

# THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org



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Dear Brothers and Sisters:

This eighth 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 these free publications with them. And they can easily [subscribe](#) for future editions. (Note: If you print these newsletters, we suggest you do so from the PDF versions archived on [the USB website](#), because the resulting print size will be considerably larger).

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 seventh e-newsletter (eNL-07 of April 2017) you can find it [here](#) (scroll down on the webpage to see a list of past newsletters). It addressed:

*Reports from USB Groups*  
*Recent Developments*  
*Three Great Sources of Afterlife Wisdom*  
*A Meeting with Silver Birch*  
*On Consciousness*  
*Why I Believe in an Afterlife*  
*Why I Believe in the USB*  
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## ***USB YouTube Videos Go Public***

We are very happy to announce that the USB has created [several videos](#), posted on YouTube, which feature afterlife wisdom shared by the USB and in its book, *Spiritual Light*.



Initially there are five brief videos, of a few minutes each. These:

- provide introductions to afterlife wisdom and the USB;
- address the USB's source, its purposes and goals; and
- explain how its spirit teachers communicated.

We plan to add quite a few more, about such subjects as: why I (John) believe in the USB; some USB teachings and how they can help us; *Spiritual Light*, the USB, and its audio recordings; and USB groups, supporters, and skeptics.

You can find these videos by clicking on the above YouTube logo, [here](#), or via the video [link on the USB website](#). We hope you enjoy these ways of finding a quick overview of the information about the USB and that you will freely share it with others you think may be interested.



If you will help us get these five videos viewed for as long and often as possible before noon/midday on Thursday August 31st it will rank them higher in YouTube. The USB will be most grateful.

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

***Derwent group has started meeting in Tasmania.*** This new Australian group in Hobart, Tasmania, named after the Derwent River, began meeting on July 12<sup>th</sup>, 2017. It will meet twice a month for five months to study and discuss *Spiritual Light*. We will be very interested to learn how members like its new, shorter course format and we wish them much success and satisfaction. For more information please contact us via the [USB website](#) or via [derwent@theusb.org](mailto:derwent@theusb.org).

## ***USB Teachings on Integrity and Standards***

In the USB's book, *Spiritual Light*, Topic 711, our wonderful spirit teachers tell us that integrity is the root of a noble character. Its uprightness, honesty, and soundness of

character that nothing can impair are as essential to nobleness of spirit as oxygen is to water.

Integrity is a trait that anyone can possess, that one should strive for and strive to retain. With use it develops and becomes more firmly established until it becomes second nature to its possessor.

People with integrity do not seek anything that is not rightfully theirs; they do not do unto others what they would not have others do unto them; they would not sacrifice principle for expediency; and they would not repudiate agreements freely and voluntarily made. They prefer defeat with honor to victory with dishonor.

Most people do not display the same degree of integrity in all their doings. For example, it may occur quite differently when correcting (or not) mistakes in change given after a purchase, when “forgetting” to declare taxable goods while going through customs, when taking minor office supplies for personal use, or when taking extra time for lunch.

Usually one’s integrity is often put to the test, to determine whether it is indestructible or a crumbling façade. For the earth is our proving ground.

We must set our standards high. We should not excuse our doing little things we know to be wrong because “everyone does it” for this can lead to more serious transgressions and the cumulative effects of such behavior can be grave. It is what *we* do, not what *others* do, that matters most to us. We should strive to develop that awareness and to live by high standards.

### ***Movies with Spiritual and Afterlife Themes***

The 1989 Steven Spielberg movie *Always* is a romantic comedy-drama starring Richard Dreyfuss, Holly Hunter, John Goodman, and Audrey Hepburn in her final screen appearance. After a daredevil pilot is killed while flying and experiences transitioning to spirit life, he learns to mentor a newer pilot and his former girlfriend, whose life he saves. *Always* is available on Netflix.



We welcome other movie suggestions with spiritual and afterlife themes, so we can mention them in future newsletters.

### ***Actions versus Beliefs***

In this life many people are strongly attached to their beliefs. This is obviously good if people's beliefs guide them to living well. But some beliefs guide in other directions; others do not guide at all, and in fact may lead to separations between peoples.

Illumined Souls, our enlightened spirit teachers, tell us that our *beliefs* here on earth do not affect our progress in spirit, only our *actions* do. "Actions" include our thoughts, words, and deeds.

We are here on earth for only 60–80 years or so, but we will be in spirit for eternity! Because there are so many lessons that we can only learn on earth (*Spiritual Light*, 1424, and see below), *how* we live on earth really counts. The challenges of this life are an intensive experience that we have undertaken, and I have heard a number of spirit guides express admiration for our courage in doing so. It is dealing with our challenges on earth that builds our character and spirituality.

### ***The Lessons of Earth—Why I Am Here***

We develop and progress by learning lessons, and while there are many that can be learned on either side of life, that are an important number that can be learned *only* on



earth. So these lessons are clearly an important reason why we are here. They help answer the age-old question of philosophers, "Why am I here?"

On earth, living in a physical (earthly) body, there are unique experiences and opportunities for good or bad. While they may not always please us, they are blessings when they provide us opportunities to grow. The lessons we need to learn now – in this life – will depend on our own evolvment. And we will demonstrate we have learned them

well by doing only what is right and good because that behavior has become a part of our consciousness over time.

Some of the lessons we can learn only on earth follow from experiences and opportunities available only here (*Spiritual Light*, 1424), which include:

- Looting, stealing, vandalizing, harming, and killing;
- Trafficking in slavery or possessing slaves;
- Abusing animals;
- Achieving power or wealth by trampling over others;
- Gaining by sacrificing principles;
- Deceiving people by our outward appearance;
- Bearing children and raising them in challenging environments;
- Suffering physical ills and accepting graciously and courageously what cannot be helped;
- Standing up for one's legitimate rights;
- Taking up the defense for justice of others.

Only if we are highly spiritually evolved, while living in a material world, do we demonstrate that there are no lessons, of those available only on earth, that we still need to learn. It is then that we will have no need to return to earth, unless we wish to teach.

### *Afterlife Humor*

The higher spirit realms are not an ever more silent, cold, and grim existence for the evolving individual, rather they are more expressive, warm, vibrant, and beautiful.

Importantly, among the characteristics of spirit people of high spiritual stature is a sense of humor. This includes recognizing, appreciating, or expressing what is diverting, funny, or absurd, and the ability to perceive the resemblance between things that are really unlike and to express it quickly, briefly, sharply, and, above all, entertainingly—but, of course, never to disparage, ridicule, embarrass, or disconcert anyone.

We are told a sense of humor contributes to the happiness, lightness, and brightness of the higher spirit realms. It increases one's rates of vibration, making it easier to rise to a higher level. Indeed,

Humor is the leaven,  
Without which heaven were not heaven!

I recall a humorous incident, captured in an audio recording, in which Michael Flagg was discussing spirit teachings with an Illumined Soul, one of the highest spiritual advancement, who was speaking through Michael's wife Ruth, a medium, and so using her voice. Concentrating on the teachings and hearing Ruth's voice, Michael forgot himself and addressed that Illumined Soul as "Honey." Quick as a flash, that Soul replied "You can call me whatever you like!"



## *The Afterlife “Ladder”*

Because there’s a vast literature about the afterlife, it takes considerable research to identify the more reliable information and to glean its essence. The following is my lifetime’s assessment of the afterlife “ladder” of spiritual progress.



In the afterlife we usually progress upwards, to the level of spirituality (nobility of character and spirit) that we have built during our prior existence. That is like climbing, though not a literal ladder, but recognizing that the afterlife exists in many realms or levels, at different rates of vibration that correspond to the many different levels of spirituality that people have attained. So you might wonder why we bother to climb. It is natural for people to want to progress, though not all the time and not in all ways, but overall they progress nevertheless. And it is natural that some of our loved ones make more rapid progress than others. So when some are “left behind” (on lower rungs) they usually seek to catch up with their loved ones.

One of the fastest ways that a laggard can catch up, or a dedicated self-improver can make progress, is to take a character-building course of intensive experiences and challenges—a life on earth.

Therefore, our earth lives are far more important to us than most of us realize. And that must be a major reason why spirit leaders are so concerned about us destroying our earthly environment. It is vitally important to our ladder-climbing activities.

## *On Multiple Interests*

Have you ever been dedicated to or a serious follower of something really positive, but found that you developed so many other interests that you became distracted from that pursuit? Such distractions may be good, or not good, so it would be wise to consciously decide which interests to follow, because some distractions may be created or promoted by negative beings.

Malevolent beings definitely exist (*Spiritual Light*, 828:4) and they are working hard for their darkness to prevail. (In “A Meeting with Silver Birch” in our previous newsletter, we reported how that famous, outstanding, and highly spiritual spirit guide told Michael, the USB’s founder, of the “long and difficult struggle” between truth and error that the USB and the forces of light are engaged in.)

Those unscrupulous beings will do *anything* to achieve their sinister ends. Besides lying and creating false and amazing distractions, they also promote genuine mysteries and

phenomena to distract people from studying and understanding spiritual truth. The sometimes-heard argument that evil does not exist is just one of their tactics to blunt resistance to their efforts.

To delay our spiritual progress they aim to confuse humanity, to keep us in ignorance, and to have us “believe” rather than know. These negative beings aim to confuse, disappoint, or disillusion people so thoroughly that they eventually will refuse to consider *any* truth placed before them and turn away in discouragement from anything that purports to come from the spirit world.

We’re told they *pose* as all kinds of beings to better impress the unthinking. They place no value on human life. The struggle between the forces of light and darkness will continue until people become profoundly concerned with the lot of *others*.

So, in light of these sometimes negative distractions, how can you decide which of your interests to give your attention to? We suggest you ask yourself, “Does it improve people’s characters and spirituality? Does it improve the world, lead humanity towards spiritual light, and make life here more delightful?”

### ***Some Questions and Answers***

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

**Q1.** What is the meaning of “noble” as used in the *Spiritual Light* Topic 608:1, with the mention of noble qualities?

A1. We liked the dictionary definition of possessing very high or excellent qualities or properties, especially those arising from superiority of mind or character.

**Q2.** How do other courses of spiritual teachings compare with that of the USB?

A2. One important comparison is that most other spiritual courses teach about specific religions or belief systems, whereas the USB teachings are universal, applying to and available to all people.

**Q3.** Is competition spiritually good or bad for us?

A3. It is good, although it may sometimes seem bad. In team sports, for example, competition can incentivize us to improve ourselves and to cooperate. In many businesses it encourages us to treat our customers well. But in other circumstances competition may tempt us to mistreat others or compromise other principles. In this

way, competition is good because it presents a test, which is an opportunity for growth.”

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

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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](#).

In closing, an Illumined Soul has said:

“There is so much that we want to do. And it shall be achieved. For behind this great and momentous work are souls of *high* stature in spirit [life], ... all coming from the spheres of the highest spiritual attainment and achievement—realizing the need, as we do, that the earth shall have this knowledge, that it might save itself while there is yet time, from destruction.”

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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