

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org

eNL-07

April 2017

Dear Brothers and Sisters:

This seventh e-newsletter is sent out with our love and blessings to all those who are dedicated to the universal spiritual brother-and-sisterhood of all humanity—the ideal of this organization. If you know others who might like to receive our nonreligious newsletters, please consider sharing this with them. And they can easily [subscribe](#) for future (free) editions.

First and foremost, we pass on to our brothers and sisters the constant reminder of our Illumined Inspirers to accept *nothing*—not even of what *they* 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 sixth e-newsletter (eNL-06 of January 2017) you can find it [here](#) (scroll down on the webpage to see our list of past newsletters). Its topics addressed:

Recent Developments

Reports from USB Groups

Some Spiritual Realities of Life

How the USB's Mission Evolved

Are We God's Children?

Sources of Information about the Afterlife

The Spirituality of Pets

Some Questions and Answers

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

Reports from USB Groups

Los Naranjos group leader hears from its former leader now in spirit life. We reported in eNL-05 that Deanna (Dee), the first leader of the Los Naranjos group in Javea, Spain, returned to spirit life in September 2016. Her husband, Peter, who now leads the group, had a sitting with a medium in March. That medium, who was a foreign visitor, who had never met Peter before, and who did not expect Peter to attend until the last minute, gave a very good description of Deanna and the circumstances of her passing. He then relayed a number of encouraging personal messages to Pete. A few days later Peter received a “mystery” message on his smart phone which came from an unidentifiable source; soon after, another local medium phoned Peter to tell

him that Dee was pestering her (clairvoyantly) to tell Peter that it was Dee who had sent the phone message.

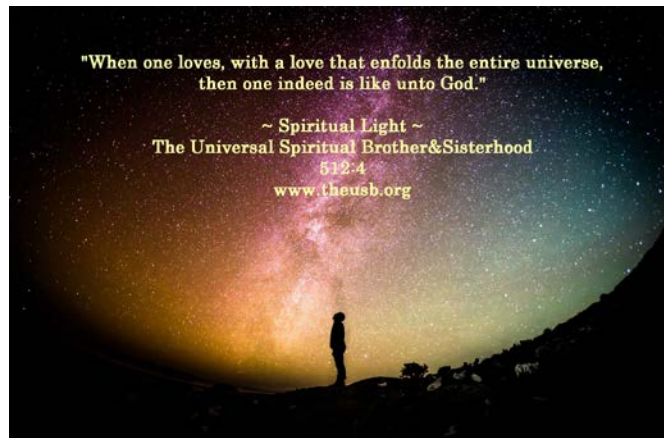
Santo Domingo group reports good progress. This group near Madrid, Spain, which began in May 2013 and met once a fortnight, has reported that they have completed a first reading of *Spiritual Light*. They are the first group to accomplish this. They are also still working on a Spanish translation of *Spiritual Light*.

Members continually report how opportunities have arisen for them to “sow seeds” and spread what they have learnt. Having built strong bonds and friendships, they want to continue meeting together and are now developing their new activities. These include group discussions benefitting from the much wider viewpoints that members have now achieved and guided meditations.

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

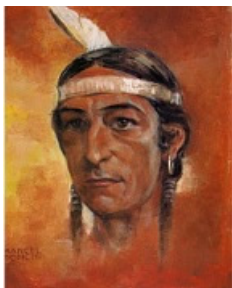
Recent Developments

More ‘Gems’ on Facebook. We have continued to post ‘gems,’ or brief inspiring extracts from the USB’s book, [Spiritual Light](#), on Facebook. They are reminders of how USB teachings can impact or uplift our daily lives. From a Facebook account you can visit the USB’s Facebook page at www.facebook.com/theusb.org/. You can click the ‘Like’ button to receive future USB gems and posts in your Facebook newsfeed.



Three Great Sources of Afterlife Wisdom

From my (John’s) many years studying spiritual teachings from the highest spirit realms, I believe there are three superior sources of afterlife wisdom:



An outstanding and widely-recognized presenter of spiritual teachings was **the spirit guide Silver Birch**. His teachings are acclaimed because of their unusually high standard and Silver Birch’s obviously advanced spirituality. He was the spirit guide of trance medium Maurice Barbanell, 1902-1981, a British journalist and editor of two psychic publications. Barbanell wrote seven of his own books and many more books have been written about Silver Birch’s teachings. (See also the article below.)

Historically there have been numerous other great spiritual teachers and prophets, including many whose teachings have been entirely or largely lost in the mists of time. Others, less remote, have had parts of their teachings mistranslated and intentionally distorted for various reasons. More recently, we have received teachings from two *groups* of spiritual teachers. I (John) consider teachings from a group to be more reliable than those from an individual teacher, because group members can discuss issues among themselves and come to a consensus, thereby eliminating most individual biases and errors.

An early such group of spiritual teachers was that led by a teacher known as ‘Imperator,’ spirit guide of W. Stainton Moses, 1839-1892. An ordained priest of the Church of England, Moses became interested in spiritualism and developed the gift of automatic (spirit-controlled) writing, through which his group of spirit inspirers gradually convinced him of the truths they were offering. **Stainton Moses’ book, *Spirit Teachings*** (first published in 1883), which details this process as led by Imperator, is considered a classic in its field; in 1957 it was designated “the Bible of modern spiritualism” by Spiritualist Press.

Finally, our own USB is a recent and rare example of agreed teachings offered by an elevated group of spiritual teachers. It includes many of the greatest prophets, enlightened beings, and noble souls this world has known. These Illumined Souls, of the most advanced wisdom and spirituality, seek through their teachings to spiritualize and unite humanity and thereby make life on earth much more heavenly. First distributed from 1958–1982 as quarterly newsletters, prepared by the USB’s founder on earth, Michael Flagg (1903–1992), those teachings have since been compiled into **the USB’s principal book, *Spiritual Light*** (published 2014). The newspaper *Psychic World*, founded by Maurice Barbanell in 1946, has described *Spiritual Light* as “the Spiritualist Bible for the twenty-first Century.”

A Meeting with Silver Birch

In 1957, Michael Flagg, the founder of the USB on earth, met and was addressed by the highly spiritual guide Silver Birch (see “*Three Great Sources...*” above). This was reported in the *Two Worlds* newspaper of London, England on February 1, 1958, in an article entitled “Spirit Teachings Bear Divine Hallmark—Silver Birch.”

Referring to Michael’s recent sittings with Illumined Souls in London, Silver Birch advised him to “Disseminate those truths which will deliver man from bondage and rescue him not only from self-imposed prisons but also from the mighty and powerful interests that stand in the way of his attaining the spiritual richness that should be his.”

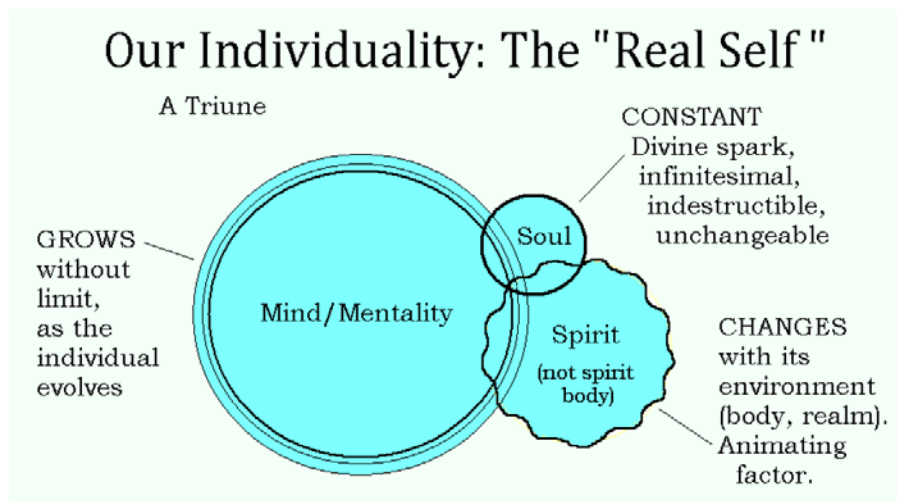
Silver Birch continued by saying this “is a work which must go forward in increasing measure because it is directed to the all-important task of saving mankind from himself and from those forces which have subjugated him... It is a long and difficult, toilsome struggle on which we are engaged.”

And then "...All our efforts are directed, wherever channels can be found, towards the single purpose of ensuring that the spiritual truths upon which the whole of life are founded should be the basis by which man everywhere builds his life."

This encouragement by Silver Birch added to Michael's determination to spread as widely as possible the teachings he received from USB spirit leaders. See [the full article](#) on our USB website, under article 4.

On Consciousness

There is, nowadays, a growing interest in consciousness. Dictionaries equate it to awareness or mind, characterized by sensation, emotion, volition, and thought. Illumined Souls teach that it is more than just our mind, that it also includes our divine spark (soul) and our animating factor (spirit) (*Spiritual Light*, topics 602, 605:2), which together make up the three key components of the Real Self:



There is also a growing realization that consciousness is not a product of the brain, but that it expresses *through* the brain. Some physicists are suggesting that this is supported by research in certain areas of quantum mechanics.

However, there is ample and growing evidence, independently from out-of-body experiences (OBEs), near-death experiences (NDEs), and mediumship, that our consciousness survives physical death. Obviously it could not survive death if it were solely a product of the brain. Illumined Souls and other spirit authorities teach that our Real Self (or consciousness) is eternal, that it expresses in a physical body for a lifetime on earth to learn lessons available only here, but after physical death it continues on in the spirit realms (our true home) in a spirit body, ever striving to be more perfect.

Why I Believe in an Afterlife

I (John) do not actually “believe” in an afterlife, I accept the evidence for it.

Although I was raised by parents who were “survivalists” (accepted the notion of survival after physical death), I became a scientist by profession, and wanted my own evidence.

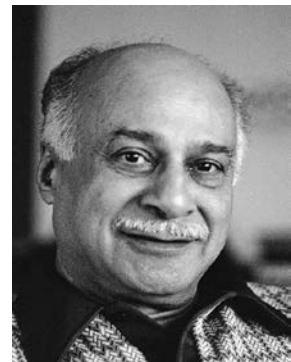
In my high school years in England I occasionally attended a Spiritualist church with my parents and witnessed them receiving some very evidential spirit messages. In one case, an unknown medium visiting from a distant town just for the service, told my father that the family business he had inherited from my grandfather would flourish “now that the field was cleared”—my father had been having difficulties with my grandfather’s business partner, a Mr. Field, who had finally retired (there is no way the medium could have known Mr. Field’s name). My mother also told me of her experiences, including receiving a spirit gift of a piece of jewelry that she watched materialize, which I have no reason to doubt.

While in undergraduate college I attended a few home circles of deep trance medium Peter Couchman, where I witnessed some evidential phenomena. I recall, for example, two spirit speakers in 1959, while controlling Peter in trance and another member, having an obvious discussion in some Asian language, like Chinese, that neither of these Englishmen knew. Peter invited me to join the USB, which I did in 1959. A few months later, after Peter had passed on, I once joined my parents and Peter’s wife in a sitting, in which I first saw small auras around all objects in the dimly-lit room. Next I began to see faces (transfigurations) slowly appearing and dissolving in front of my mother’s face. When I mentally questioned whether I was imagining them they immediately changed to a rapid-fire sequential display of many different faces. I am convinced this was a spirit-world presentation for my benefit.

Over the years, as I explored more I received more evidence: through other mediums, through the Ouija board, through a sister who developed mediumship in her middle age, and through the USB’s wonderful medium, Ruth Flagg. I have also read books and articles about mediumship and the afterlife throughout. In total, I find the evidence overwhelming and undeniable.

Why I Believe in the USB

The USB on earth was founded by Michael Flagg, who worked under the direction of Illumined Souls in spirit life. I (John) knew Michael well, for 26 years, and through numerous incidents I became totally convinced of his exceptional integrity and his conviction of the truthfulness and wisdom of his spirit inspirers. This was based on his two trips to England, in 1956 and 1957, his many sittings with top-class mediums there where he was not known, and what he learned from his extensive discussions with and questioning of the spirit communicators. USB records reveal that Michael contributed more than \$17,000 of his own funds to support the USB mission, as well as countless hours of his time.





Ruth Flagg became the USB's and Michael's medium soon after he returned from his second visit to England, and she served in that capacity until the end of Michael's life on earth. I knew Ruth well, for a little longer than Michael, and from my many personal experiences and from audio recordings of her mediumship with Michael, I believe she possibly had the highest spirituality of all 20th century people who also served as a top-rank deep trance mediums (by *spirituality* the USB means nobility of character and spirit). The extent of her loving, caring, giving nature was almost unbelievable. She also had the highest integrity and was very intelligent and experienced as a medium. She dedicated the last 30 years of her working life to serving the Illumined Souls and the USB mission with Michael.

Michael made audio recordings of most of his discussions with USB spirit inspirers via mediumship in London and California. A number of those recordings have survived, which we plan to digitize and make available before too long. Besides evidencing the sincerity and wisdom of the Illumined Souls, those recordings reveal their highly spiritual personalities and motives. For 30 years they endured the very unpleasant (for them) earth environment to regularly visit, teach, and discuss spiritual philosophy with Michael, through mediumship. In their communications it was made clear that they did not require Michael or anyone to do anything, they just wanted to share their knowledge and hopes for humanity on earth.

All this work by Michael, Ruth, and the Illumined Souls was done without pay or any other personal benefit besides the satisfaction of supporting a very good cause. It was clearly a tremendous work of love and service.

I received and studied the quarterly USB newsletters for 23 years and became very impressed with their profound wisdom, simplicity, and noble spiritual purpose. Their emphasis, on developing human spirituality, sharing spiritual truth, and gaining from the spiritual lessons that can only be learned on earth (in physical bodies), seems so reasonable and sensible to me. As does their advice, that humanity's only solution to its major problems is for everyone to learn to treat *all* people as brothers and sisters.

I met Michael often, quizzed him about his experiences, and discussed many of the USB teachings with him at length. When, for health reasons, Michael was no longer able to work for the USB and he invited me to take over his efforts to compile the USB newsletters into a book, I could not allow those wonderful teachings and all the efforts to deliver them to go to waste. While working on the compilation I developed a much deeper appreciation for their content. I also received a communication of great encouragement from a USB spirit representative whose comments clearly indicated he was very familiar with my daily tasks.

After publication of the USB teachings in *Spiritual Light*, my convictions about the USB and its teachings were compellingly confirmed by the wonderful endorsements given the book by independent, authoritative reviewers, including Deepak Chopra, Victor and Wendy Zammit, and editors of *Psychic News*, *Psychic World*, and *The Journal for Spiritual and Consciousness Studies*. I am convinced that the USB teachings are of vital importance to all human progress.

Interested Non-Computer Users May Need Your Help

You may know people, often older, who are interested in subjects discussed in these newsletters but who cannot use computers or other means of online access. If so, please consider printing out a sample newsletter for them to read. If they enjoy it, perhaps you could find ways to help them further, such as providing them with more newsletters, showing them our [website](#) or [Facebook page](#), or providing them access to a copy of our book, [Spiritual Light](#).

Thank you for helping spread USB information to interested people.

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. How should we feel and react when “bad” things happen to us?

A1. We should remember that we are eternal, that we possess a spark of God and unlimited potential, and that challenges are temporary and often for our benefit such as developing good qualities, that ‘nothing good in life comes easily,’ and that things that seem ‘bad’ may be there to redirect us.

Q2. Why is the USB a ‘Brother&Sisterhood’ on earth and a ‘Brotherhood’ in the spirit world?

A2. Originally, on earth, the USB was named a Brotherhood, the same as the long-existing parent organization in spirit life. In the higher spirit realms people have always been considered equal and so everyone there understands the word *brotherhood* to include men, women, and children.

Later, to comply with the more recent gender neutral practices and terminology developing in the US, etc., the USB on earth was renamed The Universal Spiritual Brother&Sisterhood. Subsequently, a spirit communicator, who claimed to speak for the USB and otherwise seemed very credible, made a point to mention that the USB is still known as the “Brotherhood” in the spirit realms.

Some people accidentally call us The Brotherhood&Sisterhood, rather than The Brother&Sisterhood. Because the former tends to suggest two separate but linked organizations, we chose instead to use the latter name—The Brother&Sisterhood—which we think better suggests an organization of united brothers and sisters. (This is our registered name as a California corporation and appears on our letterhead, website, and all our printed materials on earth).

Q3. Is there a spiritual requirement to give service?

A3. There is not, but according to the Law of Service (405), the greater our blessings, gifts, and awareness, the greater is our responsibility to serve.

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 would be very happy for you to share this newsletter with friends and others who might be interested. They can add their names to our subscriber list (for our quarterly, free newsletters) and see prior issues [here](#).

An Illumined Soul has said:

“We come to develop the spirit, we come that we might inspire and give unto the earth world a great realization of the purpose of life, and what it can entail and what it can achieve when people approach all things from the spiritual aspect and desire only spiritual good for themselves and the world.”

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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