



UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter ~ Spring Edition 2015

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DOGWOOD (Progression)

by Rev. Dr. Jeni Prigmore

Looking out the window
On an Early April morn,
I see the progress of dogwoods
Some, full white - others more
"new born."

Thinking of other growth patterns
I watch in delighted, pure JOY
As I see us develop from beginnings:
Me a green girl, you a young boy.

There's a tender and tentative
green tinge
To the youth of time in Life's Spring.
Then, with progressing experience
and sun
Sparkling white in our blossoms
does sing.

Learning and feeling the opening tug
As the pull of sweet Springtime
progresses
Reminds me, for us it began
with a hug
And now this full love it expresses.





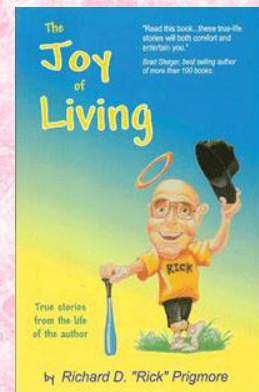
**Rev. Drs. Jeni and Rick
Prigmore
Founders of Universal Brotherhood
Movement, Inc.**

Rick and Jeni continue to share their thoughts with us through poetry and storytelling. Rev. Jeni has shared her inspirational poetry on many pages of UB GoodNews throughout the years, and on her blog *OM* on our website. Rev. Rick also

jokes in the UB GoodNews Newsletter and in his book *The Joy of Living*. His book can be found in the [store](http://www.universalbrotherhood.org) on our website, www.universalbrotherhood.org.

The Joy of Living

These true stories of adventure and inspiration are beautifully told by the man for whom each story is a real-life experience. Remembering events and occurrences from long ago as if they happened yesterday, Rick's rich and varied life has spawned such experiences as



wrestling mountain lions and piloting a light plane from Miami to South Africa, and from mining uranium in Colorado to playing world-class softball. These captivating stories are sometimes exciting, other times poignant, and always inspirational just as the man who lived them.



Who Will You Be Then?

Living In The Time Of Divine Grace

by Rev. Rosemary Cathcart

Have you noticed lately that time is literally speeding up right in front of you? A minute ago you may have been thinking about tomorrow and already it's yesterday. Have you had the experience of thinking a thought only to have a companion vocalize that same thought back to you almost immediately? Or have you thought about a friend or loved one strongly and as you glance at the caller ID, experience a moment of shock as you see that person's name pop up? Or perhaps you've had a vivid dream of a colleague only to have that individual recount the same events to you a day or two later?

If you haven't experienced any of these—just wait. In time and space we're literally in a whole new paradigm of life on this planet, and probably on other planets as well. Although we can only speculate about other planets, I think we've got our hands full right where we are. I certainly know that's the case with me.

Welcome to our "New World Reality." If we're going to be successful navigating this uncharted terrain, there are some things to consider implementing in our day-to-day lives. The sooner we sincerely ask for help from the right sources, the better off we will be.

As an astrologer, I've come to observe and appreciate the changing patterns in the skies and how we are individually affected by these at times radical and usually abrupt changes. Over the course of the past 3 years especially, we've been presented with intense challenges accompanied by energetic gateways urging us to move forward. Sometimes we've been given little or no warning and yet our spirits are expected to react immediately and with confidence.

It's appropriate now as we stand on the threshold of these new opportunities and brand-new discoveries, that we move forward with assurance and confidence. The catch being that we may not have a clue where we're supposed to go. And yet go we must. Through my own trial and error and watching those I've worked with for years, I've been able to compile somewhat of a guide that I'd like to share with everyone now.

Spring is, after all, the season for newness and for a fresh approach after the long, cold and dark winter. With those thoughts in mind, joined by very hopeful hearts, let's proceed.

You will never again be who you used to be. Not in high school, college, when you were the Prom Queen or the quarterback, on your first date or a month ago. Perhaps 10 minutes ago! The good news is that you already embody all of those memories and strengths. Now it's time to literally work at becoming the best version of yourself available NOW. Hence my title, "Who Will You Be Then?" That's a question I ponder for myself daily. As an invitation or an event looms I'll sit at my desk and ponder, "hmmm, I wonder who I'll be then?" My goal being that I can hopefully show up as a better, more improved version of the person who is posing the question.

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It's that level of hope and optimism (and moment-by-moment elastic responsiveness) that is required from us now. We are quite literally supposed to be "quick-change artists," dropping any preconceived notions about how things are supposed to be. Understanding that we can only come from one of two places – love or fear – please deliberately strive to come from love in all of your dealings. Not just with others, but most importantly with yourself. Be mindful of your self-talk and use whatever reminder(s) that might work. Perhaps using a picture of yourself at the age of 5 or 6 and then directing your words to that precious being. If that's too uncomfortable for starters, perhaps focusing on a special young child or grandchild who is precious to you. That might do the trick. But please use a visual reminder until a loving/accepting/gracious level of self-talk has become second nature to you.

Also become more aware of the projections that come from you or that others might be sending your way. Nip them in the bud by becoming more conscious of your enormous internal power to "shoot" energy in any and all directions. Take a moment to practice deliberately sending the *right* energy/message/intentional thought. If a negative or "crippling" thought or emotion tries to form, interrupt it immediately with a specifically crafted statement, mantra or prayer. According to Marianne Williamson, "Prayer is a conduit for miracles. It addresses the problems of the world at their source. It changes people at a cellular level, and with each one who changes, others are brought miraculously closer to enlightenment."

We were never taught this in school, so it's time for the "School of Higher Consciousness" to pick up where the ordinary educational system could not go. You are the teacher. You are the student. As you learn and redirect yourself with intentional patterns of speech toward others and within yourself, you will become the living example of equanimity. Imagine yourself becoming a safe haven that is only full of love and endless light.

I've come to rely on <http://spaceweather.com> and their timely bulletins of solar flare activity. If we're in the midst of a meteor shower or intense solar flare activity, I will feel it begin to knock at the door of my serenity and immediately I take action to counter the intensity. If I can remain more balanced, I stand a better chance of sharing that with the many clients I work with.

My daily strategy plan includes, but is not limited to:

An awareness that we can only change in one of three ways – what we think, what we believe and what we do. So I start with the easiest and *I do something different*,

As I walk outdoors I pray out loud, hoping to scatter my prayers to every leaf, branch, blade of grass or patch of sky,

I strive to create quiet time with no distractions including no TV, cell phone, iPad, music or other disrupting sound,

Using deep breathing techniques or The Hand on The Heart Exercise I create a focused awareness,

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Meditation in whatever form works for me at the time since meditation is a valuable tool to discipline the mind,

Covering myself with light as I “call in” my guardian angel, Lord Michael the Archangel or others that feel appropriate,

Making use of deliberate and carefully crafted affirmations which I say with enthusiasm and a sense of expectancy,

I am striving to never rush to anywhere or with anything.

In addition to this list, I am more and more mindful every day that whatever I put into my mouth is fuel for my body and my spirit. That one thought alone allows me to feel like an important part of an enormous intricate pattern of life.

That thought also stops me in my tracks from eating something I already know my body does not respond well to. In my case that would be alcohol, and anything white, including white flour or sugar, or any wheat product. My particular system has shown an aversion to corn in any form (think about that for a moment!), strawberries, all dairy except for butter, mangos, peppers, mushrooms and many spices. Yes, I am “that person” – the one you may not want to invite to dinner!

It’s my body, the place where I now live to experience God and have the splendid chance to live this life to the fullest. If I can’t respect it and care for it properly, then who will?

Life on planet Earth today is not for the “faint of heart.” So either you’re all in, or you’re out. My vote is to be “all in,” and I would hope that yours is as well. So please allow yourself to come into your fullness as a spark of that Divine Light and become all that you were destined to be. The world needs your light, enthusiasm, courage and intellect. And it needs you to be clear minded and operating in the most healthy body possible.

Blessings on your journey and remember, Divine Order always prevails and the best is yet to come. Please count on it – I do every day.

UB President Rev. Rosemary Cathcart was ordained by UB Founders Rick & Jeni Prigmore nearly 31 years ago. She lives in Nashville, Tennessee. She serves clients in varied roles that include intuitive counselor, corporate trainer, lecturer and seminar leader. Rosemary's practice incorporates guided imagery, Reiki, breathing exercises, Huna, astrology, hypnosis, the Emotional Freedom Technique (often called “tapping”) and many other disciplines. Learn more at www.rosemarycathcart.com.



The Power of True Belief

by Rev. Kelly Graham



When I was 17, a car hit me. I was a pedestrian. My left foot was cut off just above the ankle. The doctor sewed it back on. It works, and I can walk.

Why does my foot work? Because I absolutely believed. And that's the power of true belief in a nutshell.

Here are the details: my foot was severed, hanging by a back tendon. If you look at my foot today, a small area at the very back is the only place there is no scar. My leg was broken again just below my knee, and again halfway up my thigh.

I was in college and my family lived three hours away, across three mountain ranges. The hospital called and spoke with my mother. My father called the police and got an escort for the drive. They made the three-hour drive in one hour and 59 minutes. The police escort never caught up.

The hospital had three orthopedic surgeons. We learned later that the reputation of the one who happened to be on duty that night was "he thinks he's God." That surgeon chose to reattach my foot.

My mother told me, much later, that the other two orthopedic surgeons met with the family in the waiting room, and said they felt reattaching the foot was a mistake. My doctor, too, acknowledged it was a huge risk. I don't remember the exact numbers, but it was something like a 70% chance the foot wouldn't live, and if it lived, an 80% chance it wouldn't work.

I never really thought much about the detail work the doctor did that night. My dentist, a year later, pointed out to me that the doctor had to reattach capillaries, veins, arteries, muscles, tendons, and layers of skin, and try to arrange nerve endings near each other. The dentist called it a miracle. I think that's probably a reasonable way to describe it.

But here's the point: I never expected otherwise. I always expected to be fine. I had no doubt. I had absolute faith. I was a true believer.

Belief is the single most important factor in any endeavor, period. Stimulating your belief in yourself and your ability to succeed can be difficult and may cause some temporary discomfort. But just as releasing tension in physical pressure points can cause some pain but ultimately results in a better energy flow in your body, releasing the old beliefs about yourself and your abilities will create an energy flow in your work and your life that you will find difficult to...well, *believe*.

Belief in that power that is in the universe and is within me—and therefore by logical extension, *belief in myself*—helped me leave the hospital after five weeks and go home. I worked through the wheelchair and the crutches and the walker and eventually moved to a walking cast and a cane. All the bones knitted except the injury where my foot had been severed. The doctor said that was taking so long because dirt, grass, etc. had been ground in to the wound, and there were lots of complications.

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Eventually the doctor mentioned a bone graft. I really didn't like the idea of more surgery and read up on bone injuries. The research I found mentioned things like exercise bringing more blood flow to an area and speeding healing, and calcium helping in bone injuries. So I began my own program of taking calcium supplements and lifting weights on a weight machine with my leg in a walking cast.

On the next visit, the doctor said the bone was healed. I told his staff about the calcium supplements and the exercise, and they said those things didn't matter. They weren't quite sure what happened, but they were absolutely sure that what I did had not made any difference.

Maybe they were right. Maybe it was just my belief. I believed there would be no bone grafts because the bone would heal on its own, and it did.

Again: I never expected otherwise. I always expected to be fine. I had no doubt. I had absolute faith. I was a true believer.

The medical experts also said I would never have feeling in the foot again. I have 100% feeling in the foot.

It's interesting, what experts do when confronted with a situation like mine. I remember having dinner with a friend who was married to an orthopedic surgeon. The doctor asked about my scars and I told him the story.

He asked about my range of motion, and I showed him. He checked the feeling in the foot. And he pronounced that I must have misunderstood, that the foot could not have been cut off and still work, and the accident must have just cut the skin all the way around. To which I replied: okay. After all, what mattered was what I believed, not what he believed.

I'm not belittling the medical establishment. Were it not for the doctor who operated on me, I would not have a foot. I likely wouldn't be here at all. I am a firm believer in good medicine. I just know, beyond a shadow of a doubt, that after the physical realities of sewing up the damage, the most important thing—perhaps the only important thing—is what is in the patient's mind.

There are many books on the healing power of the mind. Louise Hay has written extensively on the subject. Bernie Siegel's *Love, Medicine & Miracles* is another example. And we are far more enlightened today on the role the mind plays in healing. Scientists report cases of multiple personality disorder where one personality is allergic to orange juice, and drinking it causes hives, but another personality is not. The mind is incredibly powerful.

The mind creates everything, whether you intend it or not. *Whether you intend it or not*, your mind has created and is right now creating the life you have. Our mind-set is the key. The single most important factor that contributes to or detracts from your success is your belief in your own success. With that belief, you are almost there. Without that belief, your opportunities are quite diminished.

Too many of us lie in bed at night wallowing in negativity: "How much do I owe on that credit card? When is the rent due? What did he mean by that? How will I bring in enough business? Why doesn't she understand? Why would anyone hire me? I always make the wrong decisions!"

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Stop it. Just stop. Lie in bed at night thinking, instead, about what you did today that was positive, what you're doing tomorrow to reach your goals, how wonderful it is when you have twice as much business as you need, how terrific it is that you can provide for your family and your community as you've always dreamed.

And this is key: think these things in the present. Not how wonderful *it will be* when you've reached your goal, but how wonderful *it is* that you've reached your goal. Your truth is now, not in the future. I didn't lie in the hospital bed thinking "my leg will be fine;" I absolutely knew "my leg is fine."

I was fortunate that my thoughts were automatic. I didn't have to banish negative thoughts because none entered my mind. No one ever mentioned to me the odds against recovery, so I maintained absolute faith relatively easily.

However, in most situations, we are aware of the negativity—the "reality"—we have learned as adults. To succeed we must deliberately align our thoughts toward what we want to create, instead of letting them slide toward negativity. **Your subconscious mind creates the reality you determine by your conscious thoughts.**

Your subconscious mind is your servant, and has no choice but to carry out the orders you give it. You give orders through your conscious mind, simply by controlling your thoughts. Seriously.

The Bible discusses the power of belief too. Mark 11:23-24 states: "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and **does not doubt** in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, **believe that you have received it**, and it will be yours." (Emphasis mine). Offer your prayer—or your affirmation, or your meditation, or whatever is comfortable for you—and believe.

And believe you have received it; not that you will receive it. Don't sabotage yourself. True belief cannot be just lip service. You can't say "I believe in my success" while secretly expecting failure. When a negative thought enters your mind, consciously "cancel!" it. And surround yourself with others who believe in you. If your family thinks you can't achieve your version of success, don't discuss it with them anymore. If your friends laugh at your dreams, find new friends. Believe.

So many of us have a picture of a life we yearn for—and we keep that picture tucked away in a little drawer in our minds because we do not believe we deserve it, or that we can have it. Change your mind: you are the child of the King. *You are the child of the King.* If you don't deserve it, who does? If you can't have it, who can?

In *The Four Agreements*, don Miguel Ruiz writes that "...there really is no reason to suffer. The only reason you suffer is because you choose to suffer. If you look at your life you will find many excuses to suffer, but a good reason to suffer you will not find."

There is no reason to suffer, and there *is* reason to celebrate: if you believe, you can create what you want. Dream the dream you most want to come true, and accept the power of belief to achieve it.

© Kelly Graham

UB Vice President Kelly Graham was ordained by UB President Rosemary Cathcart and UB Founders Rick & Jeni Prigmore. She has worked in the financial field for more than 30 years. Email your questions to Kelly at getcommonsense@yahoo.com



Happiness is a Decision

by Jane Boucher

“Let us read and let us dance; these two amusements will never do any harm to the world.” Voltaire said it well.

In a world that is full of conflict, it is good to think about things that are pure and lovely. Our thoughts control our world...both inside and out. When we have challenges in our lives, we have two choices: we can focus on the challenge, or we can surrender. I choose peace and a merry heart. Proverbs 17:22 says, “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” I am blessed to attend a relevant church where Dr. Leon Stutzman offers sermons that are timely and alive. When asked how to be happy, he would say to

1. Laugh more,
2. Stress less,
3. Get some rest,
4. Find good friends,
5. Keep working, and
6. Stop worrying.

What makes you happy? Rick Hanson, PhD, author of *Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence*, says we can rewire our brains for happiness by focusing on positive experiences and memories. All it takes is a little practice. He explains that the brain is shaped by what we focus on. Think about one of your relationships. Even if five good things happened with that person in one day, it is shadowed by the one negative experience that may have occurred. That is why research shows that a good relationship needs a 5 to 1 ratio of positive to negative moments. When something positive happens, we need to slow down and feel it!

Recently in one of my classes a student shared that he had terminal cancer and only months to live. He has two young children and a beloved wife. He told me a story about being in a restaurant and observing the family at the next table, a father and his two young children. They were not speaking to each other throughout the meal. The father was on his smartphone the entire time. My student said he wanted to go over to that table and tell the father, “Don’t you know how lucky you are? You can talk to your children, watch their smiles and know their fears. I only have a few months left. What I would give to be you!”

Being happy is a discipline – it’s about focusing on the small things that move us – and letting them sink in. Dr. Hanson says we need to savor the positive experience for at least 10 consecutive seconds. He also says we need to refuse to allow a negative experience to hijack the positive experience. It only takes three minutes a day to really take in the positive experiences. That’s only half a dozen times a day for less than half a minute.

If you want to be happy, research tells us:

1. Notice when life is good,
2. Have an attitude of gratitude,
3. Look for happy friends,
4. Be a giver, not a taker,
5. Know your purpose, and
6. Decide to be happy now.

Rev. Jane Boucher is a Master Business Coach and Certified Speaking Professional. You can reach her at 937-416-9881 or via jane@janeboucher.com.

Inner Sanctum Of The Soul

by Rev. Dr. Midge Miller

*Life Is Sacred
And Then.....*

*Winter's Heart Cold And Bleak
Holding Growth Hostage
Chilled Stiffened Branches
Perches For Only The Brave
Payne's Gray Skies
Yet Hope Remains*

*Spring, Her Promise To Return
She, Though Hidden, Abides
Even In Her Absence
Produces Life Beneath
Quiet Moments For Gestation
Sleep Knows Not Time*

*Hope, The Light Of Tomorrow
Surrounding Golden Ratio
Streams Swell With Young
Lady Slippers and Ferns Rejoice
Never Lost, Chain Unbroken
Rekindled Coals Ignite*

*Life Is Sacred And Then....
It All Begins Again*

*Namaste, Blessings into the Light.
Rev. Dr. Midge Miller*

Rev. Midge Miller resides in Michigan



A Servant Heart

by Rev. Mary Ann Barry



There are no words that adequately
capture
The impact of the servant heart

You can find them behind a counter
Waiting on tables
In your doctor's office
Driving the mail truck
Or sitting right beside you
...you can find her/him in the mirror,
if you dare to look

The joy of serving others cannot be
measured
It can be unglamorous and grueling,
tiring and tough
But it is the gentle spoon that stirs the
pot of love!

Do not despair...we are everywhere—
Thank You God for filling up our
world
With the gentle magic of Your healing
touch
Thank You for all the servant hearts
...please grow more.
Amen

Rev. Mary Ann Barry 12/23/14

*Rev. Mary Ann Barry resides in Massachusetts.
She was ordained in July 2004.*

Love Notes

We all love “love notes;” they touch a beautiful place in our hearts and there we hold that feeling. When a cloudy day pops up we just visit that beautiful place in our heart and smile: the clouds may not diminish, but we feel the love and warmth that we hold within. Below we have included the inspiring messages from our UB President Rev. Rosemary Cathcart. On Valentine’s Day and Easter/Passover she sent these emails to our membership, sharing her thoughts, wisdom and loving heart. It was a joy to read the loving responses to Rev. Rosemary’s messages as well! Here we have shared Rev. Rosemary’s lovely messages.

On this anniversary of Saint Valentine’s Day, February 14, 2015, let us come together as a community of like-minded ministers and seekers. Let us embrace “love” as the ultimate gift, the ultimate exchange of personal energy.

Understanding we can only come from one of two places – love or fear – let us consciously choose to come from a place of love. Difficult though it sometimes is, if we *decide* to focus on love and become a resource in the world, we can accomplish that goal. Love is, after all, the ultimate reality and fulfills our purpose on Earth.

Please know that you are held in the hearts and the minds of not only the Founders of Universal Brotherhood, Rick and Jeni Prigmore, but every member of the Corporate Board, including our Administrator, Robin Morini. You are showered with love and genuine affection on a daily basis. Please embrace that love and share it with all of those who are near and dear to you and with all of those to whom you minister.

“Knowing that LOVE is the strongest power on EARTH, I willingly attune my heart, mind and body to love as I open myself to experience every aspect of this life I love living!”

Happy Valentine’s Day!

All my best,

Rev. Rosemary Cathcart

**President
Universal Brotherhood Movement, Inc.**

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Love Notes

Spring is in the air, and with it come the joyful celebrations of Easter and Passover. As we join together with beloved family and friends, sharing both prayer and meals, I would like to suggest that your prayers extend beyond those most dear and move outward to include our entire family of mankind. While loving those close, also make space in your hearts and your minds to extend Grace and Blessings to one and all.

To me, these sacred and holy traditions are meant to encompass introspection, reflection and deep forgiveness – forgiveness toward others as well as for ourselves. I don't think it is an accident that the word forgiveness is mentioned 72 times in the New Testament. Could we have been given a clue to the true means of attaining peace and wholeness? Perhaps.

As always, I want you to know that you are being held in the Light by everyone on the Corporate Board of Universal Brotherhood, and by our Founders, Rick and Jeni Prigmore. You are a vital part of this organization and as such we extend to you the warm embrace of genuine affection and caring; I hope you're sensing it now!

May Grace allow you to rise higher and higher on this most special weekend of Easter and Passover blessings.

All my best,

Rev. Rosemary Cathcart

**President
Universal Brotherhood Movement, Inc.**



Come On Spring!

by Rev. Susan Stein

It's been a rough winter for those of us who live up North. I remember the cold in my childhood, walking to school in skirts with the temperatures down in the single digits or minus. We'd get there with our legs and knees blue with cold. Girls weren't allowed the privilege of wearing pants to school in the late 1940's or early 1950's. It bothered us, but we dealt with it as kids did back then. Schools in the city rarely closed for snow days. It had to blizzard so hard there were drifts up the front door so high you couldn't get the door opened before we'd get a snow day. It's rougher now at my age. The cold has a negative effect on these old joints and bones. I am so looking forward to warm weather and spring.

Spring, the soft earth with her scent and feel of life renewed. The tiny, tender shoots of early leaf tops poking through; crocus bravely coming up out of the snow still left by the last



storms; the iris tops; the daffodils. I watch the birdfeeders to see if the goldfinch's colors are changing yet. I wait impatiently for the cold nights to go away. I want to put my house plants outside. They are crying for the sun and warmth. So am I. My hands are itching to feel the soil sifting through my fingers. There is work to be done and I am anxious to get started.

It's almost time to get out the trowel, spades, shovel, snippers, shears, trimmers, starter pots and saved seeds. It's almost time to decide what will go in the gardens.

I have plants to replace. Last fall I lost my beautiful purple 6-year-old clematis; two very old peony bushes that were here when we moved in to this house 32 years ago; the sedum I put in four years ago; and my beautiful peach-colored rose bush I nursed from a tiny little stick for 22 years that was giving me about forty gorgeous blossoms every

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summer. I know nothing lasts forever, and what will be, will be. They are gone, but I am not, and the ground awaits my willing hands.

I don't yet know if my tulips, hyacinths, lily-of-the-valley and iris will come back, but I hope so. I have my work cut out for me this year and that's okay. Working the soil, planting anything is spiritual work. It always feels as though I am part of something special the Creator has given us. Now there is an entire garden that needs replanting; that needs me.

I look forward to buying some new plants, to putting seeds into tiny pots to germinate, and to feeling the warm sun on my back again. It's always exciting to see the tiny shoots come up and watch them grow. And yes, I even look forward to the weeding. Come on spring!

I can hardly wait to see the trees begin to bud, hear the songbirds trill, and feel the earth and grass beneath my feet. Gardening always makes me feel close to the center, close to Spirit, one with the natural world.



Pink Peony
Photograph by Rev. Susan Stein



Rev. Susan Stein lives in New York.
All photographs in this article were taken
by Rev. Stein from her lovely garden.



Global Invitation to All Reiki Masters –

“Let’s wrap our hands around the Globe”

A vision given while on a Reiki table in a class of veterans

by Reiki Master Rev. Alaya Chadwick MSW, LICSW, M.Div.



Lying on the Reiki table, 10 hands touching me, something I can only call “A Vision of World Peace” flowed into my mind’s eye. Unbidden, unsought, yet profound in its impact, I am compelled to share it. I invite you into a celebration of our global presence as Reiki Practitioners. I invite you to participate in a profound action.

These days it feels like some form of war is everywhere. And there seems to be frantic questing to “fix it” or “contain it,” etc. As a result of all wars, there are increasing numbers of soldiers becoming veterans. Many of those become war-torn and family members may quickly follow. **“When one goes to war, we all go to war.”***

In the vision I had there was an embodied realization that “YES, there is Reiki in nearly every country of our planet. YES, there are soldiers and veterans and war-torn families in nearly every country on the globe. YES, there is a way!”

Then ... in that inner silence of Reiki’s flow ... an invitation was posed within my being:

“What if every Reiki Master sought to teach Reiki to every willing veteran? And what if every veteran Reiki practitioner then touched as many other veterans as possible? And what if every willing veteran became a Reiki Master teaching other veterans? And what if those veterans began to teach other veterans ... until ... until ... veterans and Reiki Practitioners embraced the globe in peace?”

A wave of pulsing energy spilled through my body as I felt tears of truth and possibility slide down my cheeks.

I saw the hands of Reiki holding the hands of the warriors of many countries, and together they held the world’s heart ... until ... peace was all that could unfold.

I am inviting all Reiki Masters and all Reiki Practitioners, in all countries, to join in a quiet **“Response to Global War.”** Let us bring Reiki to all the warriors and their families, in all countries.

Our soldiers going to war are being “our hands.” They act on the behalf of their people. They go in service of us, regardless of country, politics or views.

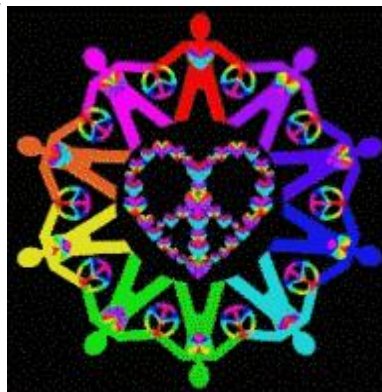
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Let us, as Reiki hands, now be of service to them in return. Let hands that were trained to kill become hands that can heal.

Then, there will be veteran who are Reiki Practitioners touching other veterans, and veterans healing veterans, and veterans teaching veterans.

There will be a ripple of Reiki 'round our war-torn world until there must only be peace.



Reiki Rev. Master Elizabeth "Alaya" Chadwick, MSW, MDiv, LICSW, CMTR Rev. Alaya is the author of Wake Up to your (W)hole Life and Alaya's Fables. Her new book, Wake up to War & Peace, is pending. She is the Director & Founder of The (W)hole Point Institute, LLC. See Alaya Chadwick on [YouTube](#), and her websites www.sanctuarynh.com and www.wholepoint.us. See the Whole Point Institute on [Facebook](#).*

ARTICLE SUBMISSION

To submit an article for our newsletter:
Email your poetry, article, recipe, blessing/
prayers, shared thoughts and ideas to:

robin.ubm@gmail.com

You can also send your articles to our office:

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



UB Minister Directory

Universal Brotherhood Movement, Inc, has a wonderful "tool" for all UB ministers located right on our website,
www.universalbrotherhood.org.

In this Minister Directory you will find ministers who have requested a listing in this public directory, and you can request inclusion on this list too.

If you would like to be added, please know:

- You must be an active member
- You must include a link to your website
- You must have a privacy form on file with UB
- We will not list phone numbers or email addresses in the directory

If you are interested, please complete our contact form with a request to be included in the directory, and include your website address.

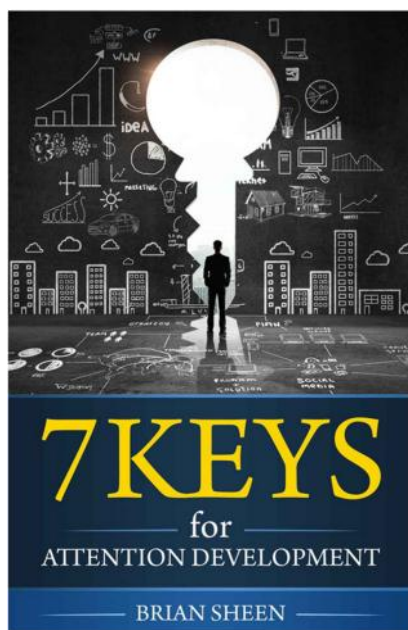
Send requests to: robin.ubm@gmail.com

Book Nook....



Rev. Brian Sheen, PhD, is a best-selling author of *7 Keys for Attention Development – The Guaranteed Program*. *7 Keys for Attention Development* helps readers understand the underlying causes for attention deficits, disorders and distractions. It helps those suffering from depression and anxiety return to emotional wellness. Brian reports his tools and strategies have had a reported 97% success rate in reversing ADD/ADHD, depression, anxiety and stress-related symptoms while helping participants avoid taking psychotropic medications or becoming medication-free.

Brian demonstrates how the symptoms currently diagnosed as ADD/ADHD, depression, or being stressed out, scatterbrained or out of control, is not because the individual's brain is defective or dysfunctional. Readers learn it is just the opposite; their brains are working perfectly to handle the conditions they are being subjected to in their lives. Brian explains the concepts in easy-to-understand language, detailing how these symptoms are created and precise methods for reversing them.



Brian takes a scientific approach to the subject of how the mind, emotions and environment affect attention based on the biological effects of stress, fear and unstable conditions. He details how the mind interacts with the three brains of the body and the endocrine system to produce chemical responses. These responses create mental disruptions that cause dysfunction of the ability to focus, impulsive behavior and acting out. Unfortunately, Brian says, ADD/ADHD medications do nothing to remedy the causes, and produce many dangerous side effects that require more drugs to remedy.

Brian then proceeds to show how to reverse the negative consequences caused by the mental, emotional and physical stressors quickly and effectively without the need for medication. Readers will be amazed at how, in a matter of minutes, their attention becomes focused, the mind and body become relaxed, and the emotional state is empowered to effectively handle the tasks at hand.

The book shares case studies illustrating how Brian reports implementing the 7 Keys program with a variety of individuals, helping them to overcome their ADD/ADHD, depression and stressed-out symptoms. The program details the 7 Keys as: Calm Presence; Positive Attitude; Centered and Grounded; Alert and Energized, Attentive and Focused; Open and Connected; and Strong, Purposeful and Well Nourished.

....Continued

Book Nook....

....Continued

Brian has been involved with Complementary and Alternative Medicine research and development for the past 44 years. He is the founder of the Florida Institute of Complementary and Alternative Medicine (FICAM), which trains individuals in maximizing wellness, enhancing emotional intelligence and creating optimal performance for living an empowered life. He has been with Universal Brotherhood for over ten years.

Through his books, CDs, school and online training programs Brian has demonstrated how to overcome the symptoms of ADD/ADHD, depression, anxiety, addiction and thyroid imbalance without medications. His evidence-based work integrates the mind, body, emotions and spirit to activate the body's inner pharmacy to return the endocrine system back to balance and health. This he has termed Quantum Embodiment®; optimal wellness, balance and functioning between each level of human existence: mental, emotional, physical, spiritual and in relationships.

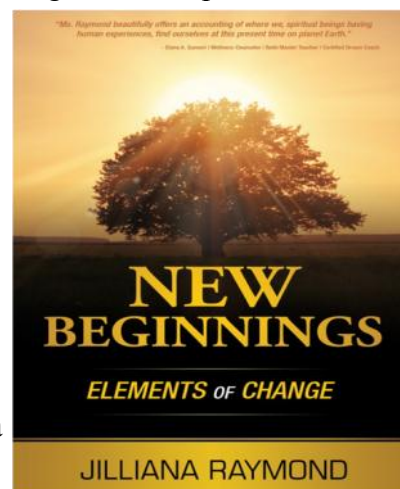
Brian says his inspiration for this concept came from his work with the United States Jaycees in the early 1980s that led to his being awarded their prestigious Seiji Horiuchi Award for outstanding achievement with his personal development programs.

Brian is the author of numerous books, articles and CD series.

Learn more at www.briansheen.com and www.7KeysforAttentionDevelopment.com. The book is available on Amazon.

Rev. Sheen lives in Delray Beach, Florida.

NEW BEGINNINGS ~ELEMENTS OF CHANGE is a guide to help individuals understand they are so much greater than they believe. It is a presentation on the spiritual energies that create our living world, and a reference tool to determine if there is disharmony in your life while presenting simple techniques to reverse the unbalance. If there is any area in your life that is out of balance, this work will help you change that element to help design the life you were born to live.



This transformational work asks readers to consider what no longer compliments the life they were meant to live and presents the tools to allow them to experience the life they could be living.

In addition, Rev. Jillian Raymond is a National Board of Massage certified teacher for an energy protocol she developed, Integrative Sole Energy Therapy, that opens blocked energy channels within the body, allowing the recipient to experience healing and balance.

New Beginnings—Elements of Change was released on April 23, 2015. It is available on her website, www.jillianaraymond.com, or on Amazon in Kindle or paperback.

Rev. Jilliana Raymond resides in New Bern, North Carolina

Book Nook....

Healing Your Heart After the Loss of a Loved One **MESSAGE FROM DADDY**

author: Rev. Marguerite Vardman

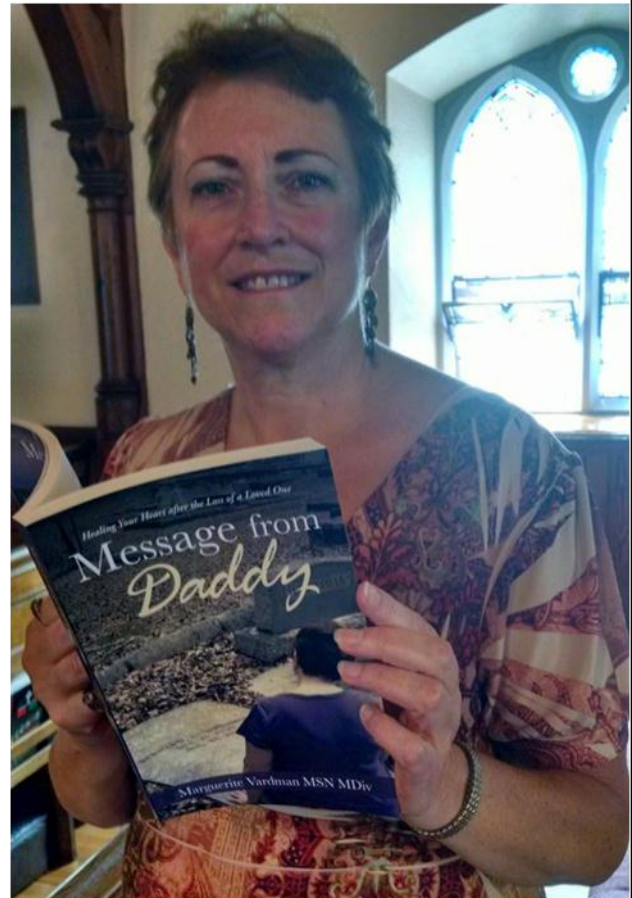
Message From Daddy sets you on the path to healing after the loss of a loved one, and holds your hand every step of the way.

Rev. Vardman combines her medical and ministerial training, along with her decades of personal experience, to show you how to navigate that path.

Reading *Message From Daddy* can help you:

- Develop an understanding of the end-of-life process that will help you and your family cope.
- Learn how to use affirmative prayer to bring hope to your daily routine
- Use the concept of transition of the Spirit to add a new dimension to your healing process after the loss.
- Find out how to get your life back, through a step-by-step approach.
- Discover how to honor your feelings, develop a support network, stay in touch with Love, and trust God.
- Believe in Miracles again and know that you deserve them in your life!

The words of wisdom and personalized true stories in *Message From Daddy* will help you to create a strong inner belief that you *can* find happiness after a great loss.



Rev. Vardman has spent over forty years working in health care. As a nurse practitioner with an MDiv in spiritual counseling, she has dedicated her life to helping people heal in body, mind and spirit. Early in her career, she became comfortable with helping folks face end-of-life issues with love and grace.

Message from Daddy is available on [Amazon](https://www.amazon.com/dp/B000APR004) in Kindle, hardcover, and paperback editions.

Rev. Vardman lives in Atlanta, Georgia when she is not relaxing at her home on Thurmond Lake.



Prosperous Living

Rev. Bill Wishart

You get what you expect. Stimulating thought, isn't it? I hope so. Take a few minutes today and listen to you. What are you announcing to the Universe? I hear many people continuously say what they don't want, seldom what they do want. Do you say "I don't want that to happen" or "I don't want this to happen"? What *do* you want to happen?

Announce *that*. Bring what you want to the forefront of your mind. Prosperous living requires prosperous thinking.

Money is God in action. Money is energy. God is energy. Do you drive the dollars from your door with your attitude about money? Money is *not* the root of all evil. Supposedly the "love of....." etc. You know the words — what you have been conditioned to think and say on the subject. If you announce "I live paycheck to paycheck," you will continue to do so. If you announce recession and think recession, you will attract one. If you fear running out, you will. Stop sabotaging yourself. Listen to what you say, and change the announcement.

If you continue to announce, "I have no friends, my relationships don't last, and I don't fit in," this will continue to be true. What positive statement can you make today to change this? You and you alone created what exists right now. You, "Just You" can change it.

Do you announce when you will be sick, catch a cold, have a stuffy nose, allergies, broken bones or any other health challenges and annoyances? This "always" happens, that "always" happens, or "I can't be sick until the day after Christmas" or some other future time. Watch and listen: the event will be there when the permission, *your* permission, allows it. Stop what you are doing to yourself. Say only what you mean.

Start to create a new consciousness about prosperous living. Claim what you *do* want to happen. We live in an abundant Universe. You deserve the best. You are a child of God. Healthy living is yours. I have not required any kind of medical treatment in years. This is not "lucky." It is just as it should be.

Invite all people into your heart with love. Forgive all who have offended you, no matter how bad it was. Wish for everyone else only what you wish for yourself. Friends will start to appear everywhere. You are loved all the time. God is love and never leaves you. There is no lack of love, claim yours. Start now. Love and you will be loved.

Think only good thoughts about money. See God in action in its use. Give first from what you receive and have no fear of not having enough for you.

See only the good in everything and everyone. You will produce a prosperity consciousness. Prosperity in all areas of your life will be yours. Start Now! Today! Right where you are!

"Just You "
Blessings
Bill



Right Now Where Life IS Happening!

by Rev. Lisa Giroux



***Wonderful wishes to each of you today,
this day, right now where life
IS happening!***

I often wonder what the frequency of complaining does to our energy field and how often we complain without even realizing we are complaining. It has become the way we express and it becomes our experience.

Three of the most devastating frequencies are:

- worry
- guilt
- complaining

Each of these will keep us locked in a pattern of recreating, over and over, experiences we don't want. We have to move toward keeping our thoughts upon what we WANT!

So often we have big dreams, dazzling imaginings of how life is supposed to be. We have rules about how it is supposed to go and we go down swinging if anyone tries to dissuade us from our comfort zone or even dare suggest we may be swimming up stream when going with the flow is simpler!

If we are living with a rigid association of how things should be; when they don't go that way we are devastated and feel deflated, defeated as if we have lost our way.

Research shows the shift toward a neutral position is one that is most emotional boosting and can give us a greater sense of our

own potential and keeps us more emotionally stable than the other way of clinging to out mode ways of being.

How do we make this shift to neutral? And is this lowering our expectations? Are we just giving up and choosing to live a life of low morale?

NO! We should have delicious dreams and visions for our self; however, we temper it with the calm detachment of witnessing life, as it is happening from the neutral position. We do not allow our self to get too wrapped up in all the drama that usually goes along with total attachment to outcome.

I know people who still bitch, moan and complain about the weather and are devastated when it "rains on their parade;" yet those with the neutral, detached approach will be the ones to offer to share their umbrella with you! This neutral position regarding life keeps us more prepared for all the twisty, turny, ways the road of life can shift.

We become the person who simultaneously prepares for the best of life, yet knows to bring that umbrella, just in case! This attitude causes us to feel more competent because as sure as the sun will shine some day; STUFF will happen again and again.

Pain IS inevitable;
suffering IS optional.

Continued.....



...continued...

If we are complaining, we are NOT being grateful! If we are NOT grateful we are not living our potential and our purpose, and we are off our pathway to peace of mind, well-being and vibrant living. Let's manage our inner dialog and move toward being grateful and at peace with the reality of our life so we have the energy and the frequency for creating something better!

I would love to help you attain this position of power that IS the Shift to neutral. Let yourself not be defeated nor inflated by life's ways.

Be the ever-diligent witness to this process of life.

Please click [here](#) to enjoy this 30-minute teaching on the frequency of complaining, and how to move beyond it.

Witness where in your frequency you are stuck! Love it to the Light and Let it go, again and again.

With love and light, bliss and joy!
Lisa

Rev. Lisa Giroux
Energetic Life Strategist
Empowering you for your LIFE



A Special Message To God

by Mike Gruteke

God of All Infinity~
Of the birds of the air~
Of the fish of the sea~
Creator of the sometimes less
enlightened~
But never the less~
Mostly Good Humankind~

We are mindful of the
responsibility~
That You have given us~
And ask for your help~
In healing our home~
And that of our companions~

We ask Your blessing in this
Great Venture~
Amen



The Clown Chakra

author unknown



The clown scientists have found that all our problems can be placed under one heading: seriousness. Seriousness is the leading cause of everything from cancer to reincarnation. Scientists from the Clown Academy have already discovered a new source of healing. It is a psychic energy point located between the heart chakra and the throat chakra. It is called the clown chakra. If people are feeling miserable; if they have financial problems; if their relationship situation is the pits; if they have ill health; if they have a need to sue people; if they find fault with their brother; then obviously their clown chakra is closed. When this happens, the scientists have observed under a high-powered microscope that the cells of every organ display a sad face; and when the clown chakra is open and functioning normally, the cells display a happy face.

The scientists realized that if a person is ill, it is because his mind has projected guilt onto the cells of his body and has forced out the love that is normally found within each cell of the body. The cells are therefore saying “I Lack Love” or ILL for short. The scientists also discovered that all disease is due to the fact that the cells are “out of ease” or “dis-eased.”



When the clown chakra is opened and working (or rather, playing) properly, the psychic mechanism sucks up misery, pain, anger, resentment, grievances, unhappiness and so on, and converts the energy into tiny red heart-shaped balloons. The red heart balloons contain God’s Love and Joy. These balloons are directed to the “dis-eased” cell or situation, and a happy face appears instantly. When the light enters the darkness, the darkness is gone.

Sometimes these red heart balloons are called endorphins, due to the fact that when anyone experiences them the feeling of separation ends, they experience being back home with the Father and hence no longer an orphan. This is the well-known “end-orphan” (endorphin) effect.



So if you think someone is attacking you, clown scientists recommend that you visualize sending that person red heart-shaped balloons filled with God’s Love and Joy.

Remember to keep your clown chakra open, and remember to laugh!



Let's Stay In Touch!

Staying in touch with our worldwide membership means we work every day at updating the contact information for all UB ministers.

It's important that we have your current contact information, **especially your email address**. All but one of our UB GoodNews newsletters are sent via email, so a current email address ensures you can receive our newsletter and stay better informed.

Please print this page, complete it, and mail to:

UB Administrator Robin Morini
Universal Brotherhood Movement, Inc.
PO Box 670278
Coral Springs, FL 33067

Or scan the completed form and email it to

UB Administrator Robin Morini via robin.ubm@gmail.com.

Name: _____

Address: _____

Phone Numbers:

Home: _____ Work: _____ Cell: _____

Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____
