

Universal Brotherhood Movement, Inc.

UB GoodNews

Summer Edition ~ 2013



The 17th day of August, 1976 was the birth date of Universal Brotherhood Movement, Inc. Since that day, UB has ordained more than 4,295 ministers world wide. THANK YOU, Rev. Dr. Jeni Prigmore and Rev. Dr. Rick Prigmore, for your heartfelt desire to bring this beautiful Light to our world!

SUMMER SOLSTICE

by Rev. Dr. Jeni Prigmore

Bird Song awakens me.
Outside my room
There's a new day awaiting my touch.

The rain clouds of yesterday
Have all disappeared.
This new day offers so much.

There are people to love,
Verses to write,
A whole beautiful world awaits.

My heart is so happy ~
There's so much to do...

Let's see what God's bounty creates.

Soft Summer Morning

by Rev. Dr. Jeni Prigmore

Deep in "The Angel Garden"
Near the edge of the forest
Is a small bird bath...

A gathering place for birds -
All kinds of birds;
Who find reason enough

To stretch and preen and sing
Their delight in being alive
On this Soft Summer Morning.

I too feel the deep stirrings
Of gratitude

For the privilege of being here.

CHANGING MY LIFE©
by Rev. Rosemary Cathcart



I was born into a pretty typical family in western New York, at a time when people didn't think much about allergies or the consequences of their food choices.

The home I shared with my parents and maternal grandmother had a large upstairs outdoor porch. All of my elders believed strongly in outdoor air as a tonic for just about everything. So every day of my young life, through rain, shine or blizzard (and since we were in Buffalo, New York, there were plenty of blizzards!) I spent several hours each afternoon in my carriage on the outdoor porch, wrapped in my mother's old mink stole.

Both of my parents were smokers of unfiltered cigarettes: Pall Mall for my dad and Camels for my mother. My mother smoked throughout the entire time I was breastfed.

It would be years before anyone understood that many of my health issues were related to allergies. Lots of allergies. I was allergic to milk, which I was fed with regularity for years. I was also allergic to grass, sunlight, dust, mold, pollen, animal fur and dander (mink, anyone?), and a huge array of food items, including corn and wheat. I was, of course, also allergic to tobacco. At the time of my first allergy testing, the battery of tests included 145 known allergens. I tested positive for 144!

Perhaps the astonishing allergic response was also in part responsible for a dramatic weight gain between the ages of 7 and 8 years of age. This has been an issue I've continued to struggle with throughout my life and am finally able to manage. When you consider that my breakfast every morning was Corn Flakes or Cheerios with milk and toast, I have no doubt my body was fighting a losing battle every day.

The allergy shots I was subjected to in my early teens were so intrusive, they would cause my upper arms to get rock hard and swollen. Even as recently as 10 years ago, if I encountered a severe allergen, my arms would swell to almost bursting. And yes, they were — and still are, at times — very painful.

The one thing my parents consistently asked of me was that I never smoke cigarettes. I started smoking at the age of 17. Ahhh, youth!

Throughout my late teens and twenties and thirties, I continued to eat as I pleased. Smoking cigarettes and consuming, at times, large quantities of alcohol, added to the stress and strain on my poor body.

Continued.....

Luckily for me, I started becoming fascinated with alternative methods of healing and treatment. This seemed to coincide seamlessly with a variety of health issues that started rearing up for attention and care.

I am so grateful to my parents for giving me life in the first place, even though they were unaware of the consequences of many of their habits and actions. They gave me life, and apparently they gave me really good genes or I would not even be here today to recount my story.

In 1980 I joined an organization called the Aquarian Research Center (ARC) in West Palm Beach, Florida. This was one of the first dedicated metaphysical centers in the country, having been incorporated in the early 1960's. With ARC came an array of wholistic practitioners and chiropractors, all of whom captured my attention. As I met and studied with practitioners from across the country, I came to realize the body-mind-spirit connection that has recently become so popular in our mainstream culture. A new "hunger" had been sparked inside me and I was eager to learn and equally eager to pass on this new found knowledge to others.

People were incredibly generous to me with their time and talents. I learned to meditate and "speak" to my body with a whole new language that I would have found laughable years earlier. Suddenly the lifestyle practices that were so common in my family of origin were being held up to a microscope, and they were failing miserably.

Over the years I've worked with a wide variety of diets and practices. I'd like to share an overview of those with you now. Although everyone's body chemistry, history and story are vastly different, perhaps you'll be encouraged in some small way by my journey. Of course, before you undertake any new health-oriented practice, please be sure to work with a health care professional who suits your needs.

Shortly after becoming the Assistant Director at ARC, I began studying hypnotherapy in earnest. The fact that I was still a heavy smoker never seemed to dampen my enthusiasm for the course study. I'd return to the Center from each "smoke break," wildly brushing my hair outdoors, changing my shirt and applying more perfume in a vain attempt to cover the smell of smoke on my person. Then I'd meet with the client, hoping against hope that no traces of smoke remained.

Through a variety of odd circumstances (all I now realize orchestrated by a Higher Force), I stopped drinking in August of one year and smoking in October of the same year. Talk about a year of *MIRACLES*!

Continued.....

Soon after stopping the daily use of cigarettes, I developed asthma. After stopping the alcohol use, my cravings turned toward an almost constant desire for sugar. I developed a ravenous sweet tooth. Sugar in any form: candies, doughnuts, pastries in all shapes and sizes; the sugarier the better, became my daily fare. I used to make “drive-by” stops at 7/11’s for candy bars! Imagine my horror when I was later diagnosed with a severe allergy to peanuts – and chocolate – and sugar!

For the past 30 plus years I’ve worked with and been trained in Applied Kinesiology (Muscle Response Testing), Reiki, Huna, Hypnotherapy for habit control and pain relief, and a variety of Buddhist and Native American healing techniques and practices.

Regular Chiropractic care has become essential to my well-being and on-going state of wellness. Starting with Chiropractors in West Palm Beach and now in Nashville, Tennessee, the people I’ve worked with have continually amazed me with their level of skill and dedication.

Over these past years, I have been diagnosed and treated by Homeopathic and Herbal practitioners. I have worked with a Bio-Energetic Healer who was also a Radionics Practitioner. Acupuncture has become a mainstay of my regular health practice as has working with a Certified Nutritional Consultant.

For seven years I was a strict vegetarian eating only fish and an occasional piece of chicken. One day it was time to start eating beef again and my days as a practicing vegetarian came to an end. Through a number of testing practices, I have continued to refine and adjust my diet. I am now juicing on a daily basis in an attempt to heal the issue of asthma. Once I have that handled, I’ll do more research and tackle another issue – and so it goes.

I have worked regularly with a very adept Five Element Shiatsu Practitioner who is also a Medical Qigong Practitioner, Massage Therapist and a Reiki Practitioner. I make massage an essential part of my monthly health care practice.

In 1997 I began a study of EFT, Emotional Freedom Technique; or as it’s more popularly known today, Tapping. This single technique allows a person to change even the most deeply embedded patterns easily and comfortably with stunning results.

Throughout the years I’ve also worked with a number of well-trained therapists and counselors. From each person, I learned to delve more deeply into what makes me tick, helping to understand the habits and tendencies that trip me up. They’ve also given me incredible insight and guidance on how to change my thinking and thus change my habits and my basic belief system itself.

Continued.....

For many years I felt ashamed and a kind of “less than” since I did not have health insurance. As I look back on this issue now, I consider it a blessing that I did not have any insurance since it caused me to search for alternative answers and become more personally responsible for my body’s state of health and well-being. I could have gotten very lazy and simply relied on allopathic medications to do my internal healing work. Instead, through a variety of circumstances, I was led in a different direction requiring investigation and a great deal of participation on my part.

To recap the journey I’ve taken, the following modalities have been an enormous help to me:

- ♦ Acupressure
- ♦ Acupuncture
- ♦ Allergy/Sensitivity Elimination and Reprogramming Technique
- ♦ Bio-Energetic Healing
- ♦ Bio-Energetic Testing/Electrodermal Screening
- ♦ Cellular Cleanse Therapy (Foot Baths)
- ♦ Chiropractic Care
- ♦ EFT (Tapping)
- ♦ EMDR (Eye Movement Desensitization and Reprocessing)
- ♦ Essential Oils
- ♦ Herbology
- ♦ Homeopathy
- ♦ Laser Therapy
- ♦ Massage Therapy
- ♦ Medical Qigong
- ♦ N.E.T. (Neuro-Emotional Technique)
- ♦ Neuromuscular Therapy
- ♦ Nutritional Counseling
- ♦ Quartz Crystal Healing
- ♦ Radionics
- ♦ Shiatsu
- ♦ Therapeutic Counseling

Additionally, I regularly attend the gym and have worked with a number of gifted trainers. I’ve recently gone back to the practice of yoga after an almost 18 year absence.

If this sounds over-the-top and too expensive, it doesn’t have to be. You can often find someone to trade out services with. Check your local newspaper or internet bulletin boards in your area for free classes and workshops. Ask at your local health food store or co-op for a reference to a good practitioner. Every budding massage therapist has to work on someone to get in their required hours. That someone might just be you!

Continued...

Start somewhere, doing something new to enhance your state of health and well-being. Take baby steps if you must, but start. You'll be amazed at how much more confident you'll become as you begin becoming more aware and responsible for your own journey.

The point is, there is always a way. No one else lives in your physical body except you. It's wonderful to have friends and loved ones who care, but at the end of the day, the buck stops with you. The journey I've been on has had lots of ups and downs and side trips. I've gotten discouraged many times and been tempted to really think my salvation was buried somewhere in a hot fudge sundae. Most likely with a double fudge hot chocolate brownie buried under all that hot fudge.

I have always believed that there is a cure, a remedy or a point of balance for every issue, be it physical, mental or emotional. My internal default setting has always been, "Well, OK – I'll figure this out!" I think it's been one of the factors that kept me going in times of illness and personal confusion. Looking back over this journey today, I wish with all my heart that I had been kinder to myself and so much more loving and tender. I was not. I was most often annoyed with myself, which only led to deeper internal struggles on every possible level.

There are countless people who have guided me with their particular expertise or information. I am deeply grateful to all who have shared their talents with me throughout the years.

We simply are where we are at the moment until GRACE intervenes and we're shown a different, hopefully healthier, path. May the path you choose for yourself be laced with consciousness, kindness and patience. And may Divine Order guide you and direct you every step of the way.

Namaste and God Bless us all!

This article is presented as information only; Rev. Cathcart does not diagnose or prescribe treatment. Rev. Cathcart reminds everyone that at all times, your health and healing are your responsibility, and you must seek your own counsel and practitioners.

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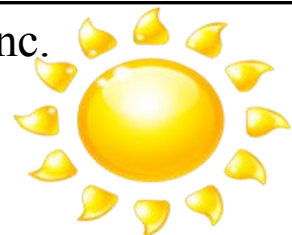
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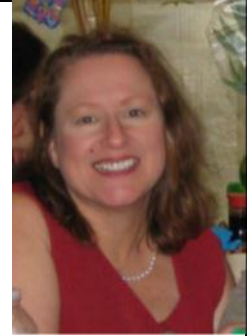
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Putting Yourself First

by Rev. Kelly Graham



In the last quarterly newsletter we talked about spring cleaning your finances. We offered six ideas about financial planning:

- Save:** pay yourself first
- Protect:** Check your insurance coverage
- Retirement:** Plan for retirement
- Invest** in your business and in your self
- Needs:** Needs versus wants is an easy way to budget
- Give:** stuff, money, time

This quarter we're going to go a little in-depth in just one of these areas. Let's begin at the beginning: saving money.

Years ago when I got my first job after college, I was paid the princely sum of... well, the entire year's salary was less than \$10,000. There was a 90 day probation period, and then I was up for a raise. I got it: \$75 a month.

I went home and told my father about the raise. I was so excited! And he said, "let me explain something to you about how money works. From now on, your expenses will continually increase so that they equal or are greater than whatever you're making. That's just the way it is."

Wow. What a lesson to learn! And I took it to heart. For years that's the way it was for me: it seemed like whatever I "needed" always cost a little bit more than what I had on hand, and so I continuously owed money on a credit card or two. Or five, or six, or seven credit cards – who's counting? I mean, as long as I could make the monthly payments, what did it matter?

Let me be clear, I don't think my father intended his words to have that effect on me. In fact, thinking about it now, I'm surprised he said those things: he always had savings; always had money in the bank; he paid off every bill every month. I don't know why he gave me the idea of debt.

Continued...

But let me tell you, I took it and ran with it. I still remember my very first credit card: it was a department store card, yellow with black embossed type. Holding that card felt powerful. After that, the cards came one after the other, and I seemed to get every single one I reached for. Made me feel wanted, you know?

Or maybe that's just me. But anyway, one Sunday afternoon, I had finally had enough. I grabbed all of my bills, laid them out on the floor, and added up everything I owed.

It was a revelation.

It was shocking.

It was kind of sickening.

The total was a heckuva lot of money. And I started a program, then and there, to pay off the debt. Wrote down everything I owed, the minimum payments, and the balance.

And then I started working on it like this: pay the minimum on the cards with the larger balances and throw everything you can at the card with the smallest balance until it's gone. That gives you a feeling of accomplishment, and you start paying on the next smallest debt until it's gone, etc. (by the way, this is similar to the “debt snowball” [plan](#) promulgated by financial author and radio host [Dave Ramsey](#)).

The first step in paying off your debts (and then saving money) is a budget. “Needs versus wants” is an easy way to budget. You *need* to pay the rent or mortgage; you *want* to eat out from time to time. You *need* utilities like lights and water; you *want* cable television.

Preparing a budget can seem complicated, but you really don't need to download software or learn accounting or buy Quicken; you can just use a template. [Here](#) are several versions from Microsoft Office. Google docs offers a selection, too; [here](#) is one to try. Mac users might like [this](#) version from the iWork community. “I'm on a budget” can sound akin to “I'm on a diet” – but a budget doesn't mean money deprivation; it means money direction. That is, directing your money where you want it to go. And the key is to recognize *needs* versus *wants*, and then to stick to it.

Continued...

To me, the bigger question about debt is why did I – and why do so many of us – buy into the idea of debt so readily? Frankly, I think that saving money is a self-esteem issue.

Think about it: you *apply* for a credit card. You are *accepted*. It opens up new vistas for you. All things somebody lacking self-esteem would seek, right?

On the other hand, to successfully save money, you must pay yourself first. That means *literally* putting yourself first. That general feeling of “I’m not important,” “what I need doesn’t matter,” etc., is, in fact, one of the reasons why we don’t save money.

And even beyond the concept of self-esteem is the idea that we must always put others before ourselves – and this idea can be particularly prevalent in religious and spiritual circles. Sometimes we think we’re not “good” if we put ourselves first.

Nothing, of course, could be further from the truth. You know how if you’re in an airplane they tell you that if the oxygen masks drop you must put yours on before helping anyone else? You know why they do that? It’s this: **if you don’t take care of yourself, you are unable to care for others.**

Look at what happens if you don’t take care of yourself in the area of saving money: you find yourself depending on others for money and help, you find yourself borrowing from credit cards or banks or worse places, and you find yourself unable to give time or money to others because you have neither one to spare.

So this summer, here is my idea for you: make the statement to the Universe that you are worthy – that you are someone others can depend on – by building your own support system in the form of a solid nest egg.

Put yourself first, and save some money!

Kelly answers UB members' questions about money and investing: email your question to her at getcommonsense@yahoo.com





INTO ONENESS

by Rev. Dr. Anthousa Helena

The Stations of the Soul where The Soul and God merge.

Your physical body, with all its faculties, is a means to externalize the perfection of Consciousness in the world of form. True spirituality is a state of Being, a pure state of Consciousness that brings you back to the Consciousness of Love, Light, True Life and your Divinity.

In the seven stations of the soul, the soul begins to disappear, until there is nothing left but complete unity and love which is God. The Sufis call this Fina; the Hindus call this Nirvana. This is a difficult time because it is one thing to say, "I'm going to give up my ego," and another to be actually willing to really die into God — that is, let yourself disappear into God. In Nirvana, or in Fina, there is nobody here. You as the soul are gone. What is left is a consciousness ready to be filled with the full qualities of God.

The Persian mystical poet Rumi said the only thing in life worth living for was love. At the core of all pain and suffering is the absence of love, causing disease of the body and mind, individually, and to our planet, environmentally, as we collectively play out the illusion of separation. In its place are pictures which the mind has made into our stories which keep us from knowing the Truth.

Healing occurs only when one is first willing to become aware of these pictures and the pain they carry, and then release them through the deep heart of love and soul healing: a purification of all impressions, emotions and beliefs that do not originate from the reality of one's true nature.

When the soul realizes that its journey is near completion, it jumps off the cliff of its own being and dissolves into the world of the Divine, united with the All. Experience this transformational process to becoming a new creation. Begin to know the Truth of who you are and Be that in the world as all enter into WE Consciousness.

Rev. Dr. Anthousa Helena, a Spiritual Life Coach, is a nationally certified and state licensed mental health counselor and massage therapist with a Doctorate in Divinity, specializing in Spiritual Energy Psychology. She facilitates Heart and Soul Healing and Conscious Awakening.

For more information go to www.sollite.com



Poetry Corner



THE FAMILY OF MAN

by Rev. Merry C. Battles

I don't really know how they
do it,
Myriad faces and forms
Plodding along endlessly,
Moving, chasing, roaming,
Going from here to there.
I commend the human Spirit.
How do they do it
Without going mad?
The trials and gifts
Come hand in hand.
The gifts are supreme;
The tests are hell,
But endlessly pushing on,
Pointing upward,
Dreaming dreams,
Existing and sometimes
living a full life.
Each an important part of
the whole,
The whole Family Of Man.
The human Spirit is indestructible.
And I can see it on their faces.
How do they do it
Without going mad?
It shows me the strength,
the perfection,
The Holy Spirit present in each one
of our lives.

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Rev. Merry Battles has been ordained with UB since 1994. She has worked in the healing arts since 1977 and she specializes in the ancient art of Jin Shin Jyutsu. Merry is also a published author and illustrator.

REMEMBER THE EARTH

by Rev. Merry C. Battles

Remember the Earth
When it was new?
Loving and caring as
we grew:
Grew in heart and soul
mind:
Accepting each other
as divine.
Our Spirits were free as
he dove,
Gliding and searching
far above.
Searching the Heavens,
letting no sin.
The Lord told us to look
within.
There we found creation.
There we found love.
Our hearts were in
Heaven
But not Heaven above.

Remember the Earth

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Gentle Prayer

Shared by Rev. Victoria Burdick

At Hospice, I leave my 'backpack' at the door
with the prayer:

**"Kind Creator, let me serve with a true
heart of compassion,
and as best I can, and humbly represent
your divine light."**



Snippets ...



shared by Rev. Victoria Burdick

This dance beneath my grateful feet is just a tribute to the power of God's rule-less love."



My master/mentor, Ivry Patricia, said something like this:

*Our greatest teachers are those who challenge us most,
and those who we make ourselves blind to...you never know
who is the Buddha, the Christ, the Ascended Angel who is
there on your behalf....but divine providence would never
violate the law of free-will...you must choose to engage."*

Sitting with my women friends last night, I realized a difference in my ability to be an objective counselor to others, and the raw nakedness to be counseled by my trusted sisters...



At a gathering of women friends, I walk right through the door with my backpack on, sit down and throw it at my feet, where I can unload and examine any multitude of burdens...

...as I grow, these articles of ballast become gear...great tools to use on the path...and some part of me indulges in the delightful thought that maybe the weight of these gifts are in the pack to keep my walk firmly in my incarnate journey...

Whatever the challenges and beauty of this trek through my life, I am sure of this ~

I want to be conscious and awake, as much as I am able, to affirm my mission of Love, and to never lose sight of the exquisite blessing of what it is to be in this world ~ There is no other like it!

Rev. Victoria Burdick resides in Connecticut. She has been ordained with UB since 1999.



When our UB ordination anniversary dates approach, we have time to reflect on our ministries and the growth we experience throughout the years. Rev. Jules Burrowes sent a note along with her yearly fees reflecting this observation with joy:

"I love all the "new year" days that come along in the cycle of the earth's journey around the sun!

And, it's for sure re-newing my active membership in UBM, Inc. is one of my "new years".

It opens the day to all manor of possibilities for sharing ministry and spiritual abundance while I dance upon this earth!

Blessings to you all!"



Summertime Is Detox Time

by Rev. Theresa Rogers, M.H., CIRD.



Herbal Legend can provide us with knowledge for maintaining health in today's heavy metal overload. We cannot escape the environmental poisons; everyone, worldwide, is subjected to it.

Our health is constantly bombarded by solar flares, microwave ovens and towers, computers, electronic equipment, smart electric house meters, cell phones, power transmission lines, depleted uranium stockpiles, air drop from chemical trails, diagnostic x-rays, electric blankets, televisions, fluorescent lights, pesticides, phosphorus fertilizers, treated water, hair dye, aluminum deodorant and cookware, smoking, vehicle emissions, and on and on.

It appears we now have ongoing damages on the Pacific Coast from the Japanese nuclear incident. Fruits, nuts, vegetables, and dairy from the Pacific Coast show radiation contamination. There are reports that radioactive rice, mixed with US good rice is being sold here under a brand name in food stores, as is green tea. Similar reports tell that the US is already contaminated by rain fallout originating in Japan.

We have known for a decade that there are 27 nuclear plants situated on seismic faults on the US East Coast, and there are reports that a nuclear plant in California is now acting up. Even radio frequency radiation appears to affect calcium brain balances and the nervous system.

Protection is necessary — but detoxification is past due. Some of the symptoms we may see from these toxic issues include memory loss, seizures, schizophrenia-like behavior, infertility, impotency, bad breath, body odor, insomnia, hair loss, immune system failures, thyroid issues, exhaustion, crying spells, rage, liver damage, irritability, nausea, vomiting, headache, diarrhea and more.

The body's routes of detoxification are the liver, skin, lungs, kidneys, bladder and colon. The lymph also deals with toxic substances. To assist the body, we can:

- do a heavy metal detox
- clean the liver
- nourish the brain
- keep the immune system healthy
- care for the thyroid
- alkalize the body

We can do "overheating therapy," creating sweat in the body, by saunas/hot Epsom salts and baking soda baths/bentonite or zeolite clay baths. We can do a weight loss program to rid the body of fat holding toxins.

One way to protect the thyroid is by not eating soy products: tofu, soy lecithin, textured vegetable protein (TVP) isolate, soy sauce, etc. as soy generally interferes with normal digestion. Soy is a phytoestrogen mimicking hormone, which can depress the thyroid. Protein digestibility is reduced from the high alkali process of soy. Protease enzyme inhibitors in soy halt protein digestion. Consider adding chlorine and fluoride to the "no" list, as they displace needed iodine for the thyroid: fluoride lowers thyroid func-

Herbal Legend continued....

Another methodology to deal with toxicity is to take smoothies with whey, powdered mushroom blends, green super foods. Probiotics can aid irradiation and radiation, and you can add iodine for the thyroid. DMSO can lower intercranial pressure from radiation; ginseng can protect the body; and comfrey poultices can help sore joints. You can look into the Telsa Violet Ray machine recommended by Edgar Cayce.

Purifying tea blends can help: 1 teaspoon each of burdock, Oregon grape, dandelion, licorice, nettle, peppermint, and red clover. Try a blend of roots: dandelion, Echinacea, licorice, ginger, and marshmallow with seeds of fennel and fenugreek; combine in a covered pot with three cups water brought to a boil, reduce heat, simmer 15 minutes, and steep another 15 minutes. Drink this all in one day.

Supplements can aid the detox and maintain health. Ideas include evening primrose with cysteine four times a day, aloe vera juice, Pau d'Arco tea, antioxidants, a teaspoon of chlorophyll with water before meals, zinc, sulfur, pectin, adding calcium-rich foods and sea vegetables including kelp, chlorella, spirulina, arame, wakame, kombu, hijiki, dulse, super blue green algae, and sodium alginate.

Other foods that can be very beneficial are seafood and cheese from the east coast, sprouts, sweet peppers, garlic, onions, Swiss chard, turnip greens, mustard greens, watercress, spinach, kale, squash, cucumbers, red cabbage, asparagus, carrots, celery, beets, parsley, watermelon, citrus, pineapple, eggs, agar, raw vegetable juices, oat bran, coconut oil, chamomile tea, and US green tea. Try for foods that are organic, non-GMO, and not from the Pacific Coast. You might avoid wheat gluten and irradiated foods such as store-bought eggs and almonds from the Pacific Coast.

Supplements are critical for many of us: vitamin C, E, B complex, B 12, B6, F, A-omegas, B5 as adrenal aid, bee pollen, linoleic acid-CLA, zinc, selenium, minerals, co enzyme Q10, calcium, amino acids containing methionine/taurine, activated from charcoal, acidopholis. Herbs to aid detoxification include rose, sage, black cohosh, Echinacea, nettle, dock, fennel, milk thistle, mullein, eyebright, basil, rosemary, hyssop, boneset.

Remember to detox slowly at first, so as not to overwhelm the organs. Many of us are quite overdue for the above detoxification! And please remember that good health is a choice.

Rev. Theresa Rogers, M.H., CIRD. Owner of **The Herb Garden**,
Rev. Rogers is an author and researcher in ethnobotanical histories.
She provides herbs and medicinal supplements for health and can
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Life By Design

with Rev. Fran Asaro

ARE YOU TRADING YOUR GOLD FOR PENNIES?

Are you trading your gold for pennies?

I have been an entrepreneur since I was 21 years old. It's challenging enough to build a business with integrity on any given day without the potential influence of outsiders. Some will do whatever it takes to compromise your ethics. They may not even realize what they are asking of you so it's up to you to recognize it and to set them straight.

For instance, there were several times in my real estate career where a well-meaning person offered to pay me half my commission — under the table. I'm sure they thought this would be a win/win situation, since they would pay less and I would earn more...not realizing that I had a commitment to my Broker to pay a percentage of everything I earned and the Broker was now being cut from this exchange. Was it worth my reputation with my Broker to accept this transaction, even if the Broker never found out? Was it worth my entire business to do this small deed in the realm of things?

I would graciously say no to the clients who suggested this and let them know why. I felt completely “clean” with this way of doing things because I didn't **trade my gold for their pennies**.

Many of us have opportunities to do the same. Sometimes it's so subliminal that we don't even see or feel it at first. It may be in business or it could be about who we are as a people. If anyone requests that you do something that goes against your grain or your morals, think about whether you want to **trade your gold for their pennies**. Use your inner barometer once again and see if you feel a rightness about this request. You don't have to do anything that would destroy the goodness that you feel about yourself and when you explain your reasoning, you could be educating someone else as well.

Enjoy your Gold today,
Rev. Fran Asaro

Rev. Fran Asaro is the founder of Thrive Any Way where she helps women entrepreneurs with personal, spiritual and business development. For more information you can contact Fran at fran@thriveanyway.com or visit her website, www.thriveanyway.com



Book Nook...offerings from Rev. Jeanne White Eagle Pehrson and Rev. Joanne Blum.
Both *Grace, A Journey from Betrayal to Healing* and *Here I Am, Lord!* are available on Amazon.com

Grace, A Journey from Betrayal to Healing

Rev. Jeanne White Eagle Pehrson

Dearest UB Family,

I write you now to let you know my book, "[Grace, a Journey from Betrayal to Healing](#)" is now out. Some of the PR that will be happening will include a [site](#) on Facebook dedicated solely to *Grace*, and a new blog to encourage dialogue on the subject of *healing from betrayal*.

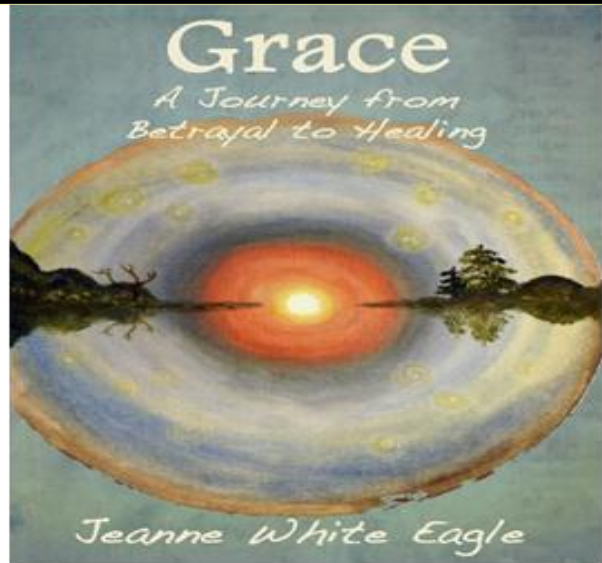
I hope that each of you who reads *Grace* will receive a blessing from it. It was several years in the making. Here is a brief description offered by our friend, author Tom Bissinger:

"Jeanne White Eagle's book, Grace, is an exploration of the questions, 'How is the horror of betrayal from those one has so deeply trusted, even possible? And how then, do relationships (friends, relatives, countries) so split apart, heal?'"

"These questions are awakened on a trip Jeanne and her husband John Pehrson take to Bosnia in 2007. She encounters the victims of the war and their stories first hand."

"Not long after her time in Bosnia, haunted by questions brought on by what she had seen and heard, Jeanne herself goes through an encounter of personal betrayal of devastating proportions. In her journey to heal she wrestles with confusion, suppressed emotions of anger and feelings of depression, including the constant struggle of self-examination. She soon comes to realize that her own experience carries the answers she has been searching for to the questions born in Bosnia."

"The dramatic and painful personal betrayal that Jeanne experiences serves as a goad to her



dawning realization that 'always the way is open to you to choose Love.' Always there is a way to see darkness as the doorway to light and beauty."

"In important ways, this is a book for all of us. Jeanne's journey can be a roadmap for those who are seeking healing from personal betrayal, past hurts and lingering resentment – or for those who wish to help others to find healing."

"You might read Grace as a night voyage of the soul, a journey from light into darkness and back into light."

- Tom Bissinger
Author, Playwright

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If you're interested in being a friend on *Grace's* [site](#) on Facebook or want to be notified when the blog is ready, please email your request to jwhiteagle@aol.com. The book is available on [Amazon](#).

God bless each of you.

Loving blessings from John and me,
Rev. Jeanne White Eagle

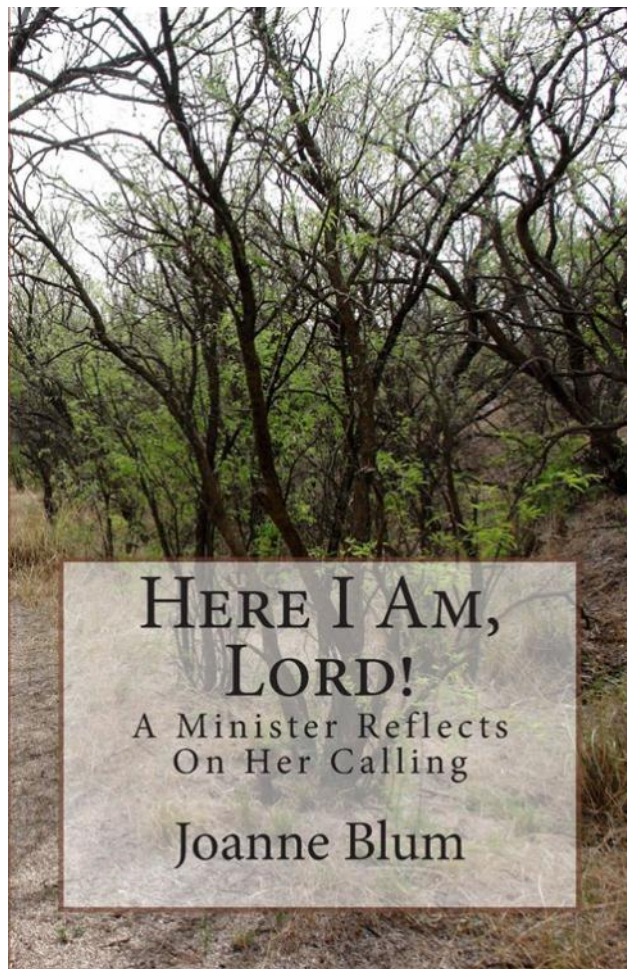
Book Nook continued...

Here I Am, Lord! is a memoir of ministry as seen through the eyes of a novice minister in the field, feeling her way, making mistakes, and repeatedly calling on God's guidance and support. It is also a reflection on ministry, on where the calling for it comes from, how deep it goes, and why it persists so relentlessly despite limited material rewards and unmeasurable successes.

Why are so many of us drawn to this work? Ministry is more than a position in a church, more than a title, and more than any job. Ministry is a pure calling and it is conducted by all kinds of people in all kinds of venues—churches, yes, but also classrooms, clinics, even beauty salons.

Wherever there is a deep desire in the heart to make a difference for someone, to share some humor and light, and to offer up a little encouragement so someone else's way might go easier, you will find a minister at work in the world. If you are one of them, this book is for you.

Here I Am, Lord! is available from [Amazon](#) in both paperback and digital format.



Rev. Joanne Blum is Spiritual Director of In Spirit Ministries, a non-denominational, non-profit ministry co-founded with her husband, Joe Lambert, in 2010. Learn more at www.inspiritministries.org

Dear Friends,

Asking advice from other humans will never take you further than you are already. All of your answers are within you. How could another human being know you and give advice based on your experience? Certainly they would be giving advice based on their frame of reference and not yours. "Just You" have had the experiences to bring you to the conditions that exist in your life at the present moment.

Might just be a good idea to go within and seek the answers from the God within you and not the God within another. Your intuition (still small voice) must be inside; if it was "out there," they would call it "outuition."

Take your "what do I do now?" into the silence. Make it a habit and after a while you will not be in a position to ask what to do next; you will know, automatically.

Of course, if your life is already perfect, then keep on with your way.

"Just You"

"Just Is"

—Bill

Rev. Bill Wishart has been ordained through UB since 1996.
He lives in South Florida, sharing his wisdom with others globally.



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We are seeking submissions for UB GoodNews! Please send articles, photographs, prayers, practice suggestions, poems, meditations, business ideas, recipes, news, etc., and they will be considered for publishing. Please keep submissions to 500 words or less. All items are subject to editing and we can't publish everything — but we'd love to see your work! Email is preferred, but you can mail or email your material.

Submission Deadlines:

Autumn Issue, September 1 / Winter Issue, December 1

