

bodhi buzz

newsletter

Sunday Mornings
9:30a Meditation
10:00a Celebration Service
Apollo Theatre
2540 N. Lincoln, Chicago

reveal love honor all paths celebrate life

April 2011

Bodhi's Buzz

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Affirmation

Today, I decide that suffering is no longer an option for my life. I choose to surrender and allow God to bless me. I express joy, freedom, and creativity for this is my natural state of being. And so it is. Amen.

Tunage Tips by Levi Kreis



Growing up, I remember my mother coining a phrase to describe the best of singers. She would put an old 45 on and kneel down in front of me and

Editor's Note



Anjie Hosley

Hello Every Bodhi!!

I am almost ready to reveal the new Bodhi Buzz team. I am so excited about the upcoming expanded issues and ideas that these amazing souls bring to the community. Stay tuned....It's going to be fan-freakin-tastic! In this issue, we have a new column called aMuse Within by Blake Levinson and Carol Godart and it's all about releasing your creative power by connecting to Spirit. We explore the realm using social media as a way to connect with Spirit and community with our new writer Sophie Nichols. We take a deeper dive into our theme of "Thou shalt not suffer" with Mark Anthony Lord and so many other articles for your reading pleasure.

Okay, down to business...this month we are celebrating the idea of joy and creative expression by exploring our theme "Thou shalt not suffer". I started thinking about the idea of joy. I think in music so almost immediately, I heard Whitney Houston singing, "Joy, Joy, God's Great Joy...Joy down in my soul, sweet, beautiful, soul-saving joy. The word joy, three simple and unassuming letters, means so much and will save your soul. The bible says, "Yet, I will rejoice in the Lord, I have God in the God of my salvation." Habakkuk 3:18 "Then will I go unto the altar of God, unto God with my exceeding joy...upon the harp will I praise thee, O God my God." Psalms 43:4

But what is joy? According to the Revealing Word, authored by Charles Fillmore, "Joy is the happiness of God expressed through Its Perfect Idea aka man/woman. Joy and gladness are strength-giving especially if the mind is fixed on the things of Spirit. Interesting, huh? So...God is glorified when I am blissfully joyful and living in the scared place of creative energy. ABSOLUTELY!!

Are you ready to make a decision to experience more joy in your life? Of course you are! But, how do we do this? Well, that's a good

ask, "Do you hear the tear in her voice?" I've spent my whole life around music and it's always a treasured moment for me to discover a vocalist that has a tear in their voice, a storyteller that penetrates the heart and takes you out of your world and into theirs. Melissa Lewis did her time in Nashville before moving to the west coast and finding an audience with the New Thought community. Frankly, I am very grateful for the craft that her days in Nashville offered her, for her lyrics easily speak of our own life experiences in a way that is uncanny, and always leaving you with the glass half full. "Why Can't I" by Melissa Lewis was released in September of 2008, and I imagine this gorgeous body of work is taking over parts of our world by a slow and steady storm. I checked to see how many plays my iTunes had of this album and found it is in my top 10 most played, still giving me full-body chills every time I hear her haunting voice. She manages honesty that you seldom hear, and an authenticity that makes you want to sit down with her and tell her your deepest secrets. Her voice may remind you a bit of Amy Grant, and the songs may be reminiscent of a poetic Mary Chapin Carpenter lyric, but she is definitely her own work of art, conveying spiritual principles through her music without beating you over the head with spiritual-ease lingo, something I greatly appreciate. She has been touring New Thought Centers for some time now, bringing a life-worn realness to "positive music" that is uniquely her own merit. Thank you, Melissa, for creating music that is as relevant as any mainstream music artist while bringing a commitment to a positive, new

question and here are some even better suggestions:

- Make a conscious choice not to allow life's little set-backs or issues "steal" your joy. Your reaction to life should remain positive; everything comes into your life for a lesson and a blessing.
- Discover or re-discover what makes your heart sing. What gives you joy?
- Focus more of your attention, time, and energy to the things that bring you joy. To hell with the rest of it.
- Share your joy. Give good news. Ever talk to someone and they only have negative things to say. I call these people kill joys or joy-killers. Get far, far away from them and pray for them to see increasing joy in their lives.
- Be mindful that joy is a gift from God and it is soul-saving and gives you strength.

Remember, that is your God-given right to be happy, blissful, and joyous, but... the choice is yours! Until next time,

Xoxo,

Anjie

Thou Shalt Not Suffer



Mark Anthony Lord

This month the theme is "Thou shalt not suffer". It's really the banner I have chosen to hang over my entire life (at least until it disappears ☺). Suffering is such a waste of time. And yet, I have discovered it is also in many ways an addictive mindset - a mind set on that which is painful and untrue. How do I know the suffering thoughts I'm focusing on are untrue? Because, they cause pain - I don't feel good when I'm having them.

When I say "untrue" I mean it is not of God (loving, gentle, generous and feels good.) Another way to say it is that they are not *ultimately* Real. This can be a tough conversation because the ego immediately begins to drum up examples of why suffering is necessary. *What???* The ego's purpose is to make life chronically hard and painful?? ... Imagine that! Yes, pain happens. Sadness, anger, fear and other emotions that don't feel good can arise and often do. However, when they are breathed into, welcomed into our hearts they become our guide, showing us where we have gotten off course with our own authentic needs and wants.

Have you ever simply allowed anger or sadness to move through you? Have you ever chosen to simply be with what is rising up from within? If you have, and I know it can be challenging at first, you discover something absolutely amazing. It's actually not suffering.

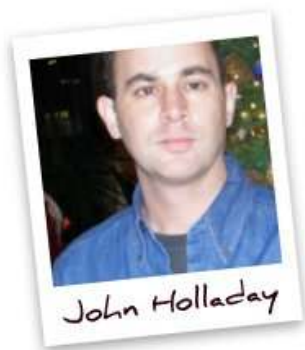
thought slant. Very fresh! Go to iTunes today and download "Why Can't I", check out WWW.MELISSALEWIS.NET for more information, and thank me for your new addiction.

Loving you!
Levi



Why Can't I by Melissa Lewis

In Loving Memory of John Holladay



I met John in recovery and took him as a guest to the Bodhi Thanksgiving pot luck dinner. He was so impressed with the service and the community he never missed a Sunday after that. He joined the connection cafe team and dedicated himself to serving the community with warmth and enthusiasm. He confessed to his family in Nevada that he had finally found a Spiritual home. During this time he began talking about his life's purpose

It's alive, powerful and dare I say fulfilling. You feel amazing during and after authentic feelings that are not stopped, blocked or controlled. It's like they swoosh right through you leaving you feeling more connected. And, if you pay attention they also bring you gems of information and clarity that lead you more and more into your most beautiful Self.

However, many of us (myself included) too often fear feelings of sadness, loneliness or being out of alignment with our Truth, and therefore end up in the suffering camp. Not because we are being punished, but because we are unwilling to breathe, be, and let go. Simply, we are afraid to live in our full power, and anything less than that = suffering. Why? Because, we are not here to settle. We are not here to accept crumbs, compromise our own integrity and happiness or make noble our martyrdom. We are here for the good God life. We are here to live and live well.

You can choose to end suffering within yourself and then watch how this new inner world causes your outer world to look and feel better and better every day. The spiritual quality that set us free from suffering, which is *really* our focus for the month, is Joy. One of the best ways to expand joy is through creativity.

To create is to make happy, to eliminate fear, to be present, to expand, to play, to let yourself be. To create is to cause God.

You know how to be creative. Every one of us does. If you're one of those people who says, "I'm not creative", I command you to never, ever, ever say those three pointless, destructive words again. To create is to cause Life, and that is what you are. I am certain that we were created **to** create - and anything less is unfulfilling, which once again equals suffering. So, get creatin'. Stop wondering, worrying, watching and waiting. Get up and get moving. Make a vision board, write a little poem (make it silly and simple ... don't care). Dance around your house, declare yourself a creative Being.

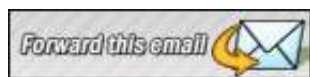
Remember a dream from when you were a kid and just say YES to it. Don't let your adult mind get in the way or try to figure it out. Just say YES to it for the joy it causes within you. When you were little you said YES to whatever you thought would be fun to do ... maybe you did it or maybe you didn't. That wasn't the point. The point was to enjoy the vibration of YES to a creative, fun idea.

If you want to take it a step further, and that feels good, then do one simple thing that connects you to that dream. If the left, controlling side of your brain says, "Why are you wasting your time? You'll never do that." Simply say, "I'm not wasting my time, and I don't intend to finish it. Thanks for sharing, now leave me alone."

You can cause your own happiness and freedom from suffering. In fact, you are the **only** person who can genuinely cause that. Don't you want to let the only person who can really do it ... do it?

and transitioned into a career as a professional trainer at X-Sport Fitness. He began dating again and his family in Nevada were very aware of the progress he was making and the life-empowering changes in him. He will always have a place in my heart for his unconditional friendliness and his unabashed desire to live life to the fullest. God bless you John, you will be missed!

Love,
Rob Wozniak



www.bodhispiritualcenter.org

Declare suffering to be over! Let the creativity flow and be in joy. You will really enjoy it.

Much Love!



Blake Levinson



Carol J Godart

aMuse Within

As a noun, **muse** is defined as 'an inspiring goddess'. As a verb, it means 'to think or meditate on something in silence'. In Science of Mind, it's the Divine spark of inspiration in us all. In other words, **aMuse Within** -a new *Bodhi Buzz* column.

More than a monthly collection of words, **aMuse Within** will be a place where the Bodhi family comes together to discover and exchange ideas on how to access and exercise the Muse that sits at the core of our very being. It's also where you're invited to share the fruits of your own Muse-inspired moments. (The first offering follows with *Suffering*, a poetic dialogue by co-columnist Carol Godart.)

Ever feel separate from a muse that only appears when you're visiting the Art Institute or glimpsing the first robin of Spring? Consider this: External muses are merely spiritual path 'road signs' designed to remind us of the inspiring God inside us *all* the time. In other words, our Source for creative inspiration is not apart from us, it is a part of us.

Whether you Use your Muse Within to inspire the writing of a poetic dialogue, the seasoning of a stew or the choosing of the perfect card for Aunt Polly, creativity is our personal expression of God herself. Putting it into action helps realign us with Spirit and each other as well as making our world a more joyous place.

Your turn! Please share one of your own Muse-inspired creations: blevinson@ameritech.net (Words: no more than 250. Art: PDF or jpeg up to 25mg.)

[Besides tasty sauces, Blake uses his 'Muse within' to cook up creative stage plays, screen plays, children's books, and advertising.]

Suffering: Some of the Consequences

Pain: *WARNS* The body. The mind. The spirit. That somethina's wrong. WAY out of



Carol J Godart

balance. An intricate necessity. Truthfully, a gift, too. Modify. Alter. Transform. From Dis-ease. Dis-order. Dis-content. To, well... Better... FANTASTIC. Well... Fair! - enough. Already...the suffering begins. Agony - Torture - Hurt resonates so powerfully! Deep - down...distress...rising UP! UP! Into the head. Out of the heart. Racing - away we go... Non-stop. Thoughts. Switching. On/off. On/off. On/off. And running. A marathon of worry. Fear. Doubt. Panic. Attacking our: Mood.

Behavior. Life. Struggling throughout. Our insides - ACHE. Make the pain go AWAY. Simply...too much. Misery. Back & forth. Back & forth. Suffering! Endlessly. Can't stop. Suffering, alone in the pain. Cycle. After cycle. After vicious cycle. Put on the brakes! **STOP.** *Sufferin succotash.* Stew no longer! Suffering is a choice. A Choice! A CHOICE selection is to: Desist. Resist. **INSIST** - on **JOY!** To the world, you belong! Free. Walk in this new land. Create. Your voice can be heard! Loud. Wild. Fierce. Beautiful. Aware. Madcap. One-of-a-kind - Creativity. An intricate necessity. Truthfully, a gift, too! **BE. FREE. THEE.** The world needs you. We need you. To be YOU. To the fullest extent possible... pain can heal - *IF* - and only *IF* - **Thou Shalt Not Suffer!**

Much is Life

By: Sophie Nichols

An hour late to the office, I dodged the boss and stole away in my cubical, wrapping my weariness around a hot cup of coffee. I sigh to myself, looking at the mound of deadlines in front of me when a text message comes in. Grateful for the immediate distraction, I pick up my phone. It reads, "Life on earth is complicated; life in heaven is very simple. It is our job to bring the two together." Nice. What a perfectly needed sentiment on a day when I'm stuck in a story of overwhelm. I closed my eyes, took a deep breath, and reminded myself of what I know is true.

There is no day too complicated for God, and that same Spirit which is back of all life has my back too! Right now! Even with a run in my hose! I said to myself, "Listen Sophie, lose the story! You know all too well there is no force opposing the grace and ease of Spirit flowing through *all* of your fabulous affairs!" I gave myself a compassionate smile and started the day again. A gloomy Monday wasn't so bad after all: thanks to a Twitter update?

Out of Marianne Williamson's 55,732 Twitter followers, I wonder how many others are unexpectedly reliant on a mid-day spiritual snack? I'm sure the loving wisdom of Louise Hay is daily comfort for many of

her 58,000 followers. Social media may be old hat, but I like to think we're figuring out how to use it to our spiritual advantage. More than a few of my girlfriends are quick to re-post an encouraging word from a spiritually inclined Facebook friend, and we're all grateful. It changes the tone of our day. It reminds us of who we are.

Communication is an ever-evolving medium, and instinctually we build community out of whatever form of communication is relevant. Just as we are learning to be a loving presence in our general community, why not take that intention to your online community? After all, there is no spot where God is not. And the power of your word is profound, even as a status update. So, next time you're hiding away in your cubical checking Facebook, feel free to remind me of the Power and Presence of God in my life. I'll love ya for it.

Thank You New Home Volunteers!

Just this past Saturday Bodhi had it's first New Home Work Day. A group of 19 lovers of Bodhi rolled up their sleeves and helped us clear out, clean and organize several rooms to prep for remodeling. Thank you to all of you who showed up and made it all so easy & fun! It is people like you that are putting the principals we teach into action and making our house a home!

For more updates about the new home and to find out how you can get involved [CLICK HERE.](#)

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