



# WELCOME TO 2018

A Master Vibration  
Number 11 / 2 Universal Year  
by Rev. Rosemary Cathcart

*"Each day is a new beginning  
another chance  
to learn more about ourselves,  
to care more about others,  
to laugh more than we did,  
to accomplish more  
than we thought we could,  
to be more than we were before."  
~ Unknown*

This quote that I use at the start of the Numerology article for each New Year offers us all an opportunity to be **more**. Not in terms of finances or worldly stature, but in terms of our "deep internal being-ness." It's an invitation to our internal place of "right action," heart connections and moral integrity; the "God Place" we sometimes lose access to.

Life has brought us the gift of another year of life in the form of a **Master Vibration Number 11, "The Visionary"** which, although never meant to be reduced, must for the sake of continuity be reduced to a # 2. The **Master Vibration** numbers of 11, 13 and 22 are indicators of outstanding abilities for leadership and accomplishment, affording us an **extra push** of energetic vitality in a personal life or throughout the year ahead. Collectively, we can refer to the **Master Vibration of 11**, while also working daily with the less demanding # 2 energetic vibration.

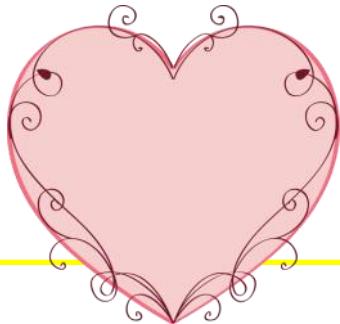
We live in numerological cycles of **1 through 9 + 0**, which makes up the entire spectrum of numbers, no matter where you live or what language you speak. The year we've just wrapped up, 2017, added up to a **Universal # 1 Year**, a time of brand new starts and opportunities and the beginning of a new 9-year cycle of life. Hopefully, we were able to use our time wisely to increase the depth of our understanding to become more inclusive and more compassionate to not only ourselves, but toward everyone (humans, animals, fish and plant life) we share our Planet with. **2018** is a very good year to remember that equanimity and gentleness oftentimes get us much farther than brute force or sharp mental games ever could.

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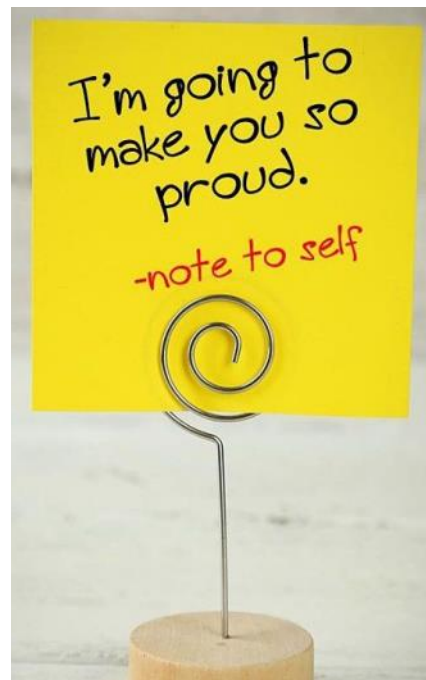


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**New year.  
New feelings.  
New breath.  
New chances.  
Same dreams  
with fresh starts  
New dreams  
with great  
beginnings  
I dare you to  
believe in  
yourself. You  
deserve all  
things magic.**





Rev. Drs. Rick & Jeni Prigmore founded  
Universal Brotherhood Movement in 1976.

## *Glimpses of Winter*

*by Rev. Dr. Jeni Prigmore*

Alive in my Heart  
How can these memories fade?

Sparkling images here  
Brightening my thoughts with their aid.

Here where I now live,  
We have Winter in moments  
Sometimes days

Not long, cherished views out the window.

I cherish the memories  
Of sled rides down a rolling hill  
Mother cheering us on...

Children and laughter  
Hearts melting vistas  
Of white, oh so bright  
In our faces.

Hold the Winter close for these clear,  
cold moments...  
Soon enough they melt into images  
Vaguely remembered.



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The study of numerology began when life began, because “in the beginning was 1.” The vibrations then began and # 2 appeared – creating the first pair – and ushered in the real beginning of “Universal Geometry”.

According to 1973's *The Secrets of Numbers* by Vera Scott Johnson and Thomas Wommack: “Reference to numbers as metaphysical abstractions can be found in every ancient civilization known to man. Egyptian hieroglyphics date back to 3100 B.C. Numbers were used by the Chaldeans, Phoenicians, Chinese, Hindus, Hebrews, and early Christians. The rituals and writings of all the world's major and minor spiritual and religious movements have used the abstract symbology of numbers. The **Bible** is a prime example, with its references to numerological symbology, including the **Trinity** and the entire book of **Revelation**, which is a feast for numerical and Numerological symbolists.”

Numbers, by themselves, represent “Universal Principles” through which all things evolve and continue to grow in cyclic fashion. The study of “Esoteric Numerology” is the art and science of understanding the spiritual significance and orderly progression of all manifestation. Every word or name vibrates to a number and every number has its own inner meaning. The letter and number code, when rightly understood and applied, brings us into a direct and close relationship with the underlying intelligence of the Universe.

As we move from a **# 1 Universal Year** vibration ( $2 + 0 + 1 + 7 = 10$  and reduces to a **# 1**) ruled by the Sun, into a **# 2 Universal Year** vibration ( $2 + 0 + 1 + 8 = 11$  and reduces to a **# 2**) ruled by the Moon, a bit of help and preparation might be in order for all of us.

We are meant to live in a specific, sequential order of things. The idea being, of course, that we learn, mature and gather skills and wisdom all along the way. At least that's the “theory” of sequential growth. We can only hope it's true and individually do our part to grow into open-minded, compassionate people, while working out our own lessons.



Each number is like a two-sided coin, representing both positive and negative attributes of the same concept. Although there are no “good” or “bad,” “lucky” or “unlucky” numbers, we do need to choose to consciously express the highest and the best in every situation, no matter which number we're expressing in any given year.

The higher octave of the **# 2** represents: diplomacy, receptivity, co-operation, gentility, helpfulness, understanding, and a loving, rhythmic (like the tides of the Moon) approach to life. The lower octave of the **# 2** leans more toward an apathetic, indifferent, cowardly, pessimistic, wavering, and, at times, even cruel expression.

As we approach this new **Master Number 11 / 2** year cycle of life, how will you choose to make your mark in the world? You can decide anew each moment and then the next and the next and the next.....

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Let's take a look at the meaning of each number and then demonstrate how to find your **Personal Number** for 2018.

<u>Destiny</u>	<u>Personality</u>	<u>Key Impressions</u>	<u>Ruling Planet</u>
#1	The Pioneer	Leadership/Independence	Sun
#2	The Helpmate	Understanding/Adjustment	Moon
#3	The Artist	Expression/Communication	Mercury
#4	The Builder	Discipline/Organization	Earth
#5	The Adventurer	Freedom/Movement	Mars
#6	The Harmonizer	Responsibility/Healing	Venus
#7	The Mystic	Analysis/Solitude	Saturn
#8	The Executive	Abundance/Power	Jupiter
#9	Metaphysician	Compassion/Universality	Vulcan

**To find your Personal Number for the year, add your day of birth and month of birth only, not the year of birth, to the Universal Year of a #2.**

**For instance:**

**A May 3 birthday looks like:**  $5 + 3 = 8 + \underline{2} = 10$  and reduces to a # 1

(May 3)  $5 + 3 = 8 + \underline{2} = 10$  and reduces to a # 1....The Pioneer

\*(Nov. 25)  $2 + 25 = 9 + \underline{2} = 11$  and reduces to a # 2....The Helpmate

(Feb. 26)  $2 + 26 = 10 + \underline{2} = 12$  and reduces to a # 3....The Artist

(July 13)  $7 + 13 = 11 + \underline{2} = 13$  and reduces to a # 4....The Builder

(April 26)  $4 + 26 = 12 + \underline{2} = 14$  and reduces to a # 5....The Adventurer

(May 8)  $5 + 8 = 13$  and reduces to a  $4 + \underline{2} =$  a # 6....The Harmonizer

(Oct. 4)  $1 + 4 = 5 + \underline{2} =$  a # 7....The Mystic

(April 2)  $4 + 2 = 6 + \underline{2} =$  a # 8....The Executive

(April 21)  $4 + 21 = 7 + \underline{2} =$  a # 9....The Metaphysician/Magician

**Again, to discover your Personal Number for 2018 :**

Take the value of your month of birth \_\_\_\_ + day of birth \_\_\_\_ + 2 = \_\_\_\_

Your Personal Number for this new year!

With the Moon as its ruler, the # 2 Universal Year offers us the attributes of a brilliant reflecting Moon Light that allows for the experience of necessary balance. The bright glare of the Sun (#1 Universal Year of 2017) needs the deep, reflecting pools of Moon Light (#2 Universal Year of 2018) just as much as breath requires air.

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In a Moon ruled year such as 2018, emotions and intuition are intensified as our **“deep internal body wisdom”** is allowed the opportunity to bubble up from the depths of our being and make itself more fully known.

In the book *Sun Sign, Moon Sign* authors Charles and Suzy Harvey state, “The Moon is our connection to a larger world of what some would call Soul, that principle by which we are connected through body and feeling to all of life. The Moon is our ability to respond to our own needs and to the needs of others for nourishment, protection and affection.”

Hence the designation of a # 2 year as the **Helpmate**, who is capable of making many adjustments, while understanding ones self and others with a deeper sense of empathy and humanity.

### Here’s a brief rundown of what to expect in your Personal Year:

- #1. **NEW BEGINNINGS** – The start of a new 9-Year cycle of life, keep your ego in check, be kind and “go for it!”
- #2. **YOU’VE COME TO LEARN** – People will look to you for help and direction, keep your personal boundaries intact.
- #3. **COMMUNICATION IS KEY** – You can move mountains this year and whatever you ask of the Angelic realm they are honor bound to give you so be very careful of your thoughts, emotions and speech. Aim high!
- #4. **HALF OF AN 8-YEAR** – A building year, so get organized and be disciplined and practical. Surround yourself with green.
- #5. **MOVEMENT, CHANGE, ACTIVITY AND SEXUALITY** – You’ve got lots of Mars energy in your corner all year long. What do you want to do?
- #6. **HARMONY AND INNER HEALING** – Your healing must come from within as you learn to love yourself with a new degree of personal responsibility and balance. Honor your body as your “temple.”
- #7. **THE MYSTIC, SILENCE AND REFLECTION** – Are the keys to your growth now. Go within, get a lot more rest and quiet time to process.
- #8. **ABUNDANCE, POWER AND ESP** – Will all open up for you this year. Wear garnets and surround yourself with the color deep red.
- #9. **UNIVERSAL CONSCIOUSNESS AND ENDINGS** – Endings in work, relationships, personal ideas, old habits, etc. A superb year to open more deeply to your own higher consciousness.....it’s in there!

For Astrology buffs, from February 16, 2018 until early 2019, we will be in the **Chinese Year of the Earth Dog**. An impartial dispenser of sound advice and justice, the Earth Dog is an efficient and constructive thinker who moves slowly but **always** with purpose. This could well be a cycle of balanced approaches in all matters, bolstered by unfailing idealism and heart-centered, realistic activism. It’s worthwhile to remember, all dogs bark and some do, ultimately, bite.

2018 is presenting each of us with another opportunity to grow in depth and wisdom as we endeavor to “create our own vision of Heaven here on Earth.” May # 2’s from the past and present, including Robert Louis Stevenson, Carlos Montoya, Ronald Reagan, Sidney Poitier, Gloria Vanderbilt and Julie Andrews inspire us and encourage us to find our own highest and best sense of direction, values and courage.

Please remember that the core essence of this year is the **Master Vibration Number 11, “The Visionary.”** We are being offered the possibility of idealistic revelations for the benefit of our individual selves and the whole of humanity. Read about the Planet Neptune, wear the color silver and if you have diamonds, wear them to help your journey.

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*"And GOD said, 'Let there be lights in the expanse of the sky to separate the day from the night, and let them serve as SIGNS to make seasons and days and years, and let them be lights in the expanse of the sky to give light on Earth.' And it was so." (Genesis1:14-15)*

Do the best you can, and if you notice yourself slipping or becoming someone you don't really like, remember that "the art of becoming" is a lifetime commitment. Be gentle with yourself, but adjust ASAP.

Pray, meditate, spend time outside in Nature every chance you get. Turn off the television, listen to classical music instead of the news, and stop being afraid of experiencing your feelings. In a # 2 Year, emotional magic is quite possible, if you're willing to take a really deep dive inward. All of the brilliance in the Universe is yours for the asking this year, but you do have to reach out and ask.

I'd like to end with a special quote from Marianne Williamson:

"Love is what we are born with.  
Fear is what we learn here. The spiritual  
journey is the relinquishment ~ or unlearning  
of fear and the acceptance  
of love back into our hearts."

Such good words to live by in any year. New Year's blessings to you and to all those you hold dear,

*Rosemary*

*Rev. Rosemary Cathcart is a practicing Minister and the President of Universal Brotherhood Movement, Inc. She resides in Nashville, Tennessee where she has a practice in wholistic healing, spiritual counseling, Astrology and numerology. She is also a Traditional Reiki Master originally trained by Virginia W. Samdahl. Learn more at [www.rosemarycathcart.com](http://www.rosemarycathcart.com)*

Hold  
The Vision  
Trust The  
Process.

STAYING STUCK  
IS A CHOICE

You're always  
one decision  
away from a  
totally  
different life

# Universal Brotherhood Membership Survey

## *Winter 2017-2018*

To better understand how the UB community serves the needs of those we assist, we are conducting a survey to learn how you cater to your clients or constituencies. We also have a few questions on ways we, as the Board of Directors of UB, may better serve you.

Please take a moment to answer the following questions and scan and email your completed survey to:  
**UB Executive Director Rev. Robin Morini at [robin.ubm@gmail.com](mailto:robin.ubm@gmail.com)**

Thank you so much for all you do in your ministry and for providing this very valuable information to us.

1. How long have you been a UB Minister? \_\_\_\_\_
2. What ceremonies do you perform as a UB Minister? Please select all that apply.

Weddings Y/N                                      How Many Per Year? \_\_\_\_\_

Baby Namings/Baptisms Y/N                      How Many Per Year? \_\_\_\_\_

House Blessings Y/N                              How Many Per Year? \_\_\_\_\_

Funerals Y/N                                      How Many Per Year? \_\_\_\_\_

Other Please specify \_\_\_\_\_

Other Please specify \_\_\_\_\_

3. Would you be interested in submitting items (articles, poems, pictures, etc.) for publication in UB GoodNews? Y/N

4. What training or courses would interest you if offered by UB?

5. How can UB best serve your needs as a Minister?

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Email \_\_\_\_\_

Website \_\_\_\_\_





## 2018: Your Year To Receive

by Rev. Kelly Graham

As you know, the Rev. Drs. Rick and Jeni Prigmore are the visionary Founders of Universal Brotherhood Movement, Inc. They both are, in my experience, beloved forces of nature and Bringers of Light. I am honored to know them and love them both dearly.

Rick is the author of the wonderful memoir *The Joy of Living*. (By the way: if you haven't read it yet, buy it and read it. We all should know the genesis of our organization and the philosophies of our founders. Purchase *The Joy of Living* here: <http://universalbrotherhood.org/store-2/products-2/>)

One story in *The Joy of Living* that really resonates with me is “The Lesson of Giving.” But interestingly, the story is not about giving at all. It is about *receiving*.

I've written about the giving / receiving relationship [before](#), in the Summer 2015 *UB Good-News*. I bring it up again for a number of reasons. One of those reasons: those of us in ministry are often givers, and givers tend to equate the act of receiving with being a “taker,” which, in our minds, is diametrically opposed to giving. (It's not, by the way. Giving and receiving are two sides of one coin. For example: one cannot “give” by breathing out until one “takes” by breathing in.)

This idea that “receiving” is “taking” is steeped in some particular version of piety that suggests those of us who help others are somehow “above” being helped ourselves. English radio comedian John Foster Hall (1867-1945), who called himself *The Revd. Vivian Foster, the Vicar of Mirth*, put it this way: “We are all here on earth to help others. I don't know what on earth the others are here for.”

Let me be clear: this was a *joke* in a *comedy* routine. It was recorded in 1923 and entitled “The Parson Addresses His Flock.”

*It is a joke.* We don't need to live it! It's okay, folks, to receive. It's necessary, in fact, especially this year.

In *Welcome to 2018* in this issue, UB President Rosemary Cathcart writes that 2018 is a #2 year, and the higher octave of the #2 represents, among other things, receptivity.

“Receptivity” is defined as the quality of being able, willing, or inclined to receive. Circling back to Rick Prigmore's piece on “The Lesson of Giving:” at a point when Rick and Jeni were disposing of many of their possessions in order to live and travel in a motor home, they invited friends to come over and take whatever they wanted. Rick writes:

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We invited about forty friends to a pot luck farewell dinner on Sunday. As each guest entered, he or she was given labels with their names on them. At dinner we explained we couldn't take much of what was in the house and we had no plans to ever settle down again.

So, after dessert, they were instructed to go through the house and put their labels on the items they would like to have. Then, take them home.

We noticed that one person gazed lovingly at an oil painting and said, "I've always wanted that painting... but, I'll take this vase."

We said, "No, take the painting."

Another said, "I've always admired that tea cart ever since I've known you...but I'll just take this picture."

Again, we said, "no, take the tea cart."

The scene was repeated time and again. People were willing to settle for less than they really wanted.

I see this sort of thing play out day after day after day. For example, one friend tends to be very vocal about her "money problems" and now, post-retirement, she is seeking a job because, well, she needs more income. If several of us are at a restaurant having dinner and I reach for her check (NOT because she "needs" it but because I want to), she tends to, as we would say back home, kick up a heckuva ruckus. "You don't have to do that!" she loudly protests. "If you do that I have to buy next time! I can buy my own dinner!"

Oy. Of course I don't "have" to buy. And I have zero interest in keeping score about who pays for what. But riddle me this: if we pray for, say, abundance, and after the prayer someone offers to buy lunch, why do so many of us protest?

Here's my idea: instead of protesting, try this...."Thank you." It works really well!

Anyway — Rosemary suggests that this is a year for us to practice receptivity. I would add we should also practice RECEIVING. Remember that when you receive, you *are* helping others by teaching them to give. And receiving gets easier with practice. Try it!

*UB Vice President Kelly Graham has worked in the financial field for more than 30 years. She is honored to have been ordained by both UB President Rosemary Cathcart and UB Founders Rick and Jeni Prigmore.*

*Reach her at [getcommonsense@yahoo.com](mailto:getcommonsense@yahoo.com)*



## All In a Day's Ritual

by Rev. Paula Mari Tepedino



*Most days start off with a conscious gratitude prayer for being here. Spending 5 minutes of breathing exercises and then sun salutations to honor the beautiful warmth of the sun energy gets me ready to face the day. Standing at the stove, water boils in a couple of pots to inspire the*

2	5		
	1		
4		7	
		5	2

*creative energy of what to make. It could be chai oatmeal, maybe stewed apples or pears with sweet spices or a new ayurvedic healthy tea to help with digestion. The day continues with helping the brain by doing some Sudoku puzzles and a crossword or two. Only then do I get dressed and go out for a light jog or quick walk.*

*Being outside gives me time to pray for the birds singing in the trees, offering tidbits of chanting and blessings for the water, the earth, the wind and the sun. Nothing can compare to being still and allowing Nature to bathe all the senses. It is sheer heaven.*

*This is the yoga-off-the-mat practice that has been permeating my days for as long as I can remember. It is the essence of the benefits of practicing yoga - to live it, not just do it. It's about being yogic beyond the one hour exercises on the yoga mat. Taking yoga with me throughout my day and being yoga is sheer joy.*

*The blessings of having been shown the path more than 40 years ago is just beginning to have a deeper meaning for me now in my 60's. I'm forever grateful to my teachers - known and unknown - who have shared the work.*



Rev. Paula Mari Tepedino serves on the UB Board of Directors.

For more information about Paula's yoga training and her officiant services go to [www.PaulaMariCeremonies.com](http://www.PaulaMariCeremonies.com)





## *Light of the World...*

*by Minister/Director Shalandra Abbey*

### ***Congratulations to Rev. Christine Clarabal Costales, Lanai, Hawaii***

**Editor's Note:** On November 5, 2017 Christine Clarabal Costales was ordained by Minister/Director Shalandra Abbey.

Because Christine really loves seabirds and water birds, her ordination took place on Maui at the boardwalk at Kealia Beach, surrounded by the energy of ocean and birds. It was so special to walk along the boardwalk with Christine and her daughter as she identified names in Hawaiian and in English of the various water plants and birds. As the ceremony was coming to a close and I told the new Rev. Christine that she was the *light of the world* the birds seemed to agree, some began chirping as a large one flew overhead. Indeed they were blessings from her bird friends.

“The starting point to my ministry in Reiki healing was my two-year goal to overcome second stage breast cancer,” said Christine. “While I consulted with western doctors I also used as much natural healing as possible and changed my diet to include daily juicing. Along with juicing, Reiki became my daily commitment for life.”

Minister/Director Shalandra Abbey resides in Hawaii. In our Summer-Autumn 2017 UB GoodNews you will find her article “[Unleashing the Power of Reiki.](#)”

To contact Rev. Shalandra see [www.ReikiHawaii.com](http://www.ReikiHawaii.com)

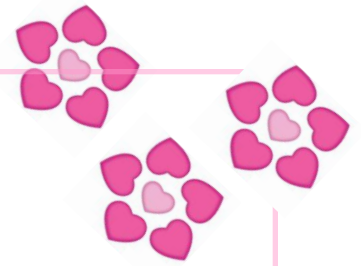






# YOUR LIFE MATTERS!

*by Rev. Dr. Wendy Lynn Nethersole*



From the time we are born to the time we pass back into the spiritual realm out of our physical body, our life matters. Each of us is unique in our vibration; an accumulation of wisdom and experience from the many lifetimes in which we chose to incarnate. Each containing a plan or mission that tied together weaves an oversoul thread that is part of the whole tapestry that we are all a part of.

Each and every one of us is unique in the world. Just as the spots on a giraffe are unique, or the stripes on a zebra are unique, we are one of a kind. In fact before we came into this world, our special team of spirit guides worked with us to plan this lifetime including the personality that would suit us best, the major opportunities and even challenges we would set up to facilitate our spiritual growth. This special “pre-birth plan” included meetings with soul family who agreed one by one to be a parent or child, sibling, partner, or friend that would appear in our life at just the right time. Even the difficult relationships may be a part of the pre-birth plan to facilitate our healing, often so that we are then in a position to assist others to heal as well.

Remember when you were a child and every day your most important decision revolved around what to play? What adventures would greet you in each new game of discovery? What is different in your life now as an adult? I believe we have forgotten how to PLAY! Children do not need to be taught how to play. So often as we grow older, adding the layers of “completing school,” “finding a job,” “a home,” “parenting,” we become heavier and heavier vibrationally, and sometimes physically, with our adult responsibilities. The frustration and challenges of adulthood often tempt us to give up on the dreams of our youth.

We must find a quiet place and go within to ask our Guides/Spirit for help to answer these questions. Who am I? Why am I here? What is my unique expression? The desire to create is a natural expression of the joy within. Your life matters! We each have our own unique palette; music, theater, writing, storytelling, listening, painting teaching; there are endless ways to express. When we have the courage to express, we inspire others to do the same. It is time to take a deep breath, look around and remember that child within who can easily imagine the circle of Angels, including our Guardian Angel, that surround us, that never leave our side.

We are each a piece of the puzzle that together make “Unity.” Unity Consciousness is the truth of who we are. The greater purpose of every lifetime is to collectively raise the vibration of the planet and move toward Unity Consciousness. In some way we all agreed to come into physical form at this time to learn how to make choices from our heart; the true center of intelligence that links us to our most wise and inner self that is our connection to the Divine. In this way we assist in healing the consciousness of fear on the planet. As more and more light fills the planet, each of us is a beacon of awareness, a beacon of light that is fueled by our soul’s

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surge or heart's desire, creatively expressed as our passion for life. This is a very strong drive for each of us.

How will you know when you are making the “right” choice for you? You will feel it and it will make you happy. Your feelings are your guidance system and truest compass to wellbeing for your life. So take some time for yourself in this New Year to reflect, believe and trust in YOU. Accept yourself just as you are, a beautiful spiritual being, evolving in this physical life that does indeed matter.

If you are feeling frustrated, confused, or lost during these chaotic times, take a moment to thank your inner guidance system - your feelings. Your soul is communicating with you to get your attention. How can you find clarity that feels resonant with your life path; one that fills you with excitement and joy? It is very important to connect with your true center of intelligence – your heart. Your heart and soul are divinely connected and will never steer you wrong. Here are 7 steps you can follow on a daily basis to connect to your heart's intelligence and inner guidance to create more peace and clarity in your life:

**Connect daily to your wise inner self.** Daily communication will strengthen this connection. Take notes and journal what comes to you during these sessions. Remember that insight and guidance comes in many forms: dreams, books that are recommended, or a message from a friend, to name a few.

**Pay attention to your FEELINGS.** This is your heart's compass. When you are happy, you are moving in the right direction. Often your feelings may guide you to a very different decision than your rational mind will.

**Be open to change.** This is the mystery of your life unfolding. If you have a rigid agenda for your life, you may be missing the fun and adventure of the unexpected.

**Express yourself.** Remember to play! Be creative in your unique way. Celebrate and delight in who you are!

**Be kind to yourself.** Compassion for yourself and others is important. The adventure of life means there is a learning curve. Be patient! Negative mental chatter interferes with the ability to connect with our inner guidance by creating self doubt and confusion.

**Visioning.** Visioning is a wonderful tool for clarity. With visioning, you are creating a vibrational resonance between how you wish to feel in your life with that which you wish to create. Through daily practice, you see and feel what you wish to experience as part of your life as if it is happening NOW. In this way you become a magnet of attraction; a vibrational match for opportunities to create the life of your dreams. It is your intention combined with your desire or feeling vibration that attracts opportunities to you.

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**Gratitude.** Give thanks, knowing all is in Divine Order and you are in the flow! By giving thanks, you are powerfully affirming what is so and that you are a co-creator in this process according to Universal Law.

Above all, know that *your life matters!* We are all unique and each of us plays a special part in creating the holistic and rich experience we call Life. We are all being called during this Great Shift to learn to communicate and live from our heart center. The old paradigm emphasized the mind. The new paradigm is focused on resonance with the Truth of who we are through our hearts. Self analysis with judgment is discouraged, while self reflection with compassion is encouraged. The Great Shift is a period of healing and balance for Gaia as well as her inhabitants. We each have a part to play. And when we feel the passion that ignites as we are creating according to our soul's urge, we celebrate life and honor the Divine that is in all of us.

Rev. Dr. Wendy Lynn Nethersole, co-founder (with her husband Rev. Dr. Jay Ailan Whitham) of *The Anam Cara Foundation™*, is an energy medicine practitioner and certified facilitator for Past Life Soul Regression and Between Lives Soul Regression. PLSR and BLSR sessions access soul memory giving you an opportunity to experience yourself as pure spirit and answer your own personal questions. [www.anamcaraspirit.com](http://www.anamcaraspirit.com) / (941) 302-4334 / [wendy@arddanu.com](mailto:wendy@arddanu.com).



## **T h e   G a p**

*by Rev. Jo Anna Shaw*

**Be with  
t h e   g a p  
between endings  
and beginnings.**

**Relish  
a no-time remembrance  
before lumbering into  
more doing.**

**Enter your cave  
hibernate with the bear inside  
you  
allow stores of fat and thick fur  
to gestate yearnings.**

**Let your next cycle  
be more  
than habitual wanderings  
grabbing more berries and meat.**

**Harness the natural rhythm  
that awakens deep dreamers  
and births new ways of being  
come spring.**

You will find more of  
Rev. Jo Anna Shaw's  
beautiful writings in our  
Summer/Autumn 2017  
UB GoodNews Newslet-  
ters and on  
her website:  
[www.joannashaw.net](http://www.joannashaw.net)



## One Extended View of Life In Ecuador

by Rev. Dr. Jacqueline Zaleski Mackenzie



*In the Autumn 2016 edition of our UB GoodNews Newsletter, Rev. Jacqueline Mackenzie wrote the article "Finding My Heartspace Home." Readers wanted to know more about her experiences of living in another country.*

I'm taking this opportunity to give you a little cultural insight into life in Ecuador, Mexico, and other Latin American countries. I began my "journey"

into charity work outside the USA in 2005 in Mexico; I've never looked back.

However, many expatriates (expats) find that it's not the big things that make being an expat hard (like living with a different language); it is the little things, the details. Details like laws that seem far too different and are constantly changing; excessive issues with getting a visa; or substandard imports, from screws to safety pins, from China with no other alternative for sale. These are the things that "roller-coaster" into people returning to the USA, Canada, or Europe after an average of two years of living abroad. Perhaps looking at the lifestyle with a more culturally trained eye and looking at hard numbers in USD dollars will help you or a friend to understand better what it means to be a guest in a country; to make the choice to live outside your birth country.

For my husband Don and me, chasing the physically, mentally, and spiritually healthiest location has been our goal for more than 20 years. We feel that we finally reached that goal in March 2016 when we discovered Vilcabamba, Loja, Ecuador. My husband is 100% disabled Vietnam Veteran; he gave his health while serving in the military in the USA. Now, keeping him as healthy as possible is my priority.

### **Physical Health:**

Vilcabamba is called "The Valley of Longevity" because so many people who reside here live past 100 years of age. Experts from all over the world say it's not any one thing, but rather a combination of chemical-free air, clean water, a year-round nearly perfect climate, and a "laid-back" attitude toward life that blends into "something" that accounts for the longevity.

### **Mental Health:**

That "laid-back" attitude includes a widely diverse population, from all walks of life, with everyone receiving a warm welcome and acceptance by the local population, immigrants from all over the world, and visitors in this little village. Even the freely running dogs are typically mellow.

*Continued....*



*Continued....* they make over \$8,600 a year.

### **Spiritual Health:**

In addition to traditional religious spaces/buildings, we have at least three indigenous resident shamans, and a wide variety of alternative pathways to spiritual, mental, and physical health available right here in this tiny community. The local grass and bamboo Pyramid is three stories high and serves as a meeting or healing place for those on a variety of spiritual pathways. People wear their ritual clothing without a single eye looking surprised; we have several on a Hindu path and even two Catholic nuns.

### **Cultural Details:**

Three weeks ago we moved to a rental house in a rural area. Like most rentals, it's word-of-mouth that makes finding a rental possible. Yes, we expats use FaceBook, but the locals prefer word-of-mouth; also, it's a cash (USD) society.

Once we learned about this house, from a friend, we signed our two-year lease. We moved all of our belongings — three pools, one cat, two Koi fish, and a turtle (the fish tank was the most challenging)—from inside the house. We also moved most of the plants and new compost earth from 2,000 sq. ft. veggie garden and a 500 sq. ft. ornamental garden — another challenge. That process really took some manpower! Fortunately, the labor cost here is \$15 to \$20 for an eight-hour day or \$5,292 a year for a full-time employee. A skilled employee makes \$25 for an eight-hour day. No one pays income taxes unless



### **Real Property “Value” Differences:**

Ecuadorians, like Mexicans, consider land priceless but houses have nearly no value to them, so a home or even a vacation condo/home is not maintained. A female child expects to inherit land from her father; she builds a home and lives there if not married or rents it out for her income if married (if the husband has provided a home for her and the children). As they have no lasting value in the eyes of the culture, houses are built as cheaply as possible. If the renters want something, they have to provide it for themselves - period. Therefore, raw land is very expensive; rent is extremely cheap, but the renter assumes the upkeep of the rented structure(s).

Our first rental here was built "close" to USA standards (for example two or more electrical outlets in a room and three prongs in them), as the original owner was a gringo. Her adopted son inherited the land, the big house, a duplex, and a smaller house when she thought she was dying. The son married an Ecuadorian lady who was already a mother. She felt that every single cent in rent was her income to spend as she liked and nothing would go back into maintaining the house, or into enriching the land where hundreds of normally fruit-bearing trees lay barren. For example, it took eight months to get the common dryer (that four residences shared) fixed.

It was a gorgeous BIG home (2,400 sq. ft. inside and 1,400 sq. ft. of balcony or patio spaces) with an amazing view of the mountains - but too big for this one older woman to handle. I resented having to pay someone to clean my home and help with the garden. Additionally, I saw the

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handwriting on the wall: the refrigerator was a relic that was breaking more every day. The stove was very poorly regulated – both the burners and the oven were unreliable. The former stove blew up; that is why the original owner moved - it threw her across the room and broke her hip.

There were 17 exterior doors leading out of the house - 10 in the living room alone! Everyone had a security frame, plastic screening (they never use metal window screening), and a glass door too. Each was custom built but did not fit well. As the screening was old, it was coming off here and there and all over the house. It was going to cost a small fortune to either pay someone to repair all that screening or do it alone with lots of time invested. The gorgeous, but highly neglected, land (about one acre for the three homes and 1.5 acres left natural as it was unbuildable) was shared via a gate that was always an issue. The young couple often was out late and left it open all night. Violent crime is nearly nonexistent in Ecuador (the lowest overall crime rate of all of Latin America), but robbing gringos are far more likely if given the opportunity.

#### **Attitudes Toward Noise:**

Additionally, Ecuadorians, like Mexicans, have no idea about quiet for neighbors; therefore, 24/7 noise is the norm in any public or residential space. With this new rental, we were seeking quiet - especially at night as we had lived on the western coast of Ecuador for 2.5 years in Salinas. It was gorgeous living on the ocean but also a 24/7 noise nightmare; I've learned that all vacation spots in Latin American countries are like that. Also, all holidays

are celebrated with vigor (noise) at a level so high as to be hard to imagine.

#### **Outlook Toward Earth:**

On the other side of the coin, the ecological laws in Ecuador are vastly different than any other country in the world. Ecuador is number one for positive ecological laws (recently beating Costa Rica for that coveted position); therefore, we have an abundance of inexpensive organic food and no plastic trash lying around due to strict laws regulating waste. In contrast, rural dirt roads in Mexico often look like a plastic recycling graveyard – there are empty bottles everywhere as all workers drink soda all day and every day; locals tell me that outside the big cities in Peru is even worse with discarded waste. It is an expensive habit but is a social status situation – get “hooked” on Coke as an infant and emigrate to the USA is the concept in rural Mexico.

#### **Various Financial Considerations:**

Our \$800 a month rent payment for the big rental included water and electric. However, when my husband removed years of mold off the patio with a pressure washer, the landlady demanded \$40 to pay the monthly water bill; my two gardens sometimes also required water.

Due to the rural location, we had to buy two high-end Internet services for \$85.50 a month and \$112 a month. This totaled \$997.50 per month in rent and utilities.

We could not even get a hard-wired phone line.

*Continued...*

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Transportation was also limited by the location. We had to take a taxi (min. \$5 a round trip) anyplace due to a vicious dog pack about a block away; the town was about 3 miles on a road that was poorly maintained.

Also, high-speed traffic was the norm as the expensive, gated community was beyond us; mostly gringos lived there. They had their personally owned cars to drive as they pleased without the care that the taxis took to preserve their vehicles while driving on a poorly maintained dirt road.

Once a week hiring the help of both a housekeeper and a gardener was another \$215 a month.

The new rental house has several financial and emotional advantages plus the most amazing view of the mountains that even beats out the former rental; also it's much quieter here. The new rental is 1,500 sq. ft. on about a 50' x 200' fenced in lot with an additional 400 sq. ft. workshop. The stove, refrigerator, and washing machine are less than two years old. We have 24 fruit trees and 61 banana trees. All else was a weed patch. "Was" is the operative word as it is now a lovely garden as nearly everything was moved, even three trees that I had planted!



Here, in the new rental, we added kitchen cupboards, a front screen door, lots of fence repairs (but I brought the fencing I had installed in the other house – ANYTHING installed can be taken out when you leave), we repaired many outside lights fixed (we did the same thing in the first home but did not take back that investment), and now I'm making curtains. We have to still upgrade the main electric wire that is run from the meter to the house (about \$200), but all else is minor as the home is new.

The rent here is \$400 a month; water is \$2.50 a month (flat rate from a different water company); and electric was about \$20 a month for the last renters who ran a full-time woodworking shop in the workshop, and here there is a fiber optic Internet cable coming in. The cost is \$31 a month including a hardwired landline phone, Internet service, and Internet TV access that eliminated our two other Internet services and \$20 a month for Amazon and Netflix! If we walk about two blocks, we pay fifty cents for a taxi making the trip back into town. I can walk into town myself; it's downhill. The taxi from town to home is \$1.50. This is another reason why many gringos can live here on just their Social Security checks.

Yes, moving was expensive, but the savings in just six months is about \$2,300 in rent/utilities, \$1,000 in Internet fees, at least \$300 in taxi fees, and \$1,290 in gardener and housekeeper fees. That is nearly \$10K a year in cold, hard cash!

We both know that statistically speaking, I will live alone on one Social Security

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Continued....

check at some point in my life; this home I will be able to afford.

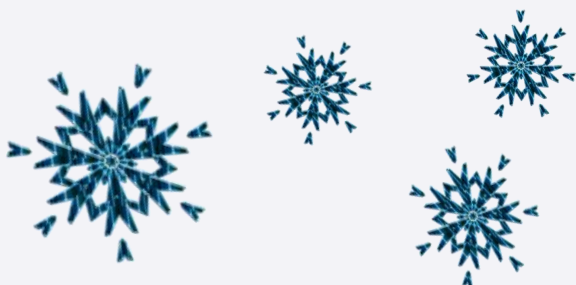
### **Emotional Benefits of Living with Latinos:**

Finally, the emotional benefits are even more important to me than the financial savings. I have always hated living among status-conscious gringos; In spite of having a Ph.D. in Education and Socio-Cultural Studies, I'm a country gal. I love sharing my life with horses, burros, chickens, and life-long farming folks. No resident in our last rental would accept anything offered from my veggie garden and did not take any of the fruit from the trees on the land. Two days after moving here were we were offered a full stock of bananas from our next door neighbor...now, that's my way of living!

You may be thinking that I am exaggerating, but I am not. Check out *International Living Magazine* - Ecuador has been considered the best place to retire for several years.

I hope you enjoyed this peek at life outside the USA.

Rev. Dr. Jacqueline Zaleski Mackenzie was ordained in 1995. She also serves as a Minister/Director. Contact Jacqueline via:  
[jzm@empoweringspanishspeakers.com](mailto:jzm@empoweringspanishspeakers.com)



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# *Love and Wisdom....*

*Bless you all, and a thousand thanks for your presence on our beloved planet, your prayers, and your tireless efforts to raise the vibration of our beleaguered human family. We are truly ONE, and any love, light, and expansion we can contribute to our collective consciousness shall uplift us all. I do so value our widespread community of souls dedicated to this work of midwifing healing into our shared world.*

*With much love,*

*Rev. Gita Bryant*

**"Let us send extra love and light out to every corner of the world, there are so many sitting in the shadow of the light, let us light up the world and make it better, lets us all be ONE.**

**Lets pray for Peace, LOVE and LIGHT to the world.**

**Love to you all,  
Love to The World.  
Many Blessings, Love, Peace and Light"**

**Rev. Jette Terpner**

**"Layers have peeled away, and I learned to give myself permission to unbecome everything I am not and allow myself to be vulnerable.**

**It has given me a new found confidence to stand tall and follow my dreams. It has also given me the wisdom to know if I remain grounded in who I am, have compassion and love backing my dreams, then the universe will support and provide."**

**Rev. Randa Myers**

***Dear Friends:***

***Whatever the mind can conceive and believe, it can achieve"***

***Napoleon Hill***

***There is only One Intelligence in back of all Life !***

***That mind is your mind when you tap in and make contact.***

***Therefore there are no limits!***

***Today is a great day to get your guidance in the silence from your connection to the One.***

***Rev. Bill Wishart***

## Spreading God's Love Through Music...

Phil Munton



I began writing *I Wish* in the late fall of 2016.

Around that same time, my beloved Eileen, a former UBM MD, who also ordained me back in 2001 and is the person who became my best friend, mentor, life partner and significant other for 17 years, began showing significant decline in her health. So the song was put on “hold” while I attended to and focused on giving her the care and support she needed while her condition deteriorated.

Sometimes, when she fell asleep, I would pick up my guitar and start working on the song again, trying to put the pieces together where they would fit. As I kept writing, and rewriting the lyrics, I was constantly putting myself into the role of a Miss America Beauty Pageant contestant trying to answer the question they ask all the young ladies.... “What is the most important thing you think the world needs, or what do you hope for?” And of course so many of them say, “I hope for world peace” which is great, but I wanted to dive into more detail than that. The question for me became then, well, what might bring about “world peace”? And then I brought it down to street level, family level, neighbor to neighbor and person to person level. It began to gel and I thought I was ready to record the song. But then Eileen passed away 22 days into the new year of 2017.

The next four months were a whirlwind of unexpected events and activities, the likes of which I had never known before. I could not bring myself to think of much else than her passing and the way she passed so peacefully and painlessly. The real work of cleaning out

the home we shared, donating her clothes to places like Turning Point (similar to Florida’s Take Back The Night organization), became top priority during those four months. I couldn’t even bring myself to the point of picking up the guitar to play it, let alone sing with it or focus on rewriting any of the words.

Finally, over the course of the summer, maybe around August or September, I gradually began chipping away at rewriting the lyrics again. Eventually I picked up the guitar and started playing the song, putting on finishing touches of composing the melody lines.

By the time early November arrived I had the lyrics completely done and then it was just a matter of recording the song. When I began making the video, I tried a couple of different tempos and styles on the song to hear how they’d fit. Also tried four different guitars and about a dozen different pics to bring the sound closer to what I was hoping to get.

The final three and a half minute video you see is the result of about 30 or 40 hours of experiments spread over about a week’s time. I’m thankful to be retired and have the time to invest in music projects like this. But even more importantly, I’m thankful God and the Universe keep sending me music to fill the empty space left behind from when Eileen joined the spirit realm.

Feel free to share this with family, friends and the universe because it’s just as true today, *what the world needs now, is love sweet love.*

Namaste my brothers and sisters of UB.  
May your light shine brightly!

*Continued....*

Continued....

Spreading God's Love Through Music....

Phil Munton (Singing Souls Ministry)

<https://youtu.be/yjD830xLLLw>

## ***I Wish***

***by Phil Munton***

***I wish that everybody,  
Had the same color skin.  
So there's no pre-judging,  
We're all the same within.***

***I wish that everybody could live peacefully,  
yeah!***

***I wish for no more hatred,  
It might be worth a try.  
More forgiving people,  
Let the bygones go by.***

***I wish that everybody could love life so much.***

***I may be chasing rainbows,  
Can I be the only one?  
I hope someday it will happen,  
Before mankind is done.***

***I wish that there was no war,  
We've got better things to do.***

***No need for hate or fighting,  
Let the love shine on through.***

***I wish that everybody could love peace  
and love.***

***I may be chasing rainbows.  
Can I be the only one?  
I hope someday it will happen,  
Before mankind is done.***

About his song, Phil says, "I hope some of the ministers will find the song useful in their individual ministries of spreading human kindness and love around in their own way. And of course, in the grand scheme of things, I wish the song could bring 'world peace.'"



***Wishing You...***  
by Rev. Grover Cleveland

***Wishing you and your loved ones:***

Peace and calm  
in the midst of life's storms.

The comfort of a close circle  
of friends and family.

Hope in the midst of uncertainty.

The healing humor  
of laughter shared.

Clarity in the midst of confusion.

The joy of life's pleasures  
shared and multiplied.

Balance in the midst of the  
turmoil of unsettling events.

A helping hand when you need one,  
and a free hand to reach out with  
when someone else needs one.

Love in the midst of loneliness.

Connection to community.

A core of trust and wisdom  
in the midst of  
chaos and concern.

Happiness that abides in  
the heart through all of life's  
ups and downs.

Warmest wishes that all good things  
come to you and yours.



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Rev. Bill Wishart  
Expectations:

**“Have no expectations and you will  
have no disappointments”**

When I use this quote I am referring to having expectations of other human beings. So many of us have a rigid belief that other people will behave exactly the way we

think they should. This assumption can cause all kind of pain in one's life. To think that others can measure up to what we think they should do and say, when we usually have not told them what our expectations are, is pure folly.



In dealing with others and based on my own experience I find this habit is another one of our agreements made in our early years. Some parents told children that they were disappointed in our behavior. Some said “you let me down” and others were disappointed because they could not live their lives through you. This would refer to fathers and mothers who expected their children to accomplish what they wanted to do in their early years. Some of us carried these type beliefs into our adult relationships and expected our spouse or partners to believe and behave the way we learned from our parents and teachers.

People come to me and painfully tell me “yeah, but Bill, I don't understand why he or she does that.” They usually go on about others; asking why this, why that, always looking to understand someone else's behavior and results. “I try to understand why” is the cry I hear. “Why is an endless justification of nothing” and “try never produces results” is what it all screams back to the questioner.

Make no assumptions and have no expectations and accept that others are doing the best they can all the time at the level of awareness they are at the moment. Choose not to ask others “why” and you can use that energy to look at “Just You.” This will produce results, especially if your goal is to produce peace of mind.

Stay out of the past as well and do not question “why” our early caretakers did what they did. They did it. Now is the time for you to correct what you believe needs correcting to produce the results you want in your experience. You are now the caretaker. The responsibility for your peace of mind is yours. “Just You.”

Expect the best in your life and you will have it. Expect no other human to produce it or satisfy your expectations. We individually are responsible for our own outcomes. I believe you can do this for yourself as I remind you each time I write to you. I believe in “Just You”



## Ministers Liability Insurance Info

In response to many phone calls regarding liability insurance, one of our UB ministers has mentioned *Healing Touch Professional Association* and *Energy Medicine Professional Association*. The associations have partnered to offer liability insurance for energy healing therapies and spiritual counseling.

Learn more here:

<http://www.htprofessionalassociation.com/liability-insurance>.

*This information does not constitute insurance or investment advice, or an offer to sell, or the solicitation of any offer to buy any insurance or investment, and is provided for information only*

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[robin.ubm@gmail.com](mailto:robin.ubm@gmail.com)

Website:

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

## UB Website Minister Directory

Universal Brotherhood Movement, Inc, has a wonderful “tool” for all UB ministers located right on our website:  
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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.

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- 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

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Be a pineapple: stand tall, wear a crown, be sweet inside



WHAT IF  
YOU  
SIMPLY  
DEVOTED  
THIS YEAR  
TO LOVING  
YOURSELF  
MORE?



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Anything else you would like to share? \_\_\_\_\_

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\_\_\_\_\_