



UB Good News

*Universal Brotherhood Movement, Inc.
Newsletter ~ Winter Edition 2013 - 2014*



Good-Bye 2013—Hello 2014!!

UBM President, Rev. Rosemary Cathcart

As we say good-bye to 2013, what will you remember about the past 12 months?

The close of the year is the perfect time to reflect and to look ahead, to learn from the past and remain hopeful for a brighter future.

My personal prayer for myself is to remain focused on my own growth and my own life. I cannot hope to create world peace if I cannot create internal peace, so I'm narrowing my vision; refining my focus. I want to truly become my own best friend. So far that's only been a "theory", now I want to experience the reality of it. I want to let go of the past and stay present in my own life, even if I live through a chorus of "yes buts"What's done is done, and I'm moving ahead. With a new consciousness and a new sense of self.

I'll not be writing long lists this year, just short and simple ones. I want to give up whatever does not serve me and whatever is not in the highest vision for my good. I want to experience being my own best friend and to learn to advocate for myself, even under pressure.

I crave more quiet time and more time out in nature, listening and communicating with spirit. Always remembering to count my blessings as I gaze up at the night sky. Turning my mind and my heart again and again toward what is good and hopeful and appropriate for me now. I like quiet moments with my spunky "Cathcart's Angel - Cayce". I want to exercise and create a healthy lifestyle practice that's doable and realistic. Something I will actually stick with that allows me to feel empowered. It's time for me to honor the miraculous machine that my body is - and not undermine it with foods that no longer serve me well. It's a tall order and requires my focus and attention every day.

There's so much more to study, to learn and experience; wonderful people to share time with and brand new roads to travel. I welcome wisdom and wise people who can help me as I continue to refine my belief system(s) and add to my areas of expertise.

2014 carries the energy of a #7Universal Year vibration.

2 + 0 + 1 + 4 = 7

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Good-Bye 2013 –Hello 2014 continued....

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$$2 + 0 + 1 + 4 = 7$$

The number 7 is ruled by the Planet Saturn which rules the first law of manifestation – that of limitation. Saturn strengthens the personality through endurance and persistence. It focuses and concentrates energy. Its contractive nature gives us the opportunity for introspection, meditation and concentration to work out “karma” in the process of our own evolution. *The key to dealing with Saturn is discipline.* Saturn requires caution, seriousness, restraint and stability. Saturn is also related to time, self-preservation, crystallization, consolidation, ambition, responsibility, conventionality, pessimism and perseverance. Saturn deepens, perfects, delays, inhibits and restricts. It can cause fear, worry, anxiety and seriousness. *Dot your i's and cross your t's.*

The higher octave of Saturn's # 7 vibration is Mysticism and High Magic in its finest, most brilliant form. You cannot move into the realm of the mystic and not have the discipline and the infrastructure to support it. So do your baseline 'homework' first and plan on personal greatness in this wonderful year ahead!

The Universal colors for the year are violet, the gem is amethyst.

In a # 7 year you'll need more rest and quiet time to go inward.

To find your Personal Number for the year, do as follows:

Add the birthday and the month only to the #7 –

- 4 + 8 = 12 + 7 = 10 and reduces to a # 1 The Pioneer
- 4 + 27 = 13 + 7 = 11 and reduces to a # 2 The Helpmate
- 10 + 4 = 5 + 7 = 12 and reduces to a # 3 The Artist
- 4 + 2 = 6 + 7 = 13 and reduces to a # 4 The Builder
- 7 + 27 = 16 + 7 = 14 and reduces to a # 5 The Adventurer
- 3 + 5 = 8 + 7 = 15 and reduces to a # 6 The Harmonizer
- 6 + 30 = 9 + 7 = 16 and reduces to a # 7 The Mystic
- 12 + 7 = 10 + 7 = 17 and reduces to a # 8 The Executive
- 7 + 31 = 11 + 7 = 18 and reduces to a # 9 The Metaphysician

We're all given a brand new start every January 1st. Approaching this time feeling refreshed, positive and as hopeful as possible can go a long way toward creating the best life possible. Let's enjoy every moment of this life, it is after all a gift!

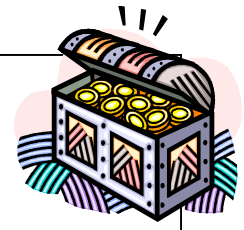


*Happy New Year to us all.
Enjoy every moment of it!*



Would Winning The Lottery = Happiness?

By UBM Vice President Rev. Kelly Graham



In my state, Tennessee, we legalized the lottery with a constitutional amendment in 2002. The Tennessee Education Lottery Corporation sold its first ticket on January 20, 2004. Here we can buy tickets for two multi-state lottery games – Powerball and Mega Millions – along with tickets for many other games. If there is no winner for a given lottery drawing, the jackpot rolls over and grows a bit. When the jackpot reaches certain points – \$100 million, \$250 million, etc. – the number of tickets sold tends to increase exponentially. Occasionally the pot reaches \$500 million. That’s half a billion dollars, which is a fairly huge amount for most people, in my experience.

I read an article recently when one of the lottery games reached a jackpot of \$500 million. The title—and premise—of the article was: “**Can \$500 million make you happy? Not really**”. Since my business focuses on money and investing, this caught my eye. We deal with psychological issues, beliefs and attitudes around money and happiness every day in our financial planning and investing work.

In the article, evidence was offered that winning the lottery would be bad, because the winner would still have problems, just different ones – as if coming into a large sum of money should be a kind of magic wand that would solve everything. The comments posted on the article also mentioned this, over and over. The overarching consensus seemed to be: you would still have problems if you had a lot of money, therefore having a lot of money would not make you happy.

I have a different take on it. I believe happiness is a decision. Money does NOT make you happy. Money is merely a tool and how you use it is up to you. For example, after actual needs are met (paying off bills and paying for necessities like food and shelter for me and as extended a family as I choose), I can use the lottery proceeds for “high living,” however you might want to define that. I can use the lottery proceeds to buy things.....lots and lots and lots of things. I can use the lottery proceeds to elevate my “status” socially.

And none of that would increase or decrease my happiness. I might enjoy champagne or fancy food or new clothes or anything and everything else; one can *enjoy* a moment or an experience, but that enjoyment does not translate to “happiness,” and fleeting enjoyment generally does not lead to satisfaction or contentment. In fact, it often leads to a kind of insatiable need for more and more such moments and experiences: that’s just brain chemistry. You might find examples of that in some past lottery winners, many of whom were referenced in the article.

Happiness, on the other hand, is a decision.

So as a lottery jackpot winner, I can buy lots of stuff. Or I can also use the lottery proceeds for other things: I can use the lottery proceeds to start a business that might offer something to others, and employ people. I can use the lottery proceeds to help pay bills and necessities for others: friends, extended family, even strangers if I choose. I can use the lottery proceeds—particularly if the winning ticket entitles me to a huge pot like \$500,000!—to help fund small town police departments and fire departments and ambulance services: these folks are heroes in a way most people will never know. I can use the lottery proceeds to expand my business and hire others to help with the work, so I can take time off to do charity work. The possibilities are endless.

And none of that would increase or decrease my happiness. But I do believe that alleviating a few difficulties for others (i.e., providing jobs or paying bills or giving grants) might offer freedom from fear and anxiety and want to those others, and that could give me something a little beyond enjoyment. I believe that might offer something akin to contentment.

And as a happy person.....I think I would enjoy that. So bring on the lottery, Universe!



BOOK NOOK..... *Rev. Dana Chwan, has brilliantly written about heartfelt hopes, loves and dreams in overcoming the consequences of war in her book, The Reluctant Sorority.*

My book, **The Reluctant Sorority**, is a faction: fact mixed with fiction.

Definition: Faction – (fak shun; noun) a genre blending fact and fiction into a literary work or theater production. In use since 1965, it depicts real historical figures or actual events woven together using the storytelling technique of fiction. (Most notable use: Truman Capote’s book/movie In Cold Blood.)

The Reluctant Sorority tells the story of loves and lives dramatically impacted by the Vietnam War. It compares and contrasts three couples – the soldiers who served and the women who loved them. From the rice paddies of Vietnam, to Red Square in Moscow and MacDill AFB in Tampa, Florida, the lives of the three men end in a bombing raid of a heavily fortified bridge in North Vietnam. Then it follows the young women who struggle to accept their new reality and rebuild their lives. This is not just a story about war; it is about heartfelt hopes and loves and dreams, and overcoming the consequences of war.

Fact or fiction: A secret tunnel into the American embassy at Saigon. Smuggling gemstones out of Vietnam during the exodus of ‘boat people’ after the fall of Saigon. Clandestinely removing famous art treasures from Russia. Defection of a young widow desperate to start a new life in America. Russian and North Vietnamese having the codes for America’s bombing targets in North Vietnam. Only the author knows what is fact and what is fiction, seamlessly interwoven to tell the story.

The true part of the story begins in 1965 when an idealistic and patriotic 26-year old Air Force jet jockey is assigned to Ubon, Thailand for a 90-day tour of duty. Nearly two decades later, he finally comes home. Read the stories and see how the lives of the soldiers and their wives from such divergent backgrounds, locales and motives is uniquely presented for the first time in any form of literature. You’ll long remember the surviving characters and their conclusion that war is insanity and their hopes that there must be a better way to settle conflict.

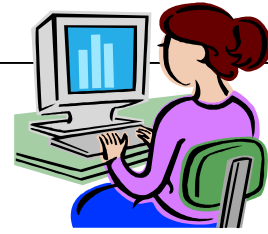
Rev. Dana Chwan is a military widow, her husband was an Air Force pilot missing in action for 19 1/2 years until his remains were returned and buried at Arlington in 1985.

If you would like to contact Rev. Dana you may email her at: chwandana@msn.com



Electricity In Our World

By Rev. Christy Hehr



Daily, I am asked questions about maintaining the energetic integrity of the body's multiple energetic fields. How do I keep from contaminating myself? Do cell phones really hurt me? Will my computer cause cancer? Will the power cables running through my yard kill my vegetables or alter their cellular structure? Cars are mostly computers now, will this hurt me?

These are legitimate questions for all of humanity.

Power lines are spider webs worldwide: underground cables, undersea cables, television, radio, sonar waves and more, all generated on the basis of electrical principle. And then we have the human body itself: we are filled and sustained with low-voltage electrical energy created by the organs, cells, and structure within our bodies. Our hearts beat due to the low-wattage currents provided via nerves and cells in concert with the chemical reactions in a complex dance that sustains our lives.



We are electrical beings! This world that is our home is powered by electricity!

If you are reading this article and it's after 10 pm, you probably have on a lamp, and you are exposed to electricity. If you had tea or coffee this morning, you boiled water – and you were exposed to electricity. You watch the morning TV shows, check your email, cook a meal: electricity is constant! Inescapable. So what about contamination? Unless you were born and have always resided in a “Null Zone” where no power lines can be found and thus no electricity, you have been in the presence of an electrical field all of your life!

The question is not about contamination from computers, cell phones, power cables; but whether or not the exposure is being transmuted within the human body –and thus having minimal impact.

Merriam Webster dictionary defines “transmute” as to change or alter in form, appearance, or nature, and especially to change to a higher form. So, put another way, the question is: can the electricity all around us, including from computers, cell phones, and other “tech” devices, be altered in form within the human body, and thus be rendered harmless.

Our bodies are **EXTREMELY** adaptable, resilient, and quite capable of transmuting the daily exposure any of us receive from electrical fields.

People most often ask about the effects of using a computer. You may wish to consider the strengths of the body and do some simple yet effective things while using a computer:

- Aid the body by drinking lots of water and further alkalizing the system by adding a slice of lemon to the water.
- Program a single terminated quartz crystal to absorb and provide a “barrier” and place that programmed crystal on the desk between you and the device.
- A green plant is very helpful in balancing the computer electricity and the body. Put one on your desk.
- Purchase a glare screen for your computer.
- Breathe deeply and view the computer as a helpful device and window to the world, not as an adversary.



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Electricity In Our World continued...

As always, after spending time on your computer, go outside and allow Nature to nourish the body. Lean against a tree. Ask Nature – Gaia – to help your body to transmute any imbalance.

I work with body energy in my bodywork practice. My clients have found these suggestions to be helpful. I hope they may alleviate any reservations some may have toward the use of computers, cell phones, and the like – devices which can be so helpful in our work and our lives today.

Christy Hehr's professional practice has offered clients a blend of bodywork and energetic techniques for 20 years. As an AOBTA Certified Practitioner and Registered Instructor, Christy also teaches Reiki, Five-Element Shiatsu, Meditation/Energywork, and more. A Licensed Massage Therapist in the state of Kentucky, Christy also holds a degree in Medical Technology. She is a Diplomate of Asian Bodywork Therapy / NCCAOM, Traditional Reiki Master (Usui System), and Spring Forest Medical Qiqong Practitioner, and can be reached via her website, www.accupressureky.com.



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Bells of 2014


Written by: Rev. Dr. Jeni Prigmore

Who rings those Bells 
That we sing about
And who puts forth JOY
With such gladsome shouts ?


As we watch the “re-runs”
Each end of December
Of disasters and triumphs
We choose to remember;


 With all that has happened
In those 52 weeks
The gory and the glory
Of it rises and speaks.

Who knew what would happen
How the news would unfold ?
We feared for our country
And prayed for our world.

Here we are, 
Ready to start it all over.
Will we plant just more “weeds”
Or the proverbial “clover” ?

I can't hope to change it
If I think the same thoughts
It takes New Ideas
That's how Freedom's wrought.

 Can I fashion my world
A Divine Work of Art ?
Only place that can happen
Of course - In My Heart.

It's up to me now 
How my world will unfold
And how next December's
News Re-runs are told.

By Rev. Amy McCracken



In the summer of 2011, I traveled with a small group of friends to Tibet. The leader of the trip was Lama Karma Drodhul, a monk who had been born into a large nomadic family in Tibet. The trip was billed as “Purifying Negative Karma and Increasing Positive Merit”. On our first stop we visited Thrangu Kong Jo Sherab Ling Nunnery in Yushu, Qinghai. A major earthquake had occurred in this province in 2010, killing approximately 2,700 people and injuring 13,000.

Upon arrival at the nunnery, I felt extremely weak from altitude sickness due to a 15-hour van ride over the Tibetan Plateau, which rises to 19,000 feet. As we pulled onto the bumpy drive-way and stopped, a nun came to assist me. At this moment I felt touched by an angel. The nun took me to a small cabin and tucked me into a warm, cozy bed. Her gentle touch felt just right. In the 30 years of being a healer myself, I have never felt such peace and love from a stranger’s hand. This experience had a profound effect on me.

Over the next few days, I couldn’t help but notice the strong character of the nuns and their commitment to dharma practice and to the community. I saw that despite being very poor and begging for their sustenance in harsh conditions, the nuns had carved out a very meaningful spiritual existence on the isolated Tibetan plateau in Yushu. At the same time, I was struck by the complete lack of medical care in the surrounding area. The nuns and villagers alike experienced great poverty and harsh conditions.

I was also amazed by the remoteness of the nunnery—none of the nuns had ever met a person from North America before! The natural beauty surrounding the nunnery was awe-inspiring and the quality of the few buildings they had was quite impressive. A Khenpo, whose degree is similar to a Ph.D. in the West, gave daily guidance and instruction to the nuns.

After visiting with the nuns for a few days, our group next traveled to meet Lodroe Nyima Rinpoche and I saw the quality of his character and felt that light radiated from him. I nicknamed him “the Golden Lama.” And then I asked those four dangerous words. “How can I help?” Without hesitation, he said that his dream was to build a medical center for the nuns! They had the land, but not the funding. So my work was started and when I returned to the U.S. I created HelpTibetanNuns.org to fulfill the vision of a new medical center near the site of Thrangu nunnery in Tibet.



If my story has touched your heart in any way and calls to you, you may wish to send a donation to:

Universal Brotherhood Movement, Inc.
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We have been working to update the contact information for all UBM ministers. It is important that we have your current email address, especially so that you will receive our UB GoodNews Newsletter quarterly. Please complete this form, cut out and mail it to the UB office. Thank you!