

# THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org

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Dear Brothers and Sisters:

This third e-newsletter is sent out with our love and blessings to all those on both sides of life who are dedicated to the ideal of The Brother&Sisterhood (USB)—the universal spiritual brother-and-sisterhood of all humanity. We pray that these letters may reach people who are searching for such information.

## ***In This Newsletter:***

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## ***Our Previous Newsletter***

If you missed our second e-newsletter (ENL-02 of November 2015) you can find it [here](#) (scroll down). Its topics addressed:

*Recent Developments*  
*A Perspective on the Book Spiritual Light*  
*Why Is Spiritual Light So Very Important?*  
*Financial Support*  
*“Informal” USB Groups*  
*Some Questions and Answers*

We remind members and supporters that you are invited to submit material for possible inclusion in future newsletters.

## ***Recent Developments***

***More ‘Afterlife Reports.’*** As mentioned in our previous newsletter, on three different occasions [Victor and Wendy Zammit](#) have kindly included complimentary mentions of our book, *Spiritual Light*, in their famous and widely distributed weekly [Afterlife Reports](#); they have now recently included two more quotations from the book, about spirit guides in their [report of March 11, 2016](#), and about auras in their report of March 25, 2016.

When I wrote to Wendy to thank them for this support and publicity, she replied, “We will continue to promote the work of the [USB] at every opportunity. The teachings are clearly from the highest realms.” It is such a pleasure to work for the common good with people like the Zammits, who are so dedicated to serving humanity for no personal benefit, yet giving so much of themselves and their resources—this greatly reminds me of the way of life in higher levels of the spirit world (see “What the Spirit World is Like,” below).

***Book pricing.*** We regret we have just had to increase the prices of our paperback version of *Spiritual Light* (by about 7–10%). Our printers had not increased their prices for many years, so this was expected to be necessary at some point. Now, as a result, in some locations the paperback costs about the same as our deluxe version when including shipping costs. To save costs, purchasers are advised to compare several retailers’ prices; for those outside the USA, see our [Bookstore web page](#).

Our deluxe version need not increase in purchase price because the USB printed and purchased them in advance (although their shipping costs could increase in the future). (See also “Two Versions” below.)

***A new study/discussion group at USB headquarters.*** After a number of unavoidable delays, the USB group I will lead will begin meeting in Cupertino, California in April 2016. It will meet twice a month and over a dozen people have expressed interest. For more information about these meetings, please e-mail me via [Contact Us](#).

## ***On Inspiration and Impression***

USB spirit teachers have told us that not many could survive very long on earth without the (usually unknown) help and ministrations of spirit helpers. This help often takes the form of a “feeling” or impression to check or look out for something. Related to this, I have heard a number of authors being interviewed on the radio say that, when they sit down to write, ideas just flow through them like they are taking dictation. To me, this strongly suggests spirit inspiration.

For those of us who are not mediums or not very psychic, if we ask for it and are deserving, if we want to cooperate with spirit friends for unselfish reasons, I believe we can still be open to spirit suggestion.

In our busy daily lives it must be very difficult for them to find opportunities to get through to us. This is one reason why meditation can be so helpful. And when our mind is seeking to express itself on spiritual subjects, perhaps in writing or explaining or discussing, it seems to me very likely that this must be an excellent opportunity for spirit friends to modify or add to our thoughts. This is another reason why our spiritual discussion groups are so important—they can let our spirit friends in, as it were.

Other times, when I'm sure I have received inspiration or impressions, have been when my mind has been less focused or preoccupied, such as when brushing my teeth, out walking alone, or when just waking up. Perhaps you have had similar experiences?

### ***Reports from USB Groups***

Two members of one group said that finding it was literally an answer to their prayers. One member wrote that “belonging has opened my eyes to new concepts and ideas” and “through discussion we offer different nuances or visions, which, perhaps, had not occurred to other members.” Another discovered that his former conceptions of how spirits exist are very different to what the book teaches. A third reported that having separate readings with a USB medium greatly enhanced her awareness, while others learned a lot from witnessing separate demonstrations of physical phenomena by famous mediums. These members also reported surprise at how often they have been able to help the ill, the bereaved, or others by explaining what they have learned. The leader of this group felt it was a great privilege to be sharing the USB teachings, and has noticed a growing sense of awareness within herself.

Another group reports having lively and deep discussions about what they have read. And because more people wish to join the group when it is already part-way through the book, its leader is considering starting a new group for them. Recently, when Brenda, a group member, while suffering pain visited the group leader who is an accredited medium, the leader felt spirit friends draw close and then one spoke through her to Brenda. Brenda reported that she saw and heard the medium's appearance and language change. The communication and experience elated Brenda, she felt uplifted, and was greatly impressed.

A third group, in the USA, reports that members arranged an interesting “field trip” to witness mediumship at a nearby church. They also said that, after experimenting on how to read *Spiritual Light*, including separately before meetings, members agreed they prefer to do it together at their meeting (one at a time, out loud, about one-third of a page each), so that questions they develop during the reading can be remembered better and discussed after each topic, or after about a page if the topic is long.

If you are interested in forming a USB group please [contact us](#).

## *What the Spirit World is Like*

Because of my long interest in the afterlife, people often ask me (John) what the spirit world is like. I tell them what I have come to understand it is like, from my many years of study and from (spirit) people and authorities that I trust. But I also tell them that what it is like is much less important to us than what it teaches us about how to live while we are here on earth—for that I suggest you study *Spiritual Light*.

We are told that spirit people have spirit bodies much like our own, but they are indestructible and without imperfections unless they imagine they have them. Spirit objects are just as real and solid to spirit people as our objects are to us. If they have made sufficient spiritual progress, natural law allows spirit people to have beautiful homes, gardens, and scenery, and to enjoy friends, loved ones, and beautiful facilities and activities like halls of learning and concerts. Their principal activities are learning (arts, crafts, spiritual philosophy, caring for others) and giving service to both those in the spirit realms and those on earth.

However, there are some key differences in the spirit world, too. For example, the eternal day (no nights) and the perpetual summer (no seasons). There is no hunger, no fatigue, no aging, no deterioration or maintenance required, and no money used or exchanged. And there is unimaginable beauty, far surpassing anything on earth.

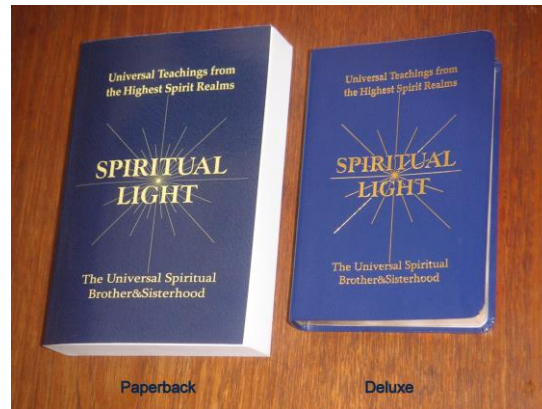
A major difference is the far greater power of the mind in spirit life. Spirit people who have earned the right and learned the skills can mentally create objects, including complex objects like houses. Likewise, spirit people can acquire the ability to travel by the power of thought. On the other hand, someone who has recently passed to spirit life might not see their spirit arm or leg because they had lost it on earth (known as spirit blindness). And if a new spirit-world arrival believes there is no speech there, but only communication by thought (as is sometimes incorrectly taught on earth), they will be unable to hear other spirits speak (spirit deafness). Some spirit people have been “shackled” from making progress by their own misconceptions for hundreds and even thousands of years. These are examples of the importance of avoiding misconceptions, particularly about the afterlife and truth.

Too many individuals and publications teach that there is no time in spirit life. Like other reputable books about life there, the USB’s book, *Spiritual Light*, mentions a number of activities that take time, such as preparing for and then attending a concert (1328:5–8). So time definitely exists there; the book mentions spirit workers being able to help us if “they have the time” (1111:8). However, spirit life is, mainly, a timeless existence; there is little or no *awareness* of time there, and particularly not of clock time. There, it is *events* that are the reference points.

*Spiritual Light* does tell us some important and reliable facts about spirit life in Chapter 13; but far more, it emphasizes throughout how to live life on earth here and now. If you wish to learn more about the spirit world there are numerous books, but I recommend those written by Anthony Borgia, and in particular *Life in the World Unseen* (1954, etc.), *More About Life in the World Unseen* (1956, etc.), and *Here and Hereafter* (1968). The first two describe introductory tours of the spirit world on which a new arrival there was taken; the third expands on some

aspects. I'm not saying these books are perfectly correct, as always you should use reason, but they are particularly good, easy to read, and very well recognized in the field. Some are available as free downloads and some as Kindle versions.

## *Why are there Two Versions of Spiritual Light?*



In seeking to publish and distribute its principal book of teachings, *Spiritual Light*, the USB sought options that were both affordable and of high quality. Two versions were ultimately selected: a paperback version that can be printed on demand (POD) and sold by online retailers worldwide, and a deluxe version that had to be printed and distributed by the USB.

In the USA the deluxe version of *Spiritual Light* unquestionably offers the best value; elsewhere it depends.

**Paperback:** The USB has a contract with the printers of the paperback version to list it online with Amazon.com and thereby give it much exposure. If the book receives more onsite reviews (would you like to write one?), Amazon will give it more advertising. Further, the printers can currently produce the book in the USA, the UK, and via subcontractors in Germany, Brazil, Russia, and South Korea, which can greatly reduce shipping costs.

Because paperback books do not last very well and because we thought these teachings are so important for the world, we wanted to also produce a book that is very enduring. This led to the production of a deluxe version as well.

**Deluxe:** The deluxe version is printed on special archive-quality, acid-free paper that will last hundreds of years. It is also thinner than regular paper, resulting in a smaller, lighter book. The pages are sewn to the spine so they can never fall out. And the cover material is very tough. One printer described the book to me as “built like a tank,” though I have endeavored to make it more attractive than that. While very durable, I tried to design its outward appearance to reflect its inner value as a possession to be treasured. (Please also see “*Book pricing*” above.)

A major challenge for the USB mission is to spread the durable deluxe versions around the world, into the hands of people and institutions there, to endure. The high cost of postage (shipping) from the USA is a major obstacle to spreading them; it now costs about US\$22.50 to mail a single copy to other countries (besides Mexico and Canada), which is more than the purchase price of US\$21.50 for the book itself. If willing, USB supporters could help with this by volunteering to carry copies from the USA to foreign destinations.

*Please note* that the number of pages in each version is different. That is why we recommend referring to the contents by their topic and paragraph numbers instead of by their page numbers.

### *Some Questions and Answers*

Here I will include a few questions that readers and supporters have sent me, and my (John Finnemore's) answers; I hope to continue these in future newsletters.

Q1. Please suggest how I, far removed from other USB supporters, can **help with the USB work**.

A1. After you have become familiar with its teachings in *Spiritual Light (SL)*, you could help the USB to help people to grow in spiritual knowledge and development by mentioning these things to people you think might be interested. Mention also that it does not solicit support or funds, it does not charge fees, it is not a religion, and it does not require anyone to accept what it teaches. Perhaps, in time, you will find people who would like to join you in a discussion group.

One of the Illumined Souls, a leading participant in sharing the teachings now in *SL*, has said: "The need is *now*, and the need is *great*, for each of you in your *own* fashion to share your light with your fellow traveler. ... Let your light so shine, that those who seek it shall absorb it. ... And *let your voice be heard!*"

Q2. The title page of *SL* declares "The Complete Official Edition." Does this mean there are official and **unofficial USB teachings**?

A2. As explained in the introduction to *SL*, all the teachings contained in it were drawn from material in USB newsletters that Illumined Souls had first discussed with (not dictated to) Michael in sittings, and then reviewed with him on a word-by-word basis before release. That review process I consider made them "official."

However, in the USB records there are files containing records of Michael's communications with Illumined Souls that were *not* included in the newsletters, presumably because they were considered to be of less importance to the USB mission. In time, hopefully, we will be able to publish some of these that we think may be interesting. But because they can no longer be reviewed by Illumined Souls in the standard way we will have to consider them to be "unofficial."

Q3. If we wish to sit, in meditation or as a group, for communication with spirit friends, how do we **protect ourselves** from mischievous or undesirable spirits?

A3. You can discourage undesirable spirits by asking for spirit protection and by holding and living to standards that will not interest them. Even better would be to sit with an experienced medium with high spiritual standards who has established spirit helpers. And regardless of what information you receive, you should always consider it as an open-minded skeptic; does it resonate with you and also satisfy your reason?

Q4. Why are there **higher and lower spirit realms**? They sound like punishment, not universal love.

A4. One of God's most important perfect laws is the Law of Justice, which includes the Law of Cause and Effect. That says we reap as we sow. So the realms (environments) people inhabit in spirit life are the ones they have earned in their previous existence. Would it be fair and just if people who exploited and tortured others here went on to enjoy the same "heavenly" afterlife as those who suffered much while selflessly devoting themselves to the service of other?

However low people are in the spirit realms, they are loved by higher beings, and loving souls are ever waiting to show them how to make spiritual progress.

***A reminder on questions:*** While trying to find answers to our questions we need to remember to concentrate our efforts on those areas that will help make us, and the world, better!

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As an Illumined Soul has said, may the USB way of life "encourage you to extend your hands—*both of them*—in brotherly and sisterly love across the seven seas to *all* the children of earth."

In love and peace and brother-and-sisterhood,

Your brother,

John Finnemore

<p>If any teaching and/or philosophy in this USB document is in conflict with or is not supported by <i>Spiritual Light</i> (ISBN 978-0-9912422-1-4 deluxe flex-cover, 978-0-9912422-2-1 paperback), which contains the only complete <i>official</i> teachings and philosophy of the USB, then <i>Spiritual Light</i> governs. The inclusion of this statement, in a box in a prominent position, and worded as in <i>Spiritual Light</i>, is required on every authentic USB publication containing its teachings and/or philosophy.</p>
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