

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org

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Dear Brothers and Sisters:

This fourth 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 hope that these newsletters may reach people who are searching for such information; we encourage you to share this newsletter with those you think may appreciate it.

Where teachings are concerned, as always, we remind our brothers and sisters to accept *nothing*—not even of what *we* say—that your reason does not wholeheartedly embrace *and* that your inner being does not unreservedly sense is true.

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Our Previous Newsletter

If you missed our third e-newsletter (ENL-03 of March 2016) you can find it [here](#) (scroll down on the webpage to see our list of past newsletters). Its topics addressed:

Recent Developments

On Inspiration and Impression

Reports from USB Groups

What the Spirit World is Like

Why Are There Two Versions of Spiritual Light?

Some Questions and Answers

Members and supporters are invited to submit material for possible inclusion in future issues.

Recent Developments

More ‘Afterlife Reports.’ Since our last newsletter, [Victor and Wendy Zammit](#) have kindly included three more quotations from our book, *Spiritual Light*, in their famous, very educational, and widely distributed weekly [Afterlife Reports](#): about the various bodies we possess in their [report of April 1, 2016](#), about titles in spirit life in their [report of May 6, 2016](#), and about spirit scientists and psychic phenomena in their [report of July 1, 2016](#).

The Society for Psychical Research. The SPR, established in 1882 in England, is the world’s leading society for psychical research. In recent communication with the editor of its journal, we have been invited to submit materials about the USB and *Spiritual Light*, for publication in that journal. It was also suggested that we consider donating a copy of *Spiritual Light* to the SPR’s extensive library.

Audio recordings and YouTube videos. Digitizing of the USB’s early tape recordings, in which Michael Flagg (the USB’s founder on earth) spoke with Illumined Souls via various mediums, is proceeding at USB headquarters. In the recordings, these souls said more than once that they wanted interested people to be able to listen to them. As I (John) start hearing them after quite a few years, I’m again impressed with the thinking, sincerity, and love of the various speakers and the beauty of their language.

Also in preparation are several video recordings about the USB and *Spiritual Light*, for posting on YouTube.

The USB’s Mission and Vision for Humanity

Understanding that the true major purpose of our lives is to further develop our spirituality, the primary **mission** of the USB is to teach and spread spiritual truth. (By “spirituality” we mean the level of one’s moral consciousness and the nobility of one’s character, ideals, aspirations, and efforts.) Thereby the USB seeks to uplift and spiritualize humanity, to awaken all to the spiritual realities of life and to the God within us, and to so change the world!

The USB was founded for this purpose, and is led, by a group of Great Souls in the highest spirit realms. It also strives to encourage members and others to live by high principles and improve themselves spiritually; to promote and provide high standards of service, particularly in teaching, public speaking, mediumship, and healing; to encourage all to think and act universally, in terms of *all* people; to break down barriers between people; to end widespread suffering and threats to life on earth; to unite humankind in peace and harmony based on love and service; and to build on earth a force of thousands of people committed to helping Illumined Souls with their aims just mentioned.

To teach and spread spiritual truth and related philosophy, the USB makes use of, among other things, publications and productions; web sites and advertising; private study groups; presentations to, or that are open to, the general public; and a growing USB membership dedicated to the same purposes. The USB’s inspired teachings are presented in its principal book,

[*Spiritual Light*](#), which became available in paperback and hardcopy in 2014; for its availability, see the USB website's [bookstore](#).

The USB's **vision** is that it will bring about a worldwide unification of people in universal love, peace, and harmony, understanding and living in accord with high spiritual philosophy, so creating a universal spiritual brother-and-sisterhood.

Reports from USB Groups

The new study/discussion group at USB headquarters. The USB Foothills Group of Cupertino, California first met on April 4th, 2016 with 12 members. It continues to meet twice each month. Members come from East and South Africa, Iran, Nicaragua, Peru, Russia, the UK, and the USA, with some also having strong connections with Australia and India. The first few meetings were devoted to reviewing basic information about the afterlife and communication with it, including important facts, misconceptions, reliable sources of information, and personal experiences. Then we started reading and discussing early parts of the book, *Spiritual Light*. We plan to occasionally invite mediums and listen to early USB audio recordings of Illumined Souls discussing their teachings with Michael (see above).

Other Groups. After meeting for over a year, one USB group in Spain experimented with starting its meetings with meditations. As all members enjoyed this and some of them saw beautiful colors, they plan to make this a regular feature. Another group has started offering "spiritual" (unorthodox) healings right after its weekly meetings, for members with needs; they felt incredibly strong energy around them during the healings.

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

The Greatest Gift – a Teaching from Spiritual Light

Illumined Souls, in the USB's book, *Spiritual Light*, Topic 1119, have defined the following:

to spiritualize: "to enhance the level of one's moral consciousness and the nobility of one's character, ideals, aspiration, and efforts."

the greatest gift one can possess: that which "helps uplift and spiritualize others, and awakens them to the spiritual realities of life and to the God within them."

That greatest gift is what makes others conscious that we each possess a spark of the divine; that we are spirit here and now, and not just in some remote time and place; that *the real self* is indestructible; that death cannot separate those who love; that we can commune with loved ones who have gone on; that the universe is governed by Law; that God is a God of Love and Wisdom, of Law and Justice, and is That Which Is All-Good; and that because all human

beings [on *both* sides of life] are God's children, this means we are *all* spiritual sisters and brothers without exception.

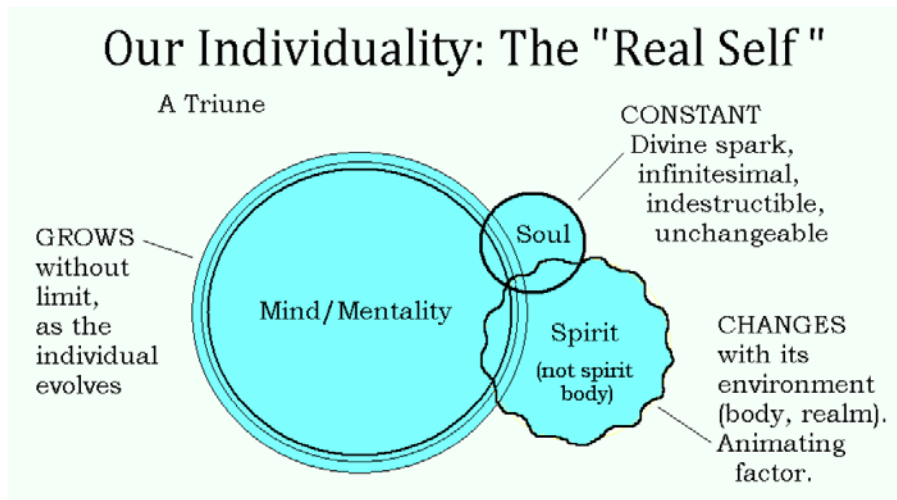
Whatever reveals *that* to an individual is, as far as *that* individual is concerned, the greatest gift we can possess.

What Determines Who We Are?

Recent television broadcasts in the US investigating ancestry and genealogy suggest these determine "what makes you *you*" and that "the story you're born with" is in your DNA.

So do our genes really determine who we are? Only *physically*, teach our wisest spiritual inspirers, or Illumined Souls. They say a person's mentality, which includes one's emotions, desires, thoughts, and spirituality, existed before this earthly life and will continue after it. But all the while, one is learning and hopefully progressing (one *can* retrogress if one chooses a wrong path).

Fundamentally, each individual on earth consists of a physical body and what Illumined Souls call *the real self*. The real self has three components, namely our spark of divinity (a constant), our animating factor (changes with its vehicle and realm of expression), and our mind or mentality (can be enlarged without limit). Here is my (John's) interpretation of this concept:



These three components are indissolubly fused together, indestructible, and therefore eternal. Our bodies are animated and directed by this eternal real self.

Beliefs and Spiritual Progress

There is no question but that many systems of belief have provided much good guidance to many people. But when it comes to beliefs themselves, Illumined Souls have made it clear that it is our

actions that govern our spiritual progress, not our beliefs. And actions include our thoughts, words, and deeds.

Illumined Souls teach that we are fully responsible for all we say, think, and do, and that no belief in or allegiance to anyone can relieve us of that responsibility. And the Law of Cause and Effect makes it clear that as we sow so shall we reap (not necessarily immediately)—that justice is perfect, regardless of our beliefs.

Let us concentrate on actions that we can always be proud of and on beliefs that promote such actions.

A Sanskrit Prayer

In a recent USB group meeting, a member shared the following meaningful prayer in the ancient yet living language of Sanskrit, which is commonly still recited in modern times:

From untruth to truth, may we go,	asatoomaa sat gamaya
from darkness-ignorance to light,	tamasomaa jyotir gamaya
from mortality to immortality,	mrityormaa amrutam gamaya
Om peace / equanimity.	om shaanti shaanti shaantihi

(The USB does not advocate any specific prayers, knowing that they must come freely and fully from the heart).

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. What Happens When We Pass Away?

A1. This is a large subject and very many books have been written about it. (By the way, I believe "pass on" or "pass over" is more appropriate and educational than "pass away"; Michael Flagg always used the expression "return to spirit life.")

Briefly, *everyone* is met at their passing (*SL*, topic 1322) and there are many, many reports of dying people seeing deceased loved ones around their deathbeds, welcoming them to spirit life.

What you experience as you leave your body and thereafter can also depend strongly upon your pre-conceptions, because your mind's influence is much stronger in spirit life (e.g., topics 1323:1, 1228:5,9). So, for example, you may not see that that you are being met by spirit loved ones, if you strongly do not believe in spirit life. But some individuals who have

strong attractions to people or things on earth may not hear or see spirit helpers, and as a result they remain close to their former earth conditions instead of moving on to the spirit realms; this is known as being ‘earthbound.’

After passing on, most decent, open-minded people are quickly guided to beautiful surroundings, where they meet many loved ones and feel great freedom and bathed in love. Their minds and memories remain intact and function fully, but their spirit bodies do not retain any physical (earthly) imperfections. They are taken to the spirit-world level that they have deserved by their prior evolution. For most people this is far more beautiful than anything on earth; experiencers usually tell us they feel it is their true home. The spirit world feels just as solid to them as our world does to us. There are so many interesting things to see and do in the spirit realms that, unless they maintain a close watch on a person or people on earth, they quickly lose track of time as measured on earth.

Q2. Why join the USB (as a member)?

A2. Membership in the USB is for those who feel the work of love of the great spirit beings who lead the USB is important to them; who feel supportive of, committed to, and/or aligned with the illumined USB leaders, their philosophy, and their mission (after reading about it in *SL* and/or on [the USB website](#)); who feel an inner “reaching out” to this great work and who would like to be a closer part of it and feel more closely aligned with its illumined teachers and inspirers; who support USB activities to the extent they can; and who therefore wish to “belong” by becoming a USB member.

Membership is not “closed” or “special,” it is free and open to everyone. Illumined USB leaders especially desire helpers who are humble in spirit.

Members need not give up other affiliations and/or beliefs they hold, in fact they need not give up anything; they need not accept every one of the USB’s purposes and principles, and there are no membership fees or other charges.

For those who have given permission to headquarters, we can put them in touch with other members and supporters, and so help like-minded people interact and cooperate.

We warmly welcome all who wish to join with us!

Q3. How can I consider a murderer, say, to be a brother or sister, in accordance with USB principle 2 (*SL* 103)?

A3. Principle 2 says he (say) is our *spiritual* brother. While society should isolate him to protect itself and impose punishment, that does not mean we should ever give up on trying to reform his thinking, with love if possible (suppose he was your or my *biological* brother). Illumined Souls have told us (*SL*, topic 515) that we can love people without loving what they represent. “And if we cannot love them, let us pray to *understand* them. Let us pray for light, or greater light, to enter their universe.”

A reminder: While seeking answers to questions, let us not forget to concentrate on those areas that will help improve ourselves and our world.

We thank you for your interest in the USB. Because it is working to help people grow in spiritual knowledge and development, we hope you will consider mentioning this newsletter and the USB to people you think might be interested. (They can ask to be added to our subscriber list, accessible [here](#), for our quarterly, free newsletters). Please mention also that the USB does not solicit support or funds, it does not charge fees, it is not a religion, and it does not require anyone to accept everything it teaches.

One of the Illumined Souls, who took a major part in sharing the teachings now in *Spiritual Light*, 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!”

In love and peace and brother-and-sisterhood,

Your brother,

John Finnemore

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

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