

UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter ~ Spring Edition 2016

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EARLY Morning

"This early morning, walking up my
street in the darkness;
I reached to the sky for inspiration -
As I often do . . .

THERE IT WAS for me -
Today's Lesson

To my uplifted eyes, the "Gift of Life"
appeared.

In the shallow bowl of a bright, white
sliver of moon,
Rested the whole, full, mysterious,
yet glorious outline of the moon.

I can see my own Life -
the **WHOLE** of it -
In treasured memories;
Resting in the bright palm of my
conscious, personal evolution at this
moment.

What a GIFT !
Rev. Dr. Jeni Prigmore



47

By Rev. Dr. Rick Prigmore

More than twenty years ago Jeni and I enrolled in a seminar on “relationships” at Unity Church of Ft. Lauderdale, Florida. The presenter, whom we shall call Sandy, pointed out that most friction between persons stemmed from *unrealistic expectations*. Her premise was: you have no right to “expect” your mate to respond in a way *you* deem “appropriate.”

“For instance,” she said, “You sometimes become unhappy and get

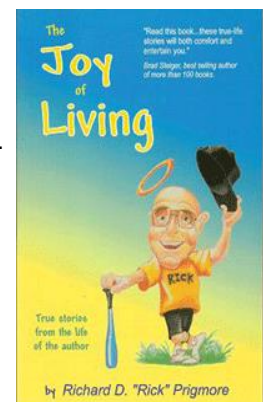
your nose ‘pushed out of joint’ if your ‘significant other’ fails to tell you 47 times a day he or she loves you.” She continued her lecture stressing the “unrealistic expectation” factor time and again.

The following morning, Jeni and I awoke at the same time looking into each other’s eyes. Simultaneously we said, “47.” We figured that was a good number of “I love yous” to start with.

For all the years since, every day for us begins with “47.” Some days the numbers reach into the hundreds—and our marriage has become more and more wonderful, perhaps because of releasing “unrealistic expectations” and remembering to say “I love you,” often. For that bit of wisdom we say, “Thanks, Sandy.”

“47” is just one of many heart warming stories shared within the pages of The Joy of Living. As our Co-founder Rev. Dr. Rick Prigmore has suggested through the *Author’s Note*, “Perhaps, as you read these reminiscences, they will stimulate your memory to recall some of the best times in your life. It is my understanding that we are here to be joyful and experience happiness, that the world’s best and all its abundance are here for our asking. I’ve asked for and received the best. Life is good. May it be so for you. Happy trails.”

You will find more information on The Joy of Living in the Book Nook section.



Always Something New To Learn



By Rev. Rosemary Cathcart

How are you faring in this tumultuous year 2016? I know for myself it seems as if one thing has just kind of morphed into the next without a break.

Each year when I prepare the Numerology Forecast for the upcoming year, I consider all of my family, loved ones and entities (such as UB) that are important to me and I imagine how these new opportunities for change might impact them. I've always used my knowledge of esoteric traditions to guide my life and inform my choices. Never has that been more necessary than this year.

The **# 9 Universal Number** vibration we're all facing this year ($2 + 0 + 1 + 6 = 9$) has consequences that will reverberate for many generations to come. This # 9 energy is all about rising to the highest level of spiritual, masterful consciousness any of us can attain. It is also about endings. The end of the line for relationships that no longer work, for jobs/careers that no long serve us, and in some cases, the end of life in physical form. It's also supposed to be a time to end thought patterns and emotional patterns that deserve to be deeply, deeply buried. We are supposed to be investigating our thinking ~ and getting much better at it.

Everything in Nature has a life cycle, and so do we. Humans, in our natural arrogance, tend to think we can bend the rules of Nature. But we cannot; Mother Nature and God always have the final say.

As someone who, since adulthood, has followed a mostly organic diet, remembered to drink half my body weight in ounces of water daily, exercised, prayed, meditated and followed my heart in all decisions ~ I was the last person ever to be prepared for a dire health diagnosis. So much so, that as my wonderful Aries doctor was delivering the news to me, I reached over and touched her arm gently and said, "There must be some mistake, that's not me. I'm not sick."

Thus began my journey into a world I've only danced around in my healing treatments and compassion for family, friends and clients alike who deal with all sorts of overwhelming health situations.

Looking back now, I see the Hand of The Divine in all of my interactions, including that first day with my primary care physician. As it became time to select a surgeon, I asked her if she was familiar with dowsing? Her response was, "Whatever you'd like to do Rosemary, as long as I don't have to get wet!" Using my pendulum to select the correct surgeon from a list of three was a first for her, and proved to be just right for me.

Praying for proper guidance became an absolute 'must' every day as the cold, metal structures that make up our health care system loomed on every horizon. Who do I share this information with? Who do I pull together as my "support team" to help navigate the scary and mountainous terrain ahead? How do I continue with my work? How do I pay for my life, my home, etc.? Can I fulfill all of my many obligations? Will I

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have the stamina and physical energy to get up tomorrow morning? I should add here that it never occurred to me that I might actually die, I was simply overwhelmed. And flat-out exhausted.

The words, **how, who, why, should** and **if** began to take on lives of their own until I simply stopped. In one of those many quiet and very alone moments, I suddenly knew what to do: just take the next step. Stop thinking and take the next step. **“You will be guided at every juncture ~ simply trust.”**

My “next steps” might never work for anyone else, and they’re not supposed to; they were my next steps. I asked for internal guidance about who to share this news with and I stuck to what my guidance told me. It was a very, very small group and made no logical sense. Much as I honor “prayer chains,” they are not for me. I’ve spent too many years working with the human brain and I know how slippery our minds can be. I needed to surround myself with people I trusted with my life and could be completely vulnerable with.

One of the attributes of this **# 9 Year** is that the movement of energy is instantaneous and once put into motion cannot be stopped. Errant thoughts fly through the air with ease and super sonic speed now. I wanted all of the thoughts flying my way to be health-filled, optimistic and loving. Nary a bad memory of any supposed former transgression on my part needed to find its way back to me; and certainly not at a time of low energy and precarious health treatments. Love, health and hope ~ love, health and hope was all I needed coming my way.

My brilliant Gemini surgeon’s first words to me were, “It’s such a pleasure to meet you, I’ve heard about your work for years.” I think that pendulum served me well, don’t you? She’d been warned that I’d ask for her birth information (why be an Astrologer if you don’t use the skill?) and she gave it to me. Her treatment from the start was warm, skillful and very careful. Not the least bit wholistic herself, she understood my need to have my own opinions and my own personal strategy. It wasn’t her place to agree with me on everything, but it was my place to set that tone and to believe unflinchingly in the outcome. I have studied healing and all forms of alternative health care for decades and it was time to put all of that skill to work for me.

Bolstered by long-term relationships with my clinical nutritional consultant, my Chinese physician and my chiropractor, I felt encouraged that I had professional people who knew me and my body very well. They, too, would form the framework of my team and be consulted each step of the way.

In the midst of a health crisis, it’s very difficult to stay true to oneself. Everything in the health care world today is so enormous, and shiny and overwhelming. Hospitals have campuses now with parking lots that rival those of municipal stadiums. Are we supposed to be scared into complying? Or are we as a society just so sick these days that it’s necessary to have such huge hospitals?

“Breathe, Rosemary – just breathe and then just take the next step.”

This was a mantra I repeated to myself a thousand times a day. I work with many of the Archangels, Lord Michael in particular and my own Guardian Angel, Betty, most especially every day. In times of need, I also work with MAP: The White Brotherhood Medical Assistance Program. For details on MAP, search out the work of Machele Small Wright which I highly recommend.

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Since the situation definitely called for it, I routinely employed all of my Angelic resources for every doctor visit and each procedure. After one particularly barbaric treatment, young nurse Kristi was walking me out of the surgery suite and into the imposing matrix of large hallways and double doors. She asked who was waiting for me in the lobby and I responded that I'd come alone since no one had warned me it would be so painful. As I started to say, "I never really travel alone," the final set of double doors swung open and the hallway was filled with such brilliant sparkling white light that it caught Krisiti off guard. What a heart-warming and very welcome affirmation that, of course, I'd brought loved ones with me to face the day. My smile was huge and I felt deeply comforted. I walked serenely and gratefully through the lobby and into the cavernous parking lot. And I was not alone. I sat in my car and sobbed for at least 10 minutes until I was able to drive home. It was cathartic and timely. My tears did not signal defeat, simply a much-needed release.

I also learned that I could ask for help for everything from grocery shopping to laundry, cooking and puppy care. It was at once humbling and healing to not have to "do it all" or even try to figure it out. The calendar was daunting; what to cancel and for how long? Writing everything in pencil was indeed a great blessing. Since only a small handful of people actually knew my situation, I became adept at bending the truth (lying).....always with my fingers crossed while simultaneously reciting some prayer under my breath. May as well cover all of my bases, right? God knew what I was going through and surely I could be cut a little bit of slack?

This entire event has changed me forever; it was supposed to. I'd always been compassionate but now I am so much more so. People can only do what they can do and not one other thing. I've learned that you can prop yourself up with enough pillows that sleep through the pain will eventually come. Moments mean the world to me now. This morning sitting outside in the early summer air with my constant companion, Cayce was blissful. Lawn mowers hummed, 2 1/2 year old Jackson's voice next door held a particular sweetness and the variety of birds flitting from feeder to bird bath each sang a lovely song just for me. My wants also seem to be different in a very settled and comfortable way. I am quite content and grateful for each second of life in a way I'd only hoped for before. I have a wonderful life and I am eternally grateful for all parts of it, even the not so great stuff.

The words of John O'Donohue were a guide in rough times:

"A new confidence will come alive
To urge you toward higher ground
Where your imagination
Will learn to engage difficulty
At its most rewarding threshold!"

As well as an ancient Sufi exercise designed to remind me of our oneness:

JUST LIKE ME

Just like me, this person is seeking some happiness for themselves.
Just like me, this person is trying to avoid suffering in their life.
Just like me, this person has known sadness, loneliness and despair,
Just like me, this person is seeking to fulfill their needs.
Just like me, this person is learning about life.

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Each doctor, technician, nurse and clinician I dealt with believed in their work and their ability to help me heal. At every juncture, I also believed 110% in my connection to the Divine and my own ability to heal completely.

I am deeply grateful to be sitting here in my office writing this article for the Spring UB GoodNews. It's late this year, and I'm sorry for that, but my priorities shifted. It's my new normal and I'm blessed to be here, hoping to never forget any of these life lessons. If you're one of the many people I love deeply who were not a part of the original "team," take heart and know that you were with me each step of the way. Love travels faster than thought, and those we've loved can never truly leave us or be further away than the next breath. Please do not be hurt or feel slighted. I simply could not talk with one more person and explain one more thing. In the days we have left in this vibrant and tricky **# 9 Year**, do your best to make a difference and to be present in the moment. This very moment, right now is all that exists and all any of us are guaranteed. Breathe, stay present and use it wisely. **Drop the fear(s) and reside only in love.**

If you are faced with a health crisis, please remember to be true to yourself and take it as slowly as you need to in order to make the right decisions. This is your life and your physical body. You must be true to yourself and dig deep to find the courage to buck the system if necessary. And please, please remember to not be at "war" with anything or anyone, least of all yourself. If you are faced with a health issue, look at it as something that's passing through your body, and not meant to take up permanent residence. An internal adjustment needs to be made, that's all. Watch your language around it and your ever-deepening relationship to it. This is where sharing the news with others becomes so vital since each person will mull over your condition in their brains as well and that can be shaky ground for sure.

Many blessings to each of you and thank you from the bottom of my heart for being a part of this wonderful gift to humanity called **Universal Brotherhood Movement, Inc.** We are an important organization on the world stage, holding the space for genuine community, respect and loving works to continue.

You are the Light of the World and your light shines brightly indeed!

UB President Rev. Rosemary Cathcart was ordained by UB Founders Rick & Jeni Prigmore almost 33 years ago. She lives in Nashville, Tennessee. Learn more at www.rosemarycathcart.com.

Dues Increase Information

Inside the United States: \$50 for one person, for one year; \$75 for two people at the same address, for one year

Outside the United States: \$80 for one person, for one year; \$120 for two people at the same address, for one year

Ordination Fee Update: The total fees for ordination are \$145 within the United States, (the ordination application fees remain \$95 plus \$50 yearly fee). Outside the United States the ordination fee remains \$95. The yearly fee is now \$80, the total fees are \$175 outside of the US.



Does It Spark Joy?

By Rev. Kelly Graham

No doubt you've heard of the bestseller by Marie Kondo, *The Life Changing Magic of Tidying Up*. It has been an international sensation, spawning follow-up books and workbooks, a lecture series, and numerous television and internet reports.

Anyone who has ever cleaned out a closet has heard the mantra of "if you haven't worn it in a year, get rid of it." Some (like my husband!) say six months; some say two years; but in any case, the idea is to get rid of that which you don't want / need / use.

Marie Kondo's idea, known as the KonMari Method, turns that concept upside down. Her thought is this: instead of deciding what to toss, *decide what to keep*. And the decision-making mechanism is simple: hold the object (dress, book, vase, whatever) in your hand and ask yourself, "Does this spark joy?"

I don't know about you, but that concept really resonated with me. Imagine a closet full of clothes that only spark joy, instead of reminding you of money you wish you hadn't spent, or a size you wish you were. Imagine a bookshelf with only books that spark joy, instead of guilt that you haven't yet read that book your friend gave you. Imagine a home where everything in it sparks joy for you.

I'm not leading up to a treatise on cleaning house – but I am suggesting that this concept of looking at what "sparks joy" in your life and keeping or focusing on those things, rather than everything else, could make a huge difference for you – dare I say, a "life changing" difference.

In my work, for example, there have been many recent changes that made quite a difference in the office where I worked. So, realizing that place was not sparking joy for me, I sought a place that would.

In my field, one does not give two weeks' notice – or any notice. One resigns and is immediately gone from the premises. This is the protocol. And for that reason, a search for a new firm necessarily must remain secret, and this adds a certain layer of difficulty. Emails are scrutinized by management; office calls are recorded; and so seeking a new firm that would spark joy can feel a bit like a secret mission.

Nonetheless, I found it, and made the change on June 30 – which is the main reason this newsletter is so late. My profuse apologies to all of you. Also in June, I was out of town at a meeting for four days. Also in June, I had some unexpected surgery and was flat on my back for 10 days. So it has been an eventful month!

One page 2 you'll see an excerpt from co-founder Dr. Rick Prigmore's excellent book, *The Joy of Living*. Rick says, "It is my understanding that we are here to be joyful." Agreed and amen! Why not start considering what sparks joy in your own life, and make decisions accordingly?

Wunderlich Senior Vice President Kelly Graham has worked in the financial field for more than 30 years. She is honored to have been ordained by both President Rosemary Cathcart and Founders Rick and Jeni Pritgmore. Reach her at getcommonsense@yahoo.com

Important Information!

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 request to: robin.ubm@gmail.com

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 Contact Info:

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Book Nook

EYES OPEN, LOOKING FOR THE TWELVE - BLUEPRINT FOR A NEW WORLD

by
Jeanne White Eagle (Jeanne Pehrson)

Eyes Open, Looking for the Twelve - Blueprint for a New World describes a vision I received in a *dream, a recurring dream* had again and again over a period of more than two decades. It's a dream that proposes a possibility for the higher development of humanity, its role in the survival and evolution of all life on Earth, and the eventual open communication and interaction with life beyond our planet.

This incredible vision/dream began in my teens and lasted into my 30s, and reappeared in the year 2009. The best way I can describe the vision of what I've seen is it amounts to a "blueprint" for a facility that has a dual purpose:

- 1) The first is to create the space for the consciousness of the human species to evolve into a higher state of being, opening doors that will pave the way for our eventual overt interaction with Beings from other star systems;
- 2) The second purpose is to create what for now I'm calling an *Interstellar Communication Center*. Curious?

...The crux of the vision lies in how we as humans treat each other and all life on our own planet, which is primary to our going any further. In other words, if we can't make the conscious choices necessary to move ourselves as an entire species into a higher state of existence, then the ongoing and healthy interaction with life beyond Earth becomes moot.



I have been told that there are *twelve persons* that have had an almost identical dream of the one I've been given, each dreamer having a piece of the picture that I may not have. *There are at least twelve of you out there somewhere*, maybe more. Part of my job is to find you .

My book *Eyes Open - Looking for the Twelve* goes into a detailed description of the dream. The mission of this book, along with my website and blog, is to find these twelve and also to begin to enlist all others

Book Nook Continued.....

of you who are called to be part of this extraordinary vision.

Here is what Astronaut Edgar Mitchell, the sixth man to walk on the moon and the person who wrote the book's Foreword, says:

"Eyes Open, Looking for the Twelve actually offers a possible 'how to' blueprint to put us on the track toward achieving a higher stage consciousness and evolution, ensuring the continued existence of life on Earth. Reading more like a science fiction, *Eyes Open* rings of mission to find those out there who understand the dilemmas our world now faces and who are called to be part of the adventure to resolving those dilemmas."

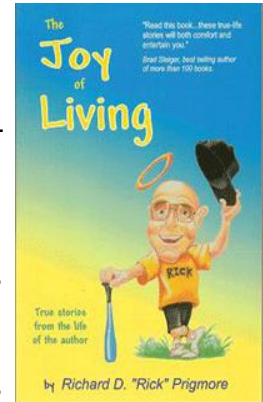
*Astronaut Edgar Mitchell
Apollo 14 NASA Moon Mission, Founder
of Institute of Noetic Sciences (IONS)*



Contact Jeanne at
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or www.jeannewhiteagle.com

The Joy of Living **By Rev. Dr. Rick Prigmore**

These true stories of adventure and inspiration are beautifully told by the man for whom each story is a real life experience. 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.



To purchase a copy of "The Joy of Living" please contact Robin at the UB office:
robin.ubm@gmail.com

Your Higher GPS **By: Rev. Panna Flower**

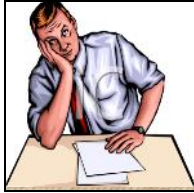


Do you ever have a day when, despite careful planning and great expectations, you find yourself along the way sounding like a GPS, saying ... "recalculating" ... "recalculating" ... or on occasion "whenever possible make a legal u-turn."

The good news is, this too shall pass, and you will get there.

So, keep your eyes on your Higher GPS
(God's Program Suggestions)

Rev. Panna Flower resides in Ohio.



Learning the Skill of “Re-Grounding” Yourself

By: Rev. Brian Sheen

You know the feeling.

Your thoughts are all over the place.

You feel sluggish and drained of energy.

Your emotional state leads to poor choices in your relationship and your physical health...

...and yet *the need to be right* is so strong in the moment, that you dig the ditch deeper.

Exhausting, right?

Aren't you tired of feeling like a zombie?

Luckily, there's good news:

You have a powerful solution for emotional wellness, focus and inner peace available to you.

It's not medication.

And it doesn't cost a dime.

In my 33 years of helping adults and children break free from anxiety, depression, and ADHD symptoms, earning my doctorate, and presenting research at the International Center for the Study of Psychiatry of Psychology, I've seen the same solution again and again.

It's this:

Learn the skill of “re-grounding” yourself.

This is important.

This skill can be the difference between years of ongoing pain, anger, and helplessness... or a life where you're focused, in control, and feeling like yourself.

It's so simple.

Goes like this:

**when you're stressed,
acknowledge that you're
in a disempowered posture (slouching, for example) or constricting your breath**

**pause to take a slow, deep
breath (as deep as you
can)**

**physically assume an empowered posture--with
your shoulders back**

Sounds simple, right?

It is.

Continued...

Rev. Brian Sheen continued....

But you need to physically do it.

Here's why it works:

When you are constricting your breath or in a disempowered posture, the ego takes over.

Now having chosen your ego to guide you, you seek an external solution for your internal problem.

So you act out, make unreasonable decisions, and create disorder.

But...

You have always been in control.

When you take responsibility for the fearful, angry, unloving state you are in, the shift can happen instantly.

You reverse your defensive or offensive stance.

Suddenly, you're willing to make peace in your mind with whomever you've previously condemned.

(Even if it means parting ways.)

It's not enough to read my advice, though.

It's critical that you make this a habit.

This week.

Over the next few days, when you feel yourself spiral into an unwanted emotional state, please try this:

say out loud, "*my breath is constricted*" and "*I have a disempowered posture right now*"

PHYSICALLY move your body into an empowered posture (such as standing with your shoulders back)

take one very deeeeeeeep breath

You might be surprised.

In my decades working with anxiety, depression and ADHD diagnosed and undiagnosed individuals, after you do this a few times, something "clicks."

You realize that you are in control of your state.

You find yourself having more fun, adventure, and inspiration in your life.

And much more.



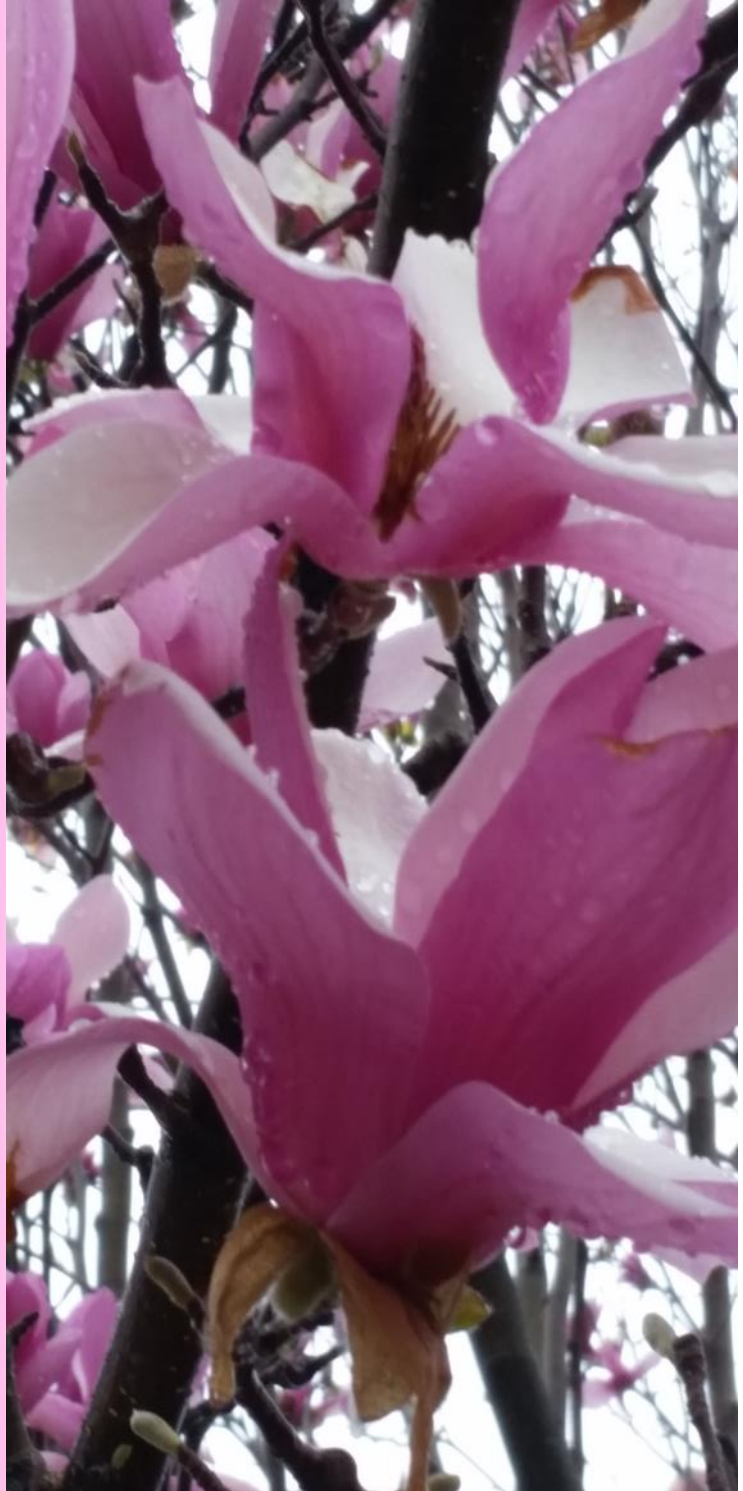
A Life Well-Lived
By Rev. Catherine Blake

*Treasures of the heart can not
be bought and sold
They must be freely given, not
persuaded or cajoled.
New beings know this, their
spirits clean and pure.
From birth, they seek and find
their bliss.
True communion is assured.*

*For love is a gift. It can be no
other way.
The leap is that of faith, re-
created with each day.
I wish for you the courage to
renew an open heart.
Each encounter sacred, each
day a fresh start.*

*Herein lies the magic of a life
well-lived.
Not what we can gain, but how
much we can give.
Preserving our integrity, our in-
ner guiding light
Contented with our choices in
the scrutiny of night*

*For you I wish a life well-lived.
A love of growing depth.
A swim. A song. A dance of joy.
Never-ending, at your best.*



*Magnolia After the Rain
“A morning kiss,” said the rain
“Aaaa, sweet,” whisper the blossoms,
“Thank you,” they sigh.*

Photo and inspiration by Rev. Susan Stein

What does It Mean To Be Spiritual?

Rev. Christine Florky



Growing up Catholic, of course I went to church on Sundays and holy days. I also went to Catholic school through high school graduation and, a few years later, I entered the convent for one and one half years. I thought I knew all that there was to know about spirituality. Wow! Was I ever wrong!

After leaving the convent, I took a long and winding journey to discover the truth. I intuitively *knew* that there was MORE than what I had been taught. So I read books about as many different religions as I could – reading their sacred texts and what other scholars had written about these texts. Then I decided to take a slightly different path.

I began reading the works of Edgar Cayce. This opened up a whole new world for me. After reading my first book about reincarnation, I said to myself: “This is it; this is the missing piece!” And I began to meditate, as well, but not as I had learned in the convent. I did not concentrate on a gospel verse; rather, I quieted my mind and let the universal life force flow through me.

It was during this time, for the first time in my life, that I began to have experiences which I could not then explain. For example, while praying one night for a neighbor whose husband had just died, I saw him standing alongside my bed. Then, after this apparition disappeared, I floated out of my body and was near the ceiling looking down at myself in bed. That didn’t last long before I flew back into my body, heart pounding! But in the few seconds when I was floating above myself, I thought: *Here I am seeing, feeling, thinking and more fully expanded than when I am within my body, so clearly who I am is not skin and bones and the gray matter in my skull!*

As I lay in my bed pondering what had just happened and trying to figure out how I had done that, colors began to swirl all around me – blue, pink, green and gold. And I began to hear people talking, although I had no idea who they were or where they were! Then I began to see celestial spirits. They would always be around me. It began to unnerve me, since I wasn’t sure what was happening or why. I knew no one else who could see what I could see, or hear what I could hear. And I was afraid to tell anyone, for fear that I’d wind up in a mental institution some place. So I shut down these wonderful gifts and pretended they had never happened.

It was approximately 20 years later, after years of reading, reading, and more reading – along with meditating and praying – before I began to understand what had occurred. After my children were grown, I got a divorce, I finally had the courage to “come out,” I moved to an area of rural Georgia that was fundamentalist and evangelical in order to be with my partner (now 16 years), and I walked into a veritable enclave of psychics. In this part of Georgia? Who knew?!

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And here I picked up where my journey had left off 20 years earlier – but now with people who could and would support my soul’s growth, albeit in a slightly different manner.

I was mentored by a few psychics who taught me, or shall I say helped me to remember, my psychic gifts. Years later, when I would teach and mentor others, I would remind them that “psychic” means “soul.” Everyone has a soul, so everyone is psychic. We just need to believe that and move through life accordingly, saying YES to these gifts! And these gifts are as many and varied as the stars in our night sky.

I began my soul’s journey by learning to feel the energy in crystals; eventually, I would actually communicate with them. Then I studied Reiki and was attuned through the three levels and to master. I am an Usui Reiki Master and master teacher. Practicing meditation, I often saw visions and realized intuitively that I was seeing my past lives. And this is when I made another quantum leap. I contacted a certified hypnotherapist, who just happened to be practicing a few doors down from my first mentor, a woman who once owned a shop that sold crystals, oracle cards, spiritual books, and the like and who could channel. She would do psychic readings for me and encourage me to meditate and contact my own spirit guides.

This hypnotherapist is also an ordained minister with the Universal Brotherhood Ministry - Rev. Dr. Betsie Poinsett. We get together once a month and help each other so that we can then help others. I have been through more sessions of past life regression than I can count, seeing past lives with current (and now deceased) family members, as well as friends, that would explain so much to me about why certain things happened in my life and what the lessons were that I needed to learn!

As the years went by, I began channeling my own guides and now I can find out a lot of information just by talking with them. Although I have spoken with countless angels, archangels, and ascended masters, as well as star beings, primarily, I speak with Ascended Master Serapis Bey and also Archangel Michael. Archangel Michael has been with me, so he tells me, in all of my lifetimes on earth “and elsewhere.” Most excitedly, I can also speak with – and see – spirit animals. And I have seen gnomes and fairies on our property in the woods – as have my dogs - who barked up a storm one night, many years ago, alerting me to them for the first time. But, most important, I speak with my higher self – my soul.



The guidance of one’s soul is the most special guidance available, for no energy knows you like your own soul. It has been with you, it IS you, since creation. And, yes, you can hear him or her and receive guidance. Notice I say “guidance,” for not one of these spiritual guides would ever tell me exactly what to do; like a teacher, they guide me and encourage me to see things in perspectives that will teach me more about myself, God, and all of God’s creations so that I can be of service.

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Because we are all connected, everything that we do, say, and think is impacting the whole. Our thoughts are extremely powerful! Case in point: Several years ago, a friend asked me to send long distance Reiki to her ex-husband. He was in serious need of heart surgery, but was not healthy enough to withstand the operation. With his permission, I agreed to do so. I sat in my chair with the thought of sending Reiki, but had not yet begun. Suddenly, I was in a white cloud (for lack of a better description, since I don't know where I was!) and wearing a white robe. A man came running up to me; he was also dressed in white. He put his arms around me and said: "Thank you so much for helping me!" I replied: "You are very welcome," and returned his hug.

While this was happening, I could feel myself seated on the chair in the bedroom, so I wasn't physically "gone;" rather, I think my spiritual body extended itself to meet him. In any event, what happened was real!

After I was done sending Reiki for 20 minutes, which I began immediately following that event, I went upstairs to my computer and emailed this friend to tell her what had happened. I was sure that this was her ex-husband. She emailed me his picture and, sure enough, it was he! What does this prove? At the moment I thought of sending him healing energy, he had received it and was thanking me. Do you see how powerful our thoughts are? This is why "when 2 or more are gathered" to pray, send healing energy, send love, all of the above, it is so very, very powerful – and effective! This man went on to receive his open heart surgery within 2 weeks time and has since recovered.

It was just like the time I prayed for my neighbor when her husband died, and he appeared alongside my bed that night. He heard or felt my prayers and he was there. WE ARE ALL CONNECTED! Everything we think, not just do, impacts the whole. Each and every time.

And I have discovered that this ability to connect stretches through all of our past lives. We can heal the past, thus healing our present and future. Yes, we are that powerful! It is our God-given birthright, so we might as well use these marvelous, spiritual gifts.

Let me give you one vibrant example of how a past life can create "issues" in your present life and how we can heal that other timeline to help us now.

In 1979 I was seated in our living room reading while my husband and a group of men from work were playing poker in our dining room. It was their first time to our house. As the evening wore on, I began to get dizzy. I assumed that it was their smoking, since I am allergic to smoke. That night I awoke hours after going to sleep with the entire room spinning. I couldn't move - literally. I was petrified!

These vertigo attacks continued on and off for days, and I had to hold onto the walls to help me walk. I contacted an otolaryngologist who spent an entire year giving me a medication which all but put me to sleep (not a good way to be when raising a 4 year old and a 7 year old). With each

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attack of vertigo, I lost more hearing in my right ear. I switched doctors and the next specialist diagnosed me with Meniere's Disease. By now, I had lost 60% of the hearing in that ear, and could not distinguish among sounds 92% of the time with that ear. I continued with the medication until one day when I said to myself: "Enough! You WILL heal!" And I dumped the medication. My doctor told me, after the vertigo attacks totally subsided (it took the better part of a year), that I still had the disease and he had no idea why the vertigo left, but to continue doing "whatever it is you're doing."

Let's fast forward, once again, to my move to Georgia 20-some-odd years later. After beginning my meditation and schooling in all things psychic, I have a vision of a life in early Rome. I was a widowed female, had 3 young daughters, and I "knew" that it was the year 2 A.D. I was a Christian and I refused to give up my faith and worship the Roman gods and goddesses, so I and my daughters were thrown into the arena with hungry lions who, of course, tore us apart. I did not see this play out, as I had only seen myself with my daughters walking along the dusty roads of Rome; I just knew.

A few years later, thinking that I had cleared this trauma, I was on a massage table and while my massage therapist was working on me as I lay on my back, I had another vision. {We were not talking to each other at all during the massage.} In this vision I was back in the arena and I saw myself rising from my body as the lions tore me apart. My daughters were already dead. I had tried to help them, but the soldiers broke my legs and I couldn't move; the girls were at the far end of the arena.

As I was floating above my body, which was mercifully blurred, I heard the crowd cheering and I was getting angrier and angrier asking how they could applaud such a horror? Suddenly, a lion walked into the massage room - a spirit lion. It approached the table and asked me if I would forgive him. I said: "Of course I will." He bowed to me and walked backward out of the room and through the door. Then my poor massage therapist, now as white as a ghost, moved to the side of the table, shook me until I opened my eyes, and said: "Please tell me you saw that lion!" Then we conversed.

While I told her my end of the story, she told me that she heard (and she doesn't channel) my guides telling her to put her hands alongside my ears so that they could send healing energy through her hands to my ears. At this time in my life, I could channel. So when I got home, and I asked, my guides told me that I had gone deaf to block out the screams of my children. And several years later, with the healing of this lifetime complete, I discovered that the soldiers / guards in the arena were my husband's poker playing pals. That night as they sat laughing, it triggered a past life memory of their laughter as we died. And I went deaf again, but – thankfully – in only one ear! If I had know then, what I now know about healing, I might have been able to heal myself and restore my hearing. But things do happen for a reason, whether we can totally figure it out or not.

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Each and every day, whether we are energy healers or not, we can send love and light to our past lives and to our present life, asking that we heal them so that we can release low vibrating energy and anchor the highest, spiritual vibration possible. Then, wherever we go, with whomever we communicate, we are distributing this lovely vibration of God's love and light to one and all, thus helping us all attain our highest goals. And we are helping to heal the earth, a much-needed task.

My right ear is already beginning to bring back more hearing, which should be impossible, since the nerve has deteriorated. But nothing is impossible with God!

I have lived in Cornelia, GA, for 16 years, having moved here from New Jersey where I was born and raised. I am a certified Usui Reiki Master and Master Teacher. Besides energy healing, I also teach classes locally on developing and using psychic abilities. I offer spiritual counseling to my clients as an ordained minister, but also as one who can channel their spiritual guides. I do channeled readings via email for people who do not live nearby, and work solely on a donation basis. I never turn anyone away for lack of funds. Everything that is shared with me is completely confidential. My email address is: wolfmedicine@earthlink.net



Dues Increase Information

Inside the United States:

\$50 for one person, for one year
\$75 for two people at the same address, for one year

Outside the United States:

\$80 for one person, for one year
\$120 for two people at the same address, for one year

Ordination Fee Update:

The total fees for ordination are \$145 within the United States, (the ordination application fees remain \$95 plus \$50 yearly fee).

Outside the United States the ordination fee remains \$95. The yearly fee is now \$80, the total fees are \$175 outside of the US.

There Is Only One

***By: Rev. Patricia Daharsh
Resides in Florida***

There is only One
One Universal Mind
There is only One
Empow'ring Humankind

There is no duality
There's only commonality
There is only One
It's you
It's me
It's God.

There is only One
Where we work and play
There is only One
Today and yesterday

Don't try to find duality
Life's full of commonality
There is only one
It's you
It's me
It's God.

Each one of us is All
We share a common Mind
There's no large, no small
No need to be defined.

When there's is no duality
We discover commonality
There is only One
It's you
It's me
It's God.

There is only One
It's "them" it's you, it's me
There is only One
Individualized, yet free.

Disavow duality
Affirm our commonality

There is only One
It's you
It's me
It's God.

We're part of the Divine
That love, that peace, that joy
A heart-bound soul connection
Nothing can destroy

Let's all reject duality
Embrace our commonality
Knowing there's just One
It's you
It's me
It's God.





The Love and Light of Spring Blossoms!

Photos From the Garden by Rev. Susan Stein



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:

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

Or scan the completed form and email it to

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Anything else you would like to share? _____

