken word to our advantage by first speaking about what we want, then

secondly by watching our language, and then thirdly speaking our affirmative prayers out loud several times a day.

First, we need to speak about what we want only. If we want heaven on our earth, we need to quit talking about the conditions. It is human nature to talk about what I call the story. We talk about with others what is wrong with us. Remember, if we keep in the story, we will remain in the current condition. So, what we need to do is to break out of the old story, and tell the new story that we are whole, perfect, well, and happy.

The second thing to do is to watch what we say out loud! We need to watch what we put our I AM to, or what follows it. Remember that I AM is our spiritual nature. What we put after I AM, we attract into our experience and become. From the Bible, it says to let the weak say that I am strong. Or, somehow I am

getting better. Remember, it's not killing you; it is hurting you. Say you feel sad rather I am sad. There is a difference!

The third and final suggestion is to speak your prayers out loud. Remember again from the Bible that faith comes by or from hearing. A good time to do this is in the car. Another thing that you can do is to speak blessings over your life and others. You can do that because you are one with the creative power of the universe. You can speak a blessing, or you can speak a curse. You choose. Each comes around back to you. So, be mindful to speak only in terms of blessing, even on our enemies. As we bless our enemies, what happens? Blessings do come back to us.

Let us mindfully fill this new year with positive words and blessings over our lives. If you do this for at least 30 days, you will see a big difference in your life!



EXPERIENCING FAILURE

BY [KITSEY HIGGINS](#)

Last year I failed big time in my business.

There has been a lot of bouncing back and a lot of regret this year.

You may be feeling bad for me in this moment, don't! And although it's not the easiest right now, there are so many great facets to this failure that I didn't realize.

You see, last year I wasn't in alignment with my soul. Alignment can be defined as doing the thing that truly makes you happy or doing your life's purpose.

I had so many fears that were stopping me. Even though I thought I was going to achieve my financial goal and have a profitable scaled business, there were insights I needed to learn. I had this thought that if I desired something it was just going to magically show up.

After failing last year, I had to really soul search to find out what was missing. I had to find out how my business needed to be marketed, and my offerings that felt right for my soul.

I also have to recommit every month to the vision and to the goal. Whatever thoughts, judgments, and behaviors that were not in alignment with the goal were slowly released. It is that commitment in not giving up where you really find your strength.

In this weird way, failing last year was the best thing that happened. As much as my life is in pieces, everything is coming together and things are just working out. I have found parts of myself that I lost, and have also discovered my true character. The Universe is showing me the steps that I can use to help others through the same period in their lives. These are the people who are trying to bounce back after failure too.

So is failure bad? I guess it's how you look at it. I didn't get what I wanted. But I got life lessons that will change my life forever! I am a different person because of that failure. Even though this year has been hard, my failure last year will always be a gift to me!

We tend to look at successful people and forget that they had a hard time starting out too. They weren't always famous; they weren't always a household name. How many times have you heard of an actor being homeless before making it big? Let's not be afraid to talk about that failure period. We always talk about what happens next, success, but rarely do we hear about the period before. Failure is a gift, just like success is. Failure is the step before the rise. Just because you may be in a space of failure, or being stuck, does not mean that your dreams and desires can't be achieved. You may just need to change a few things.

Failure can sometimes be your best gift and teacher. No matter how big the fail you may have experienced, just trust that your dreams will unfold.

Kitsy Higgins is a Psychic Medium and Success Coach. She is passionate about working with her client's deceased loved ones to heal their past, and to remove road blocks to their future.

Utilizing her MBA and over a decade of personal development, she can enable her clients to shift their life and business to the next level. She has been featured in the media for her mediumship and coaching abilities. To advance your life and business visit www.kitsyhiggins.com.

Hope Is Only Inches Away

by Steve Treu

Look at your right hand. Chances are pretty good that it is attached to your right wrist, which is located at the end of your right forearm. On that forearm's other end? Your right elbow. It doesn't take a neuroscientist to understand basic anatomy. With very few exceptions, we all have our right hands located on the same spot of our bodies. But would you believe we also have thoughts located in the same spot in our heads?

If you can understand that your right shoulder is situated in the same area of your body as it is mine, then you can also grasp that when you think of a hammer, your brain lights up in the same area as mine does when I think of a hammer.

Don't worry, it won't take a brain scientist to understand the brain science in this article, either! All you need to know is that, like our various body parts, each of us have concepts and ideas located in the same areas of our brains as well. At least, this is what researchers at Carnegie Mellon University have discovered using incredible new brain imaging techniques. Thanks to what they call "brain signatures" or "thought identification patterns," the CMU scientists have found that they can "read our minds" because we all have the same basic layout within our brains ... we just use them differently.

According to a recent 60 Minutes segment, not only can high-tech computer technology detect whether we are thinking of an igloo or intending to add or subtract, researchers can also identify a "spiritual mind" in stark contrast to a person who is a dedicated gossip. Bottom line: we all have compassion and love in the same mental "place" as each other. This puts an entirely new spin on "seek and you will find."

Life is like an Easter Egg hunt and the delicious spiritual goodies are all hidden in our minds. Look over there and you'll find wisdom ... look under there, it's forgiveness ... and around that corner, it's tolerance! What this ultimately means is that, on a spiritual level, life is fair. It certainly isn't on a physical level, but when it comes to what really matters, we all have the ability to experience the virtues that make us feel good about our place in this world.

While we unfortunately don't all have the same access to good health and wealth and other creature comforts, nothing holds any of us back from seeking inside ourselves to discover great health and wealth in our heads and hearts. As Jesus says in Matthew 16:26, "What good is it if you gain the whole world and yet lose your soul?"

For 2020, let's choose a New Year's resolution that we can share: Hope for a prosperous spiritual year for everyone. Hope, after all, is a neural pattern right up there in your brain.

It's in the same place as mine. Seek it and we will find it.



Steve Treu is a licensed professional counselor and Chief Visionary Officer of Quantum Revolution Counseling. He is the author of "Hope is Dope" and "New Eyes: A Unifying Vision of Science and Spirituality."

2020 – IT'S A 4 YEAR!

BY PATTI PERHACS

The numbers in our life provide great insight for our use in our awareness of challenges and strengths, i.e., karma and dharma. Like colorology, numerology is a science of vibration with each number having a different vibration and can support direction and actions to take within our life. Numerology is not just for the esoteric, new age conscious. In fact, numbers play an important role in Judaic practices and as a means for understanding a relationship with God. Many references in the Bible, Koran and other works are numeric. I imagine the use of numerology by cultures and religions is more widespread than one may think.

Numbers correlate with our personal information, including our name, birth date, and address - all of which give us meaningful insight. There are three aspects of each number: constructive, negative, and destructive. Fortunately, we get to choose the aspects of the energy we wish to apply to navigate in balance for positive outcomes.

Number 4:*

Constructive: Practicality, Service, Patience, Organization, Patriotism, Peace, Pragmatism, Trust, Worthiness, Endurance and Loyalty

Negative: Plodding, Narrowness, Repression, Muteness, Dogmatism, Crudeness, Brusqueness, Restriction

Destructive: Vulgarity, Animalism, Hatred, Violence, Jealousy, Inhumanity, Resistance, Destruction, Cruelty.

Given the importance of 2020, a universal year of "four" ($2+0+2+0 = 4$) and a major election year with great social, cultural and financial implications for the United States and the greater world, I thought it would be helpful to review the meaning from a numerological perspective. Note, a Universal number implies the direction of a larger consciousness, rather than a singular, personal one. We can all agree that 2019 (a Universal year of 3), had many

"Numbers are the
highest degree of knowledge.
It is knowledge itself."

Plato



<http://MysticalNumbers.com>

aspects, including turmoil, struggle, recklessness, with spending of energy of all types in vast directions. A four year will have us getting back down to brass tacks, recognizing what's really important with the awareness of the necessity to build a secure foundation. (I take this as our work to secure what's needed for the greater good). Things can fall hard, "as a result of flying too high," or perhaps, a greatly exaggerated swinging of the pendulum.

November 2020, our election month, will have the energy of a 6 universal month, which vibrates for civic and community, balance, health and education.

•Constructive characteristics are Love, Harmony, Idealism, and Conscientiousness. Destructive characteristics are Cynicism, Egotism, Jealousy, Domestic Tyranny.

For all of us, may 2020 be a year of pragmatic spirituality with prudent application of self-awareness and spiritual technique. Let us manage the swing of the pendulum with the knowledge of the Divine and the working aspects of the natural Creative Force. Let us not fight the energy but use the knowledge of numerology and other insight, to manage what is before us, to calm and cultivate peace and harmony, using Love to combat inhumanity, hate and violence.

Namaste, AUM, Peace. I AM

To learn more about numerology, check out "[Your Days Are Numbered](#)" by Florence Cambell.