

bodhi

SPIRITUAL CENTER



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**Mindful Metropolis
Best of 2010**



From the Editor...

By: Suzanne G Carbon

This month we are focusing on creativity at Bodhi! We are SO lavishly abundant in originality and creativity! That's why I sit in the top section of the Apollo - just so I can drink in all the amazing souls that comprise our community.

To get your creative juices flowing, below are a few quotes to ponder before you delve into this month's newsletter.

"Creative minds are rarely tidy"

~ **Unknown** ~

*"Creativity is allowing yourself to make mistakes.
Art is knowing which ones to keep."*

~ **Scott Adams** ~

*"You become more divine as you become more creative.
All the religions of the world have said God is the creator. I don't know whether he is the creator or not, but one thing I know: the more creative you become, the more godly you become."*

~**Osho**~



Bodhi is a finalist in the the best spiritual center category!!

We *know* Bodhi is the best - now let's let the rest of the world know!

[Click here to vote!](#)

A Message from Mark Anthony

Thomas Moore wrote, "**The need to be normal is the predominant anxiety disorder in modern life.**"

I certainly don't want to have an anxiety disorder from my insane need to be normal. And so I write for you an **ABNORMAL** article ... just for the creative, messy, maybe profound but most likely self-indulgent fun of it!

Am I **courageous** enough to be myself? - ALL of me, in all my fabulous colors?

Why do I need courage? That seems silly.
I don't know ... **but I do** ... I just do.

My desire to be liked by you is causing me to forget who I am, which is unfortunate because I REALLY think you'd like me ...

My mind won't stop talking. (yadda yadda yadda blah blah blah) It's really quite boring but I can't seem to stop it. Even when I'm alone, you would think then my mind would be calm. I know you can't hear it, but believe me I can ... and it's **L-O-U-D!**

I really want to dress in outrageous, artsy-fartsy clothes ... but Banana Republic and the GAP strongly disagree.

I believe there is art, poetry, beauty and creation happening all around me - all the time. I imagine the birds are singing to me a song of present moment praise and the wind is sometimes gently and sometimes strongly swirling around telling me to bend, be flexible, let go and fly. Chaos is somehow perfectly dancing with order and a maddening noise is walking side by side with eternal silence. I really believe this ... but I can't seem to see it, hear it, feel it or trust it. But then sometimes I do, and when that happens I feel amazing! I feel connected, adventurous, curious, protected and inspired.

To dream the impossible dream is only fun for the time that you think it just might be possible ...

What would happen if I lived my life from the inside out? What would people think if I didn't make sense and didn't even care? Oh my, I can't imagine. Well, I would definitely have to give up being "normal".
HmMMM ...

Appreciation...

A Bodhi Spiritual Practice that will positively change your life!



Mark Anthony
Lord
Founder &
Spiritual Director

Thanks!

Pets of the Month



Emma & Tucker

Tucker & Emma are ever forgiving without being asked to forgive and of course they teach me a lot about unconditional love, a concept that seems to elude me from time to time. They help me become more GOD like in my behavior and attitudes.

Love You!
Roger Lault

Monthly Affirmation

By God's Pencil:
Maureen Muldoon, RScP



I delight in the abundant creativity of God that blooms forth as me and my beautifully blessed life!

Check us out online via our Website, Facebook and Twitter!



*Darrell Jones
Minister in Training*

Happy Spring everyone!

This is my favorite time of year in Chicago energetically, where regardless of who you are, where you live, how much money you make, your skin color, sexual orientation, or religious affiliation, most of us are happy.

Not only Mother Nature, but, everyone is stretching from a long winter's slumber of some sort. These first few weeks of spring where the temperature bounces up and down some times by 30 or 40 degrees is simply amazing to me. However, my favorite day is that first day when the temperature hits 65-70 degrees. On that day, everywhere I go, everyone seems to have a smile on his or her face, an effect of some peace found in the soft warmth.

What appears to be happening to me is the act of appreciation. Everyone is appreciating the day they are in, now. Sure, our physical bodies have been craving the warmth of spring but on some level I think it goes down to our very souls. All of a sudden, the hope of spring is fulfilled and there is a sigh of relief.

What is really happening - this joy of spring - is simply being present. We can rest in the current day, it is sufficient, it is enough - we don't need it to be anything other than it is. Resting in this place brings my mind and heart back to the powerful practice of being present, of loving what is (as we looked at last month in Byron Katie's book).

So many things from the past and the not yet future distract us from loving the life right in front of us, regardless of the temperature outside! However, this past week as I sat outside in shorts and a tank top, reading a book in the sun, I was powerfully reminded of the practice of appreciation, gratitude and thanksgiving.

When I am actively appreciating what is in my life, I am liberated from the guilt of the past and the worry of tomorrow. I sit in the midst of gratitude empowered by the present where Spirit is. When I actively appreciate my life and the lives of those around me, I must be honest with myself of what is and what is not. In that honesty, judgment, unforgiveness and shame loosen their hold and the buds of love, peace, abundance and freedom begin to blossom. So as we all actively appreciate what is happening with Mother Nature's spring, let us also appreciate what is warm, new and budding in our own lives, for as we do, we harness the awesome power of potentiality to manifest new flowers and fruits in the world of form of our lives.

Love, Light & Laughter!
Darrell

Movie Review - Alice In Wonderland



By Anjie Hosley

Alice in Wonderland is a delicious treat for EveryBodhi!

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Music Musings

by Kim Reverse, RScP

Artist: Eva Cassidy
Album: Imagine



Eva Cassidy - how do I pick just one of her records to recommend? I don't. My suggestion is to buy whatever your music stores have available, though **Imagine** is one of my favorites so you can't go wrong with it. Eva died at the young age of 33 but her unmistakable voice lives on. Her music is perfect for any season, and her sound & style will without a doubt, touch the center of your being.

[Click Here](#) to hear and



watch videos of Eva.

The new Alice in Wonderland adventure invites you to take a splendid fall down the rabbit hole into a beautiful world of self-discovery. The movie is stunningly and brilliantly clever. Mastermind director, Tim Burton has created a mystical world of wonderment, delight, and pure deliciousness. Led by the s-hero Alice, Wonderland is truly about discovering your power, divine transformation, and expanding your upper limits to express your Divine calling.

Alice channels her inner champion as she helps the White Queen (played by Anne Hathaway) defeat her older sister, the Red Queen (played by Helena Bonham Carter) to restore oneness, harmony and beauty back to Underland. Alice is helped along the way by a cast of unique and interesting characters, led by the Mad Hatter (played by the talented Johnny Depp) and a hookah smoking caterpillar named Absolem (voiced by Alan Rickman). Each one adds fun, excitement, and joy to Alice's journey. Every character willingly gives Alice pieces of themselves that add to her strength, wisdom, and courage to accomplish her destiny. What I loved most about the film is the underlying theme of **"All things are possible!"** Here at Bodhi, we believe this to be true and our lives embody this spiritual principle.



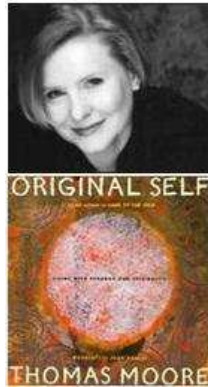
In the beginning, Alice was ready to reluctantly accept the life that was laid out before her. She was willing to be mediocre, accepting that she was destined to marry a man with "digestion issues" in order to please her mother; for her to be comfortable and not end up an old maid. But, Alice often saw things others didn't see and what she thought was a dream was really her reality to her greatness. As the movie progresses, you see Alice physically change. She matures and she stops denying her true identity and finally proclaims that I am Alice! She taps into the Light within herself by thinking of *"six impossible things."* She remembers that these seemingly impossible things are only impossible to the human experience, yet they are completely possible in the realm of the infinite Love and Light of God.

This movie will make you explore all things you settle for in your day-to-day life by listening to those outside voices telling you that this is as good as it gets and that you should be grateful and happy to lead an uninspired ordinary life. You deny all of your "impossible" dreams that are hidden away deep in your heart, renouncing your true calling or trying to hide your light and in essence rejecting your true nature which is of God, made by God! And all the while you are trying to convince the very people who are seeking your time and talent that you are not who they think you are Well...just like Alice, you too, are ready to proclaim your true divine nature and say I AM! Think of your "six impossible" things and allow God to show you how all things are possible! Enjoy the adventure.

Book Review - *Original Self: Living in Paradox and Originality* by Thomas Moore

Reviewed by Cherie Coons, RScP

THIS APRIL- DIG DEEP, AND GO A LITTLE MAD!



Rebirth. Awakening. Romance. Madness.

These ideas have been associated with spring since the beginning of recorded time. After the endless gray of winter, the forces deep within nature begin to stir, preparing to explode into color and light. No surprise that far below the surface, our inner lives can get a little jumbled as sometimes-ignored forces within us awaken, too. So here's the perfect spiritual handbook for spring: Thomas Moore's *Original Self*, which encourages us to dig deep and go a little mad.

Who are you...**really**? Strip away the easy answers to that question- the answers that might be found on your driver's license or your resume or your Facebook profile- and let something deeper speak. Beyond your age, your occupation, your talents and skills, your family, your preferences- at the very core of your being....who are you?

Maybe you found yourself thinking something like "I am the light and love of God" or "I am a spiritual being having a human experience." That's absolutely true, and those wonderful answers would earn you a gold star on your final exam for Foundations Class. It's easy to know that we're the light and love of God when we're flush with a new romance, we've just had a huge influx of cash to our bank accounts, or some challenging situation we've faced is gracefully resolved. But when we experience deep sadness, or intense jealousy, or a sudden yearning to walk away from our job or our family and the lives we've spent years creating- when everything we've known and trusted is called into question by some deep irrational longing within us- our divinity can be hard to recognize.

Original Self offers 48 short essays that invite us to look at the soulful dance between the human and the divine. Punctuated with woodcuts by Joan Hanley which provide a visual dialogue with the text, this is a beautiful book about creative living that doesn't shy away from the dark corners or the depths of human experience.

The underlying theme of the book is to encourage us to welcome chaos, struggle, paradox, failure and regression as part of the soul's path, and to deal with these forces in creative ways. As Moore says "The ideal is not to become sane and hygienic, but to live creatively by responding positively to the powerful moods, feelings, and ideas that captivate us. If we don't meet these life-shaping expressions of the soul creatively, they will quickly become adversaries, and we will develop the split psyche so characteristic of our times, in which our sane lives are flat and aimless while our passions seem incomprehensible and out of control."

Moore suggests ways to incorporate music, art, theatre, and literature into our lives to explore and expand our possibilities, and recognize and nourish our soul's authentic cravings. The chapter "Contemplatively Remembering the Past" offers ideas about being in relationship with memory as a way of journeying to the realm of the soul. "Welcome the Other Into Your Life" challenges us to expand our life experience by opening to another individual or another culture. "Life Needs a Point of Entry" offers comfort and a perspective on the soul's progress- often created more by loss than by triumph.

In addition to *Original Self*, the Bodhi bookstore carries some of Thomas Moore's other books, including his popular and best-loved ***Care of the Soul***. A terrific book for anyone dealing with challenges in the area of work is Moore's ***A Life at Work: The Joy of Discovering What You Were Born to Do***. This book uses images of alchemy to help uncover the sacred dimension of our work and cultivate a meaningful life. His book ***Dark Nights of the Soul: A Guide to Finding Your Way Through Life's Ordeals*** is extremely comforting for anyone undergoing a big life challenge. As Marianne Williamson describes this book, it provides "solace to the aching heart."

Featured Ministry - The Bodhi Choir

By Kim Revere, RScP - Music Director

The Bodhi Choir or SoulSource (whatever you want to call us) are in full throttle these days! This vocal ensemble is comprised of former singers, current singers, and those with no experience. Regardless of your musical history, this group is for most everyone.



The choir began back in our old days at Transitions. The group rehearsed in Rev. Mark Anthony's living room and our first performance had 6-9 singers in it. We've grown over the years, taken periodic breaks, and have had a total of three directors.

After a brief respite, the choir kicked off the 2009 holiday season with returning director Kim Revere. Holiday caroling was an incredible time of group building and plain old fun. With the support of Accompanists, Choir Leaders and Members, we donned the name The Bodhi Carolers and set out to spread holiday cheer throughout the city, specifically Assisted Living Homes. Amidst the typical hustle and bustle of December, the choir committed to rehearsing, singing, praying, and loving all those we met on the journey. Self-less service never felt so good.

The New Year has brought about consistency and preparation. We are dedicated to weekly rehearsals and practicing on our own when needed. Randy Buehler has joined us as our regular accompanist and I would swear the angels sent him to Bodhi with this purpose in mind! Jane Noles, Keith Jachim, and Mareaner Hayes all offer up their services, often behind the scenes, to create a graceful and easy experience for everyone.

As the choir expands, we look forward to serving Bodhi in greater ways. There is talk of hosting social/artistic events and even a fantastic Taste of Bodhi party! If you've been contemplating joining this ensemble...do it! Or just drop in to see if it's something you'd like to be a part of. There is so much fun and laughter happening in rehearsals that I can hardly call it work. Singing in the Bodhi Choir is like dessert for the soul. Mmmm Mmmm Good!

Open to All, the choir meets Wednesday Evenings @ 8:15pm in the Zen Den

If have questions or would like more info, email us at [Bodhi Choir](mailto:BodhiChoir) or just show up!

Have questions about a particular ministry or interested in volunteering for a team? Contact these community leaders to find out more --

Animal Ministry: Donna Ruby, Karen Gerbig - animalministry@bodhispiritualcenter.org
Bookstore: Nancy Weyler - bookstore@bodhispiritualcenter.org
Connection Cafe: Art Franke, Cindy Stowell connectioncafe@bodhispiritualcenter.org
Education Ministry: education@bodhispiritualcenter.org
Green Ministry: Jon-David - greenministry@bodhispiritualcenter.org
Healing Ministry: Kate Miller - healingministry@bodhispiritualcenter.org
HUG: Shakti Bracilano - hugteam@bodhispiritualcenter.org
LGBT Ministry: Dennis Shanahan, Richard Friend - lgbtministry@bodhispiritualcenter.org
Newsletter: Suzanne G. Carbon - editor@bodhispiritualcenter.org
Office Team Lead: Marsha Craig - office@bodhispiritualcenter.org
Practitioner Core: Joan Coletto, Gina Alicea, Sue O'Halloran - praccore@bodhispiritualcenter.org
Production Crew: Chris Walker - productionteam@bodhispiritualcenter.org
Prosperity Consciousness Ministry: Mollie Dowling, Lettie Sullivan - pcm@bodhispiritualcenter.org
Sangha Central: Cheri Coons - sanghacentral@bodhispiritualcenter.org
Hearts and Hands: Editha Paras heartsandhands@bodhispiritualcenter.org
Uth Ministry Director: Maureen Muldoon, **Assistant:** Megan Rische:
uthministry@bodhispiritualcenter.org

For information on Upcoming Events/Classes check us out online at

www.bodhispiritualcenter.org

To submit questions, pet pictures, manifestation stories, member interview suggestions, or to share your gifts with the newsseller, drop us a line at editor@bodhispiritualcenter.org. The team at the BodiBuzz looks forward to hearing from you!

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