

# BODHI TREE

A Collaboration of Metaphysical, New Thought, Open Minded Spiritual  
Groups and Lightworkers. Winter Solstice 2018



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LIVE IN THE GREATER PITTSBURGH AREA AND WOULD LIKE TO JOIN OUR TEAM OF AUTHORS? EMAIL [SUZENROSE@VERIZON.NET](mailto:SUZENROSE@VERIZON.NET)

## Are you a seeker?

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

Where is a calendar of cool events?

<http://tinyurl.com/peaceburgh>

The Desktop/ Laptop version [is here](#),

[www.HeartofPittsburgh.com](http://www.HeartofPittsburgh.com)

sponsors the event calendar

link list, Meetup Group

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

and the Bodhi Tree Magazine.

The annual local directory of groups

can be found at

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



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

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

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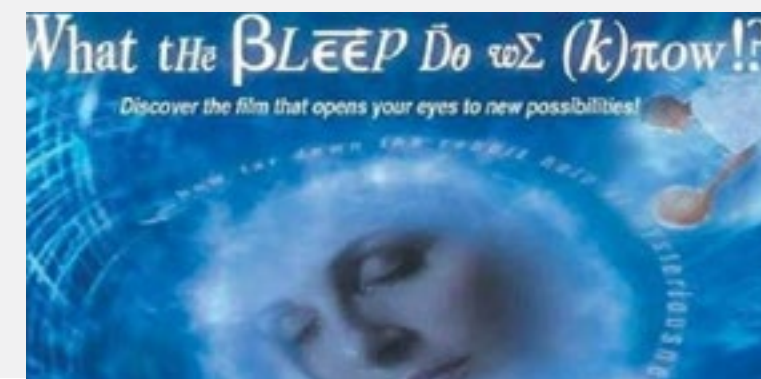


<http://omapittsburgh.org/>



[Pittsburgh Bleep-Ions Group](#)

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# We Are Grateful

by Susan Rose/ Kevin May/ Philo Lila

Our hometown friend (homie), Kevin May, aka Philo Lila, is grateful to be alive after having a health Crisis in Boca Raton, FL, which left him recuperating in the hospital for ten days.

Thank you to all facebook friends who sent healing energy- the universe listened!

I met Kevin over seven years ago when he came in- very quietly to the What the Bleep - Noetic Science meeting.

Who was this youngster, I thought? What brought him to this group with lots of theorizing boomers?

Late in the meeting he asked if he could read something. It was some rhyming "flowetry." I was amazed and hopeful. Here's a person so young, yet could teach an old hippie (like me) a thing or two.

Over the years, Kevn / Philo spearheaded many great events- [Peaceful Gathering of Hands](#), Gift Circles, and even a few New Years Eve Celebrations. A community organizer, he brought together the young and old into the Peaceburgh tribe.

Be enlightened by his [Phil Lila's Youtube channel](#) called "The Inspiration Station"

Videos cover a wide variety of topics including Permaculture, Entheogens, Culture, Civilization, New Language, Yoga, Meditation, and more. Each one a jewel.

Now Kevin/Philo has two books to share- [See them on Amazon](#).

(*The New Earth is Here* and *Unlocking Our Superpowers*) Our young tribe leader is maturing. We are proud to call him and others in the Peacubgrh community, our soul family. Be Blissed! - Susan Rose, publisher. Bodhi Tree Magazine



Here's a lil flowetry from Kevin:

*Holy heavens, I'm alive, givin thanks for each breath*

*After 10 ten days in the hospital, I had yet another brush with death*

*Thank you "Great Spirit" for granting me another chance*

*to wake up from a trance, and be conscious in this epic dance*

*So now I greet each day with a fresh set of eyes*

*Honoring my truth and straying from the lies*

*I'm so in love with this planet, from the soil to the skies*

*Every cycle is sacred, from the lows to the highs*

*The New Earth Is Here, that's the message of my vibe*

*thanks for co-creating, my Pittsburgh / Peaceburgh tribe!*

For more info, check out [PhiloLila.com](#) and/ or [TeamPachamama.net](#)

# Altering Seasonal Depression

By Rick Di Clemente

Personal readings available at

[www.starself.com](http://www.starself.com)



Each Christmas season, we hear so much about seasonal depression. Certainly, many people suffer from it during the year's melancholic time. No doubt, the fact that the Sun traveling through the sign of Capricorn, starting each December 21st, has much to do with it.

The gods of Capricorn (the archetypal energies that inform it) do not wake up on the first day of winter and insist on making everyone melancholic. That's not how it works.

One of the main reasons that we feel this heaviness is because of the stark contrast between having just gone through a month of relative cheerfulness in Sagittarius (Nov. 22 – Dec.20) and the juxtaposition into the barren feel of the icy months ahead. Sagittarius is possibly the most "up" side of the zodiac, while Capricorn is the opposite.

Since the indelible influence of Capricorn is one of duty and responsibility, the relative feeling of this winter sign is to take things seriously. It has become clear to me that after years of research into the zodiac - the driving force of the zodiac's 10th sign is to "make sure." And, I ask you, how does one make sure without getting serious about whatever the issue is.

There are no facts to support the theory that more people get sick or die during the month of January. More to the point, the zodiac starts getting more "serious." Thus, whenever family tragedies do hit, they are

felt deeper. Christmas time, for many, brings with it a death to the previous year – all senses are heightened.

Therefore, we feel so compelled to spend our time with just those closest to us.

If you in fact have found this time to be one of sadness, there is every reason to think how this can be turned around. It is no coincidence that the season really starts with the heartfelt holiday of Thanksgiving – one where we become appreciative of what we have. Springboarding from this seasonal upliftment, we can certainly carry this feel on throughout the Christmas season, no matter what religion one holds dear.

True, traversing of the sign of Capricorn is not a light-hearted experience. However, it is one where we automatically sense the value of life and the interrelatedness of all things. Buried deep within sadness and grief are thoughts of God, Goddess, "the Universe"; however you wish to classify it. Even though many have had significant memories at this annual time, we can use it to transform our life into a higher octave. One where we "make sure" our life is meeting our standards; one where our soul seems to speak louder than usual. When we seek answers all year long – well, our answers seem to come at this time too. We may not receive the answers we think we want to hear, but we can rest assured that we are being heard. And that is reassuring... Happy New Year.

# Collective Healing Power

By Maryann Hackworth  
MS CCC-SLP

Looking to the New Year 2019, our hearts and minds are recommitted to more fully awakening divine consciousness in humanity.

Recent acts of violence in our city and our world have revealed what catastrophic end-results can occur, when any individual becomes lost in the illusion of fear and separation from Source.

However, we, as awakened spiritual beings, realize that there is one eternal, loving, creative power that flows throughout the universe.

This power is the life force that has manifested in each individualized expression on the planet. This power uplifts and connects the heart of our human family. As stated in "A Course in Miracles", "we are an idea in the mind of God which has not left its source."

Through our collective human suffering, a wound has been opened where more light and awareness can now enter. We are illuminated from within to shine the light of love and change the course of humanity. Thereby, our sadness has become a galvanizing force that is leading us only to desire more fullness in the expression of unconditional love towards one another.

In our homes and in our workplaces, the time has come for a collective shift toward kindness. With a collective embrace, we acknowledge our emotional power of love and express compassion for each other. We recognize the healing value of forgiveness and the interconnectedness of all our choices.



How may we heal the world if we are not willing to begin with a single step toward unconditional love in our own relationships? Through our daily interactions with family or "strangers" are we willing to bring the presence of love into each encounter? Can we accept delays with patience? Can we let go of petty judgments and criticism? Every thought, word and action that expresses a loving intention brings forth a vibration of healing for all humanity.

In this way, we can transmute the energy of fear and isolation into the truth of our essential spiritual nature.

Old paradigms of fear and competition are being replaced with inclusivity and harmony. Consciousness is expanding through these subtle, yet powerful acts of love. We will not succumb to fear-based rhetoric, but rather affirm: "We are willing and able to expand divine consciousness into the human experience!"

*The author, Maryann Hackworth is a long-time member of Unity Center of Pittsburgh. She serves as a board member and presents a monthly inspirational message. Maryann also continues to enjoy a rewarding career as a certified speech-language pathologist.*

For more info:

[www.UnityOfPittsburgh.org](http://www.UnityOfPittsburgh.org)

# THIS HOLIDAY SEASON

By Yvonne Phillips, FSII



The long-standing tradition of festivals of lights is a tribute to celebrating all the good things in life and of the joy of the holiday season. Filling the home with lights, music and hosting families and friends to celebrate is what makes festive occasions so memorable.

With another Christmas season coming around the corner, homes, neighborhoods, city squares and parks will be glowing with thousands of twinkling lights and candles, lighting up the night skies at the darkest time of the year. What would holidays be without the magical effect of twinkling lights?

The action of twinkling lights turning on and off creates the effect of "new light" being continually generated, warding off the opposing darkness of night with each twinkle. The result is the creation of happy energy and joyful vibrations to uplift the spirit.

The ancient art of Feng Shui reveres light as a Yang activator, increasing the cheer and positive energy in the environment. As a perfect reflection of the Tai Chi of Yin and Yang, the twinkling

of lights represents new energy being created and the celestial balance of opposing forces of light and dark in harmony with each other. One can't help but feel affected by the positive energy generated by the display of contrasting energies in a complimentary dance of light.

Throughout the world with all celebratory occasions, the power of lights has been creatively harnessed in grand displays of glowing triumph to inspire and uplift the senses.

No matter what culture, people naturally understand and celebrate the symbolism of the forces of light winning over darkness. Many religious traditions, such as the Christians, Hindus or Buddhists have understood the effect of lights in either the form of candles, lanterns or modern-day electrical lighting, to signify offerings to God.

With light being revered as the manifestation of yang chi, the more and brighter the lights at ceremonies and altars, the greater the spiritual strength and upliftment of the devotees and worshipers.

The magical science of Feng Shui regards twinkling lights as powerfully attracting the energy of good fortune and as a tool for enhancing business and more customers. The Chinese have known that shopping malls with large Christmas trees and twinkling lights benefit from increased sales by naturally attracting customers, in comparison to trees with stationary lighting. With each twinkle of light, energy is activating the positive vibration of the premises.

In the home, twinkling lights offer a warm welcome to friends and family upon entering, lifting moods and increasing harmony, peace and joy. Consider incorporating this beneficial and ancient Feng Shui tool for happy ambience, abundance and good will.

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Please follow her on Facebook for classes and events. [www.facebook.com/FengShuiABC/](http://www.facebook.com/FengShuiABC/)

[www.fengshui-world.com](http://www.fengshui-world.com)

## You Want to Know If You Are Having a Spiritual Awakening

BY: REV. MARJORIE RIVERA - KAIN

The winter season is often the time to go within, to examine life's cycles, and contemplate. The darkness of the season, mirrors the dark night of the soul, which often precedes a spiritual awakening. This year, as we approach winter, I beseech you to accept winter's embrace, as a call to action. Where are you in your Soul's journey?

When we have a spiritual awakening, we literally "wake up" to life. We begin to question our old beliefs, habits, and ideals, and see that there is much more to life than we thought.

When you wake up each morning in your daily, earthly life, you probably wipe the sleep from your eyes and head for the bathroom if you are over thirty. In the case of a spiritual awakening, the wiping of the sleep from your eyes may be an analogy for removing the old ways you "saw" the world around you.

Spiritual awakenings stir deep and significant questions within us. We may have been putting off asking the questions or have been too scared to think about them. Such as "why am I here?", "what is the meaning of life?", "what am I supposed to be doing?" or "what happens

after we die?".

If you are experiencing a spiritual awakening, you might want to find the meaning of your life and whether there is a "higher state" of being. You may have started your search for the Divine, which is a common desire during this experience.

Spiritual awakenings happen as a natural by-product of Soulful maturity. Soulful maturity is a process of inner growth and expansion. Just as everything in life grows, so too does our connection with our Soul. The more you connect to your Soul, the more you experience transformation, lasting joy, peace, fulfillment, freedom, and love.

All of this spiritual awakening process stuff can feel painful or disturbing at first, but it will ultimately help you to live a more fulfilled and meaningful life.

Here are 10 Spiritual Awakening Symptoms:

- Feeling as though life has changed
- Uncertainty and fear
- No longer liking what you once liked to do
- Extreme desire for solitude
- Feeling greater empathy for others

- More experiences of synchronicity
- Becoming more sensitive
- Going through bouts of anxiety and depression
- Questioning things; asking questions such as "Why am I here?" and "What is my life purpose?"
- Thirst for truth and spiritual self-fulfillment

If you suspect you are having a spiritual awakening, roll with it...If you need some help, speak to a clergy member, a spiritual advisor or trusted friend.

No one needs to feel alone. Many of us have been through exactly what you are going through. Don't be afraid, just explore this time like the true gift it is.

There is a time for everything under the sun, even when you can't see it at the moment. Winter's embrace is the time to explore within the darkness.

Rev. Marjorie Rivera-Kain (Chichi) can be found at the below:

[www.PittsburghMedium.com](http://www.PittsburghMedium.com)  
[www.facebook.com/PGHmedium](https://www.facebook.com/PGHmedium)  
[www.pinterest.com/aPGHmedium](https://www.pinterest.com/aPGHmedium)

## HOW TO START THE PROCESS OF RAISING PERSONAL VIBRATIONS

By: Irina Grundler [irina@pathtoawakening.net](mailto:irina@pathtoawakening.net)

There are tons of information regarding different ways of raising vibrations: meditation, energy work, clearing blocks and restrictions etc... All these are true, however, I would like to remind you about another way which is often overlooked and with which I would advise to start.

Remember to surround yourself with blissful people as much as it is possible in your life. Often people surrounding us are going through some kind of internal or external fight which is typical for modern society. If you spend most of your time with these people, you have to put a lot of effort into harmonizing their negative energies. This does not allow you to focus on your personal energetic vibrations.

It is true that we exist in a world of negative emotions. Our system and our culture seem to cultivate them. Just think about news which we are constantly bombarded with on tv, radio, internet. Why this happens is a big topic of its own, but we will not discuss it in this article.

If you are focused on your own evolution and unfolding your unlimited potential, it makes sense to create for yourself an environment that will support your evolutionary process in the best way possible. Surrounding yourself with people whose consciousness vibrates on the same level as yours or higher is a big part of this environment.

As always, to create something we need to take actions – travel to spiritual places, attend metaphysical meetings, spiritual workshops and



seminars, learn different energy modalities, participate in group events such as meditation, drumming, chanting etc. This will greatly increase your chances of meeting people of your tribe.

Physics tells us that when two or more people come into the state of resonance, the level of their energy goes up. Our joint resonance promotes energies of inspiration, co-creation and multiplies our desire to move forward. This creates an immediate vibrational upgrade.

Sometimes they can also be just ordinary people who do not necessarily talk about metaphysics and enlightenment. You probably met people who have very little knowledge about evolution and spirituality, but still you feel love, peace and acceptance in their presence, while some "spiritual" folks constantly create energies of anxiety and judgement. Ask your heart, not your brain, who will be a better vibrational match for you.

So if your goal is to improve the quality of your vibrational state, the first thing you need to do is to look for and surround yourself with as many higher-vibrational people as you can.

The more such people you have in your life, the more support, resources and possibilities you can enjoy on your Evolutionary Path.

Irina Grundler

[www.pathtoawakening.net](http://www.pathtoawakening.net)



# MARY SPEAKS

Messages from the Beyond

by Suzanne Bishop, MS

I will be upfront right away. Mary is Mary Anne MacLeod Trump, Donald Trump's birth mother. What

is **this** all about one may ask? Well, let me tell my story. This is a personal spiritual story and not an evident political story. Just listen.

My practice as an evidenced-based medium for over eight years now has led me here. I help people connect to loved ones-- to heal wounds and sorrows. Then it came time to heal me. What I got was spectacular in its simplicity and humor. Until my connection to Mary, I was becoming embroiled in the hate game that Trump and media were playing on all of us. I did feel hate for Trump, but after being schooled by Mary, I came to realize that that hate was a tiny seed that could lead to all-out war if not checked. Mary taught me that all was well, her son was needed to balance us out and to provide a mirror for all us, no matter what ideology we follow. Mary agreed to go live on Facebook and then eventually on YouTube to tell her own story and that of the broader meaning of our turbulent lives. She was hesitant at first, but I agreed to pay close attention to what she had to say --no room for misunderstandings.

What Mary has given to those connecting to her via our modern media is profound. Everyone has heard the benefit to respond and not react, to give ourselves a breath between thoughts heavy with emotion. Mary: "When they go abstract (Governments, her son or White House, the monetarily powerful, etc.) you go personal." What does that mean? Those in power demand us to think and feel about those different than the rest of us as an abstract. They are criminals; they are terrorists; they are crazy; on and on. Once a group becomes an abstract, there is a dangerous interaction that they are not human and not personal. Mary asks us to make it personal by getting to know these groups as personal in our lives. In our everyday lives, can we walk our talk and seek out human interaction and goodwill toward those groups who are portrayed as not like us. Mary was also seen as an abstract in her own day, as she entered at the age of 18 the New York port of entry, to later become a US citizen. She was seen as an abstract untouchable, a domestic from a ravaged and extremely poor village in Northern Scotland. In more recent "Mary Speaks" live on FaceBook, Mary spoke of aligning with manifesting the positive in ones' life as a daily practice.

So, in summary, this sharing radiates the possibility that the story can soften in seemingly incongruent places. I hated Trump and his policies. Mary appeared because I was open spiritually to her readiness to help. Spiritually, Trump is not our enemy. We are our enemy. Seeing beyond the veil brings balance in an often turbulent world.

Note: Future "Mary Speaks" media will focus on the ways anyone can connect to the heavenly realm to connect with spirit guides and loved ones. That change is up to Mary; she has things to say. Blessings

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

# TIS THE SEASON

## FOR LOVE, JOY AND RESPECT

By Carol A. Briney [CarolABriney.com](http://CarolABriney.com)

Whether you are a democrat, a republican or any other political party. Whether you are a Christian, Muslim, Jew, or any other belief. Even those who do not believe at all.

Whether you are black, white, Asian, Hispanic, or any other race.

We are all one human race.  
We are all from one Source.  
We all breathe the same air.

It is time for us ALL to get along.  
It is time for us ALL to stop saying horrible things about people just because they don't think or believe like us no matter how wrong we think that they are.

It is time for us ALL to live like the founder of the religion that we choose to believe in.

It is time for us ALL to live by the golden rule.  
It is time to start treating others as we would like to be treated.  
It is time for us to think, really think about what we post on social media. Is it nice? Is it true? Is it positive? Is it essential?

If the answer to any of these questions is no, then perhaps it would be prudent not to post your thoughts.  
It is time to stop trying to get even with people for the perceived wrongs they do.

As Gandhi said, "An eye for an eye leaves everyone blind."  
What makes it different when you say something negative or hateful about someone just because they don't have the same opinion as you?

Name calling, belittling others, bullying and hateful words are still hateful no matter how righteous you believe that you are when you use them.

Today I promise to stop being judgmental of those who are not like me.



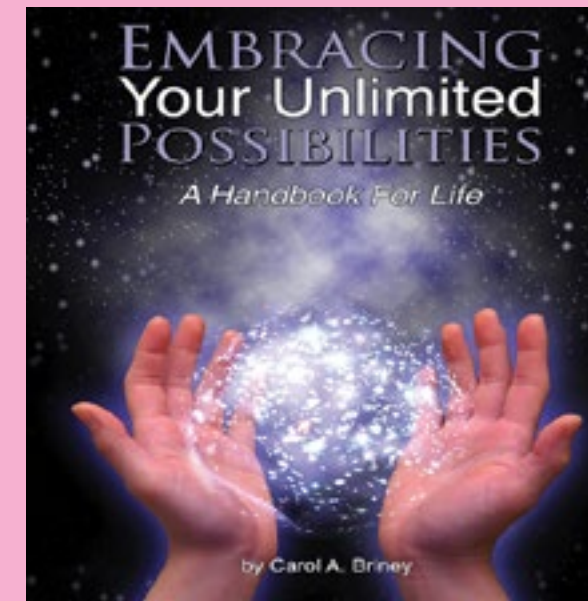
If for some reason I cannot find something positive to say or offer a solution to the problem, I will keep my negative opinions to myself.

Today I will look for the good, the "God" if you will, in all people, knowing that we are all part of the Source that creates universes.

Today I promise to disagree with others without being disagreeable.

Today I know that a kinder and gentler world starts with me. And so it is.

Carol A Briney is an international motivational speaker, a spiritual trainer, an author, and a #1-rated podcast host. She joyfully lives in Pittsburgh.



by Carol A. Briney

# BE THE CHANGE FOR GOOD

BY [REBECCA HARMON](#)

I have passionate and political friends who can list everything that's wrong with politicians. While I don't disagree, as a student of metaphysics, I know that whatever we give our attention to will expand. Therefore, those of us with this knowledge and perspective have a job to do - and it's not to post more angry rants on social media.

We achieve NOTHING if all we do is point to the spectacle and complain. We can do MUCH if we mobilize to fill the needs in our own communities. We can SUPPORT our local Food Bank organizations. If you're not already doing so, [start today](#). If you are, do more and expand your current efforts.

We can **open our doors** to immigrants, being present in our community at events where diverse people gather. We can develop programming that helps fill needs - large or small, depending on our capacity - to address the separateness that exists between citizens and non-citizens. We must get out there and *BE the principles of spiritual living* and not be content to simply talk about them to your own group.

We can **support established organizations** that are already performing these tasks. Invite a speaker to your service or meeting to talk about immigrant resettlement; dedicate a portion of your tithes to a specific program related to the issue.

Adopt environmental practices at your organization and go as green as possible. Learn about where to **recycle unusual things** (like [plastic shopping bags](#), which do not get recycled in the regular trash pickup and are *an environmental nightmare*); offer an easy drop off for and provide transport for things to out of the way recycling points; invite a local speaker to share issues specific to the environment at a Sunday talk or mid-week event.

Walk the talk by using recyclable items in your Center (avoiding things like Keurig K-Cups which are an environmental disaster - there are several *viable alternatives*...)



Instead of teaching another old-school, millionaire-sponsored prosperity class hoping to get more members, go out into the community and **BE the prosperity** you are teaching for a senior center; for a low-income daycare; a Boys & Girls Club - for any community services agency that has a need and recognize that ABUNDANCE is so much more than money.

Last month we voted. Changes are in motion, but there's so much more we can do in our own communities. We have powerful tools; we have deep knowledge. Are we willing to walk the talk of creating a **world that works for everyone**?

It's time to put our money where our mouths are - to be the living, breathing presence of the OPPOSITE of what we dislike in our government; to give our energy and attention to that which we desire to expand: compassion, generosity, inclusiveness - knowing that what we focus on will increase. When we BECOME the change we seek, we bring peace, harmony and blessings to ourselves, our communities, our nation, and the world.

*Rebecca Harmon is a popular speaker, writer, and teacher of spiritual (and other!) topics. She blogs at [www.PractitionersPath.com](http://www.PractitionersPath.com) and is finishing her studies to become a Licensed Spiritual Practitioner with [Centers for Spiritual Living](#).*

# REBELLIOUS LOVE

BY SANDY MILCZAREK



We are a culture that likes to hold a grudge.

Not everyone, of course, but there is a vast majority who thrive on "an eye for an eye" mindset and will go to great lengths to ensure that a wrong is righted. To be rebellious, one acts in or shows opposition or disobedience to some accepted way of being. Here I am referring to social mores, customs, opinions, even religious beliefs. Most people wouldn't blame someone for acting out of resentment for some wrong done to them.

Compare the struggle between right and wrong, good and evil even, to a game of tug of war. Each side struggles in the name of their perception of what's fair. What if . . . one person, in a moment of clarity and love, sees the battle as unnecessary and views the opponent enveloped in a halo of love.

What a rebellious change of thought. He releases the rope. In the letting go, the supposed opponent falls backward as the tension dissolves. What happens to the opponent? He may trudge off in a huff of anger. Or, maybe, a change, an epiphany, a paradigm shift of what just happened. Maybe this rebellious act of love might stretch the heart muscle a bit to experience forgiveness, tolerance, acceptance, kindness - and yes, especially love.

Pittsburgh, Pa, October 27, 2018. Ari Mahler, a Jewish nurse at Allegheny General Hospital, acted upon love as he treated Robert Bowers, the injured murderer of eleven Jews as they worshipped at The Tree of Life Synagogue.

"Love. That's why I did it ... Love as action is more powerful than words, and love in the face of evil gives others hope," Mahler wrote. ". . . If my actions mean anything, love means everything."

Nickel Mines, PA, October 2, 2006. Charles Roberts storms into a one-room schoolhouse and shoots ten young Amish girls, killing five of them. What was the rebellious act of love that transformed this abominable, unforgivable crime? Love and forgiveness. The Amish community publicly forgave the killer, donated money to the murderer's widow and children and many even attended his funeral. These selfless acts of love stunned the outside world

Jerusalem, circa 33 A.D. Whether you regard Jesus as a teacher, historical figure or the Messiah, he spoke of a new covenant with God. The vengeful, jealous God of the Old Testament is depicted by Jesus as a God of love. When asked what is the greatest commandment of the Law, his answer was to love God with all your heart, and the second was to love your neighbor as yourself. In the brutal and cruel world of Jesus' time, what a rebellious thought it is to respond to life with love.

This holiday season and throughout the year, be a rebel and respond to life and all of its sometimes crazy madness with love. See the child of God, not the sinner. People will witness. Evolution might happen.

Sandy Milczarek is the author of *Rebels from Olympus*, an action-packed, spirit-filled teen novel. It's sequel, *The Rebel's Call*, will be published in 2019. Her website is: <https://sandymilczarek.wordpress>.

# TOO MANY CHOICES!

By: Intuitive Channels

The below message was given during a heightened state of awareness while in a women's spirituality circle.

More here:

<http://gaiafriends.org/intuitive.html>

Sometimes when gathering up the bounties of life, it is like going down the supermarket aisle with one of those little baskets on your arm. You've only stopped for a few things, and before you know it, your basket is full, and you start juggling all the oranges, cans, bottles of juice under your arm and in your other hand. You wonder how you're going to carry it all.

Sometimes, days are like this. You have to cherry-pick what the most important thing is to do that day.....among millions of marvelous opportunities of the day.

Sometimes, lifetimes are like this. Some things that are good have to be set aside, so that you can keep in your basket what is the truest and best, and hopefully, that which would give you the most progression in this lifetime. Maybe next lifetime, or the next shopping trip, you can go back and buy those other things as well.

How do you know what to keep? You know what to keep by what gives you the most pleasure. What makes you feel the most happy and excited, and what would give you the most pain if you had to part with it.

Remember those things, whatever they are, that make you feel this way. That put a spring in your walk. Keep them, my daughters. Hold on to them tenaciously. That which your spirit is destined to do, that would lead to its most excellent development in this life, will bring much pleasure to you.



**Intuitive\*Channels**

So keep hold of those things. But while I tell you to take notice of your pleasure, this does not mean that I want those who hear me to be saying "if it feels good, do it!" Because, my daughters, so much in this life feels good.

Unfortunately, you can't do everything that feels good, all the time. Things such as meditation, eating, alcoholic beverages, some drugs, sexuality, are all good, are all pleasurable. However, allow your will to ride that wave of pleasure. Don't allow that wave of pleasure to override your will.

Use your will to ride the crest of the wave. Like the skilled surfer, who rides that lovely white capped peak of pleasurable energy, he or she also knows when to call it a day. Pack in that surfboard and go on home. So too, with all acts of pleasure that I bid you to enjoy. Enjoy them all, in moderation, in love and in balance.

Make your choices. And, unless you go to juggling school, take a look at your baskets. See if some moving is in order. This is a good time for you to do it.

# WINTER SOLSTICE

## THE SHADOW SEASON

By: Sara Sachs Psychic Medium

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This year, I can't look at the winter solstice without considering the summer Solstice. I see them both as the shadow and the light. What the sun of the summer has illuminated, the shadow of winter wants us to further examine what's been revealed from its opposite season.

My early days of the summer solstice were spent in the Netherlands. It was my first visit in many years of a Nazi -occupied country during WWII. I thought that since this part of history was over seventy-three years ago, that the residue energy would be diminished. I was wrong. The big Jungian shadow was still very strong. Whether it was the Anne Frank house in Amsterdam or at the Zwanenhof Center near the German border, I felt the very dark side of the 20th century. To me, the spirit action from that era was very intense. This was an odd feeling contrasted against the long days and the unusually hot weather for a year-round rainy country. It was as though sun was saying, there's no hiding from the truth of history! The shadow of winter shows us the consequences of trying to hide what the sun has revealed. It just doesn't go away. We deal with this on an individual and a societal level.

This became apparent to me after our student evening of Mediumship demonstrations. There was a woman who came late into our class. She was a very unique and colorful baby boomer woman. I called her the international woman of mystery because she wouldn't reveal her nationality. Her excellent, slightly accented English made it impossible to place her. My Dutch friends felt uneasy around her. I realized why in conversation with her after the demonstrations, which had many WWII references. She seemed uncomfortable with this topic. It was then that I had a psychic revelation. I realized that she was German with some family background of which she wasn't proud. At that point, I felt a tremendous amount of compassion for her. I also realized that my Dutch friends sensed this. Some of them had parents who had been in the Resistance during the war. I never revealed my discovery of her or my being Jewish to her.

It made me sad to think that she had to carry the shadow of her ancestors into a life better lived by her. It was a very deep lesson for me about my shadow self of making judgements about people.

Back home, as the days started to shorten for our approaching winter solstice, the dark side of WWII Europe reared its ugly head in my childhood neighborhood. On October 27, Tree of Life Synagogue became the scene of a hate crime reminiscent of 1930s Europe. We are now confronted with our shadow and now forced to see what we do as individuals and society. We now have to be the Pittsburgh slogan of Love over Hate. It's simple, yet not easy.

Let's light the trees and Hanukkah lights together to throw the light into the shadow.



# Heart of Pittsburgh



*HeartOfPittsburgh.com*

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

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~ Love to all, Susan Rose Bodhi Tree Magazine ~