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# 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

July 2011

## Bodhi's Buzz

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### Affirmation

by Michelle Terry-Horne



I release myself from the bondage of comparisons and conformity. I awaken and say yes to who I truly am and I place my attention on what I have - which is everything I need. I choose to nurture and express my God-given strengths and talents. I let myself experience greater possibilities and expansion by being more of who God created me to be.

[Download This!](#)

## Editor's Note



Anjie Hosley

Happy Summer! This month, we are adding another new commandment to shape and guide our lives. The theme for July is "Thou Shall NOT Conform." It's all about rediscovering your desires and all the wonderful quirks that make you remarkable you and absolutely perfect. We are boldly daring and declaring our uniqueness and we are learning to be unapologetic.

Happy Reading!

xoxo,

Anjie

## Bodhi Revealed



Mark Anthony Lord

*"I woke up one day and decided: I don't care what anybody else thinks - and then my life really began."* - Shirley MacLaine

Can you imagine not caring what anybody else thinks? Who would you be? What would you do for a living? What would you wear? Where would you live?

I am so interested in creating and causing a world that is free from all the boxes, rules and stigmatizations that block our natural flow of wonder, happiness and health. I have come to believe that so much depression, dissatisfaction, addictions, and bad health are from the loss of our authentic self due to conformity.

I was conditioned to feel shame and guilt around any desires that appeared to be unattractive, embarrassing or sinful. Because I

by Levi Kreis



This month's Download This! is just as refreshing as an ice cold glass of sweet Country Time lemonade on a hot southern summer afternoon. It feels good! "So happy being me, I'm regretting nothing 'bout me. Too busy living life, living love freely." This is Angie Stone singing "Happy Being Me", from her uplifting album *The Art Of Love And War*, a wonderful celebration of loving what is. Drink up!



Angie Stone -  
Happy Being Me

## 2 Bodhi with Love

8/8 @ 8:00 pm

Performances by Tony Award Winner Levi Kreis, Typhanie Monique, Matt Lewis, Kim Revere, Modern Conversation, Bodhi Choir and the Bodhi Band

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wanted so desperately to belong, I hid these desires, cravings, and longings - especially if they were sexual in nature or could be perceived as selfish. I never wanted to be seen as different or do anything that would cause me to be an outcast or shunned.

Because of this domestication, so much of my spiritual journey has been around discovering my authentic voice, wants and desires and then having the courage to speak them with love, bring them to the light and surround myself with people who celebrate and appreciate them. Today I have a handful of friends that I can say absolutely anything to, and they will see me, appreciate me and even say ... "Tell me more. I want to know you." To have those words spoken to you, I promise, heals lifetimes of conformity and self-rejection.

The other day I had someone who has influenced my life for many years say to me in reaction to something I posted on facebook, "I am so disappointed in you. You are a minister of the Lord." WOW! How's that for some shaming words? The first thing I felt was anger and defensiveness, but I then chose to breathe those words in. I decided that, although many people could easily confirm that those words are much more about the person who spoke them, I wanted to receive the gift from them. I chose to say to myself, out loud, "Mark, these words were spoken to you for a reason."

Genesis 50:20 - **"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."**

I thought of the above bible quote and I stayed with the words ... "I am disappointed in you" ... as I breathed them in, and welcomed them I settled into the deeper, core issue within myself which said, "I am a disappointment." Ouch! Yes, that one hurts, but I stayed with it. Over and over I said to myself, "I am a disappointment." "I believe I am a disappointment." "I believe that I can disappoint other people." "I believe it is my job to disappoint other people, since I am a disappointment anyway." I spun it in as many different directions as I could.

And then, I imagined that negative, core belief, "I am a disappointment" being placed in my hands, I looked up into the highest consciousness of love within, I raised my hands up and said:

"Holy Spirit, remove this from my consciousness. Heal me of the belief that I am a disappointment or that I could ever possibly disappoint you. Help me to know that every appointment is a divine appointment that is never meant to be dis'd. Remove from my consciousness this false, negative belief so that another's words will never again cause me to feel less than or unlovable. Make me a channel of thy peace and understanding, so that I may have compassion for anyone who speaks those words towards another. Truly, I know what it feels like to be disappointed and to make somebody else the cause of



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### **New Home Updates**

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

it. Today I know the true cause ... it is the belief within me. Heal me, oh God, that I may be forever free from this bondage."

I realized that when I posted that was being my authentic, fabulous, normal self - and in so doing it triggered someone near and dear in my life. And, that's ok. Previously I would have shamed myself and said, "keep your light dim. Don't do anything that will bring bad attention to yourself like that again." Today I say, "WOW, I love being on the edge of my life, taking risks and being willing to be embarrassed or embarrassing, sloppy or sexy or scared or silly. I'm willing to be all of me."

Bottom line, JUST BE YOU! Be willing to experience others shaming you, blaming you and being disappointed. Be willing to be courageous and make a mistake and be sure to surround yourself with people who love and appreciate absolutely every part of you ... exactly as you are and as you are not.

Love, MAL

PS - In regards to that wonderful Facebook post, which I'm sure many of you are wondering about, I also took the time to ask myself, "Did I go too far? Did I write or share something that, with hindsight I wished I hadn't?" It's always good practice to check it out. It would have been totally ok if I did, but it's important for me to know, to love myself right there, and to choose something else in the future if that is the right thing to do. Ahhhh .... Facebook. Our teacher, our friend! :)

### **aMuse Within**



Blake Levinson

To support the belief that your Muse is always sitting within you just waiting to be summoned, I want to share two lessons I learned while attending a creative writing program at the University of Chicago. I'm confident they hold relevance for anyone looking to access that creative spark inside, *writer or not.*

My teacher was this diminutive yet powerful Far Eastern Indian woman named Molly Daniels. One of the very first bits of wisdom she imparted to us was that before you start writing, you should sit and

clear your mind by meditating for five minutes. Hmm, sounds familiar.

With the path between our minds and our creative spirits given the 'all clear', the second lesson was an exercise for accessing potential ideas that already exist within us, though they may not be obvious. With gratitude to Ms Daniels, I now share this *muse-within* lesson.

1. Turn a clean sheet of paper horizontally and divide it into five equal columns.



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

2. In the first column on the left, quickly write down all the *objects* that come to mind. As soon as you think of one, immediately move on to the next. When I say *objects*, I mean *anything*, alive or not, such as a shoe, water, your elbow, a cloud, a pet...you name it.
3. After filling up that first column, go back and write down next to each object any one-time events from your past that that object triggers. It's okay if some objects don't trigger any events. (One object/event for me was the day I lost control of my bike and smacked into a fence.)
4. Now move to the third column and list all the *emotions* you can remember experiencing before, during and after each event. *I suggest giving this step a little extra time because sometimes certain emotions are not immediately obvious.*
5. The next step is to go through your list and *count up the number of emotions* you listed for each object. Write that number down in the fourth column on the same line as the object/event/emotions.
6. Now go back and circle the events that had three or more emotions connected to them. The events with the most emotions are very powerful because they're the ones that still hold the most meaning for you.

Now whether you choose to create something using your event exactly as it happened or just employ it like a canon to shoot you into a totally unexpected direction, your past is just one of the many powerful and inspiring tools you have at your creative disposal. From painting an eerie rainstorm to writing a heartfelt thank you note to concocting a new invention (a bicycle with airbags, maybe), your **muse within** is ready, willing and able to fire up your imagination. So, what's the first object that comes to your mind? I welcome your thoughts and comments ([blevinson@ameritech.net](mailto:blevinson@ameritech.net)).

### Creative Guest Contributor



John Nelson

As always, we invite any and all members of our Bodhi family to share examples of their own **aMUSE-within** inspired creations. This month, we gratefully welcome creative guest contributor John Nelson with his poem entitled:

Speak by John Nelson

Speak to the love within  
 Speak to the mind and grin  
 Speak to hope and faith  
 Speak to generosity and

encouragement  
 Speak to the birds that fly  
 Speak to your neighbor and say, "Hi"  
 Speak to the trees and the air, let them know you are there

Speak to your inner most happiness  
 Speak to all love you feel  
 Speak to your remarkable mind and generate thoughts that are kind  
 Speak to a warm embrace, yesterday's thoughts erase  
 Speak to what fills your mind, continue to love and be kind.

**A call for aMUSE-within inspired creations:** We invite you to send us your own creative poem, song, recipe, drawing, thank you note... For space considerations, please limit word files to about 200 words and art files to about 50 mg. Send them to: [blevinson@ameritech.net](mailto:blevinson@ameritech.net)

### **The Non-Conformist & The Hero's Journey**



MAUREEN MULDOON

I grew up in strict private schools where children were dressed in uniforms and art was made by copying the teacher's directions step by step. So being a nonconformist was pretty easy. Wearing a lighter shade of blue socks or giving the snowman a striped scarf instead of solid was considered radical and usually frowned upon.

Needless to say, I adore my freedom. The mere mention of conformity makes my stomach go tight and my breath shallow. As metaphysicists I'll bet we're all more comfortable going beyond the form or physical out of the reaches of conformity. Most of us have spent our lives questioning the system and like the child in the Emperor's New Clothes, we're not always a welcomed guest.

But we're all unique individuals with very specific callings. We're all on our own hero's journey and the Universe holds her breath until we answer that call. The answering of the call is what separates the act of merely existing from a life worth living.

In the Hero's Journey, Joseph Campbell gives us a template for what a worthy life might look like, a road map for us visionaries. It starts off in "Ordinary time" when we are just living our lives, going with the flow and accept what is. Then out of the blue comes "the call to adventure." Many of us can remember the exact moment or invitation. The first time our intuitions gave us a sharp elbow to the ribs and said wake up, it's your turn to be heard.

The next step in the hero's journey is "the refusal of the call." "This is not for me to do, let someone do it. Besides is it really all that important?" Of course we want to refuse the call. The hero's journey is not for pansies. The hero needs to be brave, but this does not mean we need to suffer.

The Universe is here to support us, and that is the next step. "Meeting the Mentor." The mentor comes in the form of the right article, group of people, the wise lady we sit next to on the bus. Though the hero's journey can be lonely, we are never alone. The

path is sprinkled with delightful synchronicities and symbols.

We cross thresholds and eventually get to the "ordeal". The "ordeal" is big, you know when it happens. It is the rock and the hard place, where life meets death and courage meets fear. This is usually the darkest hour where we think, "I am going to die, I will not be able to live through this". But the good news is, we survive. And because we do, there is the "reward". The "reward" of greater knowledge, power, freedom, prosperity, recognition. The reward is Dorothy's red slippers and the remembering that we had it all along.

With these new gifts we try to return to ordinary time, but once we have been awakened to our magnificent nature, can we ever really go home? This is the final test and we will need to use all we have learned with firm conviction to keep our balance and here is where we recognize that we have transcended. We are transformed. From this state of grace we are able to speak the truth from a place of wisdom that was gained not from books or hearsay, but from experience.

The Course in Miracles reminds us "You were created to create the good, the beautiful and the holy." This is an extraordinary charge because you are an extraordinary being, capable of living beyond the known.

### **Bodhi's Path towards Green**



Beth Rubin  
& The Green Ministry

Going green is not just the latest trend - there are many important benefits to adopting a "green" mindset and way of life. Sustainable living reduces waste, saves money, and creates a conscious awareness of how to be a good steward of available resources. Green consciousness creates a mindset that sees the value in everything. A sustainable mindset is the consciousness of prosperity and Oneness. So it is no surprise that Bodhi is going green. Bodhi has always been green to a limited degree and

now the new Green Ministry is more dedicated to include a green consciousness in all decision-making.

The "greening" of Bodhi will be implemented in phases. The first phase is to educate the community on the basics. One area where the community can make a visible impact is to recycle, both at the center and in your own homes. The Green Ministry has been working on a recycling implementation plan - both for the current home and the new one. We have created a temporary solution at the current space, to separate recyclables from garbage and haul the recyclables to a drop off center.

When recycling implementation begins we will take the

recyclables to the Peggy Notebaert Nature Museum which is one of the City of Chicago designated recycling drop off centers. They have a very clear list of what is recyclable and what is not. [CLICK HERE](#) to find drop off center information and a list of what is recyclable.

Take a moment to orient yourself to this list so that you can participate; which will allow our recycling program to flow with ease and grace.

[CLICK HERE](#) for nother resource is the city's A-Z recycling guidelines. This is a fantastic resource to learn more about recycling and begin to integrate recycling behavior into your life!

[CLICK HERE](#) to check out the Green Ministry page on Bodhi's website for more links to resources and current happenings.

Coming soon, the Green Ministry has an intention to begin various recycling drives for items such as gym shoes or cell phones or other electronics so let us know if you would like to be a part of it or would like to see some particular item being recycled at Bodhi.

We welcome your ideas and input at the Green Ministry table following Sunday service in the Zen Den. We have education and resources to share that will help you take the next step "greenifying" your life. We welcome your thoughts, ideas, and energy - we are your ministry!

Finally, we would like help recycling in the current home. We request volunteers to take weekly recyclables to the Peggy Notebaert drop off center. Since recyclables are very light, you can even ride them over on your bike! To sign up, stop by our table after service or contact Nora Williams [noraruth@mac.com](mailto:noraruth@mac.com). One trip takes little effort and will have a big impact!

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