



Shivambhu Life News

Urine Does A Body Good

In This Issue

The Relationship With Another Pee Drinker

Lets Vision Humanity Practicing UT ON A Global Scale

By Brother Sage

GiveAways - Where's BrotherSage He's Peetastically Hidden.



What is a PeeSport?

Join Us in Creating the Shivambhu Life News

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Overcoming The Barriers, Resistance and Negative Association with Urine.

By Art Stimmel

Barriers to starting urine/orin use take years to stack up. The smell, thoughts of bacterial content and the eeww factor seemingly appear to be barrier enough for most people. But you can hear a myriad of others if you just listen and not argue. Not to dwell on the negatives that "wee" could rather just flush away, let's be positive.

cont'd pg 2

The Relationship With Another Pee Drinker

Jessica AnYing Lee

When I first met Ed, we weren't pee drinkers, we were just two people who are interested in finding our "truth" in health. As we began diving deeper into hidden knowledge, one day, Ed told me about the idea of drinking your own urine for healing.

Below

EEWW Factor

Encourage your doubtful friend to look to the source of their conclusions. By challenging those conclusions with probing questions. Chipping away at false narratives begins the process of barrier removal. Seeds can be planted easier if the ground is prepped by getting the friend to look inward to ask, "where did I get my ideas about about this practice?"

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Having my education in Western Nutrition, the first reaction I had was, "no, pee is a waste product, it's full of toxins". Then, as I joined him and read more on Shivambhu, urine therapy, and in one of my Ayurvedic books, states "if one takes a cup of urine every morning it will help to cleanse and detoxify the large intestine". I got intrigued. At the time, I was looking for ways to heal my eczema, and so Ed and I agreed that it was time for me to begin this journey.

Fast forward to today, three years later, we have become urine therapy enthusiasts, I'd say we practice it in many different ways everyday. It's been an eye opening journey, we have learned more about ourselves and each other, and have gotten closer than I can ever imagined, you know, we drink, use, each other's pee! Haha! We smell, use, each other's aged urine! We technically use each other's plasma water, blood! This is very intimate. But really, when we are completely in sync, our plasma water tastes and smells the same, as one!

Lets Vision Humanity Practicing UT ON A Global Scale

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Imagine how the practicing of Orin Therapy by 100's of millions worldwide in 2024 is building the exploding popularity of this sacred self healing modality, not only in gaining the ability to reclaim our body and brain; but also realize how this movement is reconnecting us with everyone and to the earth.

Orin is paving the way for the transformation of the Natural Health Care Industry and the birth of endless therapies, therapists, spas, Wellness Centers, veterinary clinics and schools offering Orin education and certification.

Orin Therapy is an empowering self-healing system. As a complete personal Healthcare system, it requires education and direct experience or hands on training in the practice to get the most effective benefits from the application of Orin Therapy.

Those committed or disciplined in their daily UT practice are experiencing all the difference between extraordinary health and a mere band-aid.

Our answer to health challenges and illness was shown to us in the water world called the womb. In the greatest time ever to be on earth, we now know about and own our own remedy and personal health modality for wellbeing.

Long Live Shivambhu
Brother Sage



**Help us write Next Issues Essay
"How would the world be today
if they had told us the truth
about Urine?"**

Couples and Self Care Shivambhu Protocols

By Jessica AnYing Lee

Practicing urine therapy together has brought us closer than ever, personal things come out, our traumas come out, darkness comes out, but our bond has allowed us to work through our own challenges together, so we can continue to accept ourselves and each other for who we are. I am grateful for this practice, and I am even more grateful to have a partner to practice with. I hope all of you pee drinkers out there, find your pee drinking partner and in-joy this be-you-till-full life together!



Overcoming The Barriers, Resistance & Negative Association with Urine.

By Art Stimmel

Once the person realizes the error of their way, re-education and easing into the practice can begin. Next thing you know. they are seeing actual benefits and the barriers are broken.

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Brother Sage

March Edition 2024

**Bath Time Orin Style &
Endogenous Niacin**

with Matt (Citta) Sena

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