

UBM GoodNews

Universal Brotherhood Movement, Inc.
 Newsletter Summer 2023



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August 17, 1976: Happy Birthday UBM!

Happy 47th birthday to Universal Brotherhood Movement, Inc.

This international "love child" of Co-Founders Rick & Jeni Prigmore turned 47 this August.

With more than 5,000 ministers ordained so far, we're growing and going strong!



Let's Stay In Touch!

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

It's important that we have your current contact information, **especially your email address**. Much of our UBM communication is sent via email, so a current email address ensures you can stay informed.

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

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

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

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Website(s): _____

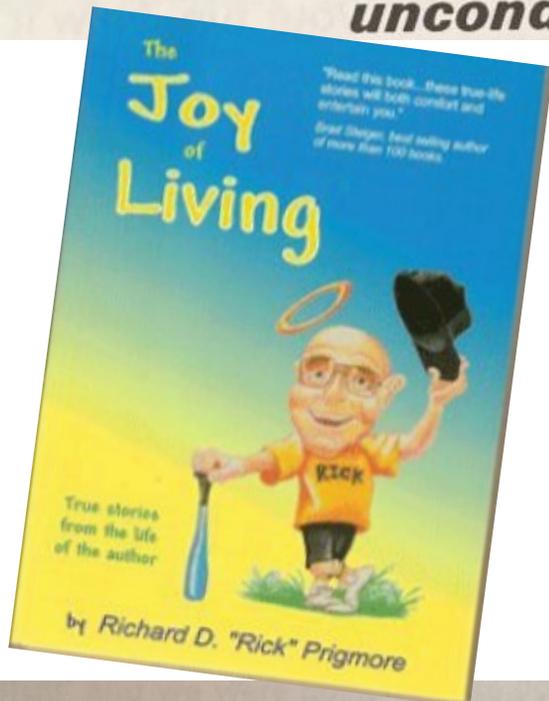
Anything else you would like to share? _____



**UBM Founders
Rev. Drs. Jeni & Rick Prigmore**

Enjoy a couple of quotations from Rick Prigmore's wonderful book *The Joy of Living*, and a joyful picture of our Co-Founders!

I have a "feather mattress" theology. Most people like their theology firm. Mine supports me, enfolds me, comforts me. Others may punch at it but they meet no resistance. My "feather mattress" theology absorbs life with non-judgment and unconditional love.



Your handshake or hug can be your blessing.



**UBM
GoodNews
ARTICLE
SUBMISSION**

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

robin.ubm@gmail.com

**You can also mail your
articles to our office:**

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

**SUBMISSION
DEADLINES**

Autumn: Sept. 29

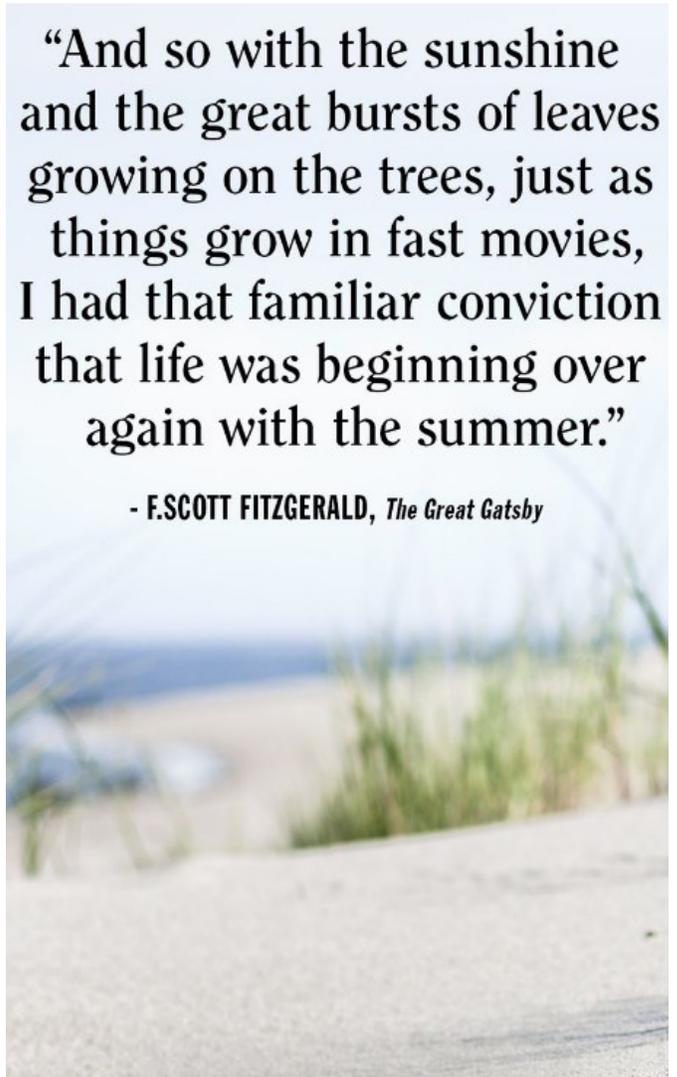
Winter: Nov. 17

Let us hear from you!



“And so with the sunshine
and the great bursts of leaves
growing on the trees, just as
things grow in fast movies,
I had that familiar conviction
that life was beginning over
again with the summer.”

- F.SCOTT FITZGERALD, *The Great Gatsby*





Are You The One?

By Rev. Rosemary Cathcart

Happy Summer to you and yours, wherever you are in our large UBM extended family/community! Here's hoping you've had the chance to experience the joys of summer fun with family and friends alike. It's so shocking to me how fast the time is going these days. I think I may have missed Memorial

Day, and only glazed over the 4th of July (it was on a Tuesday for Heaven's sake), who does that? Fireflies always make me strangely happy, and I was delighted to see them return, if only briefly, for a little while this summer.



As mine has, I am sure your year has been touched by any number of "unusual situations" ~ wildfires that parch the face of the Globe ~ a rash of heart breaking situations, usually involving hot tempers and guns, that all too often leave people hurt or dead. We are experiencing the hottest temperatures ever recorded on our **Home** Planet. Deliberate emphasis on the **HOME** part of that. If we don't begin to mind our **HOME** better, she might just tip us off the edge; it's happened before.

I realize this is not my usual lighter approach to this newsletter, but the times we live in now require more than pleasantries. If I am going to be a Minister to Mankind and a representative of a Higher Source, then I also believe I need to be the person who speaks up. One of those people who is not afraid to address the many **ELEPHANTS IN THE ROOM** we all live with today. Truth is still truth and right action engenders more of the same. I for one, would like to hear a lot more truth and see meaningful action taking place in any number of arenas.

I know we are at a Tipping Point in World Consciousness at this moment. How we react and what we do to tip that balance toward a more sane way to live will most definitely determine the outcome. I am ever hopeful and I always believe in right action and that Divine Order Always Prevails, perhaps you might share those beliefs as well.

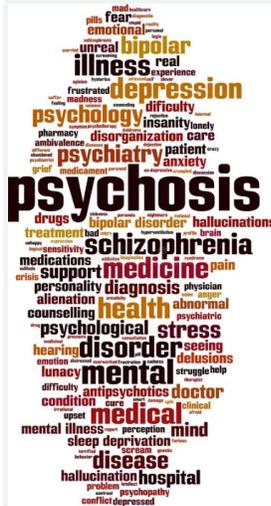


Our School House Planet Earth has gone through dire situations before, and always managed to squeak through. But in each scenario, people of good faith have been able to step forward and have their voices heard. I am disheartened to know that weaponized cruelty has now become the new normal response to discord. So, whether that's a dispute at a school sporting event, an argument over a parking space, a young girl getting in the wrong car by mistake, or a political discussion. The guns are pulled out without warning and people are wounded or worse. We seem to have lost our ability to "**agree to disagree**" in a humane and cordial manner.

Fear is a breeding ground for hate and thoughtless action, and we seem to be living in a climate of rampant fear. I work at changing that one person at a time by silently saying, "**May God Bless and Keep You**" to every person I pass. Nothing is said out loud, but the energy transmission is strong and always received. I don't need to know their pain, I simply want to share a sincere Blessing from one human being to another.

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I would love to turn the tide back toward civility and kindness. I would love **to be the one** to change the gun laws in this Country by first healing what one new client calls, "**The Global Psychosis**". A Global Psychosis of anxiety, fear, hate and trauma that seems to float across neighborhoods like the once plentiful fireflies did a decade or so ago.

I would like **to be the one** to wave a gigantic "Magic Wand" to take it all down a notch or two. But, alas, all of my "Magic Wands" seem inadequate to the task at hand.

Perhaps as we become more mindful of those small acts of violence we enact within our own minds ~ cruel, dark vines of meanness that squash out our natural innocence ~ we will be more available to be a resource to Mankind in general. Perhaps we can all change for the better, one positive thought at a time, for ourselves and others.

I want to be **one of the ones** who turns the tide back toward wholeness and goodness. How about you? I heard a statement a couple of weeks ago that made me think: "The first test of an advanced society is to treat people with empathy and kindness." How sad the USA is not that today.

I wholeheartedly agreed and it caused me to come up with my own list of what I want to cultivate within myself and then to spread. I may not be **THE ONE** who singlehandedly changes the World or our beloved Country back to one of openness and equanimity, but I can certainly take some positive steps forward. I have so many aspirations for who and what I hope to become, but I know I must start somewhere to challenge our current status quo. The following are my hopes, wishes and aspirations:



WHAT I HOPE TO CULTIVATE AND SPREAD

I aspire to be a person of strong conviction

I want to be as brave as I am smart

I want to ask the right questions of the right people

I pray that I might pause and reflect before moving to judgment

I aspire to be a person of warmth and kindness

I want to be skeptical while still remaining open

I aspire to have the courage to tell the truth, always

I pray that I am able to recognize goodness in all forms

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I hope and plan to continue my own journey toward wholeness

I want to make kindness King and arrogance a thing of the past

I truly want to be someone my dog Brady is proud to know



What's your personal list? Give it a try and jot some things down, it will help to get your brain focused on whatever "right action" might be for you. I believe we can all be "**The One**" we've been waiting for, one kind thought and one kind and generous act at a time. I believe it's well worth the effort and the work required. As Universal Brotherhood Ministers, committed to the "Brotherhood of Mankind", it appears to me that we have already dedicated our lives to making this world a better place. Perhaps together, now with focused intent, we will become "**THE ONES**" the world has been waiting for. I rather like that, don't you?

Take the best of care now and on behalf of our Founders, Rick and Jeni Prigmore, and the entire Universal Brotherhood Board and our **amazing** Executive Director, Robin Morini, 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, 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

UBM VISION

Over the eons, restless visionaries have searched the known parameters of understanding, seeking a clearer delineation of Truth, for themselves primarily, but a Truth often adopted by non-solicited followers. Divinely guided in their search, the founders became the vessels through which Spirit unfolded a new paradigm of service to be designated "Universal (for everyone) – Brotherhood (the international term for siblings) – Movement (active service, not theory only) – Incorporated (a not-for-profit legal entity). The vision revealed is expressed through the Brotherhood of Mankind as non-judgment and unconditional love." May the vision ever remain pure.

***Universal Brotherhood Move-
ment, Inc.***

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Phone: 954-974-1181**

Email: robin.ubm@gmail.com

**Website:
www.universalbrotherhood.org**

**A perfect summer
day is when
the sun is shining,
the breeze is
blowing, the birds
are singing,
and the lawnmower
is broken.**

JAMES DENT

**Information for Ministers:
Liability Insurance**

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.](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.



Contact our UBM 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 UBM 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.

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



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Trauma in Dental Work

By Rev. Paula Tepedino

When I was growing up in Brooklyn, NY, in the 1950's, dentistry was not very modern. Even today, dentistry has taken some leaps into progressing and yet there is still so much our dental professionals need to learn and practice.

As an adult, I travelled two hours one way to a dental practice that upheld compassion and understanding after many hours of researching.

My dental experience started at around seven years old when I went to have my teeth taken care of and fixed. Cavities were drilled with very slow drills that were painful. And cavities were filled with gold or silver fillings, some of which I still have. Going to the dentist every week or so was something I was made to do as a child and withstood for a very long time even into my adulthood. The pain that accompanied the visits was met with tears and fears and unspoken requests because I was told to be strong and that it wasn't a big deal. As a young girl, I was alone in the dentist's chair. There were no assistants or attendants. It was just the dentist and me. And while it all may seem minor and insignificant now, what happened was an example of trauma.

I won't go into the details here, but I'm sure you can understand that inappropriate behavior by a professional dentist wasn't spoken about or mentioned for fear of the repercussions I would have to face back at home. Well, at least, that's what I felt.

Years later as an adult I mentioned these dental visit incidents, and they were so saddened and shocked that they had no idea. And wondered why I didn't say something to them. It's hard to find the courage or languaging that it takes to expose misappropriate behavior.

And now, with the courage that has been built up in me, the ability to speak comes through and I find that I can express myself well not only in a dental office, but in any environment.

Dentistry now recognizes and addresses dental trauma; and while a lot of dentists

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don't embrace this truth and don't learn how to help those with fears and tears while sitting in their chairs, there is a glimmer of light coming through. With more people being able to speak up and share their feelings and express their comfort levels for certain procedures in dentistry, the environment will continue to improve.

This trauma can be from PTSD, military torture, rape, mental confusion or fear.

Approaching dentistry from a more kind and understanding perspective helps all of us who may or may not realize the invasion that dentistry has to our mouths. Sharp objects, drills, picks, metal, bright lights – all of it adds to the discomfort some of us feel while in the chair.

Trauma gets stored in our muscles and fascia and somatic memory. Trauma memories are stored in our brain's amygdala region. Finding a safe vehicle emotionally to release trauma is very beneficial.

Dentistry needs to keep making strides in welcoming their patients with love and kindness rather than strong-armed tactics of "grin and bear it." The world is ever-changing. And truth shines light on the deepest traumas in humanity, every day. May truth reign!

Resources:

- [PTSD in a Dentist Office](#)
- [Healing Dental Trauma](#)
- [Dental Professionals of Coral Springs, FL](#)
- [Calcaterra Family Dentistry, Orange, CT](#)



*Rev. Paula Tepedino resides in Florida.
She has been an ordained UBM minister since 2012*



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Pendants**



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pendants!

We are offering these pendants with an
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Cathcart*

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Reiki Master • Lecturer & Seminar Leader •
• Stress Management Consultant •

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Please consider supporting your fellow UBM
ministers in their practices!



Would you like your own business card ad
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Executive Director Robin Morini for details:
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I'm Always Near

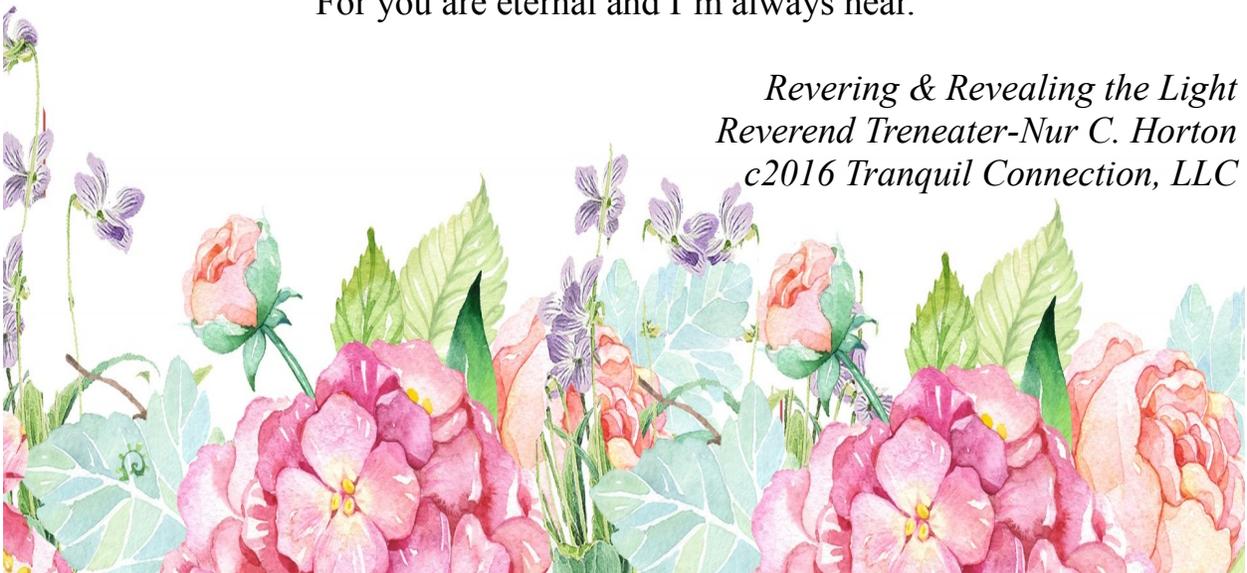
By Rev. Nur

Listen my friends and ye shall hear
The voice of the Infinite whispering in your ear
“There’s no need to worry, no need to fear
For you are eternal and I’m always near.”

Nearer than your hands and feet
Nearer than your breath so sweet
I’m the essence of the food you eat
And, as one of the One you are complete

So listen my friends and hear me clear
“You are my beloved and I hold you dear
You never need to worry and there’s nothing to fear
For you are eternal and I’m always near.”

*Revering & Revealing the Light
Reverend Treneater-Nur C. Horton
c2016 Tranquil Connection, LLC*



Kathleen Wildwood

Weatherford, Texas



Kathleen's children, Becky Spain Schwarz and Glenn Spain, shared this post with UBM.

July 18, 2022

With a heavy heart we share the passing of our mother Kathleen. She transitioned to a higher spiritual level this week. She is with the angels watching over us now. Kathleen was a very special person, always so positive and full of life and love. So caring and willing to help anyone. She lived softly on this earth and loved every creature.

Though no one was with her, she passed peacefully in her home. Very much unexpected, we understand it was her time to continue her journey in another phase and place.

She recently celebrated her 84th birthday and appreciated all the visits, calls and well wishes she received.

Becky and I will plan a celebration of her life in the near future for all to participate and share your thoughts and experiences with her.

Thank you Becky and Glenn



Our dear, longtime UBM minister Kathleen Wildwood transitioned in July of last year. Kathleen was one of the first ministers to be ordained through Universal Brotherhood Movement, Inc. in April 1985. Since then, every year Kathleen faithfully called the office or wrote wonderful letters and notes with news and stories of her creative expressions she manifested throughout the year.

It was a joy to listen as she spoke about her love of music, playing her harp, painting and poetry writing. Kathleen's knowledge on nutrition and healing was endless, and she will be missed.

Kathleen's wisdom lives on via YouTube. A search will bring you to Kathleen Wildwood's [77th Birthday](#), [Awakening](#), [Earth Spirituality](#), [My Approach to Life in the Journey of Life Game](#) and so much more. Her heart was filled with love and the love of sharing her wisdom and creativity.



Anthousa Helena
Conscious Counseling

Life Is Our Medicine

Life is our medicine. External pain and difficulties reflect inner pain and fears. Therefore, what is being mirrored to you from the outside world is something inside that hasn't been integrated yet.

Judgements fragment us into segmented parts and create Separation. When we are not in acceptance of what is as is, whether it is something personal about our own selves or another or a situational circumstance that we dislike, then we are judging. Just because we perceive it to be so.

When you bring that to your awareness, your consciousness releases it and it sheds away without any effort. Whatever it was that was hidden in the darkness, now you have integrated. Once Integrated it becomes a non-issue. You are Free.

This is the present that is given for you to fully return back to wholeness and to remember you are awake. Awareness is Curative, once it is discovered.

Holistic Conscious Integrative Medicine (HCIM) is made up of two branches: Conscious Counseling along with the foundational modalities in Sollite Integrative Medicine, with attention to a significant skill factor focused on the Art of Listening with Awareness through Honest Self-Inquiry and Mapping Your Own Energy.

HCIM Acronym

H – Conscious Counseling a Holistic Psychotherapy, approach focuses on all levels of your being; physical, mental, emotional, energetic, soul, and spiritual

C – Therapeutic Applications of Consciousness factors in Spirituality with aspects of Awareness reflects the importance of Consciousness as part of the equation

I – Integration of root core issues that remain hidden, repressed or suppressed in the subconscious or unconscious realms of your being;

M – Utilizing Medical Modalities grounded in scientific research, certified by the world renown Doctors who developed and founded these techniques.

Life is our Medicine it mirrors back to us what needs attention. What is still hidden that remains repressed or suppressed in the subconscious or unconscious to awareness and integrated into the light of Consciousness.

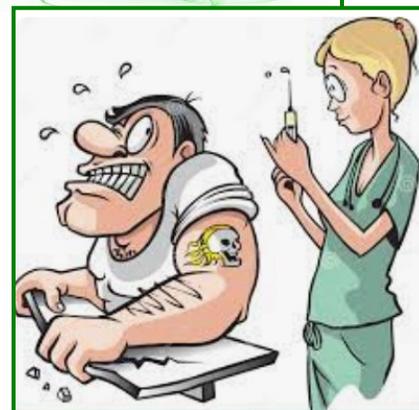
See Rev. Anthousa's article beginning on page 31 in this issue of UBM GoodNews

Trauma Through Medical Tests and Procedures

By Rev. Robin Morini

Rev. Paula Tepidino's article, "Trauma in Dental Work" on pages 9-10 in this issue of UBM GoodNews inspired me to share my thoughts and some helpful information about healing.

A recent visit to the hospital not only brought back terrible memories of previous hospital experiences, but created new fears and negative visions that stomped through my head and every nerve in my body.



I'm not sure if it was past experiences that brought back memories of fear, or if it was the expectation of pain in that moment. It didn't matter, fear and terror filled my body and mind as the doctor voiced long lists of tests he was prescribing for me. I wondered what awful pain-inflicting tools would be used to puncture my skin? What probing, painful metal tools would penetrate my body? It was a challenge for me to focus on what I needed to do to heal because of the overwhelming feelings of fear and terror.

Please know I'm not criticizing the hospitals, medical centers, doctors, nurses, PAs, NPs and so many others in the medical field. They have long studied to do what they can with what they have to help and care for their patients. I appreciate that.

Deep in my heart I know there is a gentler way to heal our bodies and to shift the belief in suffering. Until that time, I personally want to discover ways to recover from the trauma of many of the medical and dental tests and treatments practiced today so I, and others, can live a healthy life after the treatments.

The [Center for Health Care Strategies](#) defines trauma this way: "Trauma is a pervasive problem. It results from exposure to an incident or series of events that are emotionally disturbing or life threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, and/or spiritual well-being."

This is my simplified version of some of what I have learned about trauma:

Trauma is created when we experience strong emotions such as fear, stress, anger. These emotions can get trapped in our bodies, so we carry these trapped emotions around with us every day, even after the fearful/stressful/angry situation has passed. These stuck negative emotions + trauma can eventually create health issues.

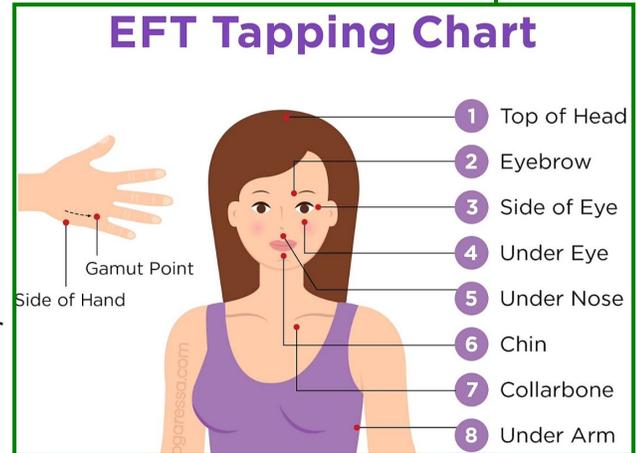
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Thankfully, there are "tools" that can help us release these stuck negative emotions and the accompanying trauma. Below I have included a few of these tools that have helped me. We will start with Emotional Freedom Technique™, also referred to as Tapping, then The Emotion Code and Jin Shin Jyutsu.



EFT / Emotional Freedom Technique™, Gary Craig. Craig says that "EFT addresses causes that western healing practices have largely ignored. Medicine, for example, pays very little attention to disruption in the body's energy meridians, nor does it give much weight to emotional causes. EFT doesn't do everything for everyone. But what it does do will astonish you." Search *EFT Gary Craig* for YouTube videos where Gary Craig demonstrates how to work with EFT.



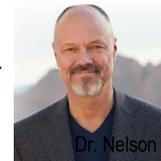
World Tapping Circle, Sonya Sophia. "EFT clears issues at their core and gives you authentic power," Sonya says. Find [World Tapping Circle](#) videos on YouTube, including [this](#) one on Releasing Overwhelm



The Tapping Solution, Nick Ortner. An acknowledged expert in EFT, Ortner has written several [books](#) on Tapping, including [this](#) one that is a great family resource, with ideas for parents, children and teenagers. You will also find many videos by and interviews with Nick Ortner on [YouTube](#).



The Emotion Code, Dr. Bradley Nelson. Nelson has written a [book](#) on Emotion Code techniques that will help you release trapped emotions; or as Nelson calls it, "removing emotional baggage." On [YouTube](#) you will find many demonstrations on The Emotion Code and interviews with Dr. Nelson.



Jin Shin Jyutsu, described as "The art of harmonizing the life energy in the body by unblocking and balancing the vital life force energy." (www.jsjinc.net) Lifestyle brand [Faena](#) calls it "The century old Japanese technique to prevent disease and to balance harmony in the body using just the hands." [Flows For Life](#) and the [Sivana Spirit](#) blog also offer information on Jin Shin Jyutsu. Search [YouTube](#) for videos.

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About ten years ago, UBM minister Merry Battles opened up the world of gentle balance to me through Jin Shin Jyutsu. I loved every moment of Merry's classes and enjoyed the benefits of this simple yet profound healing technique.

“Jin Shin Jyutsu is an easy to learn healing system and was recovered by Jiro Murai from Japan at the beginning of the 20th century,” says Merry. “It is based on the central concept of universal life energy that circulates in each organism and grants mental and psychological harmony and well-being if it can flow freely.”

These finger holds can be practiced just about anywhere, because you can hold your fingers while watching a movie, at a meeting, as a passenger on a plane, relaxing before you fall asleep, or in the waiting room at the doctor's office.

Here is a little preview of the finger holds of Jin Shin Jyutsu that help bring balance back to you:

Fingers / Corresponding Emotion & Parts of the Body

- ◆ Thumb—stomach and spleen (worry)
- ◆ Index finger—kidneys and bladder (fear)
- ◆ Middle finger—liver and gallbladder (anger)
- ◆ Ring finger—lungs and large intestine (sadness)
- ◆ Little finger—small intestine and heart (trying too hard)
- ◆ Center of the palm—Source of Life (fatigue and dependency)



Holds

- ◆ Gently wrap your right hand around the thumb or a finger of your left hand. Relax your hands and hold.
- ◆ After you have finished with the left hand, do the same hand hold to the fingers of your right hand.

To learn more about Jin Shin Jyutsu please research the above listed websites and YouTube videos, or simply enter *Jin Shin Jyutsu* into your chosen search engine.

Best wishes and Beautiful Blessings to you along your healing journey!

THE MEANING OF JIN SHIN JYUTSU® IS

ART OF THE CREATOR BY PERSON OF KNOWLEDGE AND
COMPASSION

Jin = person of consciousness and compassion

Shin = creator

Jyutsu = art

UBM Executive Director Rev. Robin Morini was ordained in 1995 and has been the head of UBM administration since 2005. She lives in Florida.



How To Be In The Hospital

By Rev. Kelly Graham

One day my husband called my office and said he was headed to the emergency room because of his heart. Now, this is always a shocking call to receive, and for me it was also confusing: my sweetie is in great shape. He worked in a physical job, sweating every day; he played soccer four hours a day for 20 years; he eats a ridiculously healthy diet; and he was just 44 years old at the time.

But here we were: he in a bed in the emergency room, and me sitting beside the bed waiting to find out why we were there. You see, he had no symptoms. No shortness of breath. No chest pain. Nothing. But still, we were in the ER.

The path to the emergency room was this: he had gone to his regular doctor with a bad cold. The doctor said his heart seemed to be skipping a beat and he should follow up with a cardiologist. He had the cardiologist appointment that day. Said cardiologist fitted him with a halter monitor, and then called him 30 minutes later and said come to the ER. Hence our rendezvous.



And so we sat, with no symptoms, my darling in his dirty work clothes (he's a carpenter), me in a suit with my briefcase (containing my cell phone, a wall charger, and a bottle of water), and both quite confused.

We eventually learned he had an episode of ventricular tachycardia (V-tach) during his stress test that day with the cardiologist. The plan was to admit him to the hospital and perform an angiogram the next day, which would probably include an angioplasty to treat the expected blocked artery or arteries.

I noticed that whenever someone came in to the exam room to talk to us, he or she would (naturally) use terms I was not familiar with and talk about things of which I had no knowledge — like all the stuff in the paragraph above. So I started taking notes in the memo function of my smartphone. Alternatively, I could have used a pen and paper, of course, but I didn't have that and I did have the phone.

Interestingly, I saw “No Cell Phone Use” signs all over the ER and the hospital, yet every single person who worked there was actively using his or her cell

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phone – receiving texts from the lab, emails from doctors, and calls from different departments (I asked). Bring your phone. And a charger (I now carry a wall charger in my car, along with the car charger).

I started writing down the terminology that was being used and asking for explanations. And **I kept asking until I felt I understood — this is key**. I wrote down things like V-tach and arrhythmia and bigeminy and trigeminy.

Most of us have been conditioned to treat doctors as authority figures and their directions and advice as the final word on the subject. I suppose that generally, that's fine. But in a very unfamiliar situation – **in a life-and-death situation** – I have found it is **vital to take notes, pay attention, and challenge assumptions**.

It was really startling to me to find out that people in the hospital – that is, the various technicians, the nurses, the ones who are supposed to be helping – don't *always* know what they're talking about.

Here's one example: we were interviewed 11 separate times after my husband was



brought to an exam room in the ER. In each of those interviews, the questions were virtually the same: “What brought you to the hospital? Did you have chest pain? Did you have shortness of breath? Did you feel faint?” The answers to all, of course, were no. “So why did you come to the hospital?” they would ask. And we would reply that the doctor requested he come to the ER because he had an episode of ventricular tachycardia.

In 8 of the 11 interviews the staff person said, “oh, he had a heart attack.”

No. No, he didn't. Ventricular tachycardia is not a heart attack. It can lead to a heart attack, or be a complication of a heart attack, but V-tach is *not* a heart attack.

It frightens me to know that if I had not asked all those questions about V-tach, and exactly what it is and what it means, and made notes during those conversations – I might have gone along with that wrong assessment of “heart attack.” In fact, often the technicians or nurses or “patient advocate” or whomever so vociferously insisted they were right that I would go back to my notes and read them out loud, along with the name of the doctor who gave me the information, until they, too, understood that V-tach is not a heart attack.

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Why was that so important? Well, **without the patient's insistence that the information entered in the medical charts is correct**, the person entering information in the computer will enter whatever his or her own assumptions are – and if he or she is of the opinion that V-tach is a heart attack – guess what? The next time that patient tries to get life insurance, or medical insurance, or needs to be screened for anything that requires looking at medical records (as do many jobs nowadays), those records will say he or she has had a heart attack. **That can raise prices, eliminate opportunities, and – most important, in my opinion – color the perceptions of every other medical professional who sees the patient for the rest of his or her life.**

In our case, if we had let them enter their wrong assumptions into the record, future treatment would always be based on the “fact” that my husband had a heart attack, *even though he did not.*



Since this situation, I've talked to many people who told me that when they went to the hospital with a parent or a loved one, they were surprised to learn that the medical record contained all sorts of information that was not correct — from names to birthdates to medications to medical history. And here's the thing: **your treatment in a medical emergency is based on what's in your medical history and what the doctor sees in front of him or her. So you want to make sure that record is correct.**

So here's my suggestion: take notes. Ask for explanations. Look up information online (using a site like Mayo Clinic or Web MD). Ask more questions. Don't stop asking questions until you are satisfied with the answers. Make no mistake: **these doctors work for you.** You are the consumer. You have rights. You have the right to ask questions and get answers. DO NOT say, “oh, the doctor seemed busy, I didn't want to bother him.” **It is YOUR health. Take charge of it.**

Since this situation, we have had several other experiences with hospitals: husband has had follow-up work at three different practices; I was admitted with abdominal pain; a client had a very involved and serious spinal surgery; I had a total knee replacement; etc. Now my “go to” gift for anyone entering the hospital is a spiral notebook with a pen attached to it with a ribbon, and the patient's name written on the cover.

Based on the experiences we've had, here are some recommendations:

- Keep a record of the medical professionals you see, all of them. You want to know

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with whom you spoke; who offered what; and with whom to follow up. Ask for business cards. Make a note of the situation wherein you met this person and what day/time it was. If a business card is not available, take a picture of their nametag with your smartphone.

- **When the doctor visits, TAKE NOTES.** Use your laptop, your smartphone, a spiral notebook as described above (the best choice, although the ribbon isn't strictly required!) – but write everything down. EVERYTHING. If you need to ask the doctor to repeat what she or he said, *ask*. Ask for the spelling of terms used. If you have questions, ask them, and write down the answers. Write the date and time for every entry.
- **In fact, take notes when ANYONE enters the room — and write down everything.** A spiral notebook is the best choice because all visitors easily can help with this methodology. And it's very simple to look at the notes from the day before to check, for example, if what is happening today is what you were told would happen today. Again, write down the name of the person who is providing information or assistance, the date and time, etc.
- **Do your own research.** It will help you understand conversations with the doctors, nurses, and medical technicians, and it will often help you understand more about what questions you should be asking. I have found [Mayo Clinic](#) and [MedlinePlus](#) to be excellent sources, and there are many more. One way to avoid commercial sites and visit only research- and information-oriented sites is to enter your search term – say, **electrophysiology**, in Google or other search engine, then enter **-.com**. This will offer “hits” on electrophysiology while eliminating results that are “dot com,” which are often commercial sites.
- From my experience, I believe **someone should stay with the patient 24 hours a day if it is at all possible.** If a patient has had a procedure that results in severe pain, he or she likely is incapable of understanding the doctor or nurse; asking questions or understanding the answers; or taking notes. Even if the patient is not in severe pain, a hospital is a very disorienting place and it's rarely a good idea to leave the patient alone for long periods or overnight. Most of us need an advocate.
- **If the patient has any requests** – for food, for help, for medication – **write down the request in the notebook, including the date and time the request was made.** *Then write down when the request is fulfilled and by whom it is fulfilled* – particularly in the case of pain medication. My client who had spinal surgery was in very severe pain, and every time she requested pain medication, receiving it took 60 to 90 minutes. The patient's family used their notes on this to request the doctor change the orders so medication could be provided more frequently and in larger doses to better manage the patient's pain.

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- **When people ask how they can help, or what they can bring to the hospital, tell them.** Especially in an ER situation, there are often mundane daily chores that are really quite important at home: watering the plants. Walking/feeding pets. Making calls to friends/colleagues/clients. Let your friends or family bring the things you didn't realize would be essential as you rushed out the door: eyedrops, a favorite blanket, sweetener for your coffee or tea, some current magazines, your phone charger, moisturizer, a nail file, a pillow from home, a deck of cards, your tablet or laptop. You get the idea. And tell them things that are *not* a good idea: food, if there are dietary restrictions; flowers, if there are allergies or breathing problems.
- **That tablet or laptop is useful for more than just surfing to pass the time.** Use it to look up the Patient's Bill of Rights at the hospital; you may need to show it to the desk when you ask for copies of everything you've signed and copies of your medical records (the name of the specific record you want to request is UB04). And if you don't want paper copies of the forms, take pictures of them. Use it to look up information on the condition. Use it to check the background of your doctor and read any patient reviews on him or her – this can give you direction in working with the doctor. Use it to email updates to friends and family.
- **If you want or need prayers, ask.**

In fact, that last point may be the most important point of all.



UBM Vice President Kelly Graham has worked in the financial field for more than 30 years, and is a Senior Vice President with B. Riley Wealth. 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



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A decorative border of seashells surrounds the title. The shells are in various orientations and colors, including shades of brown, tan, and white.

Sea Stories: Summer & The Cape Takes to the Water

By Rev. Lawrence Brown

“Believe me, my young friend, there is nothing - absolutely nothing - half so much worth doing as simply messing about in boats.”

The Wind in the Willows

Not everyone takes to sailing but for those who do, there’s nothing quite like it. Places look different, seen from off-shore. Rhythmically lifted by the waves, you can get into a meditative zone, soaring along. The late afternoon sun lays down a trail of liquid gold.

I grew up sailing, first in the Barnegat Bay, then the Chesapeake, later Buzzards Bay and now the Sound. I remember as a boy, lying in my bunk and listening to the soft slow slap of the halyards on our pine mast... the stars visible through an open hatch. Things like that can set the hook in deep.



By the time I’d become a man, I noticed that in general, the use a sailboat gets is often the inverse of its size. Beetle Cats and 420s get pulled off the beach while more often than not, the gleaming yachts dot the harbor – idle monuments to the financial potency of their owners. Since being a teacher made me a man of modest means, I went small and slowly learned the arts of wringing the maximum utility from pocket-sized boats.

Messing about on the water becomes intrinsically satisfying – and much of it isn’t sailing. I’ve often thought that being in love is – fundamentally – just wanting to be with someone. Boats can be a little like that. It can be as simple as rigging for sail, or even coiling a rope.



You feel the wind tugging on your shirt and the water beckons... and you’re not even sailing yet.

After a few years on Cape, I was invited by a yacht club to be their “Sailing Master,” to run their summer programs and teach the kids.

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Safety and seamanship were paramount. We discussed what to do in a storm, or how to orient yourself in the fog... how, if you get blown out of sight of land and you're scared and disoriented, you'll notice jet contrails converging on Boston to the north. And you'll have your bearings.



The focus, though, was racing. Don't get me wrong, competitive sailing is a wonderful sport. It gets you into shape, sharpens your reflexes, and kids can continue it into college and beyond. What it isn't, though, is simply "messing about". In two summers with the club, I only saw one child, one time, raise sail and take his boat out on the water just for its own sake. I worry that too much of young people's time is organized by adults. The whole idea of messing around in boats is that it's done for its own sake. That's how a love can be embedded in a child that can last the rest of their lives. It's not organized. They do it because they want to.

If your kids are interested in racing, there are excellent programs in local rec departments and yacht clubs you can look into. The Cape Cod Maritime Museum runs a young Mariners' program that's non-competitive, and that's another option.

Meanwhile, imagine that you've picked yourself a destination at least half a day's sail away from your launching point. The wind has been brisk all day and it's quieting down just as you slip into a little harbor, find a spot away from the activity and drop your anchor.



You brought some food in the cooler so now you set up a little camp stove in the cockpit and cook yourself a simple dinner. Salty and a little sunburned, you take your time with dinner and finally as the sun starts to go down, you ease back against the cabin with a coffee or a cool beer. Maybe you have a radio for some music or a good book. The air turns gold and incandescent. Finally, it's dark and you nestle into your sleeping bag for the night.

It's maybe 2:00 o'clock in the morning

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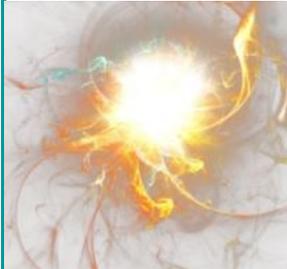
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It's maybe 2:00 o'clock in the morning when an insistent bladder tells you you're going to have to go outside in the cockpit where you stored your porta potty for the night. The wind is absolutely still.

The deck is cold and dripping with condensation — but you don't mind. The moon leaves a platinum trail across the water that a spirit could walk upon but not a man. The distant shoreline is shrouded in mist.

This, you realize, is what God is doing with the universe when no one is looking. This is when your heart cracks open and you fall in love with virtually everything. There are few places in America more suited for moments like this than right here where we live.

Rev. Lawrence Brown and his lovely wife Rev. Bettina Brown live in Massachusetts. Rev. Lawrence Brown writes for the Cape Cod Times. Email him at columnrresponse@gmail.com



A Simple Rite To Remind You That You Are A Being of Light

By Rev. TGrey MacNeil

I am a spirit of Light with a body of Light
I am of form and substance of Light
I am a being of energy
I am a creature of magic
Light transform me
Light flows through me
Light flows from me, directed outward
To give life to my desires.
I am energized and revitalizes
I am one with my own being of light and
power
And I revel in the joy of being
For I am a free spirit.
Blessed Be!

New Moon

By Rev. Jo Anna Shaw

I travel,
Like a moon void of course,
The inner realms —
Destination,
heart.

I live,
like a new moon,
becoming gradually visible
as shadows dissolve into
the fullness of light
allowing reflections
to come and go
knowing
even when not visible
I Am.

*Rev. Jo Anna Shaw's book Design
and Live the Life You Love: A
Guide for Living in Your Power and
Fulfilling Your Purpose is available
via [Amazon](https://www.amazon.com)*



Summer Magick

By Rev. TGrey MacNeil

Summer Solstice,
a warm magickal day.

Birds sing, and
flowers bloom,
The river rushes
down the falls,
Spraying mist of
rainbow happiness.



The sun shines so warm,
Making grapevines into
sweet wine.

Ah! The scent of fruit
sweetens the air
As bees buzz in a lily
dress.

I must confess, the warmth of the earth
ever so pleasing

burning my feet,
stripping ever so
bare, I plunge into
the coolness, the
blue lake, which
takes my breath
away.



Summer, the laziness
of days,
Relaxes the mind,
And the body plays
all day.

Advice From a Tree

Author Unknown



Dear Friend, stand tall and proud
Send your roots deeply into the earth
Reflect the light of your true nature
Think long term ~ go out on a limb
Remember your place among all
living beings

Embrace with joy the changing
seasons

For each yields its own abundance
The energy and birth of spring
The growth and contentment
of summer

The wisdom to let go like leaves in
the fall

The rest and quiet renewal of
winter.

Feel the wind and the sun
And delight in their presence
Look up at the moon that shines
down upon you

And the mystery of the stars at night
Seek nourishment from the good
things in life

Simple pleasures ~ earth, fresh air,
light

Be content with your natural beauty
Drink plenty of water

Let your limbs sway and dance in
the breeze

Be flexible ~ remember your roots ~
enjoy the view!



Listen to a Songbird

By Rosilyn

Reprinted from UBM GoodNews 1996

We have all been touching lives for an eternity. We have been teaching others how to forgive, accept, go onward to new and more powerful energies. People need to learn to become whole as is, without anger, guilt, revenge or hate. For this misdirects their energies away from the Eternal



spirit which dwells within all of us. A spirit which can transform us into Higher Consciousness of self, of love for others. Our teachings require the credibility that with the help of Universal Brotherhood Movement we will, together help to advance civilization to new heights of freedom. A freedom without limitations, without boundaries, allowing students to take just one more step to help transform the world into a new, higher love.

To be ordained in any other ministry one must learn one dogma of teachings. I feel that there is not just one way, for I accept the wisdom of all great Masters from our past: Jesus, Buddha, Krishna, Gandhi, Confucius, *et al.* All teach of a Universal Message of Love, but somehow their teachings have been distorted by man causing wars and other disasters. We all need spiritual guidance and training and everyone should be allowed to attain their spirituality without prejudice.

Teach the Truths of unlimited power that rests within us all. I am on a path of devotion to learning and teaching that the limitations of self are not limited to the physical being because of the spiritual self, the thought is boundless. As one master, Jesus, said “The least among you can do greater than I and even more.”

I want to see UBM, Inc. expand to be the driving force in helping people all over the earth become more enlightened. It is a wonderful thing to smile, but to learn how to smile from within your heart allows your being to just sort of radiate from within.

There are so many things to be taught, to learn. We are both students and teachers.

A student of life, of light, of the impossible, of love.....

Rosilyn

I know most of you have heard of Ram Dass. He tells a story I really related to: In his quest for enlightenment, he gave up everything that was considered immoral, went on every fast and cleansing diet and the only thing that happened was that he became a horny anorexic.

Becoming more aware sure is an experience, but a wonderful experience. Noticing the beautiful

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stars, the many faces of the moon and the colors in the air have drawn me like a magnet to manifest the time and resources I need so I may absorb these magnificent wonders more often.

My dad told me that opportunity will come along in everyone's life but most do not see the opportunity because of fear. Be ready to see it when it comes along and you will accomplish what you were brought here to do.

In the meantime:

“Give love and smiles away
The world needs them
But more importantly
So do you”
Rosslyn

*Rosslyn was ordained in 1993 on
Kauai, Hawaii*



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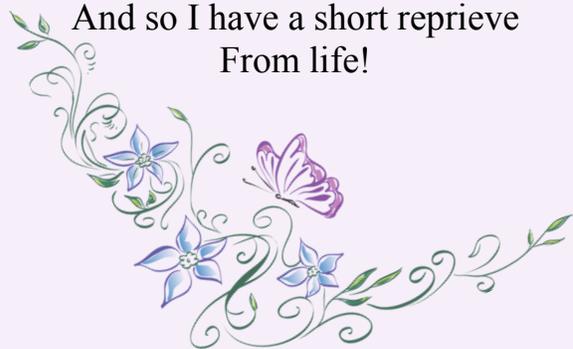


Meditation

By Rev. Margarite Batease

Here there and everywhere
I am the energy I am the prayer
I breathe
I move with the wind and yet I am still
I am awake my dreams to fulfill
And I breathe
I meet my mind I go beyond
I meet Love's mind and so we bond
And we breathe

As we breathe
We move through the realms of light
Experience the calm delight
As we breathe
The light removes the memories
And for a moment I grieve
And then I'm free
Breathing in a place of ecstasy
And so I have a short reprieve
From life!



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and SHARE content!**



It's Never About the Money



Money situations used to trigger, upset and create conflict for me. After reacting so many times in my life, it was time to wake up and know the hidden core cause. I found out that “It’s Never about the Money.”

What are situations that trigger you still? Circumstances will keep repeating themselves, as these fragmented aspects will continue to affect you until you address them. Remember, Life is Your Medicine.

External pain and difficulties reflect your inner pain and fears. Therefore, what is being mirrored to you from the outside world is something inside that has not yet been integrated or brought in full awareness to the light of consciousness.

There are primary and secondary causal aspects. As there is always something deeper, something behind what’s being shown to us in our life experience. The secondary is what is being shown to you from the outside and the primary is when you go inside and become aware of the gift being presented.

This is the present that is given for you to fully return back to wholeness and to remember you are awake. Awareness is Curative, once it is discovered. Note here the importance of The Art of Listening with Awareness. Some core issues are hidden so well because of a trauma, conditioned beliefs, cultural habits, learned behaviors, etc., usually something we don’t really want to feel.

First, Listening within using honest self-inquiry. Second, having the ability to map your own energy to locate where what has been repressed and hidden is. A Self discovery process of listening with awareness to all parts of your being; the physical, mental, emotional, energetic, soul and spiritual parts that make us up.

Judgments fragment us into segmented parts and create Separation. When we are not in acceptance of what is as is, whether it is something personal about our own selves or another or a situational circumstance that we dislike, then we are judging. Just because we perceive it to be so.

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When you start to energetically map and explore with honest self-inquiry, it's like a movie or a slideshow. Lots of things surface for you to personally become aware, after you stick with it for a while and go deeper there is usually just one root basic core cause that you discover.

When you bring that to your awareness, your consciousness releases it and it sheds away without any effort. Whatever it was that was hidden in the darkness, now you have integrated. Once Integrated it becomes a non-issue.

Holistic Conscious Integrative Medicine bridges the gap between Science, Spirituality and Medicine to achieve the best possible outcome for health and wellness by treating the person as a Whole, *Not as Segmented Symptomatic Parts.*

HCIM is made up of two branches Conscious Counseling along with the foundational modalities in Sollite Integrative Medicine. With attention to a significant skill factor focused on the Art of Listening with Awareness through Honest Self-Inquiry and Mapping Your Own Energy.

It is important to remember Who We Truly Are, not only for our own well-being but for the Evolution of Humankind.

HCIM offers an opportunity to Experience the Alchemy of Birthing Your own Light on your self discovery experience of Truth of Remembering Who You Are.

Exploring your inner pain and difficult life situations is a unique personal process that encounters unknown territory which can be a bit scary, so it is helpful to have a skilled professional guide on your journey.

Are you ready? The Truth Shall and Does set you Free.

SOLLITE mission is Truth.

To clearly see the Illusion of Separation for What it Really Is; A Gift and the Paradox of Duality.



*Rev. Anthousa Helena was ordained in 1999 and lives in Florida.
Find her on [YouTube](#) and at her [website](#).*

“To say it was
a beautiful day would
not begin to explain it.
It was that day when
the end of summer
intersects perfectly
with the start of fall.”

— ANN PATCHETT

