



UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter ~ Autumn Edition 2016

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Back To School

by Rev. Dr. Jeni Prigmore



**It's Time to go "Back to School". . .
 We're ready to soak up NEW IDEAS,
 NEW SKILLS, NEW INSIGHTS**

**And at the VERY SAME time we are in
 the time of HARVEST
 We NEED TO UNDERSTAND where this
 harvest came from**

**What do we DO WITH THIS HARVEST?
 Where can it go to DO MORE GOOD
 (which is its original intent)?**

**AN INTERESTING TIME FOR WEIGHING
 AND BALANCING.**

**GATHERING THE HARVEST OF IDEAS,
 AND RECOGNIZING WHERE THOSE
 IDEAS CAME FROM.**

**SEEDS ARE PLANTED WITH EACH
 THOUGHT**

New ideas, New skills, New Insights,

**As we head on "Back to school" in the
 later part of the calendar year,
 We are faced with yet another
 BEGINNING**

**While we Plant we are also in the
 Harvesting Process.**





Our Beloved Founders, Rev. Drs. Jeni and Rick Prigmore

A Place In The Darkness *by Rev. Dr. Jeni Prigmore*

In small hours
Before morning announces herself
When quiet is felt deep in my bones

I make my way to the cozy deck
At the top of the house
To partake of the stillness.

Mother Moon has nearly finished her
nightly journey.
The birds don't know it yet,
So they nestle in their ruffled plumage
yet awhile.

At the foot of the hill
The little stream sings a prelude
To his sleeping Beloved.

All is in readiness for the
Great Conductor
To Lift a baton in mute signal
For the symphony of Dawn.

We hope you enjoyed our very special Summer 2016 *UB GoodNews* **40th** Anniversary issue. It is filled with lots of fun photos of Rick and Jeni along with shared stories and history about UB.

Missed it the first time? Want to see it again?
You will find this wonder-filled newsletter
here:

[http://universalbrotherhood.org/members/
newsletter/](http://universalbrotherhood.org/members/newsletter/)

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The Harvest of the Self

by Rev. Rosemary Cathcart
UB President



This year has proven to be a fascinating and an exhausting year for many people, myself included. But earlier today, as I was basking in the beauty of a truly fabulous Fall day, I had a sudden realization. In a moment of pure bliss, experienced in the midst of a 67 degree, no humidity, white fluffy-cloud day, everything was **perfect** in my life. I was driving through a lovely neighborhood, my furry companion, Cayce, was on the seat next to me, freshly bathed and groomed, and I was not rushing off to be anywhere.

I plan on having more of those moments and consciously **e-x-t-e-n-d-i-n-g** them to include entire days....then I'll branch out to weeks and months of total bliss. The goal, of course, being that the rest of this life on Planet Earth will be approached with my eyes and heart wide open and inviting everything in to my life with love. It's a very tall order, indeed.

I'll be calling this phenomenon **"The Harvest of The Self,"** and I'm inviting you to join me on this quest for personal consciousness. What the harvest of the self means to me is being AWAKE to all of life's potential for goodness, kindness, love and joy. I'm really kind of over this bleak, "hate your neighbor," be afraid and suspicious of everyone era we've all dropped into these past couple of years. In my reality, we can only come from one of two places: love or fear. I'm choosing love. If all we are is pure energy and if "like attracts like," why deliberately draw more fear toward yourself?

Knowing there is no way I can turn the consciousness of the whole country around single-handedly, or that of my community, or even family and close friends, I'm starting with myself. The harvesting part comes from me drawing upon all of the experiences, wisdom and growth I've managed to accumulate so far in this incarnation.

Since I also believe deeply in the theory of "cellular genetic memory," I'll be calling on my entire "Cathcart" and "Grise" clans from which I hail. Naturally, I'll also be relying heavily on the wisdom of the ages through the vehicles of prayer, meditation and emersion in nature. And if I can manage to get quiet enough,

Continued.....

I'll listen to whatever authentic spiritual source chooses to share wisdom with me.

There are many definitions of the word *harvest*, and here's my favorite: "The gathering of things planted, a natural time of reaping in joy what has been produced during the year."

"A natural time of reaping in joy" – I can work with that! If I plan to squeeze out every possible drop of genetic memory from my cellular structure, you know I'm going to selectively hone in on the good stuff and leave the rest alone. This is my adventure, after all, and I get to make the rules.

One of my favorite authors and spiritual teachers, Marianne Williamson, wrote a piece years ago talking about our deepest fears:

"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.

We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?'
Actually, who are you not to be?

You are a child of God.
Your playing small does not serve the world.
There is nothing enlightened about shrinking
so that other people won't feel insecure around you.

We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give
other people permission to do the same.

As we are liberated from our own fear,
our presence automatically liberates others."

I've read this, re-read it, memorized it and shared it with clients for many years. Now I hope to incorporate these important teachings more fully in my daily life as I continue my personal journey toward **harvesting** the best of every mo-

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ment. I don't want to save this quest for weekends or holidays or just those "perfect 67 degree sunny days;" it needs to become a spiritual discipline I incorporate into the awkward times and the sad times, too.

A precious friend of mine passed away the night before my birthday this year, on Monday, October 3. She was loving, brilliantly creative and had a giving heart that touched many lives. I felt an instant sting of regret on hearing the news. Not regret that she didn't know she was loved by me, but regret that I had not made more time. Time to visit and time for lunches and chit-chat about her youngest child, Iris, my goddaughter, whom I dearly love. Time is, after all, one of the most important gifts any of us can share with one another. I hope to create more time going forward – time for myself to continue harvesting the best of the self, time for fun and seemingly idle "do-nothing stuff" time which is as vital to the spirit as the air we breathe.

So I'm inviting you to stop and explore internally. Begin to create your own version of "***The Harvest of The Self.***" Cancel a few appointments this week and remember what it's like to "just be." In the words of Hildegard von Bingen, "Glance at the sun. See the moon and the stars. Gaze at the beauty of earth's greenings. Now, think."

Two books that I'm currently enjoying that help me stay balanced and curious at the same time are, *The Book of Awakening* by Mark Nepo and *Super Brain* by Deepak Chopra, M.D. and Rudolph E. Tanzi, Ph.D. You might be pleasantly surprised at both.

I'll leave you with a quote from P.D. Ouspensky that always makes me laugh as it causes me to think: "It is only when we realize that life is taking us nowhere that it begins to have meaning."



Reaping What We Sow

by Rev. Kelly Graham
UB Vice President



A colleague once said to me that we all have the choice to approach any situation with a hammer or a feather, and I seemed to always choose the hammer.

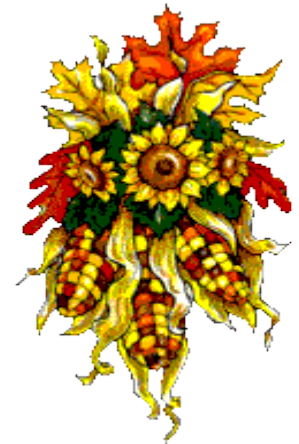
It kind of hurt my feelings.

The thing is, my colleague's judgment of me was.....pretty true. At least back then, more than 20 years ago. Back then, I had a habit of saying exactly what I thought in the first phrasing that came to mind. I shudder to remember it now, and I'm sure you won't be surprised to learn I often found myself in an argument, or at least going head-to-head with various people about various situations. In the intervening time I have become much more measured, kind and (I hope!) wise in my responses.

I relate this somewhat embarrassing story from my past because it is a direct example of the concept of "you reap what you sow." The Bible gives us a direct guideline in Proverbs 15, verse 1: *A gentle answer deflects anger; but harsh words make tempers flare.* I think this is the clearest example of a personal "harvest."

Today in the bank I was waiting in line, and I greatly dislike waiting in line. There was one window with an apparently free teller, but she didn't call me up. My dislike of waiting plus the teller ignoring me could equal frustration, impatience, anger, yes? So I made a quite conscious decision to recognize that in any situation we are all doing the best we can with what we have, and I focused on sending love to the teller.

As soon as she finished what she was doing, she looked my way, gestured for me to come to her window, thanked me for my patience, and somehow or another I ended up with a free account at the bank! A nice "harvest" indeed, although that



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was not my reason for sending love to the teller.

You get what you give. We all know that, right? And yet we often, consciously or not, “give” worry and fear and anxiety and lack and pain.

You get what you give. You reap what you sow. Your words have weight. Your thoughts— what you “sow” into your life — create a harvest of consequences that you reap, every day.

This thing of ours, Universal Brotherhood, is the harvest from seeds that Rick and Jeni Prigmore sowed 40 years ago. Seeds are an interesting thing to consider: they’re typically very small; tiny, in fact, compared to the plants that result. And occasionally when you sow a seed, the plant that results is quite different from what you expected.

When Rick and Jeni created Universal Brotherhood Movement, Inc., they were simply sowing their seeds of love into the world, only for their own personal work. Unexpectedly for them, many of the seeds fell into very fertile soil, and the result is the worldwide organization of Universal Brotherhood.



Our founders are two of the most consciously present people I have ever known. They are quite careful about the thoughts they allow, the words they speak and the intentions they set — and *still* their harvest has been so much greater than they expected.

The harvest from the seeds Rick and Jeni sowed 40 years ago continues to produce. You get what you give. You reap what you sow. Where you want peace, sow peace and patience. Where you want happiness, sow joy and delight. Where you want action, sow energy and enthusiasm. Where you want love, sow love.

Because you reap what you sow.

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 Prigmore. Reach her at getcommonsense@yahoo.com



“Oh the Wonders of Creator’s Bounty”
Photograph by Rev. Deanna Councill

This photograph was taken at Sautee Valley outside of Helen, Georgia

Seeds of the Harvest

by Rev. Robin Morini

Seeds,
 Strong and powerful energy
 Blueprint of the future,
 The promise of life continuous
 Filling each generation with hope.

Seeds to be cared for...
 Within the hard coat of each seed
 Nutrients support
 Life that will awaken
 after the long, silent winter.

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Finding My Heartspace Home

by
*Rev. Dr. Jacqueline Zaleski
MacKenzie*

At last I am “home.” It’s been a long road over the last 69 years and 7 months, but God/Goddess willing, this last move was my last move. Since 1994, every move has been related to giving my husband every chance at life. This move was all about meeting my needs: physical, emotional, and spiritual.

Oddly, my Purple Heart awarded 100% disabled Vietnam Veteran husband has also found more emotional and physical peace, and a far healthier lifestyle too. Over 20 pounds has melted off his body and he is getting more rest in our quiet rural rental home. Yet, this article is about me, not my role as his primary caregiver for over two decades.

This article is about renewing my energy after my role as primary caregiver of someone since the age of 5. My Dad was usually absent (WWII and the Korean Conflict) and my mother spent her entire adult life in a full body brace. As her only living child, I cared for her. I also cared for three children of my own, and six foster kids. Since 1986, I have managed one or more nonprofit corporations and all the beings who found a place there to lay his or her heads; it was time to heal the healer: me!

The pull on my heartstrings toward Vilcabamba began nearly two years ago. Since May 2005, when I fell in love with Guanajuato, Mexico, I knew that the USA no longer was to be my home. Born in New Mexico, I have always adored Latin America people. We lived in a tiny rural village: Cajones, Guanajuato, in Central Mexico for several years. I really thought that would be my last home. My emotional roots are still tied to that lovely spot. Jolene is still there caring for our local extended family and they her. But at 6,700 ft. my husband’s lungs could not take the altitude.

September 2, 2013, on the advice of seven Mexican doctors, we landed in coastal Ecuador. Beautiful Salinas, Ecuador, right on the ocean, yes, but for me it was 2 years, 7 months, and 26 days of feeling like a “fish out of water.” Regardless of what I tried, I was exhausted.

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Salinas, Ecuador is the #1 vacation spot of wealthy Ecuadorians from the big city of Guayaquil. They come nearly every weekend (you can swim year-round in the ocean) and

the goal was to “party hearty.” The permanent population was 8K, but up to 200K people celebrate life on the l-o-n-g weekends. The noise pollution was often 24/7 Wednesday – Sunday. December, January, and February it was night and day parties for three months. I cannot recall a single night in 969 days that some noise outside did not awaken me. And, the only spiritual expressions were lovely beings – kind people - but oh so very conventional.

I began to feel like I was never going to feel rested, peaceful, or among like-minded people again in this life. Fortunately, that was not the case. The pull toward Vilcabamba, “Longevity Valley,” as it is called, was stronger every day. I felt like a princess holding onto a rope made of bed sheets slipping down the side of a high castle prison (we lived on the 12th floor) so that I could reach the earth and run away into the arms of Mother Nature. My faith, since 1963, is Earth-based; for me, Mother Nature’s soil holds the essence of all that I am and everything I need to feel physically, emotionally, and spiritually safe.

In just 3 months and 18 days, I have met about 150 people whose souls entwine with these rolling green mountains like mine does, who think astrology, tarot cards, delightful traveling gypsies, New Moon and Full Moon ceremonies are commonplace, and the organic market/stores are all important aspects of living. This is a place where I can honor God/Goddess and Mother Earth with an open and pure acceptance from those near me. Every form of alternative natural healing is available and raw or vegan food is available at nearly every restaurant in town. After decades as simply a participant, I have been named head minister for [The Church of All Worlds – Ecuador.](#)

Mundane aspects are also perfect for me. Starting from scratch, I now have a 2,000 sq. ft. plus veggie garden and another 500 sq. ft. flower garden. Our rental home sits on a hectare (2.43 acres) of fruit trees and tropical plants. Year-round weather is perfect - 58F to 85F – with no tornadoes, hurricanes, or earthquakes

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(unfortunately, earthquakes and volcanoes are a major issue in other parts of Ecuador). And several expats live frugally on Social Security checks alone, or a couple can live nicely on \$2K a month.

I have found my heartspace home. Leaving the USA so far away has been far easier due to access across the miles via Skype. Each Sunday I speak to our daughter for a couple of hours. I can see her every gesture. Also, that is how I communicate with my soul sister in the USA. Jolene and I communicate into Central Mexico also via Skype. My two adult sons; well, they are too busy to bother with their “crazy” mom, and my four grandchildren are grown and wrapped up in their own busy modern lifestyles. Meanwhile, I am able to maintain my independence and not be an annoyance to any of them. I have no regrets, none, because I have found my heartspace home.

If you are still looking for a retirement paradise, we have a guest room. Come on down and have a look around for yourself.

Rev. Dr. Jacqueline Zaleski Mac Kenzie was ordained in 1995.
She also serves as a Minister/Director
jzm@empoweringspanishspeakers.com



Rev. Dr. Jacqueline Zaleski MacKenzie ~ Children's Blessing Ceremony ~ August 1, 2016
Vilcabamba, Ecuador, South America

**Children's Blessing Ceremony
August 1, 2016
Vilcabamba, Ecuador, South America**

Rev. Dr. Jacqueline Zaleski MacKenzie





Just You... Freedom



by Rev. Bill Wishart

Freedom...Every time I hear the word I am reminded of the British sitcom that never seems to wear out (at least for my sense of humor) as it continues to run on PBS. In case you have never seen it I will share this. The most common question the players ask of each other is “Are you free?” I will not try to explain further; however, I ask you, “Are you free?” What does that mean? And to whom, you may ask? To you I say, “Just You.”

Some years ago, the Thursday before July 4, 1993, to be exact, I was listening to a speaker and she was talking about becoming happy, joyous and free. She went on, “We can’t be happy and joyous until we become free, can we?” “Free of what?” I asked myself. *Free of fear* came the answer. Freedom cannot be had without letting go of all, yes all, fear.

I have come to know that God knows nothing of fear. If God knew of fear, He could be frightened. It is strictly a human concept. Created by and for you and I to keep us stuck. Any and all fear creates a separation between God and us. I like to call it the Grand Canyon that exists between Universal Intelligence and its creation. All fear is an error thought on our part. I said *all fear* and if you contemplate on this over a period of time you will agree with me. Fear is learned behavior.

When we let go of our old ideas we will be on the path to freedom. We need to examine who told us to fear anything. When we do this and learn to think for ourselves—and by that I mean start with Truth—and

move ahead. The ideas or beliefs that result in fear were taught us by well-meaning folks who start in the middle.

Do you really want to be free of fear? Or do you want to stay a prisoner of someone else’s teachings? This is your choice. When we become adults, the prison of fear is self-imposed. If you live believing someone else, maybe you will never be free.

Freedom is an internal agreement with your self. This is the very Godself that lives within you and is you. Next time you feel frightened of or by anything or anyone remember this message. Think about God and chase fear out of your mind. “Take charge of your thoughts, you can do what you will with them” was Plato’s admonition. It has served me well.

Mommy and Daddy really did not mean for you to *stay* frightened when they said, “don’t go in the street, you are going to get killed!” Our parents loved us, and many of yours are alive on this planet, and they do love you.

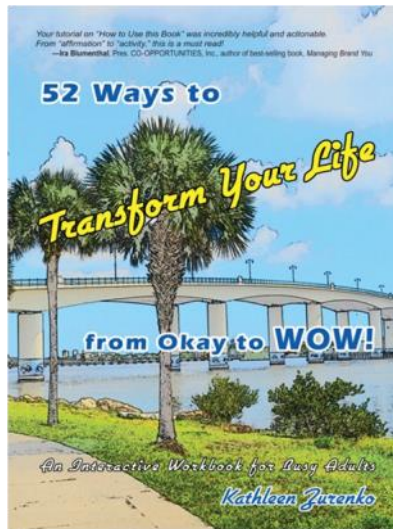
You can have freedom, total freedom to just be. It is alive and well buried in the recesses of your soul. Planted there in your creation. (Not your birth this trip).

The software installed in you, of and by your Creator has a whole unopened file titled **Freedom**. Please click on “meditation” to contact the program Creator for further help.

“Just You” Just Is.”

Rev. Bill Wishart resides in South Florida.

BOOK NOOK



52 Ways to Transform Your Life from Okay to WOW! An Interactive Workbook for Busy Adults

Author: Rev. Kathleen Zurenko

It has been my experience as a specialist in mindfulness, meditation and awakening consciousness that everyone perceives and processes information differently. Therefore I have integrated the VARK learning styles to support you in getting the most from *52 Ways to Transform Your Life from Okay to WOW! – An Interactive Workbook for Busy Adults*. Individuals can use this book for personal growth and development or in a workshop or study group

setting.

What is VARK? An acronym for

VISUAL: Some of us enjoy learning by looking so I have included three quotes and three personal, original affirmations neatly presented in an eye-catching format to emphasize the topic in each chapter that will enhance the learning experience of the visual learner. This pre-organized visual representation will support you with a bite-sized chunk of information pertaining to each particular chapter.

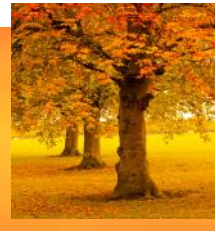
AURAL: Some of us would rather listen. I have included suggestions for CDs and YouTube clips of meditations and music that pertain to several chapters. You can also speak the quotes and affirmations into your voice memo app on your smartphone to listen to each day.

READ/WRITE: In addition to reading this interactive book, there are writing exercises. Since writing is the underpinning that solidifies thought, your experience to further support you in your personal growth and development is greatly enhanced. Writing the quotes and affirmations on index cards or sticky notes is a convenient way to carry them with you.

KINESTHETIC: Many of us would prefer just doing it through a hands-on experience. Each chapter contains ideas and suggestions for different activities to assist you in your personal growth and development.

Continued.....

Book Nook



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The VARK learning styles function synergistically in this interactive book to maximize the learning experience of the individual or study group/workshop. It's easy and fun!

Rev. Kathleen Zurenko was ordained through Universal Brotherhood on December 6, 2009 after completing ministerial school, including her Master's Degree in Consciousness Studies.

One internship project for her Master's Degree was to plan, promote, market and host a community event. Kathleen's first Wholistic Health Fair was in 2006, and as of this writing she is planning her 18th Wholistic Health Fair. Her events are the largest of their kind in Central Florida.

Kathleen enjoys writing curriculum for classes and workshops that she teaches in mindfulness and meditation techniques and all topics pertaining to health and wellness, relationships, careers and prosperity.

*If you would like to order **52 Ways To Transform Your Life From Okay To Wow! An Interactive Workbook For Busy Adults** please contact Rev. Kathleen at kzdab@bellsouth.net*



Power Wishing Visualization Technology For Manifesting

*Author: Rev. Anne
Louise Carricarte*

Power Wishing formulas awaken your best emotional self to support your well-being as you confidently master your emotions. Through these effective formulas you design a life that is happening FOR you, not TO you. Our Visualization Technology will empower you to effectively use your emotional intelligence to identify your feelings and choose how you wish to activate them in your life. The partnership of your emotions, heart, mind and soul, along with your senses, will systematically work in synergy to manifest your wishes. This synergy is called your vibrational language, and it gives direction for Source energy to co-create with you. You will observe your authentic self joyfully take full accountability for creating your world. *Power Wishing* is a discovery of greater places of peace within as you eliminate self-created chaos and unnecessary drama. As you deepen your skill in these techniques, you will recognize the cause of a situation to create a different outcome. As you become proficient in using these formulas, your life flows with the unknown as an adventure; your imagination and beliefs become your strength; and positive emotions are your guide to fulfilling

Book Nook

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your soul. Power Wishing will reinforce the total certainty of your spiritual connection to the love and light that surrounds you, creating enhanced peace with all that you are.

Rev. Anne Louise Carricarte is a celebrated inspirational educator, intuitive healer and visionary leader with a layered perspective of knowledge and understanding of religion, spirituality, metaphysics and the psychology of human behavior and relationships, along with professional experience as a successful CEO and entrepreneur. She is a visionary powerhouse who is refreshing, candid and compassionate. Her writings and message as a gifted communicator pose insightful questions as she provides the tools for you to clearly uncover your answers. She gracefully merges ancient universal laws, spiritual teachings and an expansive knowledge with today's dynamic contemporary lifestyle. Rev. Anne Louise can be contacted at annelouise@simpleresults.net simpleresults.net



Dear Mamasita

A letter from Student in Guatemala
Shared by Rev. Marcy Larkin

Dear Mamasita,
Water dripping on table.
I sit on dry bed.
Rainy season begin.
Rain on tin roof wash off ash.
Volcano rocks burn holes.

At night I see fire in the sky.
Keep one eye on Fuego,
one ear on radio.
Our tamale husk sales
lost from smoke ash.

Sorry Sugar season over,
no-work caners make attacks.
Danger on road to Village.
Papa not come back from
look for work.

Rocio gave out school bags
from Miracles in Action.
I do good in grade six this year
or have to stay home
to watch Nino Juan.

Many happy for school help,
Meribel

Tambourine Poet Rev. Marcy Larkin whispers love to her flowers in Florida and Tennessee. She has two published books, Why Me? and Beyond the Plants. She holds a BA in Education and a MA in Metaphysics. As a retired teacher, she strives to foster insights through her chaplaincy work.

Rev. Marcy has traveled and worked with Miracles in Action charity for 12 years.

You can contact Rev. Marcy at
tampoet4001@gmail.com



Highlights from *Ignite Your Life Expo*

>An Amazing Experience for Energy Lovers Everywhere<

by Rev. Dr. Gary Kersey

Well, I just had an amazing experience last Saturday and I think everyone would be enjoying hearing about it.

I was a speaker and vendor at the [Ignite Your Life Expo](#), held in Tampa, Florida. As a rule I dislike expos and trade shows, but this one was different. I was surrounded by fellow “energy medicine” workers and it was wonderful.

In my 35 years of private practice I have gradually learned that there are many, many ways of categorizing people. And many times I can find two categories that everyone seems to fit into (male/female would be one example).

One category that I’ve found to be very accurate and distinct involves energy medicine. I’ve found that I get along much better with energy medicine people versus NON-energy medicine people. The NON- types simply see the world differently. To me, it seems they wear a very peculiar set of rose-colored glasses! Just FYI, in the U.S. there are roughly 85% NONs, which leaves about 48 million energy medicine folks.

At the Expo we were all on the same page. All the vendors had various tools, devices, and informative handouts that would be valuable for anyone interested in their physical, emotional, mental and spiritual well-being.

I had a wonderful conversation with a

young lady who was a psychiatrist who had developed liquid spray that could be “misted” over one’s auric field. Some were infused with gemstones and others she had “programmed” herself with specific frequencies for balancing and healing.

I met a very knowledgeable gentleman by the name of Bob Gilpatrick, who owns [Boomers Forever Young](#). His anti-aging and longevity protocols are some of the most advanced and cutting-edge I have seen on the internet. And since many of us are over 50, I think we all need to start getting serious about our nutritional health.

I also saw a good friend of mine named Cathy Slaght, who is the distributor in the US for the S.R.C. software that can scan your energy field, find imbalances, then correct them.

There were 23 excellent speakers at the Expo. I gave my talk at 10, then worked at my booth until 5. We gave spinal energy balancing sessions to several people, all of whom expressed happiness with their sessions. I also introduced two new energy medicine products: TraumaTape and one of my Biotheric Discs that restructures water.

Biotheric Discs...

What are they all about?

I get what I call “downloads.” Usually when I am driving, or perhaps walking

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around in a store, I will have an idea drop into my head. Each idea seems to lead into the next idea. I then set out building some prototypes. In this way I eventually ended up with a completely new way of healing I call Biotheric Technology. I've been working with this system for about five years and I must say that in my experience it has proven to be quite amazing.

After working in private practice for 35 years I accumulated a vast amount of information on herbs, homeopathics, acupuncture, emotional release work, Spirit Release, nutrition, etc. And what I now do is create healing formulas for various health challenges and electronically download or imprint them into crystals housed within a color-coded device I call a Biotheric Disc. To date, there are about 170.

I was also shown how to build what I call a Biotheric Energy Transmitter, which can be used alone, or can be used with various Biotheric Discs to clear the biofield of prosperity blocks, remove emotional blocks of various kinds, and well as create what we call an Energy Medicine Pharmacy.

The pharmacy is wonderful. Once you own the discs, you can use them over and over to create a type of homeopathic or vibrapathic remedy for yourself or your family. You simply hold the disc up to a bottle of water and "zap" in the frequencies. Then you would take one ounce three times a day of this special formula water you just made. It's so economical. You can make all you want, for whomever you want, for as long as you want....for

only the price of the initial investment.

Some discs can be selected just by their name. For example, the Biotheric Rehydration disc is used to re-structure your water, so that you don't become dehydrated.

Still other discs must be selected by some form of what we call "self-testing" such as muscle response, pendulum, etc. And finally, some discs would probably be more appropriate for healthcare practitioners.

I know I may have created more questions with this article — not to worry. You can write to me or call me with any questions you may have. Also, there a couple of websites that might interest you. This first website is my main site and currently is getting a facelift, and the new site should be up now: the address is www.Biotheric.com.

The second website talks about further training involving some workshops that I'm going to be conducting. That website is www.FromSpirit.com

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I believe another Expo is planned in the future. If you wish, send me your email and I will let you know when I have the date.

Again, I look forward to hearing from you all with any comments or questions that you may have.

Blessings!

Rev. Dr. Gary Kersey

Rev. Dr. Kersey received a B.S. in Psychology from the University of Illinois and a B.S. in Anatomy and a D.C. degree from National University of Health Sciences in Chicago. He was in private practice for four years in Illinois, then moved his practice to Florida in 1982. After running a holistically-oriented alternative medicine practice for more than 30 years, he went into teaching and research. He taught at Everglades University and Florida College of Integrative Medicine, and promoted energy medicine and self-help to the community through various methods. Currently he is president of Quantum Care R&D, LLC, a company that attempts to put the power of self-help back into the hands of those in need by supplying them with two things: the most advanced energy medicine tools available, and the knowledge of how to use them.

CONTACT INFO:

QuantumCareLLC@gmail.com



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When “The Secret” Doesn’t Work

by Rev. Lilo Bauer-Freitag

Photo by Daniel Fitzpatrick



A decade ago, a movie swept the country off its feet. It was called “The Secret” and pertains to the universal Law of Attraction. I remember watching it for the first time, at the edge of my seat. I smiled until my face hurt. The next morning, I woke and noticed that I was *still smiling!* I knew, deep in my heart, that what I had seen was profoundly true. I began to remember all the times in my life I wished developments into existence, with every fabric of my being. I had always known about this power. I used to call it “Wishing Power” as a child.

Going down memory lane, I also remembered the many inadvertent, unanticipated “side effects” of my wishes and dreams, for every manifested dream came with its own unique set of new problems and sufferings. This is what happens when we are still not very conscious of ourselves, because unconscious information accompanies the deliberate, conscious dream and attracts realities from the universe, literally more strongly than does our conscious intent. It also happens when we forget to ask God if what we desire is actually good for us.

Many moons ago, I made the decision to turn my life over to the care of God. Moreover, I decided to devote my life to His service, as His vessel and instrument. Ever since, I no longer seem to manifest so many things that I sometimes think I need in order to live life creatively and happily. This seems to be the case particularly when I try to attract certain people, careers and material things.

If you, like me, pray every day to be kept safe from harm and also that, “Thy will, not mine, be done,” you too may encounter limited strength of your vision boards. For example, lists of “ingredients” for new employment and career directions which I concocted with clear focus have remained unanswered by the universe for years, until I realized that my needs for open-minded and respectful treatment that I thought would come from superiors and co-workers, actually would only come in the form of self-employment!

In other words, when you look at your unanswered visions and prayers, know that there’s nothing wrong with you, the universe or with the Law of Attraction. Instead, we may have sent out conflicting messages or wishes which would only come back to haunt us. Our best thinking has gotten us into trouble in the past, and it will continue to do so

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until we trust God entirely to steer us rightly.

So, while The Law of Attraction is in operation all of the time, its significance in our lives becomes less interesting and important once we come full circle, from the unconditional trust in God we once had as children, to the conscious surrender to and merger of our own will with the will of God and the universe *for us*.

I still focus my intentions on short- and a few long-term goals, and some do come true. When this happens, I now know that my own creations will no longer lead me astray, away from my purpose and also that they will not come with painful lessons. Once free from less conscious karmic grip, there are still vast areas where I can put my own spin of creativity and shape to God's will for me.

How delicious it is to create with such a sense of freedom from fear, and with utter trust in God's wisdom carefully guiding me past the cliffs and slippery slopes of life.

Rev. Lilo Bauer-Freitag is a Holistic Life Coach in Greenville, SC. She can be reached by calling 540-846-9307 or emailing her at vivit@live.com.



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On Being a Chaplain: A Journey Into Caring

by Rev. Michael Gruteke

Part One ~ First, I must admit, that there have been many people who have contributed and continue to contribute to who I am, not only as a person but as a minister, and more importantly as a healthcare chaplain. The 32 months leading to my ordination comprise the first part of my journey.



Part Two ~ After my ordination, I started to look around to offer my services as a minister. I was very fortunate indeed to find a position at Maple Lane Nursing & Retirement Home, which was, I feel, a true sign from God. Twenty-nine years previously I had lived there, but never in my life did I think I'd be back there again ~ no way. Now, years later, I find it a complete letdown on the days I can't go to serve my parishioners. Amazing how things have changed.

All of this, plus the fact that I had gone there the year before with my partner (that's right, I said my partner ~ my beloved winged one Bacall) when I did an animal ministry presentation. This was part of what opened the doorway to igniting my ministry.

My first day back to Maple Lane Nursing & Retirement Home was November 13, 2015. This was not even two months after I was blessed by God, aka The Supreme Being, and made a tool by Him/Her, something I consider an extreme privilege ~ to be in service to Him/Her and to be of help to many others.

In helping many others, I have put myself out there both as a professional and as an old friend to some clients. That in itself has been tricky as sometimes it is a truly balancing act.

Part Three ~ recognition by others ~ the road from here: recognition for a minister can come in many forms, but what's truly best, I think, is when it's unexpected. I myself experienced the unexpected in June when a client, by then a true friend, asked me how long I had been a minister. I said, "Carla, about eight months." To which she replied that it showed and said, "Mike, you're a damn good minister." I don't need to tell you that that unexpected comment made my day. I was on Cloud 999.9!

What happens for myself and my beloved winged one Bacall, only the Lord knows. We as ministers don't know, and as you and I go forward, we must all remember this one

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very, very important thing, and it's not just a line from a television show, it's something that's important to all of us, especially all of us called to do this very special work: "It's not the rank, it's the job that's important." *Father Mulcahy*
~William Christopher~ M*A*S*H



Once a year Rev. Michael hosts "Nature/Nurture Workshops." These are mini-workshops created to discuss the balance between nature and man. This workshop promotes an invitation to share ideas, thoughts and actions that may be taken to benefit all life.

Rev. Michael Gruteke resides in Vermont. He has created the yearly church service Blessings of the Animals held October 4, Saint Francis Day. Rev. Michael is available for pet counseling, including grief counseling and welcoming ceremonies. You can contact him at k3brj@comcast.net

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, and you can request inclusion on this list too.

If you would like to be added, please know that you must be an active member; you must include a link to your website; and you must have a privacy form on file with UB (available [here](#)). For privacy reasons we will not list phone numbers or email addresses in the directory



If you are interested in being included, please send a request to be included in the directory, and include your website address.

Please send your request or questions to Executive Director Robin Morini at robin.ubm@gmail.com

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:

Executive Director Robin Morini
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Or scan the completed form and email it to

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Email Address(es):

Website(s): _____

Anything else you would like to share? _____
