



# UB Good News

*Universal Brotherhood Movement, Inc.  
Newsletter ~ Spring Edition 2011*

## *Mother God*

*Written by Rev. DR. Jeni Prigmore*

*Sing to me of winds and breezes  
Speak to me of floods and creeks  
Hum a melody of springtime  
When the trees no longer sleep.*

*Show me butterflies and swallows  
Wild azaleas, Dogwood trees:*

*All of them your April children  
Who's your favorite of these?*

*Mother, tell me, which green pleases  
More than all the rest I see...  
Is it ivy or the grasses  
Or perhaps the hickory tree?*

*My child the gentle stirring comes  
Of each new birth to me:  
And Love that's all-encompassing  
Expressed here you see.*

*How could I choose one color, Dear,  
One form, one cloud,  
One sea?*

*For as I gaze at each of you  
I'm seeing  
Parts of me.*

# 11 Easy Steps In Awakening Consciousness

By: Rev. Kathleen Zurenko

In order to awaken our consciousness, we must do the inner work to activate that which is asleep in us. We awaken consciousness when we make the choice to live up to our highest potential. Below are eleven easy steps that we all can take to assist us in awakening our consciousness and enjoying our lives.

1. **JUST SAY "YES!"** As so eloquently stated in his book, *Spiritual Liberation*, Michael Bernard Beckwith says, "When you say "yes" to authentically being who you are, your purpose reveals itself in language your heart can understand. Then, instead of operating from cunningness and manipulating the world around you, you navigate life from your identification with First Cause, your Source. As you begin to touch who and what you really are, you participate in the art of real living." This is the first step in awakening consciousness that teaches you how to expand your consciousness by saying "yes" to the call to share your time, skills, gifts, talent and energy.
2. **TRUST THE PROCESS.** "There is a divine order to everything. No new order needs to be invented by anyone. What is needed is an understanding of how the divine order works," as shared by Terry Cole-Whittaker.
3. **MEDITATE.** Recent studies have shown that a daily practice of meditation regulates blood pressure, reduces the risk of Alzheimer's and is supportive in maintaining proper weight, to name a few of the many benefits derived from meditation.
4. **LISTEN.** Sit in the silence and just listen. Listen to your Inner Wisdom that will become clearer as you deepen your daily spiritual practice. Making decisions and choices will become easy and effortless when you take the time to simply do nothing, expect no results and don't even think about the outcome. Just listen.
5. **AFFIRMATIVE PRAYER.** Make the following daily commitment to this six step affirmative prayer, taught at Agape University of Transformational Studies and Leadership.
6. **Step 1: Gratitude-** Express gratitude for the opportunity to prayer no matter what it is.

7. **Step 2: Recognition-**State who or what the Source of Life is, such as peace, harmony, love, joy, abundance, wisdom, perfection, wholeness, clarity, Divine Right Action, Divine Guidance.
8. **Step 3: Unification-**Declare your Oneness with the Source and all living things.
9. **Step 4: Realization-**Name and claim the desire of your heart.
10. **Step 5: Thanksgiving-**Give thanks for the answered prayer as it is already done in the Mind of the Universe.
11. **Step 6: Release and Let Go-**Release the words you have spoken in Steps 1 through 5, trusting Universal Law.

A Sample Affirmative Prayer: When you are not sure what you want to pray for, pray for clarity. Don't forget to breathe in between steps to allow the shift in consciousness to take place, allowing the space for the words to take form. Do not move to the next step until you feel that shift. You'll know when it happens. There are no set words. As you practice Affirmative Prayer on a daily basis, the words will be different each time as you open your heart and hear the still small voice within:

- (1) *As we turn within, let us give thanks for this time together in prayer. (2) Truly knowing and sensing that the Source of Life, is all there is. (3) I know and affirm my Oneness with Spirit and all living things and absolutely know there is only clarity in my thoughts and heart. Let's breathe into this together...mmmm.....feeling the shift in consciousness. (4) As I name and claim my clarity, the Universe rallies to my support and conspires on my behalf to answer my prayer. It is already done in the eyes of Go, in the Mind of the Universe. There is no other way. (5) I am so thankful for my answered prayer as I (6) release, let go and truly let the Universe do the work. And so it is.*

(2) We must do the inner work activate that which is asleep in us. We awaken consciousness when we make the choice to live up to our highest potential. Take these steps and enjoy life!

*Rev. Kathleen Zurenko, MCS is a life coach and counselor residing in Daytona Beach, Florida.*



*Shared inspiration from our UBM, Inc.  
President Rev. Barbara Lancaster Lyman*

The Whale... If you read a recent front page story of the San Francisco Chronicle, you would have read about a female humpback whale who had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth. A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate ) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her. They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around as she was thanking them. Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth said her eyes were following him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you. And, may you always know the joy of giving and receiving gratitude.

I pass this on to you, my friends, in the same spirit.

It's a good life!

*This beautiful message was circulated through email earlier this year.*



*In gentle remembrance we share this poem written by Rev. Barbara Robinson from her book Reflections of an Englishwoman Abroad.*

### *Spring*

All winter long the trees have stood,  
Proud, black trunked, beautiful to behold  
In a moment like a wand of magic,  
Spring is here again,  
Mother Earth reveals her secrets,  
Yields once more from her depths  
With outstretched arms.  
Blossoms exquisite, white like snow,  
Pink as rose  
Every valley thick mists of colour,  
Joy to the heart, spring comes again.

### Reminder Privacy Policy Forms

Please remember to fill out and return the Privacy Policy forms to the office. You can find the forms on page 10 of our UB GoodNews Winter 2010 Newsletter., or, you can also contact the office and we will be happy to mail the form to you.

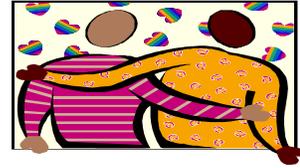
Contact info:

Universal Brotherhood Movement, Inc.  
P.O. Box 670278  
Coral Springs, FL 33067

Phone: 954-574-9904



*From my Window.....*



## Standing In Traffic

Written by: Rev. Robin Morini

Occasionally my friend Dean calls me up to “check in” and to ask me if there are any names of people that want to be included in his prayers. From my heart I smile, his voice is clear, it sounds as though he is clean and sober today. It is good to hear from him. During our conversation I share with him the names of a few people who had asked to be placed in his prayers. Dean thanks me for the opportunity to be helpful and of service.

After hanging up the phone my thoughts wander to Dean and how he will prepare to say his prayers. I thought about the dumpsters behind the grocery stores where Dean would carefully sort through the trash to find clean cardboard boxes. Dean had once told me how important it is to make sure the boxes were clean so he could create a platform to ensure a bit of cushion between his thin body and the hard ground. The cardboard also served to protect him from some of the insects, rocks, gravel, concrete and whatever else may be on the ground. Once Dean settled in, he would turn his thoughts and heart to his own prayers and the healing prayers for others.

Once Dean commented to me, “I had a real job once. I made bad decisions when I chose to drink. Now I am living out on the streets, begging and sleeping out here...it is loud and dangerous out here, but I’m a survivor. I beg on the street corner, at least I’m not stealing. When I am out on the corner others have a choice whether or not to help me...when these strangers share with me they open up the possibility for them to receive also.”

It was the last part of Dean’s statement that caught me. When I had decided to write this article I wanted to tackle homelessness. I soon realized, this is a complex, emotional and huge undertaking requiring a book more than an article. I felt helpless in the midst of such a huge issue. It was then that I started to ponder on the stories Dean has shared with me about his experiences while standing on the street corner hoping for the kindness of others.

In our conversations Dean shares many stories of the compassionate people who have shared money, time, messages from Creator, food blankets and stories with him. As I have listened and continue to listen to these stories of generosity and kindness my heart fills with joy and hope. With deep gratitude I would like to share a few of these stories and the gratitude Dean and I feel for these wonderful people.

Dean stands on the concrete island in the middle of a busy intersection under the blazing heat of the sun or the unexpected near freezing cold or the torrential rains that drench everything within moments. His sign reads: “Homeless please help”, survival...the simple need to nourish the body becomes very real. When the lights turn red at this intersection and the cars stop Dean waits for the occasional arm to wave from a car window calling him over.

Most of the people who share give Dean a one dollar bill or change. “Every bit helps, it all adds

up,” says Dean. Many times pastors and church goers share prayers and/or hand Dean flyers with positive messages and directions to their churches. During the holiday season personal hygiene items such as tooth paste, tooth brushes, disposable razors and small combs were bagged up by volunteers from neighborhood churches. The participants of this holiday gift giving then delivered the packets to the homeless as they stood on the street corners. How wonderful it was to know the gifting of time, effort, energy and money was met with grateful hearts.

During an unexpected cold spell that recently hit Florida, Dean was shivering as he stood on the corner of the intersection. The lights turned red and a woman pulled up beside Dean. She rolled down her window slightly and let Dean know she didn't have much money. He told her that was okay, and they continued to carry on a brief conversation about the cold weather. All of a sudden the woman's face lit up! She asked Dean, "Do you need a blanket?" He replied yes, he had been very cold trying to sleep at night. While the traffic lights were still red, she rushed out of her car, opened the trunk and pulled out a thin blanket. She handed it to Dean and drove off with his deep appreciation.

Once a woman with a back seat full of groceries and children pulled up near Dean and shared a bag of canned vegetables. Although he knew the canned vegetables were too heavy to carry in his back-pack, he gratefully accepted this donation. Later on he was able to eat some of the canned goods and share with others who were just as hungry.

There was also the gentleman who drove directly past Dean only to return a few minutes later with a sandwich and drink from a nearby sub shop. A similar incident with a woman, who had stopped at the red light, stretched her arm out of the car window with a box of fried chicken. Dean munched on that fried chicken like it was a feast from heaven...and it was.

One day when Dean was feeling down a man in a very nice car pulled up to him, "Hey man, life is always changing...just two years ago I was right where you are...standing on the street corner, homeless, jobless and begging for spare change...then things changed! Change can always happen." The man handed Dean ten dollars and drove off. Later that day the hope of a job was also extended when someone gave Dean a pool cleaning business card and said that when the economy picked up he would offer Dean a job. All of these wonderful people offer hope and compassion; gratitude is always felt and expressed as Dean receives.

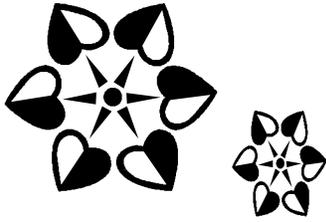
These are only a few of the stories of kindness that Dean has shared with me. These are the people who in some way have helped another fellow human being find the will to live another day, and allow the possibility of a positive change to take place. With all my heart I send my deepest gratitude to these compassionate people. I send my heartfelt gratitude to the many folks who share their kindness in



so many ways...a simple smile, a donation to a local food bank, helping a friend or neighbor in need, adopting a pet, planting a tree, taking a deep breath and feeling happy to be alive...there are so very many ways we can connect, help, share, and show our compassion for each other.

Always I am in deep appreciation for Dean and the Light that he is, I am thankful as Dean continues to share his experiences with me and I am thankful to be sharing these stories with you...for the love, compassion and kindness of ourselves and of each other reminds us that we truly are one.

*This story is an excerpt from the booklet : Standing In Traffic written by Rev. Robin Morini. Rev. Robin resides in southeast Florida.*



## Healing Fear from the Epicenter



By: Rev. Linda McCoy  
Co-author with Brenda McCoy of

The Living Code—Deciphering Life's Spiritual Messages by Learning to Live From the Heart

My husband, dogs and I left home on a Friday for a weekend trip not knowing if we would be able to return anytime soon. The two 4.0 earthquakes that had happened a few hours prior to our leaving, had left me shaken—no pun intended. (J)

Fearful of experiencing a major earthquake, I left home praying if it were to happen, let it happen while we are gone. As mentioned in our book, *The Living Code*, I always end any prayer, surrendering with, “Not my will, but your will be done.”

During one week, we had ninety-three small earthquakes. We had ninety-three small earthquakes in a week. Greenbrier, Arkansas, the small town I live in, is the epicenter and has now made the national news. Specialists say nothing to fear. So, why do they offer classes on earthquake preparedness?

Not until you personally experience something yourself, do you really know what your reaction will be. In our book we mention how to become the Watcher/observer of your habitual emotional reactions. My Watcher stood on the side lines observing my emotional body reaction of fear and anxiety—my “fight or flight” mode was definitely turned on. Thankfully, I was able to maintain the Watcher's viewpoint while not getting stuck in the emotional flypaper life had just presented me. I could not change the situation but I knew how to change my reaction to it.

The Living Code (TLC) has many suggestions on how to regain balance when our emotional/mental bodies become unbalanced with fear. I began using the stress release technique mentioned in our book. It worked! When the second 4.0 quake happened three hours later, I had a much

on what steps to take—knowing that fear dims the Light of guidance.

We returned home from our week end trip to our normal routine, normal but profoundly affected. I went to sleep that night asking inwardly why we were in this situation and for help in letting go of my fears. I awoke the next morning to the realization we were obviously where we needed to be. I had made peace with the situation. What is, is!

No longer in the epicenter of fear, I began asking, “How can I perceive this differently” and “What is my purpose/task in this situation?” By shifting my focus from the fearful thoughts of “what if,” the answers began to come.

In my prayerful meditation, I began to tune into Mother Earth at the epicenter, not to ask that the quaking be diminished but instead asking, “What can I do to help?” I began to pray that with each cleansing quake, love be emanated to the surrounding people/area. What if, just like Mother Earth using the quakes to cleanse her toxic body, the Souls in my area were being given a window of opportunity to cleanse their bodies of toxic thoughts/fears just as I had?

In *The Living Code* I mention how I had stopped praying until I could come to terms with “how to pray” without creating negative karma. I learned to surrender my prayers to Higher Will and accept whatever happens. the outcome.

Being in the epicenter of the fear of the unknown, we left that Friday, being asked, “Can you let go of your material possessions?” My answer shifted from “maybe” on Friday to “yes” on my return, all because I remembered to ask, “How can I perceive this differently?” Only then did I gain the insight of my purpose/task in the Divine Plan? The material “stuff” began to lose its

glamour/importance as I awoke to what was truly REAL.

I give gratitude for the experience and the opportunity to be of service in these times of chaos, surrendering to my faith that all is in Divine order!

Brenda and I have put a demonstration of the stress release technique mentioned on YouTube—Google, “The Living Code Book.” Sign up for monthly newsletters and get two chapters free at: [www.thelivingcode.com](http://www.thelivingcode.com)

*Rev. Linda was ordained in 1994 and is a graduate of Sancta Sophia Seminary in Tahlequah Oklahoma in their practitioners program. Founder of INNER-gy Touch. She is a certified instructor of Quantum Touch.™ Contact info: [thetimeisnow@tcworks.net](mailto:thetimeisnow@tcworks.net) or 501-339-1147.*



### *Ceremonies For Life...*

our beautiful and helpful UBM, Inc. Ceremony Book. UBM Ministers have created ceremonies and services for our spiral bound ceremony book. This includes ceremonies for weddings, baby naming, house blessings, funerals and more. Within these pages are also practical ministry and officiant guidelines for wedding, funeral/memorial, and sample draft of a ceremony contract .

You may order a copy of Ceremonies For Life through our web store:

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

Or call the office: 954-574-9904.

## Planting Seed Thoughts:

Words from a Youthful Elder



By: Rev. Ricki Soaring Dove

Hello, my name is Ricki Soaring Dove. I am 83 years old (chronologically), 53 years (physically), and very old (spiritually). I believe that we humans have five ages in our Earthwalk: 1) Chronological age. 2) Physical age: how old our level of overall fitness makes us feel. 3) Emotional age (I feel that most people in our dominant culture are operating emotionally out of a three to seven year age level). 4) Mental age. And 5) Spiritual age.

I am a Metis Indian, following the traditional lifestyle of my ancestral ones (Hungarian Gypsy)- a lifestyle of Voluntary Simplicity. My home is on an island off the mid-coast of Maine, where I live rent-free (through barter) in a small travel-trailer on a friend's farm next to the wild ocean. When the geese begin their fall migratory flights to the warmth, I pack up my pick-up truck , leave Maine, and spend a month visiting my four children, grandchildren, and dear friends in Vermont. Then I migrate south to warm, sunny southeast Florida , where I live simply in a mobile home. Mid-April, when the seagulls and robins leave the intense heat and humidity of Florida, I migrate north, retrace (in reverse order) my connections with family and friends, and return home to Maine.

My work or service in the world is that of a Healer and Shaman woman. My ministry is that of humor and compassion, bringing in Coyote energy-the Trickster. I dress up as an Elf and hang out with children who have catastrophic diseases in a hospital in Florida.

As an Elder, I feel it is my calling now to serve as a positive, joyful, silly-at-times role model for younger generations, especially

children so that they can see that not all old women are not stereotypically bent-over, crotchety, and out of touch with younger folks.

Because of my training as a Holistic Therapist, I'm using my Self as a "guinea pig" to reverse the aging process and achieve excellent physical, emotional, and spiritual health. In choosing my simple, peaceful lifestyle, I utilize many modalities, and ritualize these practices. I eat organically, teach and practice daily a yoga/stretch regimen, kayak often (both in Maine and Florida), and hike or walk in the wilderness or by the ocean several times a week. Most importantly, because of my work as a Stress Management educator at our island medical center in Maine, I'm learning to live in Contemplation and Silence-in an altered state of consciousness-most of the day. I live "out of this society's world," especially when I'm in Florida. I communicate with alligators, wading birds, eagles, snakes, otters, ect.-and rock and tree people a lot. My source of "green power" (income) is through bodywork, yoga classes, and counseling.

As an Elder, my eyes have seen profound changes. The dominant culture surrounding me has seemingly lost touch with most of the natural world. This is true especially of children. I observe children caught up in Madison Avenue's schemes of consumerism, which have hypnotized them into a world of cyberspace and needing to be "entertained." It's worse for children from families where values are about having "stuff"-big homes, big gas guzzling, air poisoning S.U.V's-and belonging to the "right" pre-school, private school. And prestigious college! These children's lives are overscheduled with highly competitive activities: soccer, swim team, golf, baseball, tennis, lessons, ect. These children look so over-stressed, tense and unhappy, as do their parents. I find this very disturbing.

Then there's a big gap between the Haves and the Havenots. Those children with other ethnic or income level backgrounds are basically barely surviving in inner cities or in rural poverty, and also live without real connection to the beauty and mystery of Nature.

In my role as an Elder, where ever I go, I plant "seed thoughts," of a healthy, more holistic world view, where we must respect all our relations: two-leggeds, four-leggeds, flyers and crawlers, ect.

We two-leggeds are all Spiritual Beings, learning in our relative infancy on this planet how to be Human beings. And we're being called to learn our lessons... NOW.

As this Millenium shift is happening, we need to learn balance. We must "grow up." We must heal our most devastating addictions, especially I.G.D. (Instant Gratification Disease).

We need to do our inner archaeology, unearth and heal our emotional scars. We all need to take time to Slow Down, to live in Silence more, so that we may hear the transmission of the messages our Ancient Ones and our Creator, the Great Spirit, are beaming out all the time. We need to breathe deeply, to be out in Nature more.

Our children and our Selves would be so enriched if we took them out into Nature and sat in Silence with them. Teach them to truly listen to the grasses grow. Have them lie down In our Mother Earth's belly, face down, and breathe in her rich smells. Lie on our backs, in Silence, and watch clouds form and reform. Stay away from the fast-paced noise of radios, TVs, CDs and computers.

It is predicted in my culture that we Elders, especially we Old Crones, will be the Teachers for Change to a more sane, safe, and peaceful world.

It is in my prayers and pipes, daily, that we can all learn RESPECT-respect for our preciousness, our sacredness, and the short walk we have (in human time). What a glorious gift our beaming hearts are.

I'd like to end with this saying:

"Yesterday is history (we need to close the book).  
Tomorrow is a mystery.  
Today is the present (I give to myself)."

Blessings always, Walk in Beauty and Balance.  
Mitakuye Oyasin.

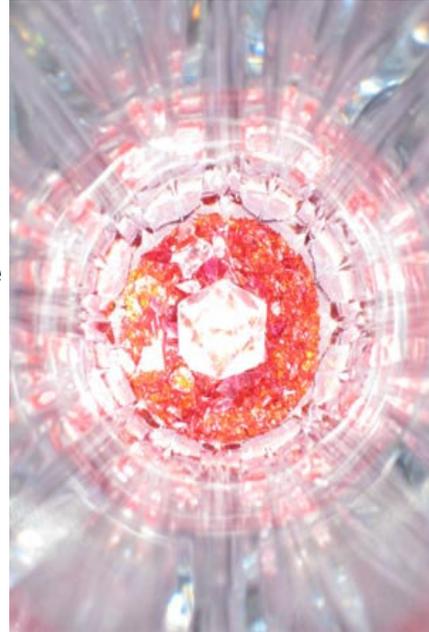
Rev. Rick Soaring Dove is a Holistic Therapist bringing together the worlds of Earth awareness and Inner Awareness. To learn tools and experience stress-free kayak therapy, you can reach her at: 561-691-1341.

*The Magical Realm of Light,  
Color and Energy Fields  
Rev. Nanette Notestein*

Pink Diamond Heart Radiance – an Energy Field Image

The mystery, beauty and power of light and color have been of interest to many throughout the ages. The magical power of color has been associated with everything from food, flowers and gems to chakras, physical organs and glands to the Tree of Life, Archangels, Ascended Masters and other celestial and terrestrial energies.

Playing with light and color is playing with the magic of illusion and perspective. It is amazing to see how light and color affect our brain (the grand illusionist) including our perspective on the way things appear to look and the way each individual feels about what is being seen.



What makes objects reflect a particular color and absorb others?

Why are we drawn to particular colors at different times in our lives?

Why and how do colors evoke our emotions and impact our minds?

What roles do the various frequencies of color play  
in the energy fields of our internal and external environment?

These are just some of the questions that continue to be considered.

Actively playing with light, color and physical form has given me many opportunities to explore the energy of creation and inspire others with my artwork.

It is pure joy to co-create an Energy Field Image for someone who wishes to experience an exquisite personal Mandala, or upgrade their website, business cards and products with a unique and radiant Logo.

As each person selects a core color for their personal Energy Field Image, the magic of the co-creation experience begins.

I am truly grateful for being invited to share in this experience.

*For more information about Energy Field Images please contact Rev. Nanette Notestein  
at [www.CreateTheKingdom.com](http://www.CreateTheKingdom.com)*

