

# THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org



eNL-10

January 2018

Dear Brothers and Sisters:

We send out this tenth e-newsletter 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. Past newsletters (with considerably larger text) are archived on [the USB website here](#).

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.

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

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## ***Our Previous Newsletter:***

If you missed our ninth e-newsletter (eNL-09 of Oct. 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*

*Michael's Corner*

*Our Gratitude to Volunteers and Helpers on Earth*

*Memento Mori*

*Some Questions and Answers*

## ***Recent Events***

December 23<sup>rd</sup> was Michael Flagg's birthday, born in Shanghai, China in 1903.

December 28<sup>th</sup> was the 61<sup>st</sup> anniversary of the USB's founding on earth. We celebrate!

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

***The Derwent group in Hobart, Tasmania.*** This Australian group led by Philip Crouch has completed its first five-month series of fortnightly meetings, attended variously by eight to eleven people. Besides reading *Spiritual Light*, members participated in mindful meditation, discussed the book at length, and expressed gratitude to spirit helpers. A new series of meetings in 2018 is planned to study spiritual healing. For more information please contact us or them via the [USB website](#) or via [derwent@theusb.org](mailto:derwent@theusb.org).

***The Foothills group of Cupertino, California.*** At its end-of-year meeting this group, together with some special guests, enjoyed hearing a preliminary version of Michael Flagg's first recorded 1956 sitting with USB spirit communicators in England. This led to considerable discussion, followed by a social period in which people recounted some of their own interesting spiritual experiences.

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If you are interested in forming a USB group for reading or discussing USB teachings found in *Spiritual Light*, please [contact us](#).

## ***Important Lessons to Learn Here on Earth***

Life teaches us many lessons, and of these the most important to our long-term progress are *spiritual* lessons. To make more rapid progress we can search these out and work at them.

Illumined Souls, who have made the most spiritual progress of our planet, teach that understanding The (spiritual) Laws that Govern and living life on earth according to them is highly important. Particularly so are the Laws of Personal Responsibility, Cause and Effect, and Service. *Spiritual Light* [SL, Chapter 4] explains these and ten other important Laws.

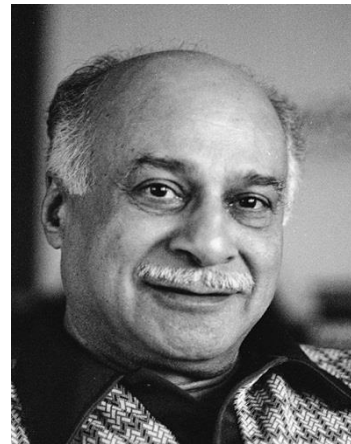
While we are here we can also concentrate on learning those lessons that can be learned *only* on earth [SL 1424, eNL-08]. And realize that until people are profoundly concerned

not only with their *own* lot, but with the lot of *others*, the struggle between the forces of light and darkness will continue.

It is a challenge to pay attention to and learn such lessons during our demanding daily lives on earth. But nothing that is valuable is easy. To live spiritually in a material world—*that* is the great conquest [SL 1401:5].

### *Michael's Corner*

Michael Flagg did much more than prepare the USB's spiritual newsletters for 24 years. In his professional life he supervised the educational program of the State of California's Industrial Safety Division and served as editor of *California Safety News*. In that capacity he was called upon to write speeches for top California politicians and public servants.



In his private life he was very creative, often with a strong spiritual bent. He wrote many poems. One, on human equality and diversity [*Spiritual Light*, topic 721], was published in the *New York Times* on February 16, 1932, over 20 years before he discovered the USB. He wrote over ten children's poems about animals, and over 70 others, which the USB hopes to publish, about the teachings in *Spiritual Light*.

Michael played the piano and composed songs. We have song sheets for his *A Kiss In Killarney* (1971) and others. He composed two songs relating to the USB that we plan to make available.

Michael also wrote plays. He told me (John) how a number of them had bordered closely on commercial success but then for one reason or the other they had been sidelined. After he discovered the USB, Illumined Souls told him that they had arranged that to prevent Michael from becoming distracted from his life's spiritual purpose.

*Michael's Corner* is dedicated to presenting various tidbits about Michael Flagg's life and his commitment to the USB, including his notable founding of the USB on earth in 1956 following steady encouragement from illumined spirit leaders, through to his last days on earth in 1992.

## *On Being Bodiless*

Many people, including writers on spiritual and metaphysical subjects, presume that when we are not living and awake on earth we are bodiless.

On the contrary, Illumined Inspirers from the highest spirit realms assure us that we *always* have bodies. Our consciousness, or our “real self,” always occupies a spirit body with which it can express. While one is alive and awake on earth this spirit body remains enveloped within the physical body. While one sleeps (or is otherwise unconscious) one’s real self in its spirit body temporarily leaves the physical body, but remains connected to it.

Illumined Souls also tell us that the spirit body is a replica of the physical body in its perfect state [*Spiritual Light*, topic 1309]. But, due to the far greater power of the mind when free from the physical body, some spirit people may see bodily imperfections, or even not see anything much, depending on their beliefs and expectations. So if they expected to be bodiless they may not see their beautiful spirit bodies. And they might even try to convince us that that is how things are in spirit life!

Further, as people progress in spirit life, they can earn the right and learn to change their appearance [topic 1310], again by the power of thought. Few spirit individuals opt for major changes, however, because they might then not be recognized by other spirit people.

## *Michael’s Wonderful American Medium*

After Michael completed his 1956 and 1957 trips to England to have sittings with some of Britain’s best mediums, and returned home to San Francisco, he needed a good, local medium to help him continue his work for the USB. In the meantime, he arranged for a few English USB members to have proxy sittings for him with the British mediums.

I don’t know how Michael discovered Ruth Cunningham (1911–1999). At the time she was working as a medium at Lily Dale in upstate New York, a spiritualist center about 40 miles south west of Buffalo. We can read about her earlier life in that area in the book, *Where is Tomorrow?*, written by her daughter, Naomi Rosenberry (Xlibris Corporation, 2006). It describes some of their psychic experiences, including at Lily Dale.

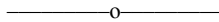
Somehow Michael convinced Ruth to visit San Francisco a few times during 1959–1962, for a few days each, to give



him a series of sittings in which he could communicate with USB spirit leaders and gather more material for his newsletters. Ruth had the very unusual qualities of exceptional mediumistic skills combined with outstanding personal spirituality (nobility of spirit), something not easy to find among mediums and especially needed for the USB mission. Ruth would often see and hear spirits clearly in her everyday life, and for the USB sittings she was taken into a deep (“dead”) trance.

Ruth’s spirit “doorkeeper,” who carefully controlled all spirit access to Ruth, was named Mary Martin. Mary was also very advanced spiritually. We can hear Mary speaking with Michael in some of the USB audio recordings to be made available soon. I (John) was very fortunate to have a few private sittings with Ruth and so to also speak with Mary. On special occasions Ruth would wear a silver brooch displaying the initials MM hovering over her initial R (see photo).

Before long, Ruth decided to devote the rest of her working life to the USB. She married Michael on his birthday in 1963 (so that he wouldn’t forget, he told me laughingly). Michael’s last newsletter was in 1982, so they worked together for the USB for another 19 productive years and lived together considerably longer.



In closing, 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 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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