

BODHI TREE

A Pittsburgh Area Inspirational Magazine of
Metaphysical, New Thought Lightwork



What NOW? Now WHAT?
Spring-Summer 2022

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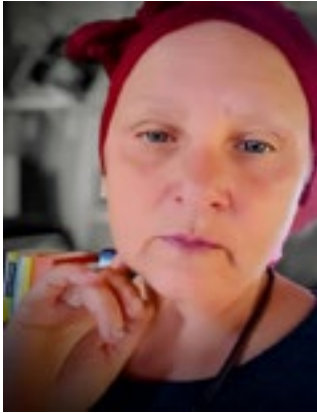
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Seekers:

The groups on this page are recommended.
Some are in-person and some are hybrid.

Our Local Event Calendar

See <http://www.tinyurl.com/peaceburgh>

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

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

3. Meetup Groups around town that may be online or in-person. You need to join <http://www.meetup.com> (free) and search for groups within 50 miles. Many are open-minded and spiritual. We have a meetup there, with events planned in the coming year. Please join now at <https://www.meetup.com/Heart-of-Pittsburgh/>

4. Unity Center of Pittsburgh is now open for in person gatherings. You can also visit their Youtube channel to watch live or see the past services. Enjoy! <https://www.youtube.com/channel/UCmxMWj5yftk0rWls19zLcBA/videos>

5. Center for Spiritual Living. This is a local virtual community. They also host some in-person gatherings throughout the year.

Unity Center and Center for Spiritual Living (Pittsburgh), along with HeartofPittsburgh.com started this magazine. (in 2015) The authors are a variety of local people interested in sharing new thought inspiration. Archived issues can be found at <http://www.bodhitreemagazine.com> Enjoy!

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



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

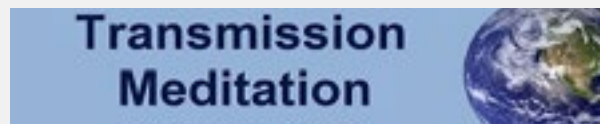
<http://omapittsburgh.org/>



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



<https://www.meetup.com/Pittsburgh-Transmission-Meditation/>



[Pittsburgh Bleep-lons Facebook Group](#)

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Mindfulness Creates Calm For Families

By Paulette Glover

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Our true home is not in the past. Our true home is not in the future. Our true home is in the here and now...Meditation is not evasion; it is a serene encounter with reality.

~Thich Nhat Hanh

Listening to the horrific news of yet another school shooting, I thought about the broken world our children are inheriting, That led me to wonder about my ancestors, and what they were thinking as they traveled across an ocean to a strange land. An entire family embarked on their journey with nothing but the clothes on their back and one suitcase stuffed with faith, hope and a longing for a fresh start. That was then. Today is now.

Today's world has been the source of pain, suffering and grief for many families. How do we help our children to find the light in all the darkness, to discover their inner resilience, and to keep an open heart during troubling times? How are kids supposed to learn how to navigate the world?

Although there's no magic wand or abracadabra tricks, research shows that the best way to have happier kids and less conflict is for parents to develop a personal mindful practice. When children observe the adults in their life modeling mindfulness, compassion, and gratitude, they're able to learn and take ownership for themselves.

By cultivating a mindful practice while checking into personal experiences and emotions instead of impulsively reacting, a parent is helping himself or herself, to build emotional intelligence, one day at a time, one moment at a time. Soon, parents will notice that their children are absorbing a calmer attitude as they unconsciously imitate the actions of the parent.

Dr. Christopher Willard, Harvard University, who is also my teacher, has developed an easy acronym to remember a basic mindfulness practice: SEAT:

S is for Senses and Sensations. Check in with your senses, starting with sounds, near and far, like the birds outside or your heart-beat. Smells on your tongue, pleasant and unpleasant. Notice the shapes, shadows and colors around you. Feel the touch of your legs, back and feet and any sensations.

E is for Emotions. Notice any emotions as they pass through your body and mind. Accept all emotions with non-judgment.

A is for Actions. What urge or impulses to action do you notice? Notice these urges in your body and mind and watch them pass.

T is for Thought. What thoughts are present? What judgment am I making about myself or the world? Notice your mind wandering and bring it back to the present.

Mindfulness teaches you that you are not your emotions, and no matter what you are feeling, it's temporary. Mindful families learn to be aware of each moment without judgment and full acceptance of the outcome. Mindfulness training is being able to regulate your breath, which regulates your body, which regulates your nervous system and brain, which regulates your attention, impulses, and emotions. Everyone breathes. It's what you do with your breath that makes the difference.

Paulette is a certified Mindful Instructor. Contact 724-787-9366 for a meeting or workshop

Love is Always the Answer

By Rev. Mary Ann Trifaro

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I have been a minister for 40 years, first introduced to the teachings of Science of Mind when living in Los Angeles. (*now called Center for Spiritual Living*) These teachings have taught me to trust the process and to learn from every experience. I always go to my guiding principle that Love is always the answer.

We certainly are living in a time of uncertainty and change. This can be a good thing if we believe that all change brings us to a higher ground of learning about ourselves and others. The tools of Science of Mind have taught me the importance of going within and connecting to the Divine Presence that is nestled within my heart.

Taking moments during my day to stop what I am doing. Then I relax and am aware of my breath. I repeat to myself, "Be still and know I am God."

These moments remind me that I am connected to the Infinite Divine Presence of Wisdom and Love. Ask - What do I want? What do I need? What am I to learn? Repeating often during the day, "Teach me what I need to know, lead me where I need to go" These moments of quiet allow me to refocus on what is important. Learn to let go of what I cannot control or what is not mine to worry about. Sometimes it is not my circus.

The founder of the teachings of Science of Mind is Ernest Holmes. He says, "We learn that persistent, constructive thought is the greatest power known and the most effective" Moments of reflection and introspection give us the power to be more effective in our lives. In these moments we learn what we need, and we learn how to cope with our own emotions. We have many emotions and there are times that these emotions seem positive and there are times these emotions can seem negative.



If we have the attitude that we want to learn from them, we are on the right path. We do not have to respond to every emotion. The goal of exploring what we are feeling is to release the negative emotion of fear and return to the feeling of Love and compassion.

We want to be compassionate to ourselves and others. We are here to find inner peace. When we have found inner peace and acceptance within ourselves. Being kind and leaving the situation better than we found it is our purpose. We find ways to share acts of kindness.

Being flexible is being able to adjust quickly to circumstances. It is also important to be willing to change our minds and take into consideration something new we have observed or learned. Be flexible; be willing to change your thinking to look at the situation from all perspectives. Be open, respectful, and receptive to new ideas. Flexible thinking is adjusting and having resilience. Rigid thinking narrows the possibilities. Flexible thinking is realizing that our thoughts are not always accurate.

Adapt and shift our thoughts from right and wrong to possibility thinking. Here are some ideas to develop flexibility and open-mindedness.

1. Change the scenery, do something different for a while. Take a walk in nature.
2. Learn to be forgiving.

Check out our local group cslgreaterpittsburgh.org to learn more. We are zooming services from Pittsburgh. We would love to meet you.

Understanding and Coping

in Uncertain Times

BY Irina Grundler

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<https://irinagrundler.com>



No doubt there are some interesting processes going on in today's world. In order to find out how to cope with them it would be helpful to understand what exactly is going on. Understanding brings clarity which makes it possible to find the right way to go under certain circumstances.

In October 2021 I happened to be a part of a group visiting a spiritual community in Italy named [“Damanhur”](#).

We had a chance to talk with philosophers of Damanhur about the current situation in the world, which very much confirmed my own understanding of it.

The purpose of us incarnating in physical bodies is spiritual growth, connecting to our Divine nature. The process of reawakening of Human Soul is very strong right now. It is started in about 1967. Around that time a possibility was created to move away from an old timeline the humanity has been developing along and build a new timeline which would allow us to reunite all pieces of our consciousness, regain our Soul memory and get to know ourselves in all forms, all levels of vibration. In about 1983 the awakening movement became global and has been growing since. 30 years ago, it was about 15% of the population of the planet who were awakened, today they are about 25%.

Still there are evil forces that are not interested in us getting to the point of awakening. They've been controlling humanity for more than 2000 years by means of aggression, anger, greed, suppression etc... Their goal is to take away our free will, create perfect slaves out of humans. In now time this “old” way of living is close to the end of its existence, so they do everything possible to continue controlling us. The “uncertain times” is actually a battle going on right now between Light and evil. In order to manipulate us they use same tools they've been using for centuries: fear and guilt. Just think about energies of fear and guilt that dominated many in our society lately – this is exactly what I am talking about. They use every possible means: social media, tv, deceases, wars, possible hunger etc...

So what can you do about it?

- Be an observer and understand what and why is going on
- Do not allow to be manipulated into fear or guilt (limit significantly the amount of time you spend watching tv and reading social media)
- Understand that this is a game, play it when needed, but without fear; instead use joy, creativity, phantasy, imagination – evil cannot survive around these energies.

In one of the underground sacred temples of Damanhur there is a big wall painting illustrating this battle. Can you see how joyful people are in it? They are singing, dancing, celebrating – this is spiritual guidance for us, the way to win and make the most of this unique chance for transformation for humanity.

Family is Growing . . . Now What?

by Suzanne Bishop

We blow through our times of great change. Walking (or crawling) toward what seems like a leap too large to fit our human skillset of keeping it all on the low down, meek and tame. We will be pushed. To let go, and receive our awakenings toward the Light of our Being that is our luminous selves.

Yes, and we are pushed by all of us collectively.

Intention makes our world go 'round. My own recent intention was to meet the ETs who live at the base underneath the majestic Sandia Mountains. In-person, if possible. I asked that they keep me safe once I set up my home on my nearby land. I asked with Love in my heart for them.

Visit they did. And, such a lovely group. Almost stumbling into my third eye space, energy high. They watched me with one curious eye, the other eye focused on all that was, is and will be.

One ET, in particular, called her/himself Mo. I could hang with them now and then. Mo would begin teaching me about my own energy, vibration for health, and abundance. Much could be dropped out of my energy field, and released for me to grow my abundance for myself and others.

They left as quickly as they had arrived. I later contacted the fellow psychic (my neighbor) and primary ambassador for the Sandia Mountain ETs. I told her about Mo. She said Mo is short for Mona Lisa— her name. A beauty.

I am forever changed by this interaction. Many spiritual/paranormal-type experiences have shaped me. The lesson in this story for me was twofold:
1.) ETs are not so scary after all. My Arcturian guide An is not so scary. They are here right now, our energy match can happen, and then we all talk.



Thank you to Su Walker for this image, more about her contact here www.youtube.com/watch?v=vE-wALDqVLmU

2.) For experiences to occur, just ask. With heart resonance, and a humble ask—possibilities are near and endless. If it is meant for you, possibilities will unfold. Allow, do not expect.

A newly formed friendship with my ET friends has arrived, future visits depend on me. No limits.

Family? Yes, indeed. They came at my request to be protected in the high desert, as I build my foundation for the next phase of my personal life. My foundation collectively is also building my network of multidimensional friends and family.

Now what? No, now everything.

Suzanne is from Pittsburgh, but now lives in New Mexico, in the high desert. She has been a spiritual organizer, teacher and psychic. Her website is www.intuitz.com.

Old Economy Village Here in Peaceburgh

BY TAMAR GEORGE



What does the past have to do with now? This village is just another example of people who really thought that what they believe in was accurate. They expected Christ's Second Coming to Earth at any moment and adopted celibacy in 1807 in order to purify themselves for the Millennium and Christ's 1,000-year reign on Earth.

So here we are in that Millennium and it wasn't Jesus coming back, it was the Christ as a title, which meant that the light workers would pick up the title/mantle and be the Ones we were actually waiting for.

We hopefully would remain positive and be the example of loving kindness as we all go through the shifts of incoming energy of Divine Feminine that would tell the patriarchy that is now a working of Unity in 4th/5th Density. This is a new love experiment after all. But why is the old desperately holding on?

We pick up the paper and we read about the leak of Roe and the Supreme Court.

We can't believe this and read more about abortion as being on the agenda of the Fundamentalists because they were mad about not being able to keep segregated schools and continue to promote their white supremacy.

Continuing forward they gathered the Christian matriarchs that weaponized their beliefs in order to have power over others. This Abortion issue will lead to other rights being taken away but it also allows the light workers to stand in our own power and do the best we can to march, fight back at the polls and push back on those who will take our freedoms of choice. He who is the loudest voice wins, so we all need to be loud.

We really need to not care what others think or the cynical we have no power, so why bother.

We also now understand that the Spirit chooses when to enter the physical baby and it's usually after birth because coming through the birth canal is not something we as spirits want to experience and anyways we have done that for hundreds of

past lives. A definite been there done that!

So what do we do now with the world and 1 million dying of covid in the USA and the war in Ukraine, too many guns, health care and education costs? What we do is we create solutions.

We gather together and create our force as powerful as Source actually is and take that spiritual power out into this world.

We realize this energy is similar astrologically to what the Renaissance once was which is also now ripe for great art, literature, architecture and science.

We are given the chance for a creative redo, a do-over that is the balance of the Feminine and Masculine.

Creating eventually, a new monetary system for all that we need as we map our own trajectory and visualize the world we want to live in.

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Coping With Change

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Our world as we knew it has changed tremendously, consequently increasing our stress level.

Our daily routine now includes finding ways to cope with the never-ending information that feeds our anxiety about the situations we need to face and deal with. Not only is our lifestyle in jeopardy so is our health. It's apparent we need to find ways to cope with the uncertainty of daily living.

Fifty years ago, I discovered a sacred sound, an ancient mantra, which is a universal love song to God. It is HU, pronounced hue and sung in a long, drawn-out sound, HU-U-U. I take a deep breath with eyes closed, sing HU, repeating it for twenty minutes. Doing this on a daily basis puts me back in line with Holy Spirit which helps life become more bearable in these trying times. Harold Klemp, the spiritual leader of Eckankar writes in his book, *The Sound of Soul*, "At least once a day, let the Sound and Light of God enliven you with spiritual impulses. Gently chant HU, and the silent wind of God will enter the sacred temple of consciousness in the heart."

You may think the world especially the country you live in and the things you have to endure is an injustice but it could just be in your best interest—a spiritual opportunity. Think back. Can you recall a time you felt that what you were experiencing was unfair to later find it was the right situation that turned out well for you? This knowledge should shed some light when you are having some darkest moments in time.

Our state of consciousness governs the way one thinks, acts and reacts. Singing HU calms and lifts one into a higher state of awareness infused with spiritual insight reassuring every circumstance in life is for a spiritual purpose and all is in its rightful place at the right time.

There is a spiritual exercise that I often do which has been beneficial for me. It is an open invitation to the Holy Spirit to bring a series of small, subtle changes in my life. Try it. Write a spiritual desire you want fifteen times a day until you see or feel results happening for you. Always write the affirmation in the present tense beginning with the same two words—I am. Something like, "I am free of anxiety." "I am relaxed and calm." "I am coping with change."

Also important is to remember that no matter what your religion or spiritual beliefs Holy Spirit is always with you. Have confidence that you are not alone during a difficult time. Know that when you ask for help and guidance Holy Spirit always answers. You just have to be aware and listen to the subtle guidance given. And every day surrender your burden and negative thoughts to God.

**For more information about Eckankar visit
with us locally (Monroeville) or online:
<https://www.meetup.com/eckankarofpa/>**

Service: The Way Forward

By Sheila Forester wcf101950@cs.com

Destruction is ongoing around the world: war in Ukraine and elsewhere, global food shortages, the climate emergency, a crippling economy, political corruption, senseless gun violence. The rates of depression, suicide and addiction are at all-time highs.

The suffering of humanity is profound and it would be easy to descend into despair. And yet instead of giving up, many of us are responding with increased acts of service. We are praying more intensely than ever before, meditating, volunteering our time, demonstrating for, and giving to causes. These acts of love and compassion help to alleviate the misery of others and, at the same time, can counter our own feelings of helplessness and hopelessness.

What people may not realize is that every cry for help, every prayer, every act of service is heard and is registered by the Spiritual Custodians here on Earth – the Masters of Wisdom. These great ones have long watched lovingly over humanity, working ceaselessly from behind the scenes through their disciples and initiates in the world on behalf of our spiritual evolution.

At their head is Maitreya, the World Teacher for this Aquarian Age. Throughout history during times of serious world crises, such as now at the beginning of a New Age, teachers have been sent into the world to show humanity a new vision of life.

Some of them are embedded in myth (Mythra, Hercules), some founded great philosophies (Confucius, Plato, Aristotle), and some have inspired their disciples to found the great religions of the world (Krishna, Buddha, Jesus, and Mohammed). What is unique during this world crisis is that

Maitreya and some of the Masters have returned physically to live among us for the duration of this 2500 year Age Of Aquarius.



Therefore, we have enormously potent help at our command. Many ask when we will see these Masters. The answer is that because they may not infringe our free will – our freedom to learn from our mistakes – they must wait on our demonstrated willingness to accept their recommendations: sharing the world's resources, cooperation among men and nations, and living in right human relations across the globe.

When enough of us, from our own freewill, respond favorably and demand full explanation of what they are suggesting, then and only then may they step forward into full public view to work openly among us. Maitreya will speak to the hearts of all of humanity. He will address our hopes and fears, and will teach us how to live together in peace.

However, all necessary changes will be decided and effected by men and women in the world. Maitreya has said: "Allow me to show you the way forward, into a simpler life where no man lacks; where no two days are alike; where the joy of Brotherhood manifests through all." Maitreya has also said: "Take your brothers need as the measure for your action and solve the problems of the world. There is no other course." It is time to reach into your heart and allow it to lead you into service to others.

Act in the face of despair knowing that every demonstration of kindness, large or small, not only helps our suffering world, but also signals to Maitreya and the Masters that we are at long last ready to work alongside of them to rebuild our world.

[Meetup.com/Pittsburgh-Transmission-Meditation/](https://www.meetup.com/Pittsburgh-Transmission-Meditation/)

Perfect Love Casts Out Fear

BY MARYANN HACKWORTH



As survivors of the pandemic, we are making our way back out into the world. Individually and collectively, as a global family, we mourn the loss of loved ones and tentatively begin to navigate through many societal changes.

Witnessing and experiencing suffering is never easy. Current events may bring forth emotions of fear and confusion. Yet we must remain determined to start afresh. We will stay on course by calling forth our divine nature and realizing our purpose for existence.

As spiritual beings, we have come to participate in a phenomenal expansion of spiritual consciousness. Breathe into that awareness and honor your presence on this earth. Anchor your thoughts in the realization that Divine Love is your true essence. It is a perfect love; the creative force that holds the universe together and the same force by which we create our physical reality.

The question has been asked: where will we go from here? One thing is certain, we can never move backwards. Forward motion has always been, and will continue to be, the progressive momentum of our evolutionary development. It is an inevitable unfoldment, thwarted only by fear. We must not be stymied by our fears. Swirling in a soup of past mistakes will only lead to repetitive outcomes. As co-creators of life, free will is our birthright.

It takes courage to release condemnation and speak constructive words of love. It is all too easy to fall into morose conversations of worry, blame or criticism, and yet we must choose the high road if that is where we are heading.

Love is the energy that can and will encompass and heal all other discordant energies. We are capable of unification with this perfect love. It is the "kingdom", or realm of consciousness, that lies within all of us. Contemplating and affirming this realm dissolves our fears. It is the guiding light that eradicates darkness. Our thoughts and words are the tools through which we wield the power of love.

Forward thinkers create solutions that are grounded in love. Positive societal changes become the natural progression of each individual's loving intention. One conversation at a time...one compassionate action after another...this is how love is made manifest. This is where we are going. This is how we change the world. We will not be debilitated by our fear.

We have made the choice to awaken and our choice point has arrived. Know this truth:
In every moment, perfect love casts out fear.
Please feel free to join us at Unity Center of Pittsburgh for positive inspiration!

Maryann Hackworth Spiritual Director, Unity Center of Pittsburgh
<https://www.unityofpittsburgh.org/>

Now open for In-Person services as well as Live-streaming. Services are seen on YouTube and archived here: <https://www.youtube.com/channel/UCmxMWj5yftk0rWls19zLc-BA>

THESE UNCERTAIN TIMES

By: Carol A. Briney

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International Inspirational Keynote Speaker, Author,
and Podcast Host carolabriney.com/category/podcast/

As Charles Dickens said, "It was the best of times, it was the worst of times." I so often hear people talk about "these uncertain times," as the worst of times. People are living in fear and worry. People are giving their power away to the media and all of the scare tactics that are being shared.

Yes, covid is here but so is the Divine power that created this universe, and what we can choose to remember is that the Divine Source of this universe is always successful in all of its undertakings. Humans are equipped to succeed because Divine perfection courses through their bodies.

Instead of living in fear, worry, and lack, perhaps it is time to remember who we really are and believe that there is a reason for everything that happens in this world. I believe it is time to remember that the creator of this great and glorious universe is still in charge of things. We were all born to win and to overcome. The intelligence that created this universe lives inside of us and is waiting for us to recognize that we have the ability to choose our thoughts, words, and actions.

We live in a universe of attraction. We get what we think about the most, whether we want it or not. So, what are you thinking about? Are you living in fear? Are you constantly worried about what you hear on the news? Are you continually looking to see the numbers of covid cases and living in fear that they are rising? Do you watch the news and read the newspapers? How do you feel after you do that? Do they make you feel love and peace, or do they scare the crap out of you? My guess is when you pay attention to any media, it does not make your day better. You, my magical, marvelous, and miraculous friend, are a master of your thoughts, words, and action, not a slave to them. You can change your thoughts, words, and action anytime that you choose.

So why not choose now? Why not choose today to start to look for the good in everything. It is there; yes, there is always good in everything. Sometimes we need to look for it.

So how do you change your thoughts? First off, TURN OFF THE NEWS! Then, start your day with a list of everything you are thankful for.

"It was the best of times."

Think about the good that has come from these covid times. Think about your family and friends that you got closer to. Think about learning to slow down a bit. Think about all the kindness of other people. Think about all the good that came out of this craziness.

Could it be that Covid came here to teach us that it's time that we go back to the basics?

It's time that we remember who we are and where we came from. It's time to trust the Divine and take care of ourselves, love ourselves, and stop being so concerned about what others are doing. As Mother Teresa said, "if everyone would sweep their own doorstep, the entire world would be clean." Perhaps it is time to pay attention to how you live and stop worrying about what everyone else is doing. It is said that you cannot give away what you don't already own. Do you own compassion, love, and kindness? If you do, you will stop judging how other people live and simply live the best you can and allow others to do the same.

It is time that we remember that the Divine Source of the glorious universe
ALWAYS has our best interest in mind.

We are here to live a life of joyous expansion, remembering that life is unfolding to each of us as we believe.
remembering that life is unfolding to each of us as we believe.

"When you
remember who
you truly are
the entire
game changes."
~ Carol A Briney

Go With the Flow

By Kitsy Higgins

Psychic Medium & Business Coach

www.kitsyhiggins.com

www.youtube.com/c/KitsyHiggins



This was where I went when my whole life exploded in June 2020, under the Tarentum Bridge, when my ex stated he was no longer in love with me out of the blue. Not to jump in and let the current take me away, to remember the symbolism of water.

I felt devastated, heartbroken, and scared for my financial future then. Because of those feelings, my heart was craving a place that reminded me of flow. The place where things are constantly moving without any choice.

If you think about water itself, water cannot stop. If there is a rock in its way, it just goes around. Water does not stop when there is debris; it just carries it away.

I had to find a place that reminded me to be in the flow of life. It is important to remember when we are experiencing complicated situations, or a difficult life event to continue with the flow rather than being flooded, stuck-on debris, or sinking!

The magic of water reminds me that if a rock (a difficult situation) is in the way, don't let it stop you! Just continue to flow! It may not make sense today, but it will in the future. I remember giving the analogy of a rock a few times for Psychic Medium readings! So over those first few months, I had to remind myself of the same advice: keep moving like the water! Grieve, take steps to move forward, and trust that it will all work out!

I hope this view reminds you to keep moving if you're going through a hard time! It is a natural flow of life! If dealt with properly, what feels devastating now will feel like acceptance 12 months, 24 months, etc. So just remember....go with the flow! Do you need to go with the flow?

Are you dealing with something sad and scary too?

Remind yourself that you will get through this!!!!

Still Here?

There are many (mostly retail) places that shut down their business during the pandemic. Some have returned, modified. At this link list, check out the web sites of great places you can visit now! heartofpittsburgh.com/#Retail

Baron Batch Art Gallery, Bicycle Heaven, Biddle's Escape, City of Asylum, Conflict Kitchen Dobra Tea, East End Food Co-Op, Hocus-Pocus, La Feria, Mattress Factory Moonstones, OTB Bicycle Cafe, Peace Love and Zen Den, Pittsburgh Center for Creative Resue, Raion Zou, Randyland, Sparkledragon, Sterling Yoga, Ten Thousand Villages, The Culture Shop, Trader Joe's, Well Oiled, Whole Foods, Zenith Restaurant, and more.

Please Email publisher if you have another
(retail, not virtual) place we should consider!

srosemedical@gmail.com



Feng Shui During These Uncertain Times

BY: Luann Cibik

luann@inner-harmony.org



Every day can seem like it brings a new drama and challenge. Maybe it's just that I'm getting older and not feeling much wiser! When we look at how much has changed in the world in 3 years, I think I'm not alone in feeling like I'm surfing a monster wave with no end in sight. As a feng shui professional, I work with people and their homes to create a space of stability and peace. It's not to ignore what's happening in the world, but to create that sense of sanctuary; to be our best selves to be able to make a positive difference in the world.

How can you create stability and sanctuary in your home? By working with earth energy and the energy of nature's calming colors, and invoking all the senses.

- * Introduce more brown, tan and gold colors into your space. This creates a calming and stable energy through color.

- * Introduce more horizontal lines, square shapes and even textured fabrics to invoke a calming, nurturing effect.

- * Add rocks and minerals to your home, such as rose quartz for love, black tourmaline for protection and citrine for joy and abundance. Place these near where you sit or sleep.

- * Add turquoise or teal colors into your space, think Caribbean Sea. These are the most relaxing and healing colors for your body.

- * Dive into some spring cleaning. Wash the windows, clear clutter. This helps also release any stuck or stagnant energy that anchors the fear you might have been feeling.

- * Remember what brings you JOY and make space to do it. Color, paint, write, run, dance, sew, laugh, play with pets... shift your mind by having space to do what you enjoy.

Now look for where you can create more sacred space in your home.

This might be a place where you can meditate, read, connect to spirit, or pray.

- * Use artwork or statues with symbols that represent spiritual connection or peace.; such as a lotus flower, as a symbol of rising above the murk to blossom in the light.

- * Play music that is inspirational to you. For clients, I share that for every hour of regular tv or news, that they play nature sounds or inspirational music with no words to counteract that energy.

- * Infuse the air with a scent that feels sacred to you. Incense, like Nag Champa or Palo Santo is an option.

- * Essential oils can also bring that healing vibration of the plant kingdom into the space. Being sad, mad, angry or fearful all the time does not uplift the energy of the world. In fact, it adds to it. Take action on items that distress you, of course, but living in an energy of anger only adds fuel to the fire, and eventually burns you out.

If you would a more customized consultation, I would love to help.

<https://innerharmonyfengshuischool.com/aboutluann.htm>

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Uncommon Courage

By [Susan Rose, publisher](#)

Not counting personal setbacks like a job or marriage that did not work out, what uncertainties have I experienced? Well started in 1963 with JFK being shot. Shock. Bobby, Martin Luther, we have lived through lots of scary times. 911 was a big one.. In the news- there is Covid, Ukraine,- Global Warming, School Shootings.

Change theory says there is a state you get to call “re-norming”. But the new “normal” never arrives. The news most days the news makes you throw up your hands and say “*What Now*”!!

So “*now what*” to do? Deep breath. Time passes. Does time heal all? Somehow life goes on. I cope by taking one day at a time, demonstrating love....or even easier... just being kind, to yourself included.

The master Jesus asked us to observe the lilies of the field. They do not toil or worry. The Divine Power cares for all of us. We are surrounded by changes, many things we can't control. As we forgive others, we stay in non-judgment and love all sentient and even not sentient life. It is all vibrating with God. AUUMMMM...

One of my heroes, [Stephen Greer, MD](#) gave up a lucrative physician career to help teach contact with Extra Terrestrials. (peaceful good ones), but mostly has not been heard. Yet he keeps trying to improve the world conditions with advanced ET energy technology. During a UTube interview, he was asked the #1 audience question -

What CAN I do?

<https://youtu.be/2BjImPUbpf4?t=2962>

(start 48 min into the video)

Below is Dr Greer's (paraphrased) answer to that question.

“Every human being has infinite power... Number one- Connect to the aspect of yourself that is the infinite self...An aspect of ourselves, of all of us, that's the singularity of oneness, the oneness of pure consciousness that is at the root of our being awake. You're awake now, I'm awake, anybody listening to this is conscious. If you are a sentient awake being you have the totality of that infinite field of consciousness and energy and power within you. Now, thinking intellectually about it don't make it so. You've got to practice meditation. You need introspection.

Then you have to act. The action is where everyone drops the ball. Because you will be guided and get intuitions, and then you'll go Naaa I'm not going to do that. That's crazy!... I've literally have had to do the opposite of what everyone has told me I should do. ..The truth is, everyone has their God-given temperment and gifts. .

Everyone has to ask *themselves*, not me, not you, what can I do, what can I contribute at a time like this? Everyone has enough. If everyone would contribute what they could, and came together, the world would be changed in a fortnight.... You have to believe in yourself. You have to not listen to the nay-sayers... This is how you have **uncommon courage**.

If you realize that your individuality is a wave form that is emerging from this infinite ocean of conscious self, but that infinite ocean is you. You are that being as well There is no death....

That gives you the courage to do the right thing.”

Eris in Charge

by Rick Di Clemente

Eris came upon us in 2005 and things haven't been the same since. And, they never will again. Thus, the power of the distant, tiny Trans-Plutonian body that takes 540 years to circle the sun. The planet of "chaos" and "discord" is making its presence felt everywhere.

Eris is done with things, fed up, it's not going to put up with things that we shouldn't have all along. And yes, there is a good and bad side to this.

This astrologer remains totally shocked at how few astrologers are picking up, owning, and analyzing this radical planet even as I speak. I know we are all feeling quite different, quite nearer to the "end times" whatever that may be. This is why these silent wise urgings of the planetary influences: it is time Eris were here and yes, even as it squares Pluto in the skies for all.

Surely, this is one very radical combination. But, what else would you expect to follow mankind's long history of myopic apathy? We all knew there was plenty of "s" out there to go along with all the multifarious fans.

That's what time it is folks: time for the "s" to hit the fan. And this won't be simple. Unlike the imagined kumbaya's of the "New Age Movement" (whatever that is.) Eris wants things to be dealt with so that we have eliminated injustice and unfairness. Seen any of that recently?

Eris will do whatever it takes to get past these doldrums, the age of deadlocked legislation that serves few. Whatever it takes. This is not time for group meditations, it is time for radical group pressure upon the powers that be that have been and continue to give great imbalance to the world almost on every level for pure, simple, greed and dominance.

These days must end and I'm talking about right now, too. I'm not surprising anyone with these pronouncements. We've known this for much too long.

It is time for the quiet majority to raise their voices in protest and force Washington, D.C. to begin to serve its constituents. The time of the insidious, insane political gas-lighting to come to an end. The time of master, class disinformation of Right-Wing and Corporate News must come crashing down right now if we are to have a chance.

Eris has two sides to her: her positive side will encourage all to come together to join hands in a fight for what is right. And we all know what is right, Cmon. However, her negative side which has the perfect avatar of the imperfect storm of Baby Trump has incarnated into her other nasty half perfectly. Yes, we're all abused, misunderstood and not treated fairly. Hogwash.

It is time we all take a stand. Do you think that this latest uproar over guns is just happenstance? Think 3 more times. The armies are aligning, and Tolkien is stirring in the deep. If we are to defeat Sauron, we must join hands now and stop kidding ourselves.

Learn more at <http://starself.com/>

Join a weekly zoom 'Astrology Unplugged' here: <https://www.starself.com/unplugged-info/>

All shows are seen here <https://www.youtube.com/user/rickdicl>



WHAT NOW? SPIRIT KNOWS

By Sara Sachs Mediumonthego

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Because of all that's happened in the last two years,
I've struggled with writing this article.

It's been a roller coaster ride with external events over which I have no control. There's been so much turmoil with a deadly pandemic, along with insurrection, war, just to name a couple of major events. The lifestyle change of seclusion brought me looking inward with meditation, but also took me to the shadow with unpleasant memories and guilt. I even had anxiety over my mediumship, often questioning my abilities. I didn't know how to sort all of this out for a short article until early this morning in dream that wasn't a dream under the May new moon.

Background: four years ago, a dear friend who had a flower shop on the Northside passed away unexpectedly. It was a big shock to me and so many who loved him. In this "dream," he came to me with the old Mark Twain quote, "reports of my death have been highly exaggerated." He gave me a very warm hug and told me that he was very busy being trained in a new field and that he would see me again when he could.

I was so happy that he was still alive. We talked and caught up, as I slowly wondered if he really was in the living. After a while, I got up the courage to tell him that I finally realized he wasn't alive. I told him he materialized because he knew I was a medium. He then replied that I was right, but I had to discover that for myself. The experience ended with us walking through the back yards of the Mexican War Streets where I used to live. The houses were run down, like they might have been 50 years ago before the restorations. He wanted to go to the haunted places that I knew through previous dreams. A while after coming back to my conscious world, I realized that he wanted to be with neighborhood spirits, and that he would never be far from me.

This dream was two years, or possibly more in the making. I found it comforting and moving. I know we're never going back to 2019. The virus isn't done, but something we live with a day at a time, like sobriety and life. Introspection is great, but one can overdose on it. Getting outside of oneself to do one's part in making changes, like voting, brings a healthy balance in this crazy world.

I needed to have the visit from Kerry in spirit to put things in perspective, to tell me that I was on the right path spiritually, and with my mediumship. It made me realize that insecurity comes from ego, and not spirit. If I remember that my work is about spirit and get out of my own way, that's what my journey is about in this portion of the pandemic.

Injustice and Resilience

The Seneca People

BY Miguel Sague sobaokokoromo1@aol.com

I live in Pittsburgh, Pennsylvania. At one time the whole western region of this state (including Pittsburgh) was the sovereign territory of the Onödowa'ga:' who are known to the world as the Senecas. The Senecas left a legacy of their presence in the Pittsburgh area in the form of place names that honor their history here such as Seneca Valley. Also, individual Seneca historical figures such as Chief Goyasutta, who lived in what is now Sharpsburg and Clan Mother Aliquippa, who lived in what is now McKeesport are still remembered in our region

This indigenous nation was a member of a traditional confederacy of five, and then later, six Native tribes called the Haudenosaunee. (the Iroquois Confederacy). (see map)

The Iroquois lost most of their territory after the American Revolution in 1794 and they were restricted to tiny reservations in New York State, Canada and Pennsylvania. The last surviving Seneca reservation in Pennsylvania was assigned to Seneca Chief Cornplanter by George Washington in the late 1700s via a solemn treaty.

In the 1960's some powerful political and business concerns in Pittsburgh, Pennsylvania finalized plans to create a flood control project that included the construction of a dam in the upper region of the river, in Warren County, Pennsylvania, which would result in the creation of a huge reservoir lake that would almost totally flood the whole of Cornplanter Grant as well as a portion of the Seneca Allegheny Indian Reservation a few miles north in New York State.



The dam was built and was named KINZUA DAM. The Cornplanter Grant residents were forcibly moved north across the border to live with their fellow Senecas in New York State on the Allegheny Indian Reservation To this day members of the Seneca Nation still cross the border from western New York state into Pennsylvania to offer sacred ceremony,

Native Americans draw strength from traditional ways of living, places, relationships, and collective successes. Their resilience is built up through culture, spirituality, shared values and a strong sense of identity, accountability, and responsibility.

Want more local info? See www.cotraic.org/

*This article was edited by the publisher.
For more info see the author's web site:
indigenouscaribbean.ning.com/profiles/blogs/injustice-against-the-seneca-people*





What now? More yarn, of course!

By Rebecca Harmon

I learned to crochet from my grandmother when I was 10 years old. Much later with young children of my own, I added knitting to my skill set. The time I spent knitting and crocheting ebbed and flowed over the years and often my schedule was too busy to accommodate sitting quietly and enjoying the rhythmic pace of yarn and needles or hook. I missed it – but just didn't have the time. Once my children grew up and left home, I found more free time and was happy to be able to return to my yarn hobbies! Around that same time, I also wandered into studies in spirituality where I began to explore practices like meditation. Then came a pandemic!

As it seemed to drag on, I found myself turning to my yarn, knitting needles and crochet hooks to calm my mind and settle my nerves. I soon realized that much like the practice of meditation, where we are taught to “follow the breath”, each movement of the crochet hook or knitting needle is as rhythmic as breathing.

Like a meditation practice, I benefitted from the time spent in the rhythm of knitting and/or crocheting. I knew my yarn meditation practice was in full swing when I found myself headed to my yarn stash one evening after a difficult day at the office. It has become my go-to practice for finding peace, calming my nerves and returning to my center.

Some of this is due to the first crochet hook I ever held in my hand being my grandmother's, and that the first chain stitches I ever made were guided by her patient hand.

Many people believe that spiritual practice needs to be done in a special setting, surrounded by the accoutrements of consumer spirituality such as Tibetan bowls, gongs, and meditation pillows. While there is nothing wrong with any of that, we should take care to remember that true spiritual practice is not performative, and can be as simple as some yarn and metal utensils.

More than a year ago, as I stepped away from an affiliation with organized spirituality, and the pandemic pressed on; I learned that everything I had been searching for and tithing toward – was already here.

I found peace in colorful strands of yarn in various widths and fiber content. Your peace may lie in cooking, sewing, mechanical tinkering, nature or any number of hobbies and skills. The “what” doesn't matter. It only needs to be something that speaks to your heart, brings you joy, and grants you some peace.

The means and methods of our spiritual practice aren't important. We simply need to reconnect with our true selves and indulge in the things that resonate and support us.

It's really that simple.

Rebecca Harmon is a college educator, writer and healthcare professional who has studied spirituality for several decades.

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COLOR YOUR WORLD

As a **back-cover challenge** the publisher would like to see what kind of creative Bodhi Tree's YOU can Create. Use the image (or draw one yourself) color it in! The submissions will be seen in the next issue! Take a pic and send it as attachment to srosemecial@gmail.com