

The content in this preview is based on the last saved version of your email - any changes made to your email that have not been saved will not be shown in this preview.



September 2011

**Bodhi's Buzz**

- Affirmation
- Download This!
- Chair Dare
- New Home Update
- Roots & Wings
- Editor's Note
- Bodhi Revealed
- Lessons in Prayer
- aMuse Within
- Bodhi: First Impressions
- Buzzing Around with Perri\*
- Foundations Testimony
- Asked and Answered

**Affirmation**

by Michelle Horne-Terry



God is (the same today and tomorrow, as yesterday); so...

I pray to spread blessings and to shine God's light. I pray to see, hear, feel and learn what is trying to emerge as an answer to (the situation you are experiencing). I pray to expand my perception and to come into alignment with Spirit and what is Real. I pray to activate whatever this current situation or experience is calling me to be. Like a caterpillar becomes a butterfly, I

**Editor's Note**



Anjie Hosley

"It's me, it's me, oh, Lord, standing in the need of prayer." I am blessed to have grown up in a family of prominent women and men, who believed and taught me the power of prayer. I have fond memories from childhood and now, of female prayer circles, family prayer retreats, and my nephews and nieces leading us in prayer. My prayer life is sacred, precious, and intense.

Because I have bared witness to the miraculous miracles of how prayer can change things for the better.

Science of Mind teaches us affirmative prayer which I have titled, "R U Ready To Receive?" (hint: these are the 5-steps-Recognition, Unification, Realization, Thanksgiving, and Release) But what exactly is prayer? According to The Revealing Word by Charles Fillmore, prayer is "communion between God and man. Prayer is the most highly accelerated mind action known. It is the language of spirituality. It is more than supplication. It is necessary to pray believing that we have received because God is all that we desire."

Charles Fillmore also list the necessary conditions for true prayer, and ironically, they are eerily similar to the way my mom taught me how to prayer and our affirmative prayer that we practice at Bodhi. However, Mr. Fillmore does give us a few more options and things to think about. The steps are:

- God should be recognized (Recognition)
- Oneness with God should be acknowledge (Unification)
- Prayer must be made within, in "the secret place" (Psalms

surrender, and without making anything happen, I grow, develop and unfold into more of who I am to be. I pray believing that I have and receive everything I need. I also believe this for you.  
And so it is.

**Download This!**

by Levi Kreis



Every now and then, a song comes along that strikes a chord with its raw honesty and emotion and it is exactly what or how I am feeling. Ms. Jill Scott has created a beautiful new song called "Hear My Call." The song is from her latest album: The Light of The Sun (in stores now). The song is an intense prayer, where Ms. Scott belts out a heartfelt plea for God to "hear her call" because she is afraid and seeking guidance and answers.  
Enjoy!



Jill Scott - "Hear My Call"

**Chair Dare**

**Want to support Bodhi in moving to our amazing new home?**

It's easy! ... simply buy a chair for the sanctuary. Only \$50 per chair. Your support is so appreciated.

91)

- The door must be closed on all thoughts and interests of the outer world
- The one who prays must believe that they have received (Realization)
- The kingdom of God must be desired above all things, and sought first (Thanksgiving)
- The mind must let of of every unforgiving thought (Release)

Allow these steps to transform your prayer life to a deeper, more fulfilling communion with God. Enjoy this edition of the Buzz, it is full of good stuff! Including a new segment-Buzzing Around with Perri Lucas. Did your comments about prayer make the cut, keep reading to find out. Until next time...

Anjie

**Bodhi Revealed**



Mark Anthony Lord

**PRAYER CHANGES THINGS**

Actually, prayer changes the mind of the person praying, but the idea of things in this world changing is usually what gets us down on our knees. "Help! I'm in too much pain and I'm sick and tired of being sick and tired!" What a sacred place to be. I know it doesn't feel good, believe me, I have been there. But, the pain causes us to stop depending on our own will power. It stops us

from thinking we're in control and gets us to turn to what is Real - the power and presence of God within.

Why do we wait so long to pray? I believe it's because a lot of people do not know how to pray in a way that is soulfully fulfilling. When I was a child I learned prayers by wrote. I said prayers but they really had no meaning to me. I learned the "Our Father" before I knew how to write. I didn't have the capacity to question. I had the capacity to parrot. Parroting is fine for learning how to properly hold your fork but usually not so much when it comes to learning how to create a living experience of prayer. Every night before I fell asleep I recited the Our Father, Hail Mary, Now I Lay Me Down To Sleep, and then I asked God to bless all my family members, my dog and please, please do not give me cancer. Seriously ... that was my prayers. They were filled with fear.

I prayed to a God that was external, punishing, male - a score-keeper. He was always watching me, and that scared the bejeezus out of me. So, I prayed from fear, as fear ... to God. That equation will never work.

Here's a better equation for you. How about praying from Love,

[CLICK HERE to buy NOW!](#)



**New Home Updates**



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

**ROOTS & WINGS**



Roots (ten weeks) followed by Wings (fifteen weeks) is dedicated to giving children and young adults the tools to embark upon life with

as Love ... to Love. Now, that equation will work, and work very well.

Learning how to pray from the quality of Life you are seeking to experience is absolutely phenomenal. Having someone in your life do it with you, a prayer partner, is beyond phenomenal. At Bodhi we have a specific format for prayer that feels very wrote when you first learn it, but it's actually not at all. It's a light framework that allows you to be intentional, very creative and passionate (see Miss Anjie's article above for the steps). There's a lot more that goes into understanding it, but once you get it you also get its profound simplicity and perfection. Today, I love to pray! I pray morning, noon and night. It aligns me, reminds me, ignites me, inspires me, reconnects me, redesigns me and saves me from fear.

Prayer works ... it really does!

Please join me in Foundations class starting Tuesday, Sept. 20. We have a morning and evening class. I promise you it will absolutely change your life ... for GOOD!

Much Love!

**Lessons in Prayer**



MAUREEN MULDOON

As a kid we said the Rosary; the almost nightly ritual where we would gather around the table, and my sister Mary would pass out the beads and my mother would lead. We all began chanting this call and response prayer in low and reverent voices. It was hard for me to understand, hard for me to sit still and even harder for me to find God.

So it is odd to think that the first time I really understood prayer was one day while kneeling beside my sister Erin in church, I overheard her soft whispers to God. She spoke as if there was someone listening, and her belief in this unseen power made me a believer. In that moment, I learned that prayer returns our trust to God.

The Course In Miracles (COURSE) says "that the only thing we should ever pray for is that our minds be healed from lack consciousness, pain, blame, pain, shame, quilt so that the Holy vision of God can be revealed. In fact we are taught in Science of Mind that there is nothing to heal only greater good to be revealed."

When we hear, "seek first God", it means to actively put prayer first. In our little dramas, we become more comfortable telling and retelling the tale of our victimhood. But prayer requires us to be in a state of willingness and surrender. Seek first God's Love

a sturdy spiritual foundation. There is still one more week to sign up your child. See Maureen Muldoon in the Youth Center to register or right now by clicking [HERE](#). The program meets each Sunday during service. \$100/child



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

and all else is given. Why? Because there is nothing else to have...love is REALLY all you need.

True prayer takes me and my wants out of the equation so that Spirit can have its way, so that instead of God being in service to me, I might be of service to God. In its most pure state, prayer actually aligns our wills with God's and in this Holy Communion, we get to witness miracles. That is when and why prayer works.

The COURSE says "Through prayer love is received, and through miracles love is expressed." We are not in charge of the miracle we are simple a threshold. When we open the door to prayer, we become the open space for the Holy Spirit. To let God and let God have its way. This way is made easier if we have done our forgivenesswork so that we can be a channel. Prayer helps to clear the channel so that God's love can flow.

### aMuse Within



Blake Levinson

"Jump in everyBodhi! The Words are fine."

aMuse Within strives to get members from the Bodhi family to (re)discover their inner Muse (aka God) and have them show off their creativity inspired by that Muse. To spark this free flowing creativity, we're doing something very different (and FUN) starting this month. Like that game where people take turn stringing words together until a story is born, You and I are going to

write a story together! Here's how we'll do it:

I'll start it out with the opening lines of whatever my own Muse triggers and then it'll be your turn to send me the next few lines (and maybe even a title) about what happens next in the story. Logical or illogical. Happy or sad. Suspenseful or straightforward. There is no wrong way to do this. Sort of like life, yes? We'll publish as many entries as we can in the following month's issue. And depending what direction the story takes, we'll either continue it together in subsequent Buzz columns, start a whole new story, do a kid's version or who knows?

So whether you write all the time or haven't put pen to paper since third grade composition, that Muse Within is just waiting to inspire you. So let go and let God. And then sit back and watch the imagination of your inner child run wild. Have fun! And so it begins....

**I found a big, red pepper planted in my mailbox last week. And like all the strawberries, tomatoes, avocados, and string beans before it, there was no attached card or name revealing my mysterious, green-thumbed benefactor. Just the sweet taste of a lovely vegetable placed there by a secret admirer.**

**Were these gifts from the garden the answer to a prayer for a**

**healthier lifestyle and a significant other? I didn't know. And as much as I was dying to find out, I didn't want to ruin my pulse-racing fantasies with a cold spray of reality. But that all changed yesterday. Because just as I was about to enter the lobby on my way out to work...**

**To be continued!**

Your part goes here. Now is the time to access your creative Muse Within and tell us what happens next in our story. There is no need to end the story, if you don't want to. Send your creative genius, up to five sentences to me at: [blevinson@ameritech.net](mailto:blevinson@ameritech.net)

### **Bodhi: First Impressions**



Kelly Lamont

I began coming to Bodhi after my mom passed away. I was consumed with grief and needed an answer to the many questions that were swirling in my head. I am a friend of Levi Kreis and knew that he attended. I asked him would he recommend it and chance (aka God) would have it he introduced me to Anjie Hosley while in LA. Walking into Bodhi my first time, I felt a bit nervous and maybe a little anxious because I didn't really know what to expect. I hadn't been a part of any kind of church or group like this in years.

I was excited and concerned all at the same time. Right away, I walked in and was approached by many hugs, hello with the warmest smiles, and genuine. I saw Anjie and gave her the biggest hug and knew that I had walked into a great place full of positive energy, joy and love for all. After leaving that first service I left there with a high that lasted me the entire day and truly the entire week. Every time I come there I meet more and more wonderful people and feel so fulfilled every time I leave. Thank you Bodhi for being the kind of place I have been seeking for so many years.

### **Buzzing Around with Perri (\*with a little help from mom, Deirdra)**



Perri Lucas

Hi, my name is Perri Lucas and I am 9 years old. I've been attending Bodhi Spiritual Center with my mom (and sometimes my dad) for over two years. What I've learned through Science of Mind is understanding God, and my relationship to it, and that is all I have and need. I am grateful to be part of the Bodhi family and super excited to be a featured columnist in the Bodhi Buzz! Since I was fortunate enough to get my spiritual start at Bodhi so young, I thought it would be interesting to see how some of the adults ended up here, so I asked a couple:



Cheney Refroe

The day I interviewed Cheney was her first time at Bodhi. She grew up Episcopalian, but attended Agape in Los Angeles for four years. Cheney came to Bodhi with a friend and was looking forward to returning soon. She said she felt very much "at home".

Stephanie has been part of the Bodhi family since the Agasi School days. She was raised a Christian Scientist and introduced to Science of Mind by her aunt in New Mexico. She recently worked alongside other Bodhi community members working to prepare our new home.



Stephanie Arnett



Keith Butler

Keith has also attended Bodhi for two years and was introduced to it by some friends in the LGBT community. They were certain that he would love it and fit right in, and he does!

Everyone has a story to tell about how they ended up in the Bodhi Community. At the end of the day, though, it isn't the story that really matters, it's that you have blessed Bodhi with your presence and your love!

### Foundations Testimony...Putting Spiritual Principle into Practice.



Emme Winkler

I thought to myself, "What could I learn from Foundations Class?" I had been on the spiritual path for many years and thought I knew well the tools taught in Foundations. I was wrong. What a difference Foundations Class has made!

I learned that knowing and practicing spiritual principles are not the same. We started practicing immediately. "I do affirmations," I thought. Really? Say it with feeling 200 times a day. "I am love. I freely give and receive love." After passionately expressing my chosen affirmation 200 times a day for a week it was not hard to notice discrepancies between these words and my reactions. Then my heart started opening. I felt love and gratitude for people I did not know like the waiter who offered to warm up my scone and for the construction worker who acknowledged me for waiting patiently for the forklift to pass. I had not felt love for and from so many "strangers" since 9/11. Love was there all the time. It's just that I had not allowed it

in.

The power of prayer was the most powerful lesson for me. It was during the class that I began experiencing serious health issues. Having always enjoyed perfect health, these experiences elicited fear. However, I now have a powerful antidote, prayer. Each morning when I affirm that there is only One Power and Presence and that I am one with it, I align myself with my power as a Divine Creator. I now reject victim consciousness and know that I am the creator of my experience. I open to the love that I am, surrender to God as my Source and boldly follow the guidance I receive. Peace! Prayer has offered me an opening to my true nature as powerful Divine Creator.

These are the lessons, the gifts, I received in Foundations Class!

### Asked and Answered



Michael Pietrzak

**"How does one live with a spouse when there seems like there is no light at the end of the tunnel? How can I approach an untouchable situation in my marriage?"  
-Signed I Really Do Love This Man**

Dear I Really Do Love This Man:  
So common! How often we, as humans, live for tomorrow - thinking that it will be different. This reminds me of the child

stargazing saying, "First star I see tonight, I wish I may, I wish I might ..." Truth be told, tomorrow never comes - because there is always (in human form) another tomorrow.

Ernest Holmes writes, "Everything in the so-called material universe is an effect and exists only by virtue of some mental image behind it." Looking to the end of the tunnel and an 'untouchable situation' suggests a belief (mental image) that it's not OK to express yourself fully - now, and right where you are, with whomever you are with.

I affirm that every moment is an opportunity for you to fully express your unique ideas, thoughts, and feelings fully and effortlessly. In this expression I know the good of these situations are fully revealed as you reveal your uniqueness, wholeness, and perfection. And so it is.

***Bodhi Licensed Spiritual Counselors are available for individual sessions; please contact [praccore@bodhispiritualcenter.com](mailto:praccore@bodhispiritualcenter.com) for more information on Michael and all the other BLSC.***

[Forward email](#)



This email was sent to marsha@bodhispiritualcenter.org by [office@bodhispiritualcenter.org](mailto:office@bodhispiritualcenter.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Bodhi Spiritual Center | 2526 N. Lincoln Ave. | Suite 219 | Chicago | IL | 60614