

UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter Winter / Spring Edition 2021-2022



Inside this issue of UB GoodNews:

Greetings (And More) From Our Founders	1-2
<i>From Our President: Welcome to 2022!</i>	3-8
<i>From Our Vice President: Count Your Blessings</i>	9-10
UB Minister Business Card Ads	11
The Longest Night of the Year <i>by Rev. Kathy Shimpock</i>	12-13
Blessed Are You Who Bear The Light <i>by Jan Richardson</i>	13
Seeing The Pandemic As A Teacher <i>by Rev. Heather Molans</i>	14
Free Spirit Heart <i>by Rev. Lori Beasley</i>	15-16
Outreach for Global Love and Unity Initiative <i>by Rev. Mesheril Christallene</i>	16
What Ministers Are Saying About President Rosemary's Love Notes!	17
From the Eyes and Minds of Youth <i>by Rev. Sandra M. Monahan</i>	18-20
Book Nook: Channeling Eli <i>by Rev. Heather Molans</i>	21
Transmuting Judgment <i>by Rev. Joy Michels</i>	22
Journey Through the Chakras <i>by Rev. Thea Boven</i>	24-27
Adventures in Pandemic-Era Healing <i>by Rev. Bob Laurentz, Ph.D., Psy.D.</i>	27-28
Information: Minister's Liability Insurance	29
UB Pendants Available	29
Let's Stay In Touch!	30

Happy New Year

By Rev. Dr. Jeni Prigmore

IN RETROSPECT

It's been a year of character building. Testing our strength and courage. Opportunities for earning and serving, loving and communication.

IN RENEWAL

I come to the "jumping off place" where a brand new year begins. A place where I have multiple choices. A place of knowing.

IN FAITH

I reach out to each of you as I consider the privilege it has been to share my life with you in the past 365 days: in anticipation of sharing yet more and in deeper understanding in the 365 just ahead of us.

IN PEACE

I greet you and surround you with the beautiful white light of The Christ Spirit; Knowing that you are in your right place and that you are being supported in your soul's quest for fulfillment.



***Universal Brotherhood Movement, Inc.
Co-Founders Rev. Drs. Jeni and Rick***



With Love from our Co-Founders:

*Rev. Drs. Rick & Jeni Prigmore
and the UB Board of Directors:*

President Rev. Rosemary Cathcart,
Vice President Rev. Kelly Graham,
Secretary Rev. Maohara Ferretti, Rev.
Paula T. Webb, Rev. Karen Piedra,
Rev. Mary D'Alba

and our UB Staff:

Office Assistant Rhiannon Morini and
Executive Director Rev. Robin Morini

Dad, I Wasn't Talking To You

By Rev. Dr. Rick Prigmore

From *The Joy of Living* by Rev. Dr. Rick Prigmore

In our early years together Jeni and I lived in a two bedroom mobile home. Marc and Scott were seven and four. They slept in bunks in the middle bedroom.

Jeni often was out of town in her job as representative for a hosiery manufacturer. I became house spouse during those times. The boys and I didn't like for her to be gone any more than she enjoyed being away from the family. But we managed because we needed both incomes.

One night I was putting the boys to bed. Marc slept in the top bunk (less chance of him falling out because he was older), Scott slept all over the lower bunk, end to end, corner to corner, covered and uncovered.

I had listened while Marc said his prayers, which always included, "Keep Mom safe." Then I knelt down by Scott to hear his prayer. He was humming and half singing, rambling all over the verbal ball field. I soon became impatient.

"Scott," I scolded, after he sang to God about the dog next door, the goldfish in the aquarium, the plants outside his window, and all the neighbors by name, "That doesn't sound like a proper prayer to me."

He opened his brown eyes, looked straight into mine and said very firmly, "Dad, I wasn't talking to you."

"Out of the mouths of babes..." How often we get caught up in our scenario of societal conditioning and find ourselves judging actions from the reservoir of our personal experience. What a wonderful thing it is to receive a reprimand from such a gentle and obviously pure intentional source.

It's a lesson I'll never forget, "Judge not..."



Welcome to 2022!

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

If I paid attention to only the opening quote above, I would be off to an excellent start in this brand new opportunity of a year called **LIFE** ~ presenting me and you with 365 new chances to become more than we have ever been before.

And if you don't "believe" in Numerology, that's OK too, just bear with me and read what I've put together here on the chance that there might be a morsel of wisdom to help guide your life throughout the New Year. My only goal is to be a resource, and to act as a source of information and guidance, without judgment. We are all in different places in life, and I hope to empower you to be your best this year, so let's take a look at the number patterns for 2022, and how they're apt to affect each of us on a personal level, and our Beloved Mother Earth as well.



In the "Esoteric Numerology" which I practice, I consider not only the numerical value of each digit, but the Spiritual significance in combination with the Astrological influences to illustrate the deeper meanings of the numbers. A "**0**" vibration exacerbates whatever the primary focus is; so when adding $2 + 0 + 2 + 2 = 6$, the stakes are suddenly quite a bit higher and the focus much sharper. In this case the "2" vibration is of the utmost importance. The # 2 vibration carries the essence of "helping" and of an understanding nature that is capable of adjusting to any prevailing circumstances at a moments notice. It is ruled by the Moon, so think in terms of sensitivity, receptivity and emotional discernment, and you'll have a good idea of what we are tasked with at this juncture in human history.

As we add the digits together, $2 + 0 + 2 + 2$, we arrive at the # 6 giving us the **Universal Year Number**. The # 6 is ruled by the **Planet Venus** and is considered to be the "Harmonizer". The best way to use this # 6 vibration to help others, is to extend harmony and kindness to everyone who crosses your path. Judgment is exhausting and offers us no hope of grace or understanding. However, if we can approach each day with a hopeful idea of how we can help to heal ourselves first and foremost, we then quite naturally become a balanced and poised resource to the world.

I have always had an unwavering belief in the Divine Order of all things, and as we come to our New Year of 2022, I once again marvel at the "rightness" of Divine Order. Life has brought us the gift of another year in the form of a **Number 6 Vibration, "The Harmonizer"**, governing the responsible, stable, poised, balanced, healthful and loving nature that we owe not only to ourselves, but to the world in general. The ability to bring our most responsible and love-filled attitude to every situation is of the utmost importance this year. When the # 6 is used in

Continued...

Continued...

reference to others in our lives, it represents the actual principle of “love”, and when it is in reference to ourselves, it’s all about self-healing, self-care and nurturing of our own precious selves.

*“To love for the sake of being loved
is human, but to love for the sake
of loving, is Angelic.”*

~ Alphonse De Lamartine

We live in Numerological cycles of $1 \sim 9 + 0$, 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, 2021, added up to a Universal # 5 vibration, “The Adventurer”, and as we all witnessed, there was indeed quite a bit of adventure in 2021. Now we are into our 3rd year of COVID, and a continuing lack of socialization, with various rules in place to keep us alive and functioning, many questions of what might happen next, and a less than ideal political climate. Wow, you just can’t make it up, can you now? It’s the perfect time to welcome “The Harmonizer” cycle to help us heal, in a climate of loving care and responsibility. Don’t you agree?

The study of Numerology began when life began, because “in the beginning was 1”. The variations then began and the # 2 appeared ~ creating the first pair ~ and that in turn ushered in the real beginning of “Universal Geometry”.

According to “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, including the Egyptian hieroglyphics dating back to 3100 B.C. Numbers were used by the Chaldeans, Phoenicians, the Chinese, Hindus, Hebrews and the 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 reference 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 then applied, brings us into a direct and closer relationship with the underlying intelligence of the Universe.

As we move from a # 5 Universal Year vibration ($2 + 0 + 2 + 1 = 5$) ruled by the Planet Mars, into a # 6 Universal Year ($2 + 0 + 2 + 2 = 6$) we are now in the vibratory field of the Planet Venus and preparation and understanding is in order to help make the most of it.

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 Karmic life lessons.

Each number is like a two-sided coin, representing both positive and negative attributes of the same vibration. Although there are no “good” or “bad” numbers, wisdom dictates that it’s smart to consciously choose the highest, most mature, loving way to respond in each situation.

The higher octave of the # 6 represents: responsibility, stability, poise, protection, balance, harmony, love and healing. It also indicates musical affinity and that music can be used as a soothing tonic in times of stress. The lower

Continued...

octave of the # 6 leans toward cynicism, despondency, anxiety, unwarranted interference, jealousy, selfishness and a domestic tyrant who can't relent.

Let's take a look at the meaning of each number and then illustrate how to find your **Personal Number for 2022**:

Destiny	Personality	Key Impressions	Ruling Planet
#1	The Pioneer	Leadership/Independence	Sun
#2	The Helpmate	Understanding/Adjustmt.	Moon
#3	The Artist	Expression/Communicat.	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	The Metaphysician	Compassion/Universal.	Vulcan *

My original Numerology teacher, M. Carroll Owen insisted on the discovery of the Planet Vulcan (#9) and she was not a woman to be trifled with, in physical form, or beyond. So, in her honor, I always include Vulcan in my list of Ruling Planets.

To find your Personal Number for any given year, follow this easy formula:

Add ONLY your month of birth and your day of birth to the value of the Universal Year's number. In the case of 2022, the Universal Year's number adds up to a # 6.

$$2 + 0 + 2 + 2 = \# 6$$

Now we will take the # 6 and add it to the month and day of any given birthday to discover what that individual's **Personal Number** is for 2022.

For Example

A May 2 birthday looks like this: $5 + 2 = 7 + \mathbf{6} = 13$ and reduces to a # 4

(Feb. 11) $2 + 2 = 4 + \mathbf{6} = 10$ and reduces to a # 1 ... The Pioneer
 (Nov. 21) $2 + 21 = 5 + \mathbf{6} = 11$ and reduces to a # 2 ... The Helpmate
 (April 2) $4 + 2 = 6 + \mathbf{6} = 12$ and reduces to a # 3 ... The Artist
 (Dec. 4) $12 + 4 = 7 + \mathbf{6} = 13$ and reduces to a # 4 ... The Builder
 (June 2) $6 + 2 = 8 + \mathbf{6} = 14$ and reduces to a # 5 ... The Adventurer
 (Feb. 7) $2 + 7 = 9 + \mathbf{6} = 15$ and reduces to a # 6 ... The Harmonizer
 (May 23) $5 + 23 = 10$ and reduces to a 1 + $\mathbf{6} = 7$... The Mystic
 (Aug. 3) $8 + 3 = 11$ and reduces to a 2 + $\mathbf{6} = 8$... The Executive
 (April 26) $4 + 26 = 12$ and reduces to a 3 + $\mathbf{6} = 9$... The Metaphysician/Magician

Continued...

Continued...

Again, to discover your Personal Number for 2022:

Take the value of your month of birth ____ + day of birth ____ + **6** = ____
And you will have your Personal Number for the New Year of 2022 !

With the Planet Venus as its ruler, the # **6 Universal Year** offers us the attributes of the Roman goddess of beauty, associated with the power of love, the power of attraction, cohesion, and the power of quiet, gentle persuasion. The Venus influence is also symbolic of affection, friendship, sympathy, appreciation, tactful communication, values and a love of the arts. This is an excellent year to channel all of those attributes toward creating a personal healing program, including diet, nutrition, exercise, meditation and self-love. When we place a higher value on healing on the home front, we naturally become more internally responsible and functional. As we heal ourselves from the inside out, we become a beacon of light radiating outward in the world.

Avoid the pitfalls of any selfish or jealous tendencies and flip them around immediately to the higher vibrations of love, peace and equanimity.

By combining an understanding of the inter-connectedness of both basic Astrology and numbers, we create within ourselves a larger perception of the vastness of the Universe. We owe so much of our Spiritual and our scientific understanding about numbers to Pythagoras, “The Father of Mathematics”. He is remembered most often for the “Pathagorean Theorem”, which states: “The square of the hypotenuse of a right triangle is equal to the sum of the squares of the other two sides”. This gifted man was primarily a mystic and a philosopher, believing that “*all things are numbers*”. Pythagoras saw in number patterns and geometrical ratios the explanations of all natural phenomena, musical harmony and our tonal qualities. He knew that the stars and the planets as vibrating bodies were producing sound which became known as the “*music of the spheres*”.



Here's a brief look at 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 to everyone and claim the highest & the best!
- #2. YOU'VE COME TO LEARN ~ People will look up to you for help and direction, but keep your own personal boundaries in tact.
- #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 mindful of your thoughts, speech and emotions. Aim high !!
- #4. HALF OF AN 8-YEAR ~ A building year, so get organized and be as disciplined and practical as you can be. Surround yourself with green.
- #5. MOVEMENT, CHANGE, ACTIVITY & SEXUALITY ~ You've got lots of Mars energy in your corner all year long, what do you want to do with it?
- #6. HARMONY & INNER HEALING ~ Your healing must come from within as you learn to love yourself with a new degree of personal self-care, balance and responsibility. Honor your body as your “temple”.
- #7. THE MYSTIC, SILENCE & REFLECTION ~ Are the keys to your own growth now. Go within, get more rest and quiet time to process life.
- #8. ABUNDANCE, POWER & ESP ~ Will all open up for you this year. Wear garnets and surround yourself with the color deep red.
- #9. UNIVERSAL CONSCIOUSNESS & ENDINGS ~ Endings in work, habits, relationships, personal ideas and patterns. A superb year to open to your own Higher Consciousness, it's been waiting for you to discover it all along!

Continued...



Another Astrological perspective comes from the **Chinese Year** of the **Water Tiger**, which begins on February 1, 2022. As the delightful paradox of the Chinese Zodiac, the Tiger considers the world to be their stage as they set out to blaze new trails, dance to the music of life and enjoy every good thing life has to offer.

The **Water Tiger** is the most realistic of all the Tigers, possessing excellent instincts, a deep sense of humanity combined with superior ESP and a well-developed faculty for communicating with people. The **Water Tiger** is the Master Manipulator working every angle to benefit the largest group of people possible.

This is the perfect PR personality, possessing superior mental abilities and razor sharp instincts about people. May all of these characteristics and traits benefit us individually and Globally as we continue to make our way out of the abyss known as COVID – 19.

As a longtime student of Unity Principles and The Science of Mind, I have come to appreciate the magic of “cause” and “effect” and the dramatic influence they have on our lives and how well they work, or not.

Thought is CAUSE and experience is EFFECT. If we are not happy with how things are going in our lives, it is up to US to change the nature of our own thoughts in order to change the results. Our Universal # 6 Vibration Year is the perfect platform to perfect this skill, for our own benefit and for the future of School House Planet Earth as well.

In all things, we are constantly being encouraged by the “better Angels of our nature”, to grow into loving, forgiving, kind, patient seekers of the highest good for all of God’s creatures. Challenge yourself to raise the bar higher, require yourself to be a bringer of peace and a source of wisdom. Make this a year of personal and Global healing. We are alive by the Grace of God, so let’s do the best we can to manifest the highest vibration of the # 6 year by becoming a part of the “solution” and not the “problem”.

In the wonderful Universe which is Universal Brotherhood Movement, Inc., born on **August 16**, our numbers for the year ahead look really good:

$8 + 7 = 15$ OR $8 + 1 + 6 = 15$ and reduces to a # 6 **plus** # 6 for the Universal Year = # 12 and reduces to a # 3 Personal Year. So **UB** is now entering a year centered around COMMUNICATION, and ruled by the Planet Mercury.

In a # 3 year, the “**magic**” is all about FOCUS, DETERMINATION and DISCIPLINE of our minds and our emotions. This is vital since every thought we have regarding UB, or about our role as a Minister with UB, will be like an immediate prayer that is sent to the Angelic Realm in an instant of time. Once that thought or emotion has been formulated in the brain and released into the realm of the Angels, their **job** will be to make it come true. With that knowledge in mind, let us please come together as the body of dedicated, consciously aware, loving and hopeful people that we know ourselves to be.



I want UB to thrive and to continue growing, spreading the original intention of Founders, Rick and Jeni Prigmore. That intention was for us to be a resource to the world, based on the work of visionary individuals, dedicated to strengthening

the Divine Plan of life as we know it. Operating as bringers of the Light/Wisdom/Grace/Peace/Joy with a true sense of destiny supporting our every action and decision.

Continued...

Continued...

As representatives of this esteemed organization, may we move into the world each day of 2022 with a knowing in our hearts that there is much to accomplish. We are more than up to the task, representing only the highest and the best values of ministry and mentorship. Empowered both professionally and organizationally by the power of the #3 energy, may we make our mark in the world intentionally, this year and always.

We've got this folks! And we will be spreading the love of the #6 Universal Year and the #3 of UB's Personal Year to every person who crosses our path and to every new Minister we are privileged to Ordain. And so it is!

***"This we ask:
Help us to learn how to love
more fully, more wisely, more calmly.***

***This we ask:
Help us to bring peace to our lives
and to this World."***

~ Mary MaKenna

Rev. Rosemary Cathcart is a practicing Minister and the President of Universal Brotherhood Movement, Inc. She resides in Nashville, Tennessee, and for more than 30 years, she has been conducting a healing practice based on traditional wisdom and ancient practices in combination with modern modalities. She serves her clients in varied roles that include intuitive counselor, wholistic healer, astrological and numerological consultant, spiritual guide and trainer. She is also a Traditional Reiki Master originally trained by Virginia W. Samdahl. Learn more at www.rosemarycathcart.life





Count Your Blessings

By Rev. Kelly Graham

“Count your blessings.” [Shudder] I really, really dislike that phrase. “Count your blessings.”

“I don’t like peas/dumplings/corndogs!” “Count your blessings, Kelly, there are starving children in [insert name of far-away country here].”

“The lace on this dress itches!” “Count your blessings, Kelly, some little girls don’t get to wear pretty dresses.”

“I don’t want an old car!” “Count your blessings, Kelly, at least you have a car!”

(For the record: I offered to send the offensive food to whatever country it was that week; I detested dresses and practically lived in jeans, and while I love dresses now, I’m still not a big fan of lace; and I’d give quite a bit to have that perfect turquoise blue ’68 Impala with the white top today. Sigh).

And one must never respond to “count your blessings!” with a curt “like what?” Oy! The litany that would follow! Items would include a place to live, clothes to wear, (more than) enough to eat, toys and books, the opportunity to go to school, parents / siblings / cousins / grandparents who loved me, and on and on and on. As you can see, “count your blessings” was a pretty standard answer to just about any complaint when I was growing up.

I never understood it. It never made sense to me. You want me to count the “good” things I have in my life? Well, okay, I’m kinda into making lists. But of course there are “bad” things too; shall I count them? No?? And that would really mess with this Libra’s mind, where everything needs to be in balance.

Sheesh. It seemed sort of *acquisitive*, like I needed to inventory blessings as if they were items in a kitchen pantry. A blessing, I thought, would be more ephemeral, less concrete, more...heavenly, somehow. All this stuff — food, clothes and such — couldn’t be what was meant by a “blessing.”

And another thing: how, exactly, did telling me about the starving children help me feel blessed? Or the little girls who didn’t have dresses? Or all those other people who don’t have what I, ungrateful little snot that I apparently am (*was*), have in abundance? Seems to me that’s a move calculated to just make the target (me, in this scenario) feel guilty. And really, folks, what emotion is more useless than guilt? Envy, jealousy, anger, fear, etc.; all these can move us to some action, at least. But guilt? No. It just eats away at you, slowly dissolving your self-worth until you end up inside a bottle of Scotch or in an awful relationship or in severe need of intense therapy. Geez! Thank you, but no!

And then, you know, you grow up. And your parents seem to get smarter every year. Apparently they actually knew what they were talking about, even way back then.

At age 17 I was in a car wreck (you can read about it, if you like, in [UB GoodNews Spring 2015](#)). Without a doubt, a “bad” thing. But I learned so very much from that situation that it also was a “good” thing. For me, in fact, maybe a “great” thing. So I had one of those “aha!” moments of realizing *good* and *bad* are just labels or descriptors or perceptions; not an empirical reality. Huh.

Sometime around college I realized that when things were going well, and I was feeling grateful for everything, things seemed to go even better. Like tests would be easy and my on-campus job would go well that day and dinner in the cafeteria would be something really tasty. I would be walking around, feeling enveloped in some kind of warm pink light, with what felt like a fairly idiotic smile on my face, and good things happened. Huh.

I still didn’t really connect that with counting my blessings. Now that I consider it, I think what bothered me (and still bothers me) is the “counting” part. Like it’s some kind of a con-

Continued....

Continued....

test: I have this many blessings, how many do you have?

A couple of years ago *Forbes* (yes, *Forbes*!) did a piece on seven proven benefits of gratitude (And I suppose, if I'm backed into a corner, I might allow that "gratitude" could be another way of saying one might be counting one's blessings). *Forbes* contributor Amy Morin wrote that research reveals:

1. Gratitude opens the door to more relationships. Saying "thank you" is good manners, and thanking new acquaintances makes them more likely to seek an ongoing relationship
2. Gratitude improves physical health. Grateful people feel fewer aches and pains and are more likely to take care of their health
3. Gratitude improves psychological health, reducing "toxic emotions ranging from envy and resentment to frustration and regret"
4. Gratitude enhances empathy and reduces aggression; grateful people are less likely to retaliate against others
5. Grateful people sleep better
6. Gratitude reduces social comparisons and improves self-esteem
7. Gratitude increases mental strength, and aids in overcoming trauma

Okay, the "better sleep" thing is a big enough reason all by itself. Or maybe that's just me. But if "counting blessings" doesn't work for me, how, then, do I consciously feel gratitude?

Well, it's important to realize that humans have what is known as "negative bias." That is, things we perceive as "bad" carry more weight than things we perceive as "good." For example, studies show that if we're happy with service at a store, we tell about 7 people. If we're unhappy with service at a store, we tell about 50 people. Psychologists think this focus on the negative may have helped us survive in caveman times — but these days aren't those, and the first step to overcoming this tendency to dwell on the negative may be simply recognizing that caveman-era dangers don't exist today.

We also forget the "good" stuff because sometimes it's repetitive: your partner makes coffee, your dog happily greets you at the door, your car starts on the first try. My wonderful husband, for example, takes out the trash without my asking him to (yes, I am the luckiest woman in the world. I know). I'm used to it. It takes someone else complaining about how his or her partner won't do this or that when asked, to remind me that I have this wonderful thing in my life. It's just a little thing. Tiny, really. But when reminded of it, I am so darn grateful. So the second step to feeling more gratitude is recognizing those good things in our lives that happen over and over. Just because they happen more than once doesn't mean we should let ourselves get used to it. Instead, we should revel in it.

The third step in cultivating an "attitude of gratitude" is twofold: make a list, and then express that gratitude verbally. It doesn't have to be a long list; no need to "count your blessings" to see if you have more or less than someone else. Just writing down, say, three things each morning you're grateful for works just fine. Or make a list by speaking into the recorder on your phone during your morning routine. And then pick one of them and express it to someone out loud, ideally the person who is responsible for your thankfulness.

If I were doing this as an example I might list these three things today: I am grateful to this organization known as Universal Brotherhood for providing me with the opportunity to serve as a minister. I am grateful to my friends Rosemary Cathcart and Robin Morini who help me realize the great responsibility we have for and through this organization. And I am always grateful, now and for all time, to our founders, Rick and Jeni Prigmore. What a vision they have brought to life through this thing of ours called Universal Brotherhood!

What's next? Why, I think I need to call Rosemary or Robin or Rick and Jeni. And tell them I'm grateful. What about you?

UB Vice President Kelly Graham has worked in the financial field for more than 35 years, and is a Senior Vice President with B. Riley Wealth Management. She is honored to have been ordained by both UB President Rosemary Cathcart and UB Founders Rick and Jeni Prigmore. She can be reached at kellygraham@brileywealth.com

**UB Administrative
Office**
Phone Number
Please make sure you have
updated the UB office
phone number to
954-974-1181



**NOW AVAILABLE:
Beautiful Clear Quartz
Pendants**

Check out our lovely, handpicked oval,
wrapped clear quartz
pendants!

We are offering these pendants with an
18" chain for sale at our office!

Please call:
Robin: 954-974-1181
Email: robin.ubm@gmail.com
www.universalbrotherhood.org

****See picture on page 29****



UB MINISTER BUSINESS CARD AD



*Rosemary
Cathcart*

Wholistic Healer • Spiritual Counselor • Traditional
Reiki Master • Lecturer & Seminar Leader •
• Stress Management Consultant •

4025 Outer Drive • Nashville, Tennessee 37204
615-385-3773 • www.RosemaryCathcart.com

B RILEY *Wealth Management*
Member FINRA/SIPC | a B. Riley Financial company

Kelly Graham, AAMS, CRPC, AWMA®
Senior Vice President, Financial Advisor
kellygraham@brileywealth.com

3102 West End Avenue
Suite 750
Nashville, TN 37203

D (615) 610-5354
C (615) 478-9496
F (615) 610-5342
T (800) 796-6731

brileywealth.com

daybreak
CEREMONIES



Rev. Jim DeKornfeld
Life-Cycle Celebrant

910-690-9212

jjim@daybreakceremonies.com

www.daybreakceremonies.com

Daybreak Ceremonies creates unique, personalized events to celebrate and commemorate all of life's milestones. We honor all people and faith traditions regardless of race, age, gender or sexual orientation. We take your words and life story to weave a ceremony that is yours alone. We assist people of faith, or those with no faith tradition to celebrate with dignity, honor and respect.

Please consider supporting your fellow UB
ministers in their practices!

Would you like your own business card ad
in *UB GoodNews*? Email Executive Director
Robin Morini for details:
robin.ubm@gmail.com

The Longest Night of the Year

By Rev. Kathy Shimpock



Winter solstice is the longest night of the year. Cultures throughout the world have been celebrating this time for centuries. Traditionally the celebration is known as “the Light of Arthur.” Here Arthur is equated with the Sun-God who dies and is reborn as the Celtic “Son of Light” – the Mabon – at the Winter Solstice. The symbolism of this moment in time is the turning between the year’s darkness and its new light – the time of nadir and rebirth. It marks both a beginning and a completion.

In the days so long ago, people would spend this long evening at home before a fire in a state of reverie. How might you celebrate this day? The way you do is up to you, but remember that the essential features of the “celebration” are the mourning and letting go of that which is finishing and dying, a period of inner darkness, and then the recognition of the reality of rebirth within the soul. The importance of the mourning aspect lies in the fact that rebirth can only really occur (at whatever level) once we have fully mourned or recognized the passing of the old. Once we have done this, we can let go and open ourselves to the new dawn.

If we remember that in this time we are indeed furthest from the sun, we can then try to retain the small light within us. Often this celebration is quiet and reflective. There is much letting go and bringing forth. In the silent, dark depths of our being, we contact the spark of a shining child whose light will guide us as the year progresses. For even though it may be difficult, dark and cold outside, we can still birth a new child within our hearts.

At least that’s what the old stories say, and as a teller of those tales, it is what I believe.

Hark! The tree of life brings forth a new day. Even in the darkest of winter we live in hope, seeking the light that will transform all our lives.

Perhaps you’ll choose to celebrate Winter Solstice in ways like this:

1. On the longest night, go through the house and turn out all the lights, and spend some time feeling the darkness. Then light a single candle, and take it around your house from room to room, relighting candles in each room.
2. Reflect and/or journal on what you would like to let go of in your life, what is finished and dying so you can experience rebirth.
3. Go to bed early the night before with a seed catalog.
4. Take a nice warm bubble bath by candlelight.
5. Sleep under a weighted blanket.
6. Drink some hot chocolate, eat some candy or pumpkin bread and read or listen to a fairy tale.

Continued...





Continued....

7. Decorate your altar with mistletoe.
8. Drink mead in celebration of the rebirth of the year. Treat this time as the ending of the year; and look forward to the year that it beginning by day-dreaming, then planning, your coming year.
9. Eat fruit cake, plant garlic, visit a cemetery, or see where the sun enters or leaves your house.
10. Try dance or movement meditation: Start lying flat on your back. Slowly wake up, get up, and begin moving to some joyous music.

Rev. Kathy Shimpock is a Minister / Director from
Arizona.

You can learn more about Rev. Kathy here:
Transpersonal Practioner,
Artist & Cyfarwydd (storyteller)

Websites are [Symbols of Soul](#) and the
[Wise Crone's Cottage in the Woods](#)

kshimpock@symbolsofsoul.com
kshimpock@wisecronecottage.com

Blessed Are You Who Bear The Light

By Jan Richardson

Blessed are you who bear the light
in unbearable times,
who testify to its endurance
amid the unendurable,
who bear witness
to its persistence
when everything seems
in shadow and grief.

Blessed are you
in whom the light lives,
in whom
the brightness blazes—
your heart a chapel,
an altar where
in the deepest night
can be seen the fire
that shines forth in you
in unaccountable faith,
in stubborn hope,
in love that illumines
every broken thing it finds.

Seeing The Pandemic As A Teacher

By Rev. Heather Molans

I sat down to write this article, but Eli decided to write it instead. I have channeled Eli for about 24 years. My best work is always his creation! I couldn't have written the book "Channeling Eli", with all of its deep spiritual insight, alone. Instead, I was a vessel through which Eli shared his beautiful messages. He joined me here to share with the Universal Brotherhood ministers:

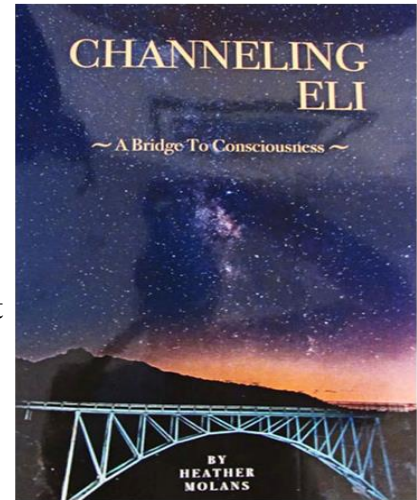
"We would like to thank the Universal Brotherhood Movement for providing an opening to bring forward simple spiritual truths.

"We have watched humanity as the Covid 19 pandemic spread across your world. It came to you as a teacher. You humans don't like change, and since you resist, it comes to you in ways you cannot ignore. The lessons have been as varied as there are humans on the earth.

"People have lost loved ones, and had to confront the issue of letting go. Covid was responsible for economic problems individually and within your societies and governments. For many, family dynamics were challenged, and people faced debilitating health problems. Notwithstanding that, it is important to see that all of the situations that have come to pass were necessary. They caused individuals and groups to venture into uncomfortable territory and move forward in ways they had resisted heretofore. We encourage each of you to examine the ways in which the pandemic changed you, and indeed, how it has changed the world.

"This is an opportunity to concentrate on the basic good of mankind, and to teach love and tolerance. Compassion for others will enable people to see negatives and turn them to positives. Begin making a difference one kindness or act of love at a time. Teach others the power and joy of love. The idea of turning the other cheek provides a chance to respond to the negative with positive.

"With introspection, you can look into your own lives and discover the lessons Covid had for you. Celebrate the good things that came with the pandemic. If you haven't discovered even one good result brought by the disease, spend time in meditation, asking what it was supposed to teach you. Allow yourself the opportunity to change and grow. Feel inner peace spread throughout your being as you understand that it's all good. There is no bad. There is only change and growth as you move in joy toward Spirit. That is 'The Good News!'"



*Rev. Heather Molans has celebrated her 25th anniversary as a UB Minister!
See her wonderful book Channeling Eli, A Bridge To Consciousness on page 21*



Free Spirit Heart

By Rev. Lori Beasley



A “traditional” life working in managed healthcare and following organized religion was what I had been taught was a good life. When I became ill in 2009, I knew it was time to do something about what I had known...nothing was in alignment and I was literally sick of my life. Joining a group focused on spirituality and energy attraction, I learned about energy medicine and made an appointment with a Reiki Master. I started taking herbs from the rainforest and my health improved within just two weeks. I quit my job, moved to south Florida and started a new job with the company that made the herbs that helped heal me.



Knowing I was on the right path, taking Reiki I was the next step in my healing journey. But it took four years to find the right teacher, and Robin Garfield was worth the wait. Continuing my training with Robin, I earned third degree as a 7th generation Usui Reiki Master. I then became an ordained minister with the Universal Brotherhood Movement and a member of American Society of Dowsters.

As a spiritual practitioner, intuitive guidance and energy balancing are uniquely combined with cutting-edge quantum mechanics-based tools to assist clients and create a balance of mind, body, and spirit. Physical, emotional, or psychological trauma can be held in our cellular memory. Assisting clients in releasing that trauma can remove it permanently. Through this guidance, clients are able to get clear, gain insight, set positive intentions and move forward with a new sense of empowerment. My clients report that during and after a session, they can actually feel the trauma leave their body, and they immediately feel lighter, and happier. Finally, they are able to feel Free!

Additionally, I assist and guide both humans and pets in their crossing over journeys. Facilitating what can be a difficult and upsetting event transforms into a beautiful and sacred treasured moment.



As a passionate advocate for both human and animal rights and welfare, I have worked with shelters for abused women and children, abused men, and also domestic animal rescues and exotic animal sanctuaries with wolves, wolf dogs, coyotes, panthers, foxes and small animals.

Continued...

Continued...

Each person or animal I work with teaches me what amazing beings we all are and how wonderful it is to return to a peaceful and heart-centered space, abundantly full of Love and Light.

Rev. Lori Beasley resides in South Florida and has served as a UB minister since September 2007.



**Universal Brotherhood
Movement, Inc.**

Administrative office:
P.O. Box 670278
Coral Springs, FL 33067

954-974-1181

Website:
www.universalbrotherhood.org

Email:
robin.ubm@gmail.com

Outreach for Global Love and Unity Initiative

By Rev. Mesheril Christallene



My service to humanity these past 3 months has been a group of a few friends/clients working to change the current global fear frequency. I'm wondering if there are other Ubers doing similar work and if any would be interested in expanding to a greater group effort. It would certainly be more powerful with more conscious people.

While we don't have definitive proof obviously, it looked circumstantially at the time like we diverted and significantly reduced that massive Texas storm.

Anyway, if you know others who might be interested in joining this Global Love & Unity Initiative, would you please pass my email on to them? And if you are interested, please contact me!

With Gratitude
In Loving Wholeness

Minister/Director Rev. Mesheril
Christallene
medicinecarrier444@protonmail.com



What Ministers Are Saying About President Rosemary's Love Notes!



Dearest Rosemary,
What a beautifully written letter! Thank you for your encouragement, faith, and love you Give to us, in all you do. You truly are a beacon of light, an inspiration to all. You are highly Appreciated and much loved. Wishing you all the best in 2022. Happy New Year!
In light & love,
Rev. Katherine Oaks

Thank you Rosemary! Seems to me we all have a high bar to reach these days but wouldn't be here if we are not able. May Divine love and light shine upon your every step!

Blessings, Rev. Karen Cosgrove



Thank you to you, & all the Universal Brotherhood staff & founders for this opportunity to be a part of this. I am honored. You are heard. Sending you love & healing. Gaylle Conklin

Rosemary!
I always so dearly LOVE your words and warmth.
Blessings to you and yours!
In grace and gratitude,
Rev. Mary Sarah



Thank you so much. I always enjoy and appreciate your messages.
In peace,
Rev. Carole Evans

Thank You again Rosemary ~ your messages are always the first ones I open. My goal this year is to focus my energies on what Nourishes or Inspires me; again, sounds simple, yet the realization of that simple goal requires a commitment and focus. May your Holidays wishes be reality for us all~



My Heartfelt Gratitude for your Loving service for Universal Brotherhood. Rev Joyce Oliver

Remember to keep us updated with your current email address so you won't miss out on all the wonderful Love Notes and messages sent throughout the year!

robin.ubm@gmail.com



From the Eyes and Minds of Youth

By Rev. Sandra M. Monahan

This is a story to be shared beyond these pages!

Several years ago, when my grandson was studying Taekwondo at the age of eight, I felt a deep connection and resonance to the training and Tenets of the art. Tenets of Taekwondo are the principles that a person holds or maintains as true and should serve as a guide for all, whether a serious student of the art or a member of society.

After contemplating many subjects for this newsletter, and being a keeper of paper documents, I recently found the basis for this article tucked away in my “treasures to save”. Discovering the information and revisiting the fundamentals given in Taekwondo training served as deep enlightenment and inspiration.



What are the Five Tenets of Taekwondo?

Courtesy, Integrity, Perseverance, Self-control, and Indomitable Spirit.

Listed below are a few of each of the Tenet values (or lack of).

Courtesy – To be polite to one another and to promote the spirit of mutual concessions.

Integrity – It is the quality of being honest and having strong moral principles or internal consistency. Examples of a lack of Integrity is one who tries to gain rank for ego purposes, or the feeling of power, or teaches and promotes for materialistic gains.

Perseverance – To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal then constantly persevere.

Self-Control – This tenet is extremely important not only inside Taekwondo training, but in one's personal affairs. This enables one to live and work within one's capability or sphere.

Indomitable Spirit – A serious student/courageous person will be modest and honest when his principles are pitted against overwhelming odds.

Although these tenets serve as a guide for all serious students of the art, they also serve as an ideal guide and foundation for UB Ministers through our Ordination, and all mankind in the principles of life.

Continued...

Continued...

What about the following? **Spiritual Laws**

First Law: Everything is possible

Second Law: If you want to get something, give it.

Third Law: When you make a choice, you change the future.

Fourth Law: Don't say no, go with the flow.

Fifth Law: Every time you wish or want, you plant a seed.

Sixth Law: Enjoy the journey!

Seventh Law: You are here for a reason.

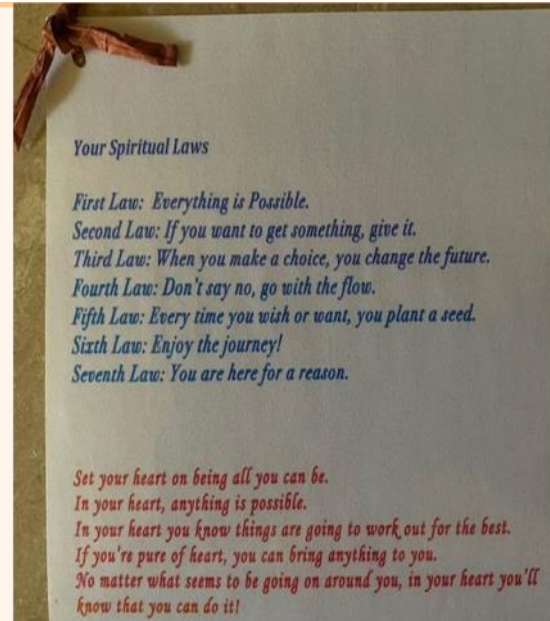
I pondered the reasons all of this would be included in Taekwondo education at such a young age for my grandson, and that perhaps it was all a bit premature.

Would he remember the discipline or practice the skills years later in life? And why not implement the education of tenets for success at any age? And I'm happy to say, yes, he has remembered and practiced the tenets to this day that have been successful into his teen years. There is no doubt they will be with him throughout life.

Wherever our UB Ordination and Ministry paths have or will take us, review the Tenets and ask yourself this question: "How can these Tenets and spiritual laws support Universal Brotherhood Movement and my ministry as I move forward?" We know from the spiritual laws that everything may be possible, and making a choice changes the future. Going with the flow keeps our lives balanced, and we have made wishes and planted seeds. Enjoying the journey goes without saying because we are here for a reason. The spiritual law that strikes a chord is, "If you want to get something, give it". Receiving something can be just about anything in life, good health, happiness, success, family, or wealth. But first, you must give to get it in return. We don't expect to do something simply to get something in return, but isn't it amazing how this can happen at any given moment once we have given?

What can you give to UB to begin practicing and developing your spiritual laws or Tenets? Would it be writing articles for the newsletter, offering to help in some way to the founders and team that gives us what we need to forge ahead in our endeavors, or perhaps making monetary donations to strengthen that which we continue to enjoy from UB in these difficult and challenging times of 2021. Every little bit helps and is appreciated more than you will ever know!

As an active Minister/Director, I have had the honor to ordain many UB ministers over the past years. Each ordination has been the highlight of my membership, and I value the privilege of this service as a unique and sacred part of my ministry. Ordination is the touchstone for all that will follow in any path of ministry chosen.



Continued...

Continued...

As you read the spiritual laws from the photo on the previous page, and the examples of Tenets in this article, why not include and apply them to your life every day, and as stated in your UB Ordination, symbolize your “oneness with the brotherhood of all mankind”.

Set your heart on being all you can be.

In your heart, anything is possible.

In your heart you know things are going to work out for the best.

If you're pure of heart, you can bring anything to you.

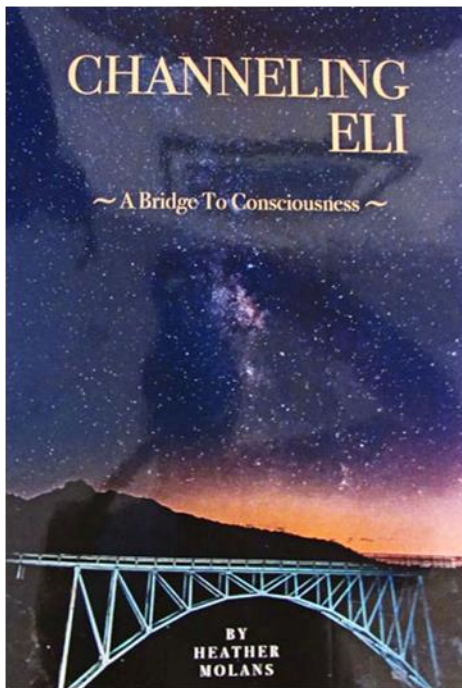
No matter what seems to be going on around you, in your heart you'll know that you can do it!

*Rev. Sandra M. Monahan resides in Wexford PA.
Ordained as UB Minister in 2007 , she serves as a Minister/Director with UB.
She is a Master Life-Cycle Celebrant® with Celebrant Foundation and Institute
Master Wedding Planner™, Association of Bridal Consultants
smonahan-celebrant@comcast.net
weddingswithoutworries@comcast.net
smonahan_abcinpa@comcast.net*





BOOK NOOK



ABOUT CHANNELING ELI

If you've ever reached an impasse while trying to solve a problem, and discovered that you had the answer you were seeking when you awoke in the morning, you more than likely received the information through spirit communication while you slept!

Contact with the spiritual realm usually occurs without our realizing it. That intuitive feeling that warns us of danger, or the creative idea that materializes out of nowhere, are both examples of spirit communication.

Seeking answers to unexplained events, Heather Molans' path led her to Eli, the spirit guide that had traveled beside her all along the way. This, then, is about the loving advice of Eli, who offers insight from a deep spiritual source. He teaches us to remember our divine nature and reminds us that we can create the life we desire.

ABOUT THE AUTHOR

Rev. Heather Molans is a retired professional artist and ordained minister. She began receiving transmissions from a discarnate being named Eli 24 years ago, and it is that loving guidance that is nestled within the pages of this book. Contact Heather via email: ChannelingEli@gmail.com





Transmuting Judgment

By Rev. Joy Michels

As I walked along the path around the neighborhood, I observed and was awed by the beauty of the Colorado foothills and the spectacular colors of late fall. This year there are no fires and the air is clear; the sunshine warm and the air brisk with energy and light. I was and am very grateful to be here in this magical place for it is where my Soul has always longed to be. I am content and at peace in this wondrous place.

That is why I was taken aback when I observed the programs my brain was running. Those people should clean their yard. That fence is broken. Why don't they fix it? Do they know that tree is broken? Should I tell them? So much dog poop that did not get picked up!

I pulled myself up short and shut down the programs as I realized I was just feeding into those behaviors by reinforcing them with my thoughts. Wow! That is not what I want or would desire to be my mode of thinking. Luckily, and gratefully, Spirit had the answer.



When I catch myself/my brain taking those well-traveled roads, I need to step back from those thoughts and just wonder. Ex. I wonder why the house is not painted. I wonder why the fence is broken in that spot? To let the rabbits pass through perhaps? Is that yard not taken care of because an elderly person lives there and they cannot physically do the work and does not have the money to hire anyone?

It became abundantly clear that I did not have these answers and, because I didn't, I had no right to judge. No one can know another's circumstances or reasoning and, therefore, no one can justly judge anyone else. The only person we can judge is ourselves. And, sometimes, we should not do that either. A topic for another day.



Rev. Joy Michels resides in Loveland, Colorado



ARTICLE SUBMISSION

To submit an article for our
newsletter:

Email your poetry, article,
recipe, blessing/prayers, shared
thoughts and ideas to

robin.ubm@gmail.com

You can also send your
articles to our office:

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

Summer submission deadline: May 17



UB FACEBOOK

[https://www.facebook.com/
UBMovement/](https://www.facebook.com/UBMovement/)

Please visit and “like” our page!
And please invite others to view our
page, and share posts you like with oth-
ers.

At a recent UB Board of Direc-
tors meeting President Rosemary
Cathcart said, “We need goodness, and
UB distributes goodness wherever it
goes.”

One of the ways to help spread
and distribute this goodness is to share
our Facebook page. Let’s send it around
the world!

UB Website Directory

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

www.universalbrotherhood.org

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

If you would like to be added, please
know:

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

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

Send your request to:

robin.ubm@gmail.com



Journey Through the Chakras

By Rev. Thea Boven

The world is in a turmoil, no news here. What is needed and what a lot of people are looking for is a clear story to understand what is going on now-a-days.

To create clarity I need to tell something about the chakras. Our chakra system is part of our energetic body. Invisible for most of us. Yet, undeniably there and more and more people start to feel this system and become aware of it. That itself is beautiful. Because now you can work with it. But that is a different story for another time.

We have seven main chakras. There are more. In this article I focus on some of the main chakras.



All chakras are involved in all kinds of processes in our life. Physical, emotional, mental and energetically.

I will define a few, so it gives you an impression how this works.

The root chakra represents safety, security, food, money, survival, matter. Simply stated the root chakra represents: “I am”.

The second one is called the sacred chakra. It regulates all the liquids in our body, it stands for creativity, flow, movement and the male and female energies. It represents: “I feel”.

The third chakra is known as the solar plexus. This chakra is about strength, power, ego, manipulation, manifestation, will power. It represents: “I want”.

The fourth chakra is the heart chakra. This chakra reflects connection, love, harmony, freedom, balance and nature. This one represents: “I connect”.

Chakra development

When you look at life since birth and observe the growth of an infant you will see the development as explained above. Every chakra needs approximately seven years to develop. Within those seven years each chakra is also highlighted in just one out of those seven years.

Continued...

Continued...

The first year the child is only focused on food, love and security. It will thrive if that is abundantly available. Sense of self as “I am” is developing and the physical body is growing the most.

From the second life year forward the toddler starts to create an inner world and an outer world. The child learns to differentiate you and me. In the third year the will is developing. The child is expressing this state in a loud yes or no. Always the opposite of what the parent wants. By the time the child reaches the age of four years old it is ready to play with other kids in harmony. The child is ready to share toys and willing to connect.

I leave the explanation of the chakras until here. It helps to get an understanding of what is going on in the world around you. There is a macro-cosmos and micro-cosmos. What is out there is within you, what is within you it is out there. Everything reflects everything.

There has been a time on earth humans lived from the food provided by mother nature. As soon as the food was finished locally, the tribe moved to a new place to find new resources to live from. Nobody owned a piece of land. In fact, the tribe was living in the now, from the “I am”. Trusting nature and knowing somewhere would be new pastures to live from. Thousands of years people lived this way. We can say humanity lived from root chakra and living in the now.

Then a new period started. Every period became shorter in time. Something the Mayans knew and told about.

New discoveries

The period after the “I am” was new in many ways. Humanity discovered grain and learned to

Continued...



Continued...

stay and live in one place. Because planting grain would create new amounts of food every year, the urge to move from one place to the other vanished. Ownership started. The “me versus you” society. The first signs of separation. Here we see the sacral chakra dominant.

Again, after thousands of years a next phase arrived. This was the time of the solar plexus energy. Here we see the beginning of suppression, power and control, the dominant male-energy, ego, manipulation, dictatorship to call a few. This was the time the patriarchal world started and therefor the suppression of the female energy. (Please understand me well: I am not talking about man and women. I am speaking of male and female energy.) All this started before Christ.

Do you start to understand our world now-a-days? We live in the last period of the solar plexus and moving towards the heart chakra on a planetary level. We are supposed to live from our heart space now. It is time to leave the male dominated society behind and live in harmony, in love, in appreciation, in joy, in balance and above all in connection with each other. Old dominant male energies are still out there, trying to manipulate us and trying to separate us. We have to step up and unite. Live from our hearts and find common ground.

Humanity is going through all kind of stages in their lives. So does mother earth. She also is developing. As said: as above as below. The difference here is mother earth needs more time to move from one stage to the other. We as humans live in a shorter time span.

Despite the friction, the separation and the attempt to keep us suppressed, so many new initiatives are out there. People start to unite, to share, to help each other, bring in new initiatives housing-wise or related to natural resources, new technologies. The world is in transition, we are in transition. All we have to do is focusing on the heart and live from there. Love is the thriving force.



What to do?

So, now what? As you can read this is a collective process. We are all in here together. If you have difficulties in your day-to-day life find likeminded people. Start to connect your self with others. If that is hard, connect to nature, go out there, hug a tree, see the beauty of mother earth, listen to the birds, the waves of the ocean, the wind in the trees. Breathe in and out. Breathe into your heart space and out again, again and again. Put your hands on your heart, feel it, connect to it, breathe into it. Appreciate your self, give your self compliments every day. Smile to someone else, just because you can. Bake some cookies and share them. Find something to laugh about every day, a funny sit-com for instance.

Continued...

Continued...

We are moving towards our hearts as a collective. Reach out and help each other to get there. We will find the peace, the harmony, the love, the joy in there.

In case you need some support, guidance or input: please approach me.

A coaching call is set up easily. With or without the akasha records.

Stay grounded and appreciate your self.



*Rev. Thea Boven was
ordained in 2006.
She resides in The Netherlands.*

Email her via

info@theaboven.com

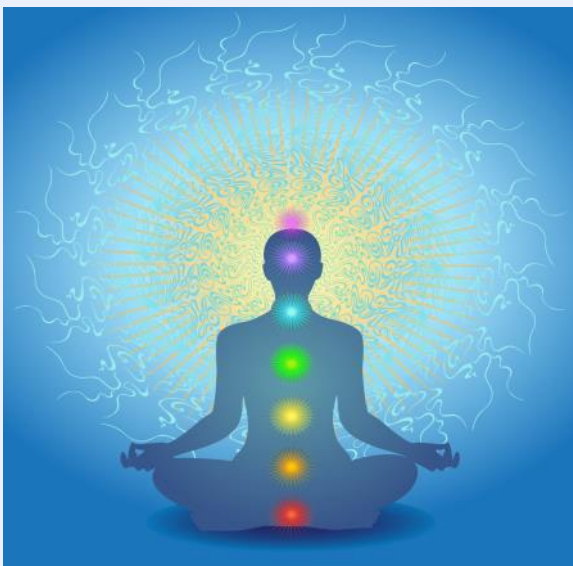
Her English website is: akashicreading.online

Her Dutch website is: <https://lightwave.nl>

Thea on Facebook:

<https://www.facebook.com/thea.boven.9>

*(in Dutch, click “translate” under posts for
your language)*



Adventures in Pandemic-Era Healing

By Rev. Bob Laurentz, Ph.D., Psy.D.

Even remote and inadvertent healing can be an adventure during the Covid-19 pandemic. I have thought: “A Healing a Day Keeps the Doctor Away.” I am not referring to anyone but myself here. I exceeded 365 healings for 2021 and some of them have indeed been adventures. I did one remote healing with an asymptomatic 3-year old who tested positive for Covid-19 and sensed the power of the virus in her energy field. More recently, I encountered a man at my exercise place that I had not seen since Thanksgiving. He said he was never vaccinated and contracted Covid-19 for a second time during this holiday. He was very sick both times.

The adventure? As soon as he mentioned his Covid, the remaining energy in his spinal column and head was released and zapped my energy field. I was not too concerned about contracting the virus: I was vaxxed and boosted and he was masked and I was double-masked at a safe-enough distance. He stated several times how he felt much better upon release of that energy. I had thought of offering an energy healing but figured I shouldn’t mess with this virus in person. Instead, the virus messed with me—to the benefit

Continued...

Continued...

of both of us. I had experience with being zapped doing energy work, but this is a very occasional occurrence. Of course my preferred method is to intentionally assess and to willfully remove the unwanted energies. I do accept these surprise adventures in healing and the bottom line is that it was healing for him and caused no lasting problem for me.

Most of my 365+ healings during this pandemic were remote with some being with animals. Although correlation does not necessarily suggest causation, my work was usually considered to be the only intervention separating misery from varying levels of relief. The humans and the animals all were reported to be doing better, with very, very few exceptions. As I told my close friend in cardiac intensive care nearly a decade ago, "I have to caution you: this stuff works only 'almost all the time!'" He smiled, his blood pressure soon thereafter stabilized and he continues to have a full and active life after heart surgery of unanticipated complexity. During the pandemic, clients have reported pain reductions from Level 8-9 on the 10-scale down to a 3-4—after energy healing with phone connection, sometimes fully remotely and occasionally in person. Almost all I work with experience some type of relief within seconds or minutes of energy/aura assessment, healing and/or healing prayer. I sometimes do all three simultaneously.

I have not charged a fee for my 365+ healings in 2021 and for many prior years as well. For those who have the means and a need to give, I suggest they give a donation to charity, if not myself. Although we healers need to eat and have shelter to live, I find myself in a position to keep money out of healing as much as possible. After all, the ability to facilitate healing in others and ourselves is PRICELESS!

Please stay safe and if you wish to contact me, I am a very informal and friendly soul who loves meeting and helping good people!

Rev. Bob Laurentz, Ph.D., Psy.D. is a Sociologist, Clinical Psychologist, Healer and Writer living in the Ithaca, NY area. His email is rlaurentz@aol.com, or you can text or leave a voicemail with your phone number at 607-339-1757. His healing website is boblautentz.com.



Universal Brotherhood Movement, Inc.

**Box 670278
Coral Springs, FL 33067**

Phone: 954-974-1181

Email: robin.ubm@gmail.com

**Website:
www.universalbrotherhood.org**



**UB is on
[Facebook!](#)**

**LIKE and
FOLLOW us on
[Facebook](#), and
SHARE CONTENT!**

Information for Ministers: Liability Insurance

We have had requests for information on liability insurance.

One of our UB ministers has mentioned *Healing Touch Professional Association*, which offers several levels of insurance. Click [here](#) for more information.

We have also been told of the *Energy Medicine Professional Association*, which offers insurance for many different modalities. Click [here](#) for more information.

As always, publishing these links 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.



NEW! Contact our UB office for more information!

We have a limited supply of beautiful clear quartz cabochon pendants for sale. We are offering two unique designs:

- A. quartz cabochon wrapped with flowing spirals and
- B. quartz cabochon wrapped within a graceful scroll design (pictured).

***These beautiful pendants capture
the Light and are filled with UB Love!***

The pendants measure approximately 1 1/4" - 2" from the top of the bail to the bottom of the pendant. Included is an 18" lobster clasp chain.

UB Office: 954-974-1181 Email robin.ubm@gmail.com



**\$23.99
Postage
Included,
Supplies
Are Limited!**

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**. Much of our UB communication is sent via email, so a current email address ensures you can stay informed.

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

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

Or—even better!—scan the completed form and email it to
UB Executive Director Robin Morini via robin.ubm@gmail.com.

Name: _____

Address: _____

Phone Numbers:

Home: _____ Work: _____ Cell: _____

Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____

