



Julie Bercu/Editor * Robin Morini/Asst. Editor

*Highlights From Passport To Enlightenment Conf., Feb., 2004.
Photos by Rev. Andrea Kay Smith, Atlanta, GA, (Partnership For
Peace). Make Sure You Schedule UB's 30th Anniversary
Celebration in August of 2006, in Norcross, GA!!*

A CALL FOR MINISTER DIRECTORS

We need M/D's in the following states: Ohio, Pennsylvania, Idaho Iowa, Northern & Central Florida, and Wisconsin. If interested, write or e-mail your desire to Rick Prigmore at: 3735 Scotts Mill Run, Duluth, GA 30096. Thanks!





Our beloved heart-son, Art Holbrook, whose health had been declining for more than a year, made his transition. Here is Jeni's tribute/announcement:

His Spirit took wing
A beautiful thing
For this man
Of Vision and Grace.

On October 29, 2003, At 8:50 PM,
I felt his last breath on my cheek.
The hand I held over his heart ceased moving.

Our son, our brother, our friend, our inspiration has been released from a pain-wracked body. Art's soul is JOYfully reuniting with loved ones "on the other side". See him at peace and fully realizing his great worth. Celebration is in order.

Art's final days in Haven House hospice (where our son, Scott, spent his last days more than two years ago) were peaceful and tranquil. The personnel at Haven House are so incredibly loving and caring and thoughtful we are convinced no transition could be experienced more spiritually and emotionally complete.

After our final 'goodbyes' we left knowing nothing had been left undone to smooth his path as far as we understand on this side of the veil.

If any of you wish to remember your brother/nephew, a special fund has been established: The "Arthur M. Holbrook Memorial Fund" at: Haven Health Charitable Foundation, 5411 Northland Drive, Atlanta, GA 30342.

On Sunday, March 21, 2004, a memorial garden was dedicated here at our home, Harmony House. You may contribute to that memorial if you wish, with special objects sacred to you, or funds for plantings.

We celebrate Art's life yesterday, today and tomorrow as he continues to live in our hearts.

Jeni and Rick, Heart-Parents

Availed himself of the open Star Gate early this morning and flew on those magnificent wings of his to a higher level. He was ready.

Jeni Prigmore

Rev. Jordan "Dutch" Whelchel made his transition on November 9, 2003, at 2:10 AM.

His wife, Rev. Sandra Whelchel is at home, among treasured friends who have helped the process to be gentle and graceful. His (their) dear friends, Ed and Rabbit (who stayed in turn with him, days and nights, to give support to him and encouragement to Sandy), Revs. Jerry Ellis and Lena Sands, who provided physical assistance in many ways, and Rev. Margery Bastain (who was never more than a phone call away).

Also in support, Rev. Marilyn Muir from Palm Bay, Florida, (dear and close friend since 1977) and Rev. Barbara Vitale and her husband, Louis (with whom "Dutch" went in support to The Sundance of the Lakota Sioux in South Dakota years ago). Diana Goure (widow of Jim Goure - who built The Light Center - United Research - in Black Mountain, NC) was a present and consistent support through the years.

So many people will remember "Dutch" and Sandy from The Rainbow Bridge Meditations they led for years at The Light Center in Black Mountain, NC, and other locations. Think of that wondrous, deep voice of his, reminding us (in song and chant): "I am the Soul, I am the Light Divine, I am love; I am will; I am fixed design".

Farewell, Beloved Mentor and Friend.



YOUR ORDINATION

by Rev. Dr. Rick Prigmore
Co-founder and Board Chairman
Duluth, Georgia

In the poem, "Song of the Open Road," Walt Whitman wrote, "From this hour I ordain myself loosed of all limits and imaginary lines."

Some of us think ordination is for a person of the cloth. The truth is we are all of the cloth of Spirit. Every one of us wears that seamless cloak. Every one of us has been ordained by God. But it is up to us to claim that ordination. In what way will you live up to your holy decree?

You, who have chosen to request recognition of your ministry through the UBM process have claimed your divine gift from Spirit. Some of us thought we were requesting ordination for one reason or another - 'protection' - conformation - validation. In truth, we're acknowledging and accepting that divine right and responsibility to minister to our fellow terrahabitants. For each of us that ordination has manifested in different and unique ways.

There are some who channel Life enhancing energies in one discipline or another. Others share their special talents of the physical senses - music, painting, orating, teaching, feeding, caring and praying. Still others offer skills of medicine and law that seek to integrate the physical with the metaphysical for the enhanced benefit of mankind. Everyone is engaging in his or her ministry exactly as is right for them.

In truth, however you choose to manifest your service to the brotherhood of mankind, it is your PRESENCE that is of greatest value to your ministry. When you go within to the core of your being, to the quiet place of 'All-in-All', you merge with the Creative Source of all Life and BECOME THAT PRESENCE. From then on, Life becomes maximized in your every experience.

Go and BE that PRESENCE.



Board of Directors upper left): Donna Jernigan (GA), Justin Tomasino (CO), Barbara Lyman (KY), Rize Cole (FL), Rosemary Cathcart (TN), Michael Dearing (IN), Greg Goodson (CA), Rick Prigmore (GA), Gregory Possman (NC), Carola Van Dusen (NJ)

Service To Our Fellow Man

Rev. Jonna Rae Bartges
La Costa, CA

"We were taught generosity to the poor and reverence for the Great Mystery. Religion was the basis of all Indian training."

Charles A. Eastman
(Ohiyesa), SANTEE SIOUX

Every Indian knows and has a feeling inside that, bottom line, our real purpose on earth is to be of service to our fellow man and to be of maximum service to the Great Spirit. The Creator designed the earth to be self supporting... everything is interconnected and all things were created to be of service to each other. The Indian way is to pray about all things. Religion is not separate from any part of our lives. Everything is spiritual and we are to view all matters in this way. Family is spiritual, work is spiritual, helping others is spiritual, our bodies are spiritual, our talk is spiritual, our thoughts are spiritual. We need to practice seeing all things as spiritual.

Great Spirit, today let me help the needy and allow me the wisdom to have respect and reverence for Your teachings.

I just had to share this meditation with you -- it's SO close to the UB mission it gave me chills. It's from "White Bison," a daily Native American meditation I receive.

Blessings for a day overflowing with joy, health and love.

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JOURNEY TO LOVE

Rev. Dr. Carolyn Porter
Woodstock, GA

You and I are on an incredible journey at this very moment, dancing in an exciting adventure that takes us into a new expansiveness beyond our imagination. It is a journey of love, one that knows no limits, has no fear, is authentically powerful and reaches for all possibilities. Is this your experience right now? Is your heart smiling with loving endless energy that you are radiating throughout the world, or are you lost in your own fearful limiting patterns, stuck in a box of your making, stagnant in movement?

I have been spent most of my life searching for love, wanting to know and understand this love, and only recently found it in the most unexpected place. I often asked other people about love. Many responses were given about what it meant according to their perception - companionship, security, someone to come home to, sexual intimacy, procreation, sharing space, good feelings, belonging, feeling of family - but it wasn't enough. I knew there was more to real love than was being revealed. So I kept searching. Perhaps you too are searching. You see, finding love is the innate desire of all beings on this planet.

Most people search for love in the physical realm. You know, that zap of "chemistry," candlelight dinners, warm fuzzy feelings, making love, being together and sharing it all. This is love in the physical realm. Although wonderful and exciting, it does not begin to comprehend the vastness of real love. We all know that physical love can change rapidly - our divorce statistics certainly equate this - physical intimacy provides only short-term gratification with connection that lacks depth. So if physical connections - whether partner/partner, friend/friend or parent/child - do not provide the filled up, satisfying, overflowing love, well then, what does?

The search continued. First was a long marriage, but the love faded until it was gone. There were five children - they kept me busy, fulfilled, happy for a while. I was too busy to look further, so I just accepted this was it, even though I longed to know more. Funny thing though, the kids grew up and moved onto their own path, leaving me behind. I tried one business after another, did well, but something was always missing. I was empty and my soul cried out for that love. I kept looking.

Some revealing insights came to me. I saw the emptiness in other people walking past me or beside me. I was puzzled, but also realized that I wasn't the only one searching. Most were doing what I was doing, hurrying here and

there, thus avoiding time to think about the emptiness. Sadly, the more I accomplished, the more accolades I received, the busier I became, the emptier I was. It surely wasn't turning out as I had been taught - marriage, family, take care of everyone's needs, work a job, go to church, live by the "Golden Rule," give and give, and you will know love.

Often times I'd look back and try to figure out where I went wrong, according to my perception. I must have done something wrong, the problem is with the marriage; I must have married the "wrong" person. Perhaps I'll find another partner who is the "right" one. Ever traveled this path?

Years had gone by, illness overtook me, recovery was slow because of the internal pain. It was during that time that I understood another dimension of illness - emotional pain. As I journeyed this path and explored it for answers, I discovered some wondrous insights and was divinely prompted to write my first book - *A Woman's Path to Wholeness: the Gift is in the Process*. My intention had been to write a different book, but I was led down this path. I realized the core of most physical illness is found in the emotional and spiritual realms and many needed to hear these insights. One day I came to a crossroad that offered several possibilities. Which one was the right path? God intervened and a cosmic two-by-four, strategically placed, got my attention so that I realized I needed to step out of my comfort zone and grow. My entire life began to transform and new doors opened in miraculous ways. My intuition literally exploded with massive force as realms of enlightenment overtook my beingness. Perhaps you've experienced this process.

One day, as I rounded a bend, there it was, staring me right in the face, the love I had been searching for all my life. How could I have missed it all this time I wondered? For the love I had longed for, cried for, dreamed of, prayed for and searched for, was with me all the time. It was inside of me, right there in my soul and heart, and I couldn't see it. It was on the other side of the fears - the anger, hurt, shame, guilt, defectiveness, bitterness, blame, manipulation, control, jealousy, pain, and revenge - completely shadowed by them. And the love inside of me was reflecting the love of God from whence I came. I am a child of God! At that moment I realized how magnificent I am, a woman of worth, the embodiment of divine, unconditional, boundless love.

I had work to do to uncover this love. **Release, let go, surrender**, became words to live by. I quit resisting the love and it spilled out to heal the multidimensional wounds of my life experience and let them go. Learning to retrieve the love from its hidden place and

remember from whence you came is not an instant realization. It involves steps to allow it to be revealed, like peeling away layer upon layer of encrusted negative patterns. I had to unconditionally love myself - not an easy assignment after a lifetime of self-incrimination - and to accept that we are all perfectly created from nothing but love. We've never been anything else but love as part of the universal, perfect love of our Creator; we just forgot.

So there it was - the secret to finding love - be the love you are seeking and it will find you. I replaced the fear and all its derivatives with loving energies - forgiveness, gratitude, compassion, appreciation, kindness - and the love grew and grew. I glided down the path now without the weight of the past. I forgave the people who according to my perception had hurt me, going beyond the dimension of human comprehension, and there I found love, real love, that moves above the externals of the physical realm and sees the divine light in every soul. I claimed my birthright power in this process and felt the most healing expansiveness I had ever experienced, way beyond the realm of my past knowingness.

Knowing this unconditional love shifts everything in your mindfulness. I looked at the world - all these people screaming out for love - feeling such depth of sadness that it was eluding them as it had me for so long. I wanted to shout from the rooftops that they already had it within them, but I knew they wouldn't listen. The world looks with different glasses so love seen by their misguided eyes is simply need. This is why love fades away for many - they are trying so hard to use this interpretation of love to validate themselves, to fill up the empty caverns within them, to feel secure, approved of, connected, complete, desired - all of ego.

Most amazing of all is that love doesn't need to be achieved, it simply is. It's always there for us and in us, just as air is always present to allow us to breathe. Such is real love, divine love, our life-force breathing out to all people on this planet. It has no judgment or expectations. It allows for you to be yourself, standing in your own magnificence, complete as you are. Real love doesn't require approval, does not judge, and isn't a manipulative force.

Again my divine guidance came with urgency to put aside the book I was working on and write *The Realness of a Woman, A Journey for Seeking, Remembering and Being Who You Are*. As the words poured through me I realized the powerful effect of this Divine Consciousness for a world that needs to remember.

The journey to love begins and ends within

our hearts and souls. The mirror of life reflects only what it sees. Does your mirror reflect the divine eternal love of your Creator so that your heartspace radiates love to those who walk the path of life with you? Or is your love obscured by the shadows of doubt and fear and hidden from the view of the world as you hide in the "box" you created for your life? Our journey is for our spiritual awakening to the glorious awareness of a life of love. This awareness can transform your life and create a passion that grows for life itself as you realize the greatness already within your being. The love you are seeking begins as You!

Rev. Dr. Carolyn Porter; speaker, trainer, energy healer, publisher, minister and author of *A Woman's Path to Wholeness* and *The Realness of a Woman*, the latter is endorsed by Rev. Dr. Reginald Worrell, Jr., Pres. of UBU. Carolyn welcomes your contact: Ph: 678-445-3309 or: cporter5@bellsouth.net or website: www.drcarolynporter.com

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The Ultimate I.Q. Intelligence With Humility

Rev. Rhylaigh Richler
Incline village, NV

Intelligence is the result of personal perception, applied to relative knowledge from personal experience. The marriage of our greater Self (our Source of pure Intelligence) with our personal self (based on our own reason of training and memory) is the relationship that determines the depth of insight or revelation that becomes our **Intelligence Quotient**.

We have available to us, many types of "Intelligence" that result from activity within our Mental, Emotional and Physical bodies. When we use our "mind power" to construct ideas, or engage in mental gymnastics or create opportunities that will provide us with a determined goal, we are primarily focused on the experience and the sense of Knowing that will validate our sense of power in our lives. Using emotional energy as "reason" can be deceiving,

and ultimately very unreasonable, as Emotion is a product of past experience, and provides us with a limited perspective of reality. Emotional energy primarily focuses on thought process that will satisfy our fears and past desires, and offer us a desired outcome. Our Physical body is a point of reference that provides many resources of "information", as biologically, we live in the present moment with Truth, and we have the availability of this vehicle as a center from which feelings may be received on many levels, including mental and emotional input.

It is the **integration** of all these vehicles of input, through the catalyst of **Feeling**, that a greater dimension of Intelligence is born, and relativity becomes the point of Genius. The "Intelligence" within our **feelings** literally processes, transmutes and integrates information from all aspects of reason and awareness from our mind, emotions and body, creating a "whole self". It is from this center of receiving that we are influenced and guided through higher planes of our SOURCE. When we are surrendered to feeling, we are receptive, and vulnerable. This is the experience of **Humility**.

Surrendering to our own untruths and deeper passions offers a dimension of perspective that surpasses any other motivated reason or logic. We may, from this center of clarity, receive relative concepts that are based on the Laws of Nature that **govern** the laws we conform to as less conscious beings. There is no greater Intelligence than that which embraces all realities within us, and validates every aspect of our being. This is the experience of Change. This is Intelligence. This is the emergence of our true Self.

We all have the potential to create many blessings of abundance in our lives, and numerous opportunities for

self-reflection. When we **intend** to develop our potential through spiritual and personal growth, we must organize and incorporate the information that we receive from our "feelings", possible only by allowing ourselves to be vulnerable and humbled in the experience of Receiving, while being grounded in the "Now". From this point of **wholeness**, our awareness is susceptible and exposed to reality from all aspects of ourselves, from the point of our ultimate SOURCE.

Rhylaigh Richler, CMT, offers Intuitive Consulting, with twenty-five years experience as a Certified Massage Therapist, Subtle Energy Therapist/Teacher and Intuitive Consultant for individuals and businesses. Through visions, auditory input and psychometry, Rhylaigh shares a dimensional focus offering detailed information, insight and guidance on current personal issues, spiritual purpose and development of human potential. Sharing professionally developed techniques to be used as a continuing resource, Rhylaigh also offers private and group classes on Intuitive Development and Personal Growth.

Please contact Rhylaigh at (775) 831-2373, to arrange an appointment in person, or for a telephone reading.

PEACE

*It does not mean to be in
a place where there is no
noise, trouble or
hard work, it means to be
in the midst of those
things, and still
BE CALM IN YOUR
HEART.*



CHALLENGE DAY

Rev. Greg Goodson

Red Bluff, CA

I have recently had the honor of being able to sit with High School teens in two different communities for two full days of life-changing experiences. I had the privilege of being one of several adult facilitators in a program called "Challenge Day". Each day had over 100 young people and 20 to 25 adults, mostly teachers and parents. I was there because I strongly support the program, and, I want to do my part in improving the life paths of the young people, who are our future.

Challenge Day was founded in 1987 by Rich Dutra - St John and Yvonne St John - Dutra, and involves a one-day experiential workshop for youth and adults that creates awareness, connection, and an experience of what's possible. The goal of Challenge Day is to increase personal power and self-esteem, to shift dangerous peer pressure to positive peer support, and to eliminate the acceptability of teasing, bullying and all forms of violence. (Information from Challenge Day brochures.)

"If our children are feeling lonely, it's not because of a lack of people; it's because of a lack of connection among the people. Yvonne St John - Dutra, co-founder of Challenge Day.

The day has a well-planned mix of games - designed to get people relating to each other as individuals and as a group - and, more serious exercises that allow the participants to develop an awareness of their own life experiences, and, to see how their experiences relate to the life experiences of others. There are some real eye-openers. Participants have the opportunity to see that those they may have felt were "different", or whom they looked down upon, are not so different after all.

Participants learn to see past race,

origin, gender, relative body size, differing interests, the way another may wear their clothes or groom their hair - to see past the differences to the person within. They learn that they are not alone in having experienced some form of discrimination or oppression, sometimes by people right there in the room with them.

Hearing what some of the students contend with in their home life, and other everyday life experiences, I think that many of them deserve commendation just for getting up and getting themselves to school and doing their studies every day.

With the revelations, I saw rapidly growing seeds of tolerance, understanding, and unconditional love. I saw adults and teens relating to each other as equals. In a small group, as I was relating part of my life experience and feelings I saw tears rolling down the cheeks of some of the young people, and, knew that they were as touched by me as I was by them.

I saw the development of peer support. By the end of the day I saw former antagonists apologizing, and hugging each other with tears in their eyes. And, yes, I too had tears in my eyes. In fact, they are even a little watery as I write this, and recall my experiences of the day.

I saw some who at the start of the day, entered the room closed, withdrawn, and unsmiling; and, by the end of the day were open, smiling, fully participating, hugging, and relating to others whom I felt perhaps had not been previously within their "circle of friends." These magical transformations brought joy to my heart. And - I had the privilege of being part of this.

Challenge Day has been in high schools and middle schools in several states, and, is starting to be taken to Europe. It is a program that I strongly support, and, would recommend to schools, parents, and teachers. They do have a website at

www.challengeday.org, and a monthly newsletter that can be accessed in Adobe Acrobat (.pdf) format from the website.

I would urge any with an interest in the children of our world to seek more information about Challenge Day, even if for no more reason than to be aware of a very special developmental resource for our young people. I'm hooked - and, as time and finances permit, plan to do more in the future.

Peace, Greg Goodson

RENAISSANCE UNITY

Freedom To Be

"Always be a first-rate version of yourself, instead of a second-rate version of somebody else."

--- Judy Garland

Today's Meditation: Dear God,

This morning, I noticed that many of the leaves on nearby trees have been transformed into gold and red over the past two days. I have been thinking about something I read about leaves and the process of changing their colors which, is not really a change at all. It seems that the red and rust, gold, orange and yellow that is rapidly replacing the green has been there all along. The trees produce the green color in their leaves during photosynthesis. The green color temporarily masks the true color of the leaf. When photosynthesis stops, the leaf "turns" into the color that it already is.

God, there have been times in my life when I felt like I was a gold and orange leaf masquerading as a green leaf because that was what I thought I should be and because I listened to people who told me I should be a good little leaf and be green like every other leaf.

I am not a green leaf. I am golden and orange and I am proud to be what I am. Today, I celebrate my true colors, the colors you painted into me. May we find the way to celebrate each person. May we realize that each one is;

Your holy and precious child. May we find the way to be who we are.

Thank You God,

Ric Beattie, Peace is!



Cosmic Art

My art is created with an open hearted vision for personal spiritual growth and as a spiritual journey for all to participate in. What a joyful journey there is!

This journey is flavored with beautiful colors, symbols shapes and designs. The cosmic/universe knowledge within all of us is activated.

Our hearts are touched as we discover the depth and joy of our starry souls.

We become more aware of our oneness with all life, rejoicing in this divine unity!

Robin will be holding exhibits in Florida. A portfolio will be available in the winter of 2004.

To Contact Robin e-mail: oceansend1@yahoo.com or Phone: (954) 970-7476.

The Inspired Art of Elondraa.h-

Lovingly Drawn by: Rev. Robin A. Morini
Margate, FL

The Inspired Art of Elondraa.h- is a spiritual journey of the conscious mind through the unconscious mind; or Elondraa.h-, the higher self.

Elondraa.h- is my vehicle, art is the tool I most effectively connect with.

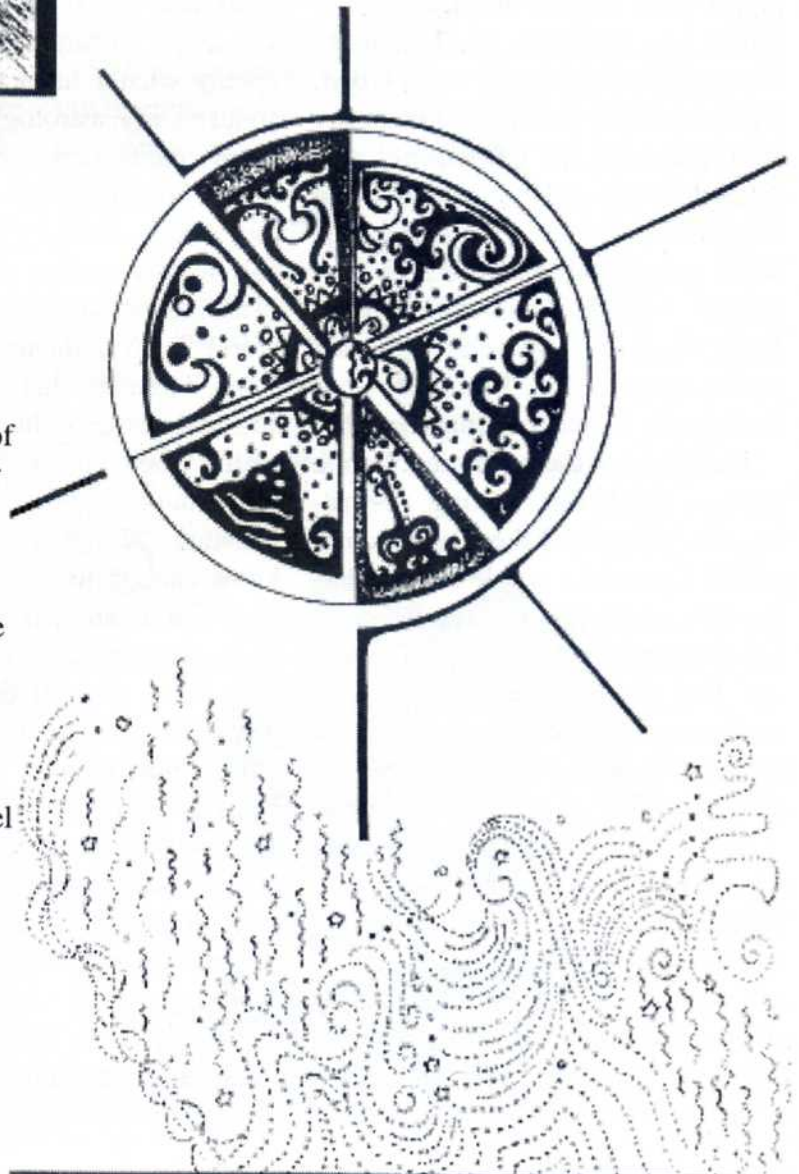
These drawings and paintings represent what could be compared to postcards from other worlds.

Through colors and symbols I expressed my dimensional journey.

For all those who resonate with these drawings, we feel our starry story stirring within.

Through these colors and symbols there is a healing from within us which we then carry to the world around us.

So begins your journey!



Universal Brotherhood & Universal Brotherhood University

Rev. Dr. V. Ray Long
Scottsdale, AZ



What has UB done for me? UB has given me awareness of myself. It not only has let me be me, it has let me honor who I am, what I have become and where I am going. That is more than most people get in a lifetime. Or many lifetimes, depending upon what you believe.

When a friend mentioned UB to me, my first thoughts were, "what do I have to offer, what would this do for me, etc?" Months later it came up again with another friend. And, later, it came up again with yet another friend. (Spirit does have a strange way of getting your attention.) So, I thought - I should find out more about UBM, Inc.. I was well trained to live in my left brain, so to me UB was not well defined; or should I say, not black and white. It was more gray and fuzzy. Write a spiritual bio-sketch, a biographic / philosophic statement of YOU, about your personal path and your purpose in life. Be true to your inner guide. What does that mean?

That was just the beginning. It took months, pondering, writing, re-writing, analyzing; and then, when completed, I gained a whole new understanding of my life. I continued on to UB University, Master's and Doctorate. This process opened up a new confidence. I took responsibility for myself, set a goal, and completed it - on my own.

Things were going very well. I had a good balance in my life - a good job, my work with UBU, building a practice, studying with like-minded friends, and a good home. Then, I moved, by choice. The move left me very unbalanced and again, wondering - why? Why is this happening? What is this

about? For years I felt inadequate, not spiritual enough. I had an idea of what "spiritual" looked like and I did not have it. And now, the connections I had to help me "be spiritual", I left behind. Why did I do this? This is what I learned.

We all have a path. It does not matter where we are, who we are with, or what we are doing. It does matter HOW we do it.

My path has led me back to the business world where I interact with left-minded people. I find the discussions and questions in conversation are much different now. I discuss openly what I have learned (know) about energy, astrology, Reiki, reflexology, meditation, etc. I discuss the things that interest me the same way they discuss the business trends, football, money, or cars and possessions. In the past, when I lived in the business world, I never mentioned my "other side". I realize that it takes a truly spiritual person to be true to self - no matter where you are. By doing this, I have found many people asking me questions, thirsty for information. I know enough to lead them in a new direction. I can help them get started. That has become my ministry. I know who I am now. It does not matter where I live, or how I make a living, or who I must interact with on a daily basis. I am still me and it is okay. I may not be able to "read their cards, stars or hands", but I can set an example; and, I can help them get started. I can recommend a book, a class, a new way of thinking.

Becoming a UB Minister helped me 'be' me. Obtaining my Masters and Doctorate with UBU has given me a

new confidence, understanding, and awareness of myself. Thanks to UB / UBU and everyone connected.

In Light,
Ray

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Learn more at our website:
universalbrotherhood.org

Active Participation In My Own Life

By Rev. Robin Morlock
Overland Park, KS

So, here I sit, in flux and change once more. Life is swirling with choices and my job is to stay flexible. We have all been there ... that moment when we know that a big change is coming and we just need to be prepared for it. We start to look forward to it and as the time gets closer, we get more anxious. Sometimes we know what the change is, and sometimes we just know that it is something "big."

This time the change for me is moving to a new city and starting over again. My deep love of Planet Earth drives me to touch as much of her as I can, so when the "winds of change" blew into my home a few months ago, my husband and I agreed it was time to move on to a new adventure.

In our normal expectation of instant manifestation, we prepared for the "big change." In three months I was supposed to start my junior year at the nearby university and I was committed to weekly volunteer work with two community organizations. I withdrew from the university and scaled back my volunteer work. What did it matter if I pulled back my energy? I was leaving soon, right?

I found myself filling my days with house projects like cleaning out closets, scanning important papers, and looking for boxes. An impending sense of urgency kept me busy.

One day, I realized that we were not getting the calls and the manifestation was not immediate. How was this possible? I was reading my prayer intentions daily, releasing myself from the energetic ties to this location and physically getting ready to go. What was I doing wrong? Had I left something undone? My meditations revealed little and my frustrations grew. Soon I was in a state of "anxious resentment." I felt eager to go and I disliked my surroundings and everything that I perceived as a tie to my current location. My heart was filling with anger and disappointment. I needed help.

Fortunately, I could turn to my supportive network of heart-centered women, my "Wise Women" at our next spiritual gathering. As the emotions welled in my throat, I defined my woes and these beautiful women delivered words directly from Spirit to my heart.

"Are you attached to "leaving?" one woman asked. It did seem that I had a huge investment in getting out of town. I had put everything on hold; I was standing still. I was not as fully involved in my community, nor was I allowing myself to make any new relationships or commitments. Does a flower reach full bloom and then stay there, waiting for the rain? All of life, nature included, is in a state of constant change, and yet here I was trying to hold back the

growing tidal wave of my life.

Most potent for me was my choice to hold off on writing until the move was done. I was not writing articles, journaling, working on my screenplay, or in school. One "Wise Woman" said, "Maybe Spirit is waiting for you. If you can continue to write here, then you can write anywhere. Then you'll be ready to go." Another woman pointed out that I had missed a community clean-up day by the river because I was out of touch with my surroundings. As an avid environmentalist, I was disappointed that I had missed this chance to heal the planet and meet like-minded people.

Wasn't this what Spirit was trying to show me all along? I needed to continue my contribution and my participation in my life, while the changes evolved naturally. I had shifted my heart from a constant state of gratitude to a place of frustration and resentment. How could I hope that Spirit would move me toward an even more loving environment with my heart in this condition?

So here I am today ... picking up my journal, tapping out my thoughts on the computer, and rededicating myself to my community. As I look out my front window at the vibrant green leaves on our guardian tree, I see life occurring; active participation right before my eyes. After two days of non-stop rain, the sun is shining bright this morning, urging me to be fully present. When the "big change" happens, I will flow with it just as the tree handled two days of water - gratefully.

Rev. Robin Morlock
(913) 851-9169
rmorlock@kc.rr.com



Hestia's House

A book by Rev. Blaine Paxton
Hall
Pinehurst, NC

How Far Would You Go To Get Home?

From Moses leading the Jews to the Promised Land, to Homer's Odysseus returning home after the Trojan War, to the Holocaust survivors aboard the *Exodus 1947* seeking Palestine's port of Haifa - the archetypal need for a sense of home resonates in all people throughout all human history. *Hestia's House*, a literary memoir, is the compelling and inspiring story of a survivor, with the overarching theme of home.

Blaine Paxton Hall, eldest grandchild of a three-term state representative and prominent lifelong Methodist minister, was made a ward of the state at age two.

Hall leads us on his lifelong inner and outer search for home, which includes living in Chicago, impoverished and in terror of his parents, and later in the historic Woodstock Children's Home where he stayed in a building once part of the earlier Todd School for Boys - its most famous resident was Orson Welles.

The odyssey of Hall's life unfolds by flashbacks of memories evoked

during a road trip he took back to the Woodstock Children's Home thirty years later. He reveals his past struggles to get his education, his battles to free himself of his inner demons and the liberation of his soul by undergoing female to male gender reassignment

At age fifty, Hall has never owned his own home, nor did his parents. Finally able to pursue the American dream, Hall is now planning to buy or build his first home and name it Hestia's House, after the Greek goddess of the hearth.

Blaine Paxton Hall, PA-C is a physican's associate, with an appointment to medical staff in the Department of Medicine/Division of Nephrology, at Duke University Medical Center, Durham, NC. He is also an adjunct clinical instructor for the Duke Physician's Assistant Program. Hall is a member of MENSA. He is the founding president of the American Academy of Nephrology Physician Assistants (<http://aanpa.org>). He is a member of the Harry Benjamin International Gender Dysphoria Association and serves on its Advocacy and Liaison Committee.

To purchase *Hestia's House*, or for more information



go to: www.hestiashouse.com

"most men lead lives of quiet desperation and go to the grave with the song still in them." The song of which Thoreau is speaking is the unexpressed self, God's creative essence looking for an outlet. What I learned from my students and from the pursuit of my own career as a writer and performer was that it requires courage to sing our song. That courage will indeed take us to the very edge of our comfort zone, that dark place called fear: fear of rejection, fear of failure, and perhaps even fear of success. (The only thing worse than failing at something is succeeding and not feeling worthy of the success. We will inevitably find some way to undermine that success.) Fear of failure and rejection on the other hand seems to be an issue (attachment) most all of us have the opportunity to heal if we are going to be fully expressed in bringing the gift of who we are to life. It's like: "Oh my God, what will I do if they don't like my song?" Get over it! You are singing your song for you not them! Your "song" may not be music at all, but it will be something that gives greater expression to your divine nature, to the divinity of God that flows through you. Sing your song for all your worth!

MINDFULNESS PRACTICE FOR TODAY

EXPRESS THY SELF

Sent by Rev. Michael Dearing
New Albany, IN

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads. - Erica Jong

In my early, lean days as a musician and while attending college, one of the things I did to earn money to pay the rent was to teach music privately. My students ranged from eight to eighty years of age, and the levels of their natural talent were often very high. What I found the most frustrating about

teaching was that in many cases, I was able to recognize their talent but they could not (or would not) see it in themselves. After six months of lessons, some of them would throw in the towel. I believe that for at least some of them, their own fear held them back because they knew if their music started sounding too good, then they would have to do something with it! We held recitals every six months, which would flush them out of their "box" or comfort zone. I saw so much awesome talent and potential choked back by fear and uncertainty!

Henry David Thoreau wrote that

* Perhaps your unsung song is dancing, sewing, juggling, gardening, cooking, or ----- (fill in the blank). (It may also be found and expressed through a new dimension in your career.)

* Regardless of what it might be, make a commitment to share some talent or creative self-expression you have been holding back from the world with at least three people. It is time to come to the edge of that dark place.

* Not to worry...God, the ultimate light, is right there with you. So go ahead ... you've got the spotlight, sing!

Peace, Dennis Merritt Jones, D.D.



Living In Faith

Dr. Kevin Ross Emery
On The Road

Working as full-body trance channel often creates interesting situations for me. Having disincarnate entities both critique and criticize all aspects of your life keeps you hopping. With this also comes the requirement to allow to surrender, and to go with the flow. Sometimes the flow gets to be like floating down a gentle stream on a glorious, warm summer's day and other times it is like white water rafting on the Colorado River. Since December I have been white water rafting.

I have always used my journey as a tool from which I teach and I would like to share some of that ride with you, to let you know where it is taking me. In some ways I do not think the intensity of this journey or its full impact has even hit me.

When I did an evening of trance channeling the other night, my first in over 18 months, one of my channels stated that what I was embarking on could be used as a definition of faith and even as I write this it all comes crashing down on me, like the wave that has come over the raft and you just hold on for dear life hoping you do not capsized.

On December 1st I began teaching, with my partner Tommy, the first 15 days installment of the Wei Chi Tibetan Reiki practitioner level training. I had been kept up all night long knowing that I was "receiving information" in my head and was not clear on what it was. I was not quite asleep and not quite awake. Bleary eyed and foggy brained I received the message on the first day that I was going through what some might call the "dark night of the soul". I was told that everything in my life was going to be stripped away and I needed to stand in the naked light of truth to see who I was and what I was here to do. And in doing so that when the process was done, whatever was waiting for me I would take with me and whatever was not I would be leaving behind. The last several months have been exciting, invigorating, and frightening. Through this powerful and painful process I am emerging as a

new person. I left behind my body weight, my life partner, my business, my home, most of my possessions, and I am moving forward towards a new vision, a new reality, and a new mission in my life.

As these visions and messages unfolded to me I would also get visions of what kind of world could also be potentially unfolding. It was a vision of a world that brought me to my knees and left me crying out like a wounded child. With each of these visions I was asked two simple questions: Was I willing to live in a world like this? (No) and was I willing to do what I was here to do to change it? (Yes).

I have been asked to go back on the road, I will be traveling with a new partner and take the energies and abilities of who I am and what I am here to do and bring them out. Those of you who know me will appreciate this: I am being asked to leave my comfortable blue chair in the corner of my office and go back out into the world. And yes I will do what I did before but also James (my traveling partner) and I will be going to do work in sacred places. The work we have been instructed to do is to take these energies that have opened up in me and come out most powerfully when the two of us join in ceremony, and pour them into these places to open up what has been described to us as "rivers of light", to spill out into what is becoming an increasingly gray collective consciousness. Speaking with one person, they described it as "acupuncture on the planet".

I am also to go to the "befouled" places of the earth and using a variation of the same energies, through ceremony and ritual, cleanse the energies and return these places back to Mother Earth so that she can draw upon them to help stabilize her during these troubled times.

Also we have been asked to help other people with the creation of healing centers, bringing out more into the world the Wei Chi Tibetan Reiki, as Tommy holds the stable place of the Wei Chi here in the

Seacoast Area. We will also be holding changelings where, through the channels, we will help facilitate the releasing of blocks and impediments to people stepping into more of who they are here to be.

As often is the case when one receives their piece of the puzzle, it did not come with a travel itinerary, a blank check nor a travel agent who was going to book everything and ship the bill to God. I was just told to let go of everything, open myself up and allow this journey to unfold and have, of course, faith.

I will still be able to work with all my clients, over the phone and when I am in the area, personally, I will still be able to teach classes and provide the full compliment of services.

So if you would like to see me (and meet James- a Wei Chi Reiki Practitioner, healer and musician) feel like you have either a sacred place to be energized, a befouled place to cleanse or would like to bring our energies to you please feel free to contact me either through calling;

603-433-5784 or e-mail me through

DrKevinRossEmery@aol.com.

I look forward to hearing from you and you can look for my ongoing adventures in Seacoast Spirit or if you would like to be on an e-mail letter list, send me your e-mail and as the adventure continues and the journey unfolds I will keep in touch with you.

There is an ancient Chinese curse: May you live in interesting times. It is both a curse and a blessing. And the next several years will be interesting times.

In Light,

Rev. Dr. Kevin Ross Emery

**Remember
You are not a
material being trying
to live a spiritual life,
You are a magnificent
Spiritual Being trying to
live a material life.**

.....

Thanks Rev. Kate Levensohn
Director, A.R.I.E.L. Research
Institute for Evolutionary Living
Winter Park, FL

Heaven and Scents:

A Tradition Passed On

Rev. Mara Peets
Granada Hills, CA

Greetings to everyone! It's been a while since I've spoken with many of you, but know that you are all always on my mind and in my heart. Hard to believe that it has already been over a year since Steve, Mark and I have moved back to sunny southern California. I must say it's great to be back home.

Some news....I have re-introduced my Grandmother's original Italian skin care formulas to the world! Back in the late 1920's she lived on a farm in the southeastern part of Italy where she made wonderful, natural aromatherapy skin care...body creams, body exfoliants, etc. My Mother passed her formulas on to me a few years ago, and now I am pleased to say that I am continuing her love, passion and hard work through my company, *Heaven and Scents*, and *Liliana's*. I am so excited to be able to share these beautiful products and my Grandmother's spirit with you. Please take a peek into history, when you have a moment: www.heavenandscents.com

As most of you know, besides my devotion to UB as a minister/director, I am also a licensed esthetician, massage therapist, bodyworker and dedicated Mom. It's difficult at times to juggle earthly affairs ... but always a joyful challenge!

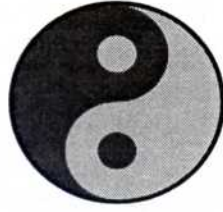
Hoping to see you all at the next UB 30th year celebration conference in 2006, and wishing you much joy, peace, love and light.....

In service,
Rev. Mara Peets

To order products call toll free:
(877) 366-0300
or
(818) 363-6773

Tai Chi at Yoga

Rev. Audrey "Audrice" Collins
Melbourne Bch., FL



The circle represents the "Tao" or "Tai Chi" (supreme ultimate). The light part is the yang force or male, and the dark part is the yin or female force.

I have practiced and taught Tai Chi for several years. How can one accurately describe the development of dynamic internal energy, the culmination of inner stability, the awakening of intuitive functioning, wisdom, compassion and joy?

The more I practice the movement and principles of Tai Chi, the more profound and mysterious it becomes to me. I have experienced breakthroughs in understanding and have seen many opportunities unfold in my life as a direct result of my Tai Chi practice. My students proclaim improvements in physical functioning, creativity, mental clarity, emotional stability, vitality and happiness.

You see it on TV, in magazines and elsewhere in the media. But to experience the wonder of the movement that balances your energy systems and enhances your overall health is like a breath of fresh air moving through your whole being.

Tai Chi (Chi Gong) is a Chinese martial art that is primarily practiced for its health benefits, including a means of dealing with tension and stress. It is known as the soft martial art, also called internal art. Soft, slow and flowing movements that are executed precisely characterize Tai Chi.

Chi is energy. The term literally

means "something like breath." According to Chinese philosophy, one becomes ill when the flow of chi through the body is blocked. Tai Chi is one of the Chinese forms recognized for freeing up the flow of energy. The benefits of getting this energy to move are many. The Chinese have known for centuries that our bodies are designed to regenerate and heal.

In addition to its physical benefits, Tai Chi is said to have certain psychological effects. Tai Chi is essentially a form of moving meditation. It is intended to help one understand oneself and enable one to deal with others more effectively.

The practice of Tai Chi is meant to bring the yin and yang back to their fundamental natural harmony. The ultimate effect of this harmony is one's physical and spiritual well being. The slow, dance-like movements combined with breathing and mental energy integrate your mind and body. Thus creating balance, flexibility and calmness.

Tai Chi is becoming one of the most popular forms of exercise. It is self-healing through movement. One hundred and eighty million people worldwide practice Tai Chi daily. They have a longer more active life, and their health potential increases dramatically.

I am convinced that if a person will practice Tai Chi sincerely and on a regular basis, its healing benefits and life-transforming influences will be known. It is my hope that by learning the practice of Tai Chi, you will be guided toward realizing your highest, spiritual self.

Blessings,
Audrice

HEIFER INTERNATIONAL

By Rev. Gaila Gale
Key West, Florida



Animals to the Rescue ...

and in partnership with humankind they are helping to put us firmly on the road to eliminating hunger and poverty. Furthermore, dignity is being restored to the millions who are being pulled up out of hopelessness, having watched their children starve or die from malnutrition and being helpless to do anything about it. How are these animals restoring hope and helping to create self-reliant citizens of the world? Well, they became partners with a non-profit, humanitarian organization called Heifer International which is working to end world hunger by giving people the means to lift themselves and their communities up to self-reliance through gifts of livestock and teaching them to care for the animals in ways that sustain their families and protect the earth. Milk, eggs, wool, meat, draft power and other benefits of animals provide nutrition and money for education, better housing, health care and small business enterprise.

Heifer's founder, Dan West, was a relief worker in 1939 during the Spanish Civil War, who thought there must be a better way to help refugees than handing out cups of milk. When the milk supply ran low, he was horrified to see decisions having to be made about who would receive milk and who would not. Farmers had lost their livestock and were struggling for survival. He wanted to do something that would give suffering people self-reliance and not just temporary relief. "Not a cup but a cow", he said. In 1944, Heifer began shipping cows overseas with the stipulation that the recipients give the first female offspring of their gift cow to a neighbor in need. Tens of thousands of young cows (heifers) were

delivered by "Seagoing Cowboys" to Europe and Japan after World War II.

"Passing on the Gift" has been one of Heifer's unique cornerstones. It multiplies the benefits of every donated animal while making recipients equal partners with Heifer in the fight against hunger and poverty. And now, nearly 60 years later, over four million impoverished people around the world (including the US) have been directly helped by Heifer and, through training and "Passing on the Gift", indirectly affected the lives of more than 24 million people in 128 countries around the world. With the "Passing on the Gift" aspect, these project partners, who were once the "poor relative", can now experience the joy of being able to be "givers" for the first time in their lives. To illustrate one of Heifer International's cornerstones of "Sustainable Solutions" is its recent gift giving program called "Kids 2 Kids". The poor often live where the land is dry or rocky and where climates can be harsh. Goats thrive where other animals can't, and they eat what other animals (and people) won't. They breed easily and reproduce quickly, which is very helpful in the "Passing on of the Gift" because a female goat can often produce two to three kids a year-which means the impact of Heifer International's efforts is felt farther, and more quickly, than with many other animals. One goat can produce enough milk in a day for a whole family! They also produce manure which makes the difference between fields that are barren and crops that produce abundantly. Fresh fruits, vegetables and grains mean better nutrition for adults and children. They also mean income. Excess crops and ex-

cess goat milk are sold to provide income for school, medicine, clothing and other necessities. In less than one year, a family might go from wondering where their next meal was coming from to being able to send their happy, healthy children off to school. And because goats are very gentle, they can be taken care of by children who take the goats for exercise, learn responsibility and, by participating in the "Passing on" of goats and how to care for them throughout their villages, they come to understand the value of community and the role we all have to play in it. So... just maybe... together with human partners, Heifer's gift animals may lead us more quickly to that seemingly elusive goal of "world peace". To become an active participant just log on to www.heifer.org

What is Vedic Palmistry?

By Rev. Ghanshyam Singh Birla, excerpt from his book *Destiny in the Palm of Your Hand: Creating Your Future through Vedic Palmistry*

What is Vedic Palmistry?

Vedic palmistry is the study of the structure and markings of the human hand. This ancient art and science began in India about 5,000 years ago. The ancient *rishis* or seers believed that there was a correlation between the visible features of the hand, the conscious and subconscious thought processes of the mind and the superconscious intuitions of spirit. The study of Vedic palmistry provides a language for expressing this body/mind/soul connection. Its purpose is to help us gain self-understanding.

The Lines Change

Just as we continuously change and evolve, so do the lines on our hands. As our personality matures, our attitudes, priorities, activities and companions may also change. These important changes are all reflected in the hand. A study of our prints provides us with a method of analyzing ourselves objectively. We are, therefore, likely to make more positive choices regarding our work, our dealings with people around us, and many other important aspects of life. We will find ourselves less likely to repeat or perpetuate mistakes. With time, the improvements we make in our lives will register on the hands.

Prevention Versus Prediction

Palmistry is associated in the minds of many people with the notion of prediction. This idea comes from an incomplete understanding of palmistry. We all have predispositions towards certain kinds of behavior. For example, if someone we admired betrayed our trust when we were young, we may have difficulty being open to finding a loving partner. A study of the lines and signs of the hands can show us the patterns we have developed in response to past hurt. Unless we take positive steps to change, we will continue to perpetuate the pattern.

By learning to understand the significance of the lines and signs on our hands as indicators of predispositions, we can decipher trends in our behavior. An experienced analyst can suggest the likelihood of future behavior and occurrences. Armed with this information, we have the freedom both to confirm and nurture our strengths and potentials, and to decide what changes we wish to make in our lives.

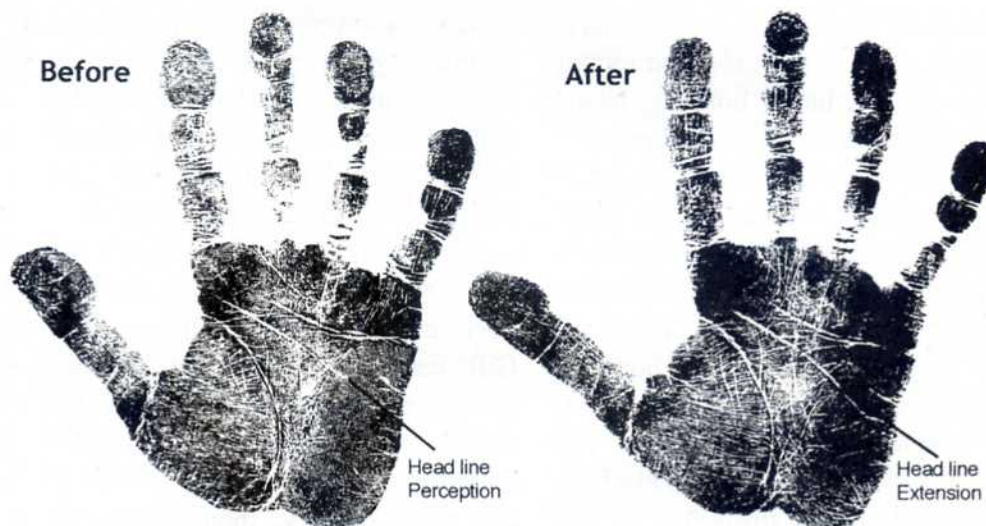
Examples Illustrating How the Lines Change

Marcel is a retired sales representative. After concentrating for many years on the practical concerns of business and family life, he found retirement a wonderful opportunity to explore his creative, inventive side. He enrolled in painting and sculpture courses at his local visual arts center. His head line and Mercury line reflect these changes in the before and after handprints.

This case illustrates that our destiny isn't carved in stone. We can take active steps to improve our lives, once we have gained better self-understanding. We can help both ourselves and others to understand the past, deal with the present, and mold the future in such a way as to bring forth the best qualities of heart, mind and soul. This is the challenge and also the reward of undertaking a serious study of palmistry.

The Author

Rev. Ghanshyam Singh Birla founded the Palmistry Center in Montreal, Canada, in 1972. Rev. Birla has lectured and written extensively on the powerful insights of the Vedic sciences, including *Love in the Palm of Your Hand* and *Magnet Therapy*. He has been interviewed on *Living in Balance* on Wisdom Television, WebMD, and *Good Morning America*. In 1998, Rev. Birla established Village Lac Dumouchel, a 300-acre lakefront retreat in Chénéville, Québec, which serves as an international facility for studies and services in palmistry, astrology, and Ayurvedic healing. Also, recently Rev. Birla launched a correspondence course in Vedic palmistry, successful completion of which will enable the students to obtain a certificate for interest or professional enrichment. In October 2003, Rev. Birla received his Doctor in Divinity from the Universal Brotherhood University (UBU). For information, call 514-488-2292 or go to www.palmistry.com.



Note the extension of Marcel's head line in the "after" handprint, reflecting greater optimism and belief in his capabilities.



HERBAL LEGEND

Rev. Theresa Rogers
Elk Creek, VA

An enormous amount of clinical & experimental evidence has accumulated over the past decade supporting the premise that excitotoxins such as hydrolysed vegetable protein, aspartame, msg, etc., present damaging effects such as neurological disorders, migraines, infections, endocrine disorders, learning disorders in children, obesity, als, alzheimer's and on & on .

These food additives, double every decade in our food ... we are looking at metric tons' being consumed ... having nothing to do with preserving food or protecting its integrity. These toxins are in almost all processed foods. They are in disguised forms such as natural flavorings, spices, yeast extract, textured protein, soy protein extract, vegetable protein, casemate, hydrolysed plant protein, hydrolysed vegetable protein. Corporate food processors are going to great lengths to disguise these additives.

We know experimentally that when these taste enhancers/sweeteners are added together they become much more toxic than when seen individually. When used in combination it can be toxic to specialized brain cells. In processed food, now on the food market shelf, excitotoxins are found in frozen or diet foods, baby food. In liquid food such as commercial soups, gravies, sauces with msg there is even more toxicity because it is rapidly absorbed & attain high concentrations in the blood ... very dangerous to the nervous system. Red meat, cheeses, pureed tomatoes are all known to contain excitotoxins ... and soft drinks.

Research from Hirosaki University, Japan, suggests msg & other food additives in soy infant formula, gelatin, salad dressings, cookies, cheeses, frozen meals, candy, chewing gum, cigarettes, commercial & restaurant soups,

powdered milk, soy protein, pickles, Chinese food, mayonnaise could make you blind.

Some health manufacturers sell the idea of flavor enhancers being "all natural" & "safe" because it is made from vegetables, it is not. One can produce brain lesions using hydrolysed vegetable protein, msg or aspartate. Nitrates in bacon, bologna, frankfurters, poultry, meat tenderizers, fertilizers cut off oxygen to the heart & brain also combining with other substances to produce cancerous agents. BHT, prohibited in England, causes chemical changes in the brain... used in potato flakes, cereals, enriched rice. Sulphur dioxide depletes the body of Vitamin A causing respiratory issues ... found in wine, corn syrup, dried fruit, dehydrated potatoes, soups.

Protective mechanisms available to us is Vitamin B6, B12 and Folic acid, best when used in combination. Calcium will flood the cells protecting and nourishing; Minerals such as Zinc and Magnesium. Vitamin E and antioxidants in combination can successfully block destruction of neurons.

Consider your health the next time you are buying bread (dough even from health food store contains excitotoxins), diet soda, Nutrasweet, Equal, anything processed. Retina damage, memory loss, harm to the brain & nervous system is just the tip of what you may be subjecting yourself & family to. Good Health Is Your Choice.

Rev Theresa Rogers, Master Herbalist, Iridologist, is a lecturer, author, grower, researcher of herbal histories in ethnobotanical cultures ... marketing historically correct botanical products. THE HERB GARDEN, 451 Possum Run Lane, Elk Creek, Va 24326 (276) 655-4038. **Catalog available**

Greetings to you

Here is an offering from our Rev. Carola Van Dusen. She gave me a lot of love when my Dad transitioned

A Legacy Of Love



Can you imagine what would happen if a person with hundreds of friends asked them to do a good deed to honor the memory of her father--and they did!

And what if this idea grew and doing good deeds to honor the memory of a loved one spread?

What if this became "the thing to do" when some one makes their transition/graduation from physical form?

Well, this is being done by friends of Rev. M/D Goddess Sofreeyah. I do not know how quickly this is spreading, but it has real possibilities.

I am sure the father of Goddess, Felton Green, is smiling and giving energy to this activity of love--from where ever he is.

Felton graduated on 03.04.03.

The world is a better place because he lived here and because his presence lives on in a growing number of good deeds.

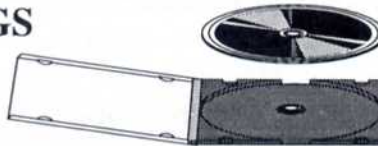
Rev. M/D Carola
Keyport, NJ

goddess@globalsanctuary.org
embracing you with love everyday

Universal Brotherhood Movement, Inc.
6503 Lakeshore Dr., Margate, FL 33063
Ph: (954) 979-5988/Fax: (954) 979-3070
www.universalbrotherhood.org

SAVING THE WORLD FROM WHINY VICTIM LOVE SONGS

Double CD by Rev. Greg Tamblyn
Kansas City, MO



Finally, someone is doing something about the mind-altering menace we all secretly cringe from: Whiny Victim Love Songs. Kansas City's Greg Tamblyn, a singer, songwriter, speaker, humorist, and Universal Brotherhood Minister, has had enough. Enough of songs like "I'm So Miserable Without You, It's Like You Were Here." And "If You Won't Leave Me, I'll Find Someone Who Will." Enough of lyrics that turn love into a hostage situation.

"It's a simple thing," says Tamblyn. "I want to liberate as many people as possible from the ravages of songs that say 'Without you, I'm garbage.'"

So he's coming to the rescue with a two-part campaign. First, he's released a new double CD titled "Saving The World From Whiny Victim Love Songs." Secondly, he's sponsoring a yearly nationwide contest offering cash prizes for finding the best (worst?) already recorded love songs with victim messages. The winners will be announced by Tamblyn during Valentine's week, each year. (To check out the CD and the contest, visit <http://www.GTsongs.com>.)

Disc 1 of Tamblyn's new album is a live comedic tour-de-force of songs and bits about relationships. "Common Side Effects Include" equates the stages of romantic love (kissing, making love, marriage, divorce) to powerful drugs. Then just like the TV drug commercials, it lists their side effects (heavy breathing, endorphin overload, babies, teenagers, in-laws, lunch with lawyers, etc.). Other highlights include "I'd Like To Be The Man My Dog Thinks I Am;" "The Top 10 Whiny Victim Love Songs;" "The Shootout At The I'm OK, You're OK Corral;" and "My Life Is A Beer Commercial."

Disc 2 contains 17 tracks of studio sessions with top-shelf Nashville and Kansas City musicians. If Tamblyn has his way, there will still be great love songs, just not ones that encourage us to be (or take) love slaves.

For more information, contact: Lois Bengé, TuneTown Records,
PO Box 45258, Kansas City, MO 64171-0258, Ph: 816-756-0069,
email: lois@gregtamblyn.com, website: www.GTsongs.com
or www.gregtamblyn.com

TO HEAL OR NOT TO HEAL? THAT IS THE QUESTION. THE ANSWER???

To heal or not to heal
The choice is mine you say.
To feel or not to feel
How can I make the pain go away?

I've looked without, and all about
No answer I could find.
Why did I forget to look within
For healing is of heart and mind?

I think I can, I think I can
Like the little engine that could.
But thinking doesn't make it so
Neither is healing reduced to a "should"

Glasses I donned at the age of nine
So I could "see" things right
A life I've lived with those
rose-colored lens,
Until finally I learned to 'set' it right.

It all begins with a loving intent,
That then uncovers the key.
The key then opens up the heart
And only through love can we see.

Though through a glass darkly
is once all I could see.
But now I'm able to see face to face
Through love, God heals
both you and me.

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Rev. Patty K. Hinshaw
Founder, International Center for
Enlightenment
Binghamton, NY