

Index

Numbers cited in this index are those of topics, not pages; the numbers following colons indicate paragraph numbers within the topic, or footnote numbers if preceded by a letter n.

A

- Abandoning the helm, 824:3
- Abou Ben Adhem, 509
- Absent healing (*see* Distant healing)
- Accept:
 - if cannot correct, 744:16, 756:6, 928:10, 1408:11, 1410:8, 1424:11
 - a disagreeable condition, 742
 - not blindly, 208:6, 309:5, 827:2, 1211:2, 1221:13, 1233:13, 1419:1
 - not unthinkingly, Intro:43, 110:6, 316:5, 1234:5
 - if think, 209:4, 848:3
 - USB principles, 108:1, 111:5
 - USB teachings, 110:6
- Acceptance demanded, 107:7
- Accidents:
 - of birth, 1011:7
 - happen?, 1410, 408:2
 - and world confusion, 770:2
- Accomplishments:
 - by oneself, 731:3,9,11
 - of USB, 1430
- Achievement, 773:3
- Achieving USB's goals, 1420–1432, 807:14–20
- Acquisitions (fulfillment), instant, 747
- Actions:
 - consequences, 1410
 - our own, 1410
 - a philosophy, 736
 - responsible for our, 1230:18
- Acupuncture:
 - and healing, 1104
 - and prana, B09:30
 - uses, B09:30–33
- Addresses by Illumined Souls, A01–A13
- Administration, need for change, 823:3
- Admission charges, D06:7
- Adulation, 107:5–7, 514:6, 723:4
- Adulthood, those nearing, 907:8
- Adults, and children, 907
- Adversity, uses of, 1408, 1120:8
- Affect one another, 1410:3–7
- Affinity, the Law of, 412
 - and attraction, 412
 - for one only, 412
- Affirmations (*see also* Mantras):
 - effects and value, 768, 503:1,5
- Afflicted, patience with the, 728:8
- Affluence, test of, 846:3
- Afterlife and misconceptions (*see* Misconceptions)
- Age:
 - best mediumship for this, 1236:2
 - each is what we make it, 1007:10,12
 - every, great souls visit, 1104:6
 - new, 201, 101:5
 - of responsibility, 839
- Aggressors:
 - appeasing, 860:7–9
 - feeding, 860:7
- Agnostics, 507
- Agreements, repudiation, 716
- Ailments and heredity, 1120:8

Index

- Akashic records, 1312
- Alcoholics, spirit protection of, 921:11
- Alcoon, A03, A05, A02:1, A03:n2
 - on God, 501:2
 - on the path, 517:7
- Allergies:
 - a cause, 1311:24-28
 - controlling, 1311:30–33
- All, is not God, 502
- Alone, we are never, 1222
- Alternative healing, 1101:1
- Anarchy or law, our choice, 838:4
- Ancestor, common, 601:n1
- Ancestors, 707
- Ancient scrolls, *etc.*, 764
- Ancient teachings, 314
- Angel, guardian, 1221:8, 1224:4
- “Angels of mercy,” 1323:5
- Animals:
 - becoming human, 1308:8
 - being awakened, 925:2
 - the fate of, 1308
 - and humans, 810, 811, 808:12
 - humans never were, 1308:10, 1406:2
 - kingdom, and humans, 810
 - no divine spark, 601:2
 - and phenomena, 1135, B09:36–38
 - psychic ability, 812:3
 - rejoining owners, 1135
 - retain their identity, 1308:3–4
 - saving humans, 812:2–3
 - sense of smell, 929:5
 - speech by, 811:2
 - spirit direction of, B09:38
 - telepathy with, B09:36
 - vibration rates, 414:11
- Annihilation, 308:3, 1316:2, 1413:10–13
- Answers, to questions, 1307
- Ant, and understanding, 506:2
- Anyone can rise above, 770:5, 803:12, 1415:10
- Apathy, of public, 715:28
- Apparel, women’s, 714
- Appearance:
 - in materializations, 1123:10–13
 - presentable, 714
 - of spirit people, 1309:7–8, 1315:4, 1310:17–19, 21–23, 1330:12
- Appeasement, folly of, 744:5, 754:3, 860:7–9
- Appeasing aggressors, 860:7–9
- Application, of knowledge, 1430:4
- Apport, 1129
 - and materialization, 1129:5
- Armageddon, Pref:36
- Art, 713:5–6, 836:4
- Ask (pray), 756:4, 759:3, 1108:5
- “As one thinks,” 817:2
- Aspiration, 411:1
 - and effort, 103:8, 608:3, 717:5
- Assisi, Francis of, 1405:4,n2
- Astral:
 - flights, 918:8, 1329:1
 - projection, 918:8,n2
 - realms, 1301:2
- Astral body (shell), 1310:5–6, 1319, 1227:7
 - and spirit controls, 1319:8
 - and thought forms, 1319
- Astrology, 1008–1009, 313:5
 - interpretation in, 1008:4
 - and planets, 1008:4,10–12
 - predictions/prophesies, 1005, 1008:23
 - of twins, 1009
- Astronomy, 313:5
- Atheists, 507
- Atlantis, 805:3
- Atom, power in, 507:10,n5, 727:17
- Attitude(s), 719–733
 - to avoid, 1203
 - can block healing, 918:5
 - closed-minded, 323:n17
 - instilling in children, 907:12
 - in prayer, 522:1
- Attraction:
 - and affinity, 411, 412
 - laws of, 411–412
 - and prophets, 1001:8
 - and spirit guides, 1109:7
- Attunement:
 - to higher spirit realms, 413:12

Aum, sound, 1139:1–2
 Aura, 1311, 1312, 910:8
 colors, 1229
 cycles within, 1229:4
 detection instruments, 1311:n7,
 B09:29
 full record, our, 608:7
 incompatibilities, 1311:5,18–19,38
 misconceptions, 1311:42,46–47
 predominating color, 1229:3–4
 and prophecy, 1001:4
 of a psychic, B09:52
 rebuffs low thoughts, 207:2
 and spirit body, 1310:20, 1314:3,
 B09:19
 on tapping it, B09:21–26
 when about to die, 1237:3, 1311:46
 Auric scientists, 1311:9,12–13
 “Authorities”, B07
 Authors, 1209
 Automatic writing, 1122:8
 Average person, praised, 815, 323:12
 Awareness:
 and responsibility, 405:1
 of spark of God, 104:2
 of time, 1328:1–4

B

Bad and good, 827–837
 Banquet table of offerings, 316:3
 Barriers:
 of creeds and dogmas, 104:5
 to enlightenment, 1221:18
 to knowledge, 1221:18
 to mediumship, 1216:9,17
 in spirit realms, 1327:2
 to truth, 309:6
 Battle:
 spirit reenactments of, 1136, 841:3
 with forces of evil, 856
 Beauty:
 of higher spirit realms, 521:4,
 923:5, 1306:8–9
 and love, 730:1
 on sharing, 317
 thoughts on, 730
 and truth, 306
 in variety, 416:3

Becoming:
 no finality to our, 503:6
 more Godlike, 503:3
 we are always, 601:6, 764:6
 Behavior, personal, 734–745
 Beings:
 from other planets, 706
 spirit (*see* Spirit people)
 that guide nature, 809:7
 Belief can absolve, misconception,
 B10:27
 Beliefs and inhumanity, 817:3
 Bend in the road, not death, 1316
 Best, of old and new, 835
 Beta body (*see* Spirit body)
 Be true to one’s *soul*, 729
 Bibliographies, their worth, B09:54
 Big lie, the, 848
 Billet reading, blindfold, B09:28
 Bilocation, 1313
 Bioenergy (*see* Vital life force)
 Bioplasm, 1121:8
 Birth control, 821:9
 Blessed, doubly, 317:7, 505:10, 516:7
 Blessed Soul, 102:n8
 Blessings, on counting ours, 737
 Blindfold, billet reading, B09:28
 Blindly following anyone, 208:6
 Blindness:
 and mediumship, B09:27
 spirit, 1228:4–5,9, 1322:3
 Body(ies):
 astral (*see* Astral body)
 beta (*see* Spirit body)
 celestial, 1310:1,8
 cherish them, 820:1
 counterpart (*see* Spirit body)
 etheric (*see* Spirit body)
 incorporeal (*see* Spirit body)
 and our appearance, 414:13
 out of, 1202:n2, 1313:3,8,10,n8
 physical (*see* Physical body)
 psychic, 1310:1,6
 replicas of physical, 1309
 spirit (*see* Spirit body)
 spiritual, 1310:1,7
 subtle (*see* Spirit body)
 we possess, 1310, 603:3

Index

Booklet, USB, D30:5
Books:
 and mediums and authors, 1209
 priceless, a parable, 726:1
 on “psychic discoveries,” B09
Boxing, professional, 820
Brain:
 and mentality, 617:8
 surgery, 618
Brandeis, Louis, 852:3
Breathing exercises, 912
 and receptivity, 1138:4–6
Brother&Sisterhood (*see* USB)
Brotherly and Sisterly Love, the Law
 of, 410
Brothers and sisters:
 a chain of, A08:4
 realization needed, 1431:2
 their keeper, 1411
 we are all, A13:5
Browning, Robert, 307:n4
Burden, cannot bear other’s, 704:5,
 760:3
Burke, Edmund, 754:n10

C

Cancer:
 a grave misteaching, 915
 some causes, 915:4–5
Capital punishment, 841
Care of infants, 910
Cataclysm, 759:3
Catastrophes, 1004:10–16
Cause and Effect:
 the Law of, 407
 not all that happens to us, 1410
 for peoples, nations, humanity,
 1007:11
Cause, no greater, 304
Cause of Truth, 102:5, 304:1
 and mediumship, B03
Celestial body, 1310:1,8
Celestial realms, 1301:2
Cells and healing, 1105:3
Center path, 734
Chain letters, 727:1–4
Chakras (*see* Psychic centers)

Challenges, 856–866, 1408–1410
 are necessary, 1113:2, 1408:13
 both good and bad, 769
 and opportunity, 769
Change, 835
 of administration, 823:3
 and/or correct, 756
 the Law of, 415
 mental, at physical death, 1319:15,
 B12:23
 the need for, 803, 415:4
 not merely for the sake of, 803:5
 produced by violence, 835:1
 and standards, 803:10–12
Channel (*see* Medium)
Channel for good, 1407:4
Channelling, 1218:n8
Chanting, 1139
 and spirituality, 1139:3
Character:
 disregard of weaknesses, 712:1
 inheriting, 1010:14, 1011:6
 and integrity, 711:2
 like a structure, 607:2
 and spirituality, 608:3
 strongest safeguard, 1242:6
 what it is, 607
Charges for admission, D06:7
Cheek, on turning, 744:2–11
Cheer, message of, 113
Cheerful countenance, 740
Cheerfulness in sittings and sick rooms,
 1247
Chemicalization, 1216:9
Chemical raids during healing, 1106:10
 preventing, 1106:10
Chi (*see* Vital life force)
Childbirth, and death, 908:4–6
Children:
 and discipline, 704:1
 instilling attitudes, 907:12
 learning truth, 321, 911
 in spirit life, 1330, 1306:11
 too young to learn, 911
Chinese healing methods, 1104:5
 acupuncture, 1104

- Choice:
 - between good and bad, 618:2, 819:1, 832:2
 - and freedom, 830:3–4
 - gutter or the stars, 713:2
 - of healers, 1117, 1118
 - of nations, 854
- Christmas 1976 prophecy (*see* Prophecy)
- Cicero, Marcus Tullius, 811:n4
- Circles:
 - healing, suggestions for, 1110
 - home (*see* Home circle)
 - members spiritual, 1242:6
 - rescue, 1322:3, 1228:6,n12
- Clairaudience, 1001:n2
- Clairvoyance, 1001:n2
 - traveling (remote viewing), 918:n2, 1313:4,9
 - X-ray, 1102:9, 1311:17
- Clones, 619, 802:n1
- Clothing, spirit, 1306:11, 1329:9–12
- Clouds, a face and figure in, 1003
- Coin, opposite sides of, 829:1–2
- Collections at USB meetings, D20
- Collective unlimited source of supply, mythical, 1209:3
- Collector of books, parable, 726:1
- Color(s), 930
 - in auras, 1229
 - and healing, 1105:4
 - for materialization, 1121:5
 - and music, 931
 - and prejudice, 813
 - and sound, 929–931
 - why people differ in color, 813:2
- Coma, 617
 - and mind, 617:7–8
 - prolonged, reasons, 617:1–6
- Command:
 - by great souls, 1226
 - one's spirit guides, 1223
- Commercialism, 110:10
- Common man (*see* Average person)
- Communicating standbys, spirit, 1233
- Communication:
 - from other planets, 706:2
 - particle, 206:n3
 - spirit (*see* Spirit communication)
- Compassion:
 - developing, 905:2, 1408:4
 - difficult, 515:2
 - of Illumined Souls, 410:5, 1220:13
 - leave the fallen with, 318:19
 - part of consciousness, 604:5
 - in USB workers, D26:2
 - when disciplining, 1426:1
- Compensation for mediums, 1214
- Compensation, the Law of, 408, 1410
 - and Law of Justice, 409
- Complacency, the curse of, 823
- Complicate what is simple, educators, 323:13
- Comprehend, ability to, 612:8
- Compromise with wrong, and integrity, 711:17
- Computers, will never think, 806
- Conceptions of God, 505:3
- Concerts, spirit-realms, 1328:8
- Condemn:
 - no soul, 325:3, 1220:13, D33:9
 - the sin, not the sinner, 325:3
- Conditions:
 - denying, 742
 - on other planets, 816:10
 - recognizing and correcting, 734:2
- Confusion:
 - aim of forces of evil, 706:4
 - that some spirits bring, 1230:1
- Conjecture, idle, 506
- Connectedness, 206:n3
- Conquest, the greatest, 1401:2
- Conscience, 614, 609:1–2
 - cowards resist, 614:1
 - with intuition, 609:5
- Consciousness, 601:6, 1111:3
 - development variations, 604:4
 - improving, 774:3, 836:2, 1230:3, 1421:6, A12:2–3
 - individual, 606
 - levels of, 210:4, 601:6, 1301:1–3,7, 1307:24, 1331:2
 - like a library, 606:4–8
 - living (by) it, 208:10

Index

Consciousness—*Cont.*
 and mind, 801:6
 moral, 608:4, 609:1–2
 our individual, 606
 and our spirit guides, 1221:11
 planes of, 1301:1–7, 1307:24,
 B12:12,41,53
Conscious projection, 1310:15
Consequences of our actions, 1410
Consideration:
 and inhumanity, 819
 for others, 1404, 608:12, 849:4
Consumerism, and parents, 906:3
Contentment:
 meaning of, 733:2
 perfect peace, 758
 the secret of, 733, 709:5
Continuous life, one, 1301:13
Controls, spirit (*see* Spirit controls)
Controversial subjects, D05, 110:21
Convalescence, spirit-realm, 1307:26
Correct what can be corrected..., 744:16,
 756:6, 1408:11
Cosmic pool, consciousness, sea, 613
 we contribute to, 613:5
Cosmic rays and healing, 1107:2
Countenance:
 cheerful, 740
 and food, 740:4
Counterpart body (*see* Spirit body)
Counting our blessings, 737
Courage, 309:2, 771:3
Courses and seminars, B05, B06
Courtesy, to spirit friends, 1224
Create life, 802
Create mind, humans will never, 806:7
Creation by spirit thought, 521:4,
 1323:1–6
Creation of humans, 506:3–4
Cremation, 1317
Crime, 838–842
 causes of, 842
 deterrents to, 840
 influences on, 842:3–6
 and poverty, 842
 when silence is, 753
Crisis and opportunity, 822:3

Crookes, William, 315:3,n6
Crossing over, to spirit life, 1322
 everyone is met, 1322
Cruelty:
 around the world, 865:2
 in early religious texts, 1001:8
 low spirits craving, 1243:1
Cult of mediocrity, 836:2–3
Curse of envy, the, 723
Cycles, 928
 2000-year, Pref:32, 928:2
 humans not in, 928:7–9
 made by humans, 928:6
 of nature, 612:5, 928:3–5
 and time, 926–928
 within aura, 1229:4
Cynic, a, 814:8–9

D

Dam, breaking, 111:8
Dark matter, dark energy, 414:n6
Darkness, forces of (*see* Forces of evil)
Darkness, spirit-realm, B10:17
Dawning, the, 1427
Deaf and dumb, spirit people, 1324:3
Death (*see also* Passing on):
 and childbirth, 908:4–6
 fear of, 1207:2
 life's greatest experience, 908:n1
 penalty, 841
 the truth of survival, 909:1
“Death wish,” 727:9
Debate, vs. discussion, D05:2–3
Debunkers, and heroes, 844
Decibel (db), 826:n7
Decisions, on making, 736
Deed, and the thought, 755
Deeding over possessions, 750:11
Deep-trance mediumship, 1242:23–27
Defense:
 from attack, 858
 for justice, 1424:16
Definition of:
 noble love, 510:4
 prayer, 521:3
 reason, 208:1
 truth, 301:3

- Degrees, academic, authority derived, B05:6, B07:9,11
- Déjà dit, explanations, 1126
- Déjà vu, explanations, 1126
- Delphi, temple at, 611:1
- Demanded acceptance, 107:7
- Democracy, 861, 862
 - decay of, 715:24–28
- Demonstrations of healing, 1106:9–13
- Demonstrators, silent, 845:4
- Denying a condition, 742
- Desires, 1311:44
 - confused with needs, 718:3, 733:1,7
- Destroy and expose error, duty to, 325
- Destroyed, no soul ever, 1320, 308:3, 611:7, 1413:10–13
- Destruction (*see* Life on earth)
- Developing mediumship, 1216, 1210:7, 1219:1, 1236:4, 1242:1, 1245:3
- Developing our being, facets of, 719:6, 1132:2
- Developing the psychic centers, 1245:3
- Development, spiritual, 1407, 774:7
 - attunement with great souls, 608:23, 1407:3
 - difference from psychic, 608:26
- Devices to replace mediums, 1215
- Dickson, James J., 1206:8
- Dictatorship and government, 905:14
- Diet and mediumship, 1219
- Different, how the USB is, 110
- Difficult path, 1420:2
- Dignity, to express in, 851:3
- Dimensions, multiple, 1301:n2
- Directing our efforts, 759–764
- Direct spirit communication, 1227:7, 1234:2, 1236:n15
- Direct voice, 1218:1
 - independent, 1218:2
- Disagree, agreeing to, 719:12
- Disagreement, 905:7
- Disappointments and disillusionments, 728
- Disaster:
 - predictions of approaching, 1004
 - widespread, 1004:2,4–5,18
- Discipline children we love, 704:1
- “Discoveries,” psychic, B09
- Discrimination, 813:6
 - and inhumanity, 813:6
- Discussion:
 - vs. debate, D05:2–3
 - at USB group meetings, D05:2–3
- Disease, springs from mind, 916
- Disorder, that manifests in, 502:8
- Dissent, 855
 - from dissenters, 855:1
- Distant healing, 1102:6, 1107:1–2
 - circle for, 1110
 - mechanics of, 1107, 1102:5–6
 - and thought, 1107:1
- Distant hypnosis, B09:34–35
- Distortion of teachings, 206:4
- Diversions from truth, 1124:8–10,14–16, 1209:4–8, 1319:n10
- Diversity, 721
- Divine:
 - always manifests in order, 502, 501:3, 1002:6
 - to forgive is not, 1415:3
 - prophesy and healing not, 1002
 - spark, not in animals, 601:2
- Divining arts, 1001–1013
- Divining rod, 1128:1
- Divinity:
 - spark of (*see* Soul)
 - transfer to animals, 1308:8
- DNA “markers,” 601:n1
- Do, what we can, 765, 759, D27, 1426:1
- Dogmas:
 - bury truth, 201:5
 - and youth, 907:10
- Doorkeeper, duties, 1242:24
- Doors:
 - opened for us, 757:3, 1414:6
 - to spiritual progress, 831, 103:7, 308:3, 607:3
- Double, spirit or etheric, 1310:4
- Doubly blessed, 317:7, 505:10, 516:7
- Dowsing, 1128

Index

Doyle, Arthur Conan, 315:3,n6
 a profound student, 315:3
Dreams, 923, 924
 awakened from, 925:2–4
 and droes, 924
 interpretation of, 924:1–2
 REMs, 925:8–10
 and sleep, 925
 symbols, interpreted, 925:5–6
 two kinds of, 923:1–2
 what they are not, 925:5–6
 why mostly distorted, 925:7
 why not remember, 923:3–5
Droes and dreams, 924
Drugs, “psychedelic”:
 and delusions, 1141:5–6
 God not reached by taking, 1141:28
 for psychic experiences, 1141
 and reality, 1141:3
 and spirit protection, 921:11
 and spirituality, 1141:11–13
Drummond, Sir William, 208:n4
Dual control, 1242:24
Duality, wave/particle, 414:n6
Duoplasm, 1121:7
Duplicates in spirit world, 1306
Duty to expose and destroy error, 325

E

Eagle, sparrow cannot become, 767
Earth:
 leaving, 1426:2–3
 lessons learned only on, 1424
 life on, 1408:6
 people here to be examples, 1120:8
 a proving ground, 711:4, 846:3,
 1409:2
 weigh the words of those on, 853:7
Earthbound spirit people, 1331, 1332:9
Ectoplasm, 1122, 1121:3
 emanates in waves, 1122:2
 harmed by light, 1122:4
 and other plasms, 1121
 protectively sheathed, 1122:5–7,
 1125:2,7
 used in materialization, 1121:5,
 1123:2
 use in “marvels,” 1125:2,7
 various colors, 1121:4
Ectoplasmic rods, 1122:2–3,7, 1124:3,
 1137:6
Edifices, spirit, 1323:1
Educated, the, shun truths of survival,
 323:3
Educators:
 complicate what is simple, 323:13
 psychic ignorance despite “investi-
 gations,” B05:6
Effects of misconceptions, 309:16,
 314:4, 1228:1,9, 1324:1,3
Effects of thought, 207
Effort:
 all recognized, 774:6, A12
 and aspiration, 103:8, 608:3, 717:5
 directing our, 759–764
 individual, 113:4
 and intent, 774
 need for, 757
 none is wasted, D27:4
 to walk through opened doorways,
 757:3
Electronic voice phenomena (EVP),
 1215:4,n6
Elements, 1246:4
“Elitists,” ruthless, 862:5
Emotions:
 machines with, 806
 part of mentality, 604:7, 1311:44
 that defy speech, 1231:14
 unworthy, 207:3
Employees, responsibilities, 749
Employers, responsibilities, 749
Endeavor, 773
Energy poaching, 1244
 prevention, 1244
Enlightened:
 souls, work of, 759:3, 1414:4,6
 thinking directed, 774:2
 world receptivity, 757:1
Enlightened Soul (*see* Illumined Soul)
Enlightenment, 1417–1419
 barriers to, 1221:18
 greatest provider, 1417:2
 in sleep state, 1132:11

- spreading, by the USB, D03:1,
D27:9–14, D28:6
 - at USB meetings, D16:3
 - Envy, the curse of, 723
 - Era, product of prior, 928:9
 - Err, those who, not destroy, 325:3
 - Error, B01–B09, 314:3–5
 - cannot coexist with fact, 325:2
 - duty to expose and destroy, 325
 - in esoteric teachings, 314
 - not destroy those who err, 325:3
 - in publications, 310:2–3
 - repeated quotes don't make truth,
B05:4
 - of self-satisfaction, smugness, 312
 - of a spirit person, 1234:9–10
 - Esoteric teachings, 314
 - ESP (*see* Extrasensory perception)
 - Essences and impregnation, for healing,
1107:6
 - Essence, vital in oxygen, 913:3
 - Eternal:
 - the individual is, 601:2, 611:7
 - values, 711:6
 - Etheric body (*see* Spirit body)
 - Etheric realms, etheria, 1301:2
 - Etheric (spirit) double, 1310:4
 - Etheric (spirit) flights, 1329, 918:8
 - Everlasting punishment, 308:3
 - Everyday life, 901–931
 - Evidence:
 - of afterlife, 1202:n2
 - of phenomena, 1202:n2, 1313:3–4,
B07:3
 - Evil, 754, 829:3
 - degrees of, 828:5
 - forces of (*see* Forces of evil)
 - good and evil, 828
 - not absence of good, 828:2
 - not opposite sides of coin, 829
 - requirement for triumph of, 754:4
 - on “resist not evil,” 744:2–5
 - and spirit realms, 829:3
 - spirits, 1133:2,8,11
 - take a stand against, 754:1–2
 - why God allows, 830
 - Evolution:
 - between species, 808:5
 - evidence against, 808:5
 - and involution, 1318:4
 - EVP, 1215:4,n6
 - Example, 843–848
 - best, is way we live, 759:9
 - and precept, 759:8
 - Excerpts from USB teachings (*see*
Quotations)
 - Exercise reason, Intro:32,34, 208,
210:5, 309:14, 314:1
 - Existence, laws governing, 403:3
 - Exorcism, 1133:1–4
 - Expecting too much, 513:12
 - Expediency, 711:5,17
 - Experience:
 - can* learn from others, 860
 - a good teacher, 741:4
 - Expose and destroy error, duty to, 325
 - External mind, 617:n8
 - Extrasensory perception (ESP), 1240
 - term often misapplied, 1240:1–2
 - Extremes, 834:2–5
 - Eye movements during sleep, 925:8,10
- F**
- Facets:
 - developing our, 1132:2
 - of truth, 302
 - of our personality, 605:3
 - Fact, 301:4
 - cannot coexist with error, 325:2
 - Faculties, our:
 - and genes, 1217:3–4
 - not inherited, 1217:5,8
 - objective, 1231:6
 - and our mind, 1231
 - their expression inherited, 1217:3,8
 - Faith, 208:7–8, 210:2
 - and healing, 1106:13, 1113:5
 - and material commitments, 743
 - and reason, 210
 - Fake psychic phenomena, B04:2,7
 - False:
 - claimants to be God, B02:2–3
 - exposing what is, 325:1
 - spirit information, 1003
 - teachers, B01

Index

- False leaders, *etc.*, 705, B02
 ill caused by, 705:10
 lives affected by, 1007:9
 prophets, 705:8–10, 1003:22,
 1007:9
 some examples, 775:3–6
 a warning against, 1003
Family, 905–911
 of birth and heredity, 1120:8
 and government (state), 905:8–16
 importance of, 905:1–7
Fashion, 725
Fasting:
 the Buddha, 734:7
 no one becomes saintlier, 734:6–7
 woman who died from, 1230:12
Fate of animals, 1308
Faults, overlooking, 1416
Fear, 727
 healthy and unhealthy, 727:7–15
 preserves, destroys, 727:6
 sometimes helpful, 727:5
 of spirit people, spirits, 1133:n3
 in spirit world, 727:20
Feeding aggressors, 860:7
Fight or flight philosophy, 744:12–16
Finality, there is none, 503:6, 1325:12
Financial:
 integrity, 743:5
 support of USB, D06, D09, D20,
 110:9
Finnemore, John, Contrib:3, Howto:n1,
 Intro:43
 his additions, Howto:n1
Fire-walking, 1125:1–6
First impressions, 203
FitzGerald, Edward, 741:n6
Flagg, Michael, Ackno:2,7,n1,
 Contrib:2, Howto:n1, Intro:3,
 Pref:36, 721:n2, C01:1,7
 early newspaper articles, 102:n7,
 C01:6
 poems, Ackno:7,n1, 301:n1
 position in the USB, Intro:9
 preparation for this work, Pref:16
Flexible, the need to be, 720
Flights, astral, spirit, 918:8, 1329:1
Fluorescein, 603:5
Follow anyone blindly, 208:6
Folly, 864
 of appeasement, 744:5, 754:3,
 860:7–9
Food, destruction of, 819:8–10
Forces of evil/darkness:
 aims, 706:4–5, 1003:13, 1319:19
 battling with, 856
 do exist, 828:4
 existence, 828:4
 nature, methods, 856:1,5, 1003:17
Forces of nature, 1004:13
Forgive, 1415
 not divine, 1415:3
 not for us to, 744:4, 1415:8
 “until seventy times seven,” 744:2
Forgiveness, 1415–1416
Forgotten, nothing ever is, 1415:9
Founders of the USB, Intro:10, 1225:2
Francis of Assisi, 1405:4,n2
Fraudulent mediums, 1220:10–12
Freedom, 849–855
 to accept or reject, 316:3
 to choose, 618:2, 819:1, 830:3–4
 enemies of, 861:3
 evolution of, 865:11
 and free will, 832, 830:3
 of interpretation, 850
 love it enough to die for it, 853:5
 must yield part, 853:8
 of nations, 854
 of peoples, 862:10–12
 personal, for all, 108, 849:2–5,
 862:10
 of personal interpretation, 850
 of the press, 866
 the right to *not* do, 852:1
 to think and act, 114:8
 and tyrants, 853:5
 and the USB, 108, 849, 862:10
 and war, 857
Free speech, limitations, 849:4–5
Free will, 830:3
 misuse of, 502:8
Fulfillment (acquisitions), instant, 747
Full personal record, in aura, 608:7

Futility, 320
 Future USB policies, D34

G

Gardener, responsibilities, 1412

Garden(s):

spirit, 1323:1
 that is the USB, 1412:4
 thoughts are seeds in, 760:1

Gender:

continues after passing, B10:7
 does not change, 1013:18,
 1321:13–14
 issues for USB, 101:n2,n6
 neutral language, Intro:10, 101:n6
 of the soul, 1321:14
 of twin souls, 1321:13

Genes, and faculties, 1217:3,5

Genius, 1132

and sleep, 1132:9

Gift(s):

the greatest, 1119
 have to be earned, 1214:3

Gifts of the spirit:

compensation for, 1214
 developing, unfolding, 1216

Gilbert, William Schwenck, 738:3,n5

Giving, 519

in silence, 519:1–2

Glory, provided by God, 740:6

Glossolalia, 1134

Glow, spiritual, within, 505:7–11

God, 501–507

according to USB leaders, Intro:4
 by Alcoon, 501:2
 always in order, 501:3
 children of, 103:2, 763:7–8
 claimants to be, B02:2–4
 differing understandings of, 1111:2
 does not inform prophets, 1001:8
 the existence of, 210:2
 glory provided by, 740:6
 intelligence of, 507, 502:7
 is not all, 502
 kingdom of, 505
 knowledge of, B10:11
 of Law, 501:6

love and serve, 737:10

of Love and Wisdom, *etc.*, 103:1,
 705:3

misconceptions, 502, 321:2, B12:48

no disorder, 502:8

not by a wand or drugs, 1141:28

not of caprice, 501:6

our conception of, 505:3

power of, 612:8–9

powers not ours, 503:4

returning to, 1318:4

and suffering, 830

teaching excerpts on, 501

think about, 506

think and thank, 807

understanding, 506:2

we are not, only small part, 503

why allows evil, *etc.*, 830

works of, 502:7

Godlike, becoming more, 503:3

God's laws, 401

Golden rule, 901

Good:

all that happens is not, 827

and bad, 827–837

and bad, choice between, 618:2,

 819:1, 832:2

channel for, 1407:4

and evil, 828

fight, fighting the, 1426

and opposite sides of coin, 829:1–2

to plant the seed, *etc.*, 320:2

on sharing, 317

and spiritual, 1402

Government:

and dictatorship, 905:14

one-world, 862

(state) and family, 905:8–16

Grace, in the theological sense, 1305:5

Grapes, parable of, 719:7–10

Grateful person, marks of, 737:10–14

Gratitude:

and ingratitude, 738

least of virtues, 737:4

natural as breathing, 737:4

not surrender our reason, 1211:3

Index

Gray, Thomas, 846:n9
Great Brotherhood of Light, 101:n1
Greatest:
 basis of spiritual life, 112:2, 508:3
 cause, 304
 conquest, 1401:2
 gift, 1119
 need, 1431
 provider, knowledge, 1417:2
 quest, 309:20–21
 responsibility of parents, 905:12
 service, 518:2
Great souls (*see also* Illumined Souls):
 a great teacher, and USB, 115
 impersonation of, 1234:6
 issuing commands, 1226
 mental attunement with, 1407:3
Great Spirit, 413:1, 501:n2, 1227:2
“Great unseen healing force,” 1115
Great (White) Brotherhood, 101:1–7
 directed by, 101:1
 governing body of, 101:6
 representatives, 101:4
Greed, 748
 and inhumanity, 748:6
Grief, at loss, 1204
Group leaders, USB, D27:13–14
Group soul, 1304
Groups, USB (*see* USB groups)
Growth, don’t force, 320:2
Guardian angels, 1221:8, 1224:4
 are more evolved, 1221:10
 do not leave us, 1224:4
Guides, spirit (*see* Spirit guides)

H

Habit, 607:4–5
Hamilton, Robert, 724:2, 724:n3
Handclasp, the, D32:9–10
Handling live coals, 1125:7–11
Hands, laying on of, 1106:2
Happenings, tragic, 865
Happens, not all for good, 827
Happiness and THE LAW, 740:7
Harm:
 bring none (in prayer), 521:10
 to nature, 809:2
 no “right” to cause, 853:9

 by psychical research societies,
 315:1
 society protecting from, 719:5
Hate:
 long-lasting effects, B10:21
 only in the mind, B10:21
Healers, 1116–1120
 on choosing, 1117
 misteachings of, B13
 and patients, 1117
 their spirit helpers, 1106:3–9,
 1112:4, 1118:4
 visiting several, 1118
Healing circle, suggestions for, 1110
Healing Touch, 1106:n1
Healing, unorthodox, 1101–1113, 1115
 absent (*see* distant)
 by acupuncture, *etc.*, 1104
 alternative, 1101:1
 blocking, by attitude, 918:5
 and chemical “raids,” 1106:10
 choice of healers, 1117, 1118
 circle for, 1110
 and color, 1105:4
 and cosmic rays, 1107:2
 demonstrations, 1106:9–13
 different patient responses, 1113
 distant (absent), 1102:6, 1107:1–2
 essences and impregnation, 1107:6
 facilitating, 1231:16
 and faith, 1106:13, 1113:5
 four phases, 1102
 greatest gift, the, 1119
 “great unseen force,” 1115
 helpers, spirit, 1106:3–9, 1112:4,
 1118:4
 and Law of Life, 1105:3
 laying on of hands, 1106:2
 and love, 1105:1–2
 magnetic, 1102:3–4
 mechanics of, 1106
 mechanics of distant (absent), 1107,
 1102:5–6
 mental, 1102:5–6
 a misconception, B13:4
 and music, 1245
 not divine, 1002

- prayers for, 1111
- “precept,” of, 1002:1–3
- and receptivity, 1113:3,7, 1117:3
- and rejoicing, 1110:15
- spirit, 1102:7–10
- spiritual, 1101:1, 1102:11–12
- and spirituality, 1116
- substances used, 1107:2,8–10
- suggestions for circle, 1110
- temperatures felt during, 1112
- Therapeutic Touch, 1106:n1
- and thought, 1107:1
- and trees, 1103
- unsuccessful, 1113
- virus infections, 1114
- and visualization, 1105:3–4, 1107:3
- why some are not, 1113
- Health, 912–917
 - and karma, 917:4–7
 - and spirituality, 917:1–3
- “Heal thyself,” 1120
 - why some healers cannot, 1120:7–8
- Heaven, kingdom of, 505
- Help:
 - by our thoughts, 204:10–12
 - from several healers, 1118
 - from spirit realms, 1207:9
 - them help themselves, 518:2, 704:3
 - the unable, *etc.*, 518:1
- Herbs, and healing, 1104
- Heredity:
 - and ailments, 1120:8
 - and family of birth, 1120:8
- Hermes Trismegistus, 313:2–5, 314:5
 - distortion of teachings, 313:3
 - a founder of astronomy, 313:5
 - a USB Inspirer, 313:4
 - venerated by ancients, 313:2
- Hermetic teachings, 313
 - resemble USB’s, 313:4
- Heroes, and debunkers, 844
- Heroic deeds of pets, 812:3
- Hierarchy, spiritual, planetary, 706:5, 1301:11
- High Mountain, 517:5, A01, A02
- History:
 - on changes by violence, *etc.*, 835:1
 - need not repeat itself, 860:6
 - teaches folly of appeasement, 860:7
- Holmes, Oliver Wendell, 849:4
 - on free speech, limitations, 849:5
- Holy, what makes a place, 837
- Home and family, importance, 905
- Home circles, 1242–1247
 - can do much good, 1216:15
 - for development, 1243:5–8
 - helpful measures, 1243
 - leader to be versed in psychic phenomena, 1242:7
 - members spiritual, 1242:6
 - one way of sitting, 1242
 - substances on hand at, 1246
- Home, Daniel Dunglas, medium:
 - his levitation in daylight, 1122:6
 - a mistake, 1206:2
- Home, our true, Intro:7, 1426:3
- Honesty, Abraham Lincoln on, 715:14
- Horoscope, 1008, 1009
- Houses, spirit, 1323:6
- How one can serve, 112
- Human:
 - development, 719:6
 - laws, 838:2–8
 - nature, 818
 - origins, 506:3–4
 - purpose, 727:4
 - thinking, 770:3
- Humans, 808–821
 - and animal kingdom, 810
 - and harm to nature, 809
 - and sense of rhythm, 931:13
 - and species evolution, 808
 - uniqueness, 811
- Humility, humbleness, 309:6–7
 - false, 616
 - no banner, 616:5
 - and progress, 312:1
 - of spirit communicators, 1234:7
 - and understanding needed, 106:1
 - and the USB, 106, 102:18–19
 - and wisdom, 615
- Humor, 1326:3–7
 - couplet, 1326:9
 - and the spirit realms, 1326

Index

- Hunt, Leigh, 509:1,n7
- Hypnosis:
- and change in gender, 1013:18
 - distant, B09:34–35
 - “regression” under, 1013
- I***
- Icebergs, we are like, 1216:6
- Identical twins, 619:8, 1008:16,
1009:3–5
- dissimilarities, 619:8, 1009:4
- Ignorance:
- in all races, nations, *etc.*, 615:1
 - mother of misconceptions, B10:1
- Illness:
- a grave cancer misteaching, 915
 - misconception, 1314
 - not from the mind, 916
 - responses to treatment, 1113
 - springs from mind, 916
 - where it starts, 1314
- Ills, caused by inhumanity, 830:2
- Illumined Souls/Inspirers, 1225
- addresses by, A01–A13
 - compassion of, 410:5, 1220:13
 - greetings from, Greet:1–18
 - impersonation of, 1234:6
 - and mediums they use, 1207:8
 - not perfect, 106:2, 520:6
 - no praise or worship of, B02:7
 - an offer and call, Call: 1–18
 - prayers, 524
 - question their offerings, 316:5
 - on sharing, A09:7
 - and spirit realms, 1225:1
 - and truth, 316
 - USB leaders, 1225:2
 - vision of, 1432
 - what we mean by, 1225
- Illusion, 513:1–6
- and people, 513:3
- Illusionists, 801
- children harmed by, 801:10
- Impatience, a barrier, 1216:9
- Impersonation:
- of Great Souls, 1234:6
 - in materialization, 1123:9
- Impregnate, 1107:6, 1109:3
- Impressions, 613:3
- Impulse:
- couplet, 728:7
 - resist undesirable, 728:6
- Inclination and will, 702
- Incompatibilities with auras,
1311:5,18–19,38
- Incorporeal body (*see* Spirit body)
- Independent direct voice, 1218
- Indestructible real self, 301:6, 1320
- Indissoluble triune, 602
- Individuality:
- expands with progress, 1318:9
 - and personality, 605
 - and the real self, 605:2
 - of spirit people, 1318:9
- Individual, our:
- challenge, A04, A05, D27:3
 - consciousness, 606
 - interpretation, 114
- Individual, the, 601–619
- can do many things, 765
 - can rise above, triumph, 770
 - characteristics, 601–609
 - composed of, 601
 - is eternal, 601:2, 611:7
 - free to chose, 819:1, 832:2
 - how one can serve, 112
 - judgement of, 844:6
 - knowledge of, 610–616
 - medical aspects of, 617–619
 - no one has all truth, 307
 - opportunity to express, 865:3
 - praise for the average, 815, 323:12
 - product of our past, 734:5
 - rights and non-rights, 851
 - understanding of, 610–616
 - what each can do, 759, D27
 - what we can do, 1426:1
 - when enters the physical, 1315
- Infants, the care of, 910
- Ingratitude, 738
- Inherit, 1011:5
- not mental qualities, 619:8,
1011:5–6
- Inhibitions, 1140:29–30
- Inhumanity, 819
- causes our ills, 830:2

- due to beliefs, 817:3
 - due to discrimination, 813:6
 - due to greed, 748:6
 - lack of consideration, 819:7–10
 - to Native North Americans, 1227:10
 - to others, 830:2
 - Injunctions, 744
 - fight or flight, 744:12–16
 - love thy neighbor, 510
 - misascribed, 744:1
 - resist not evil, 744:2,5
 - turn the other cheek, 744:2,6–10
 - Injustice:
 - no indignation over, 753:4
 - none in the long run, 1410:6
 - Inner being senses, 310:4, 312:1
 - Inspiration, spirit, Contrib:1, 102:16, 924:4, 1231:12, 1418:1, D24:6
 - Instant fulfillment (acquisitions), 747
 - lasting values cannot be, 747:9
 - Instinct, 609:6–7, 812
 - for self-preservation, 727:9
 - Instrument (*see* Medium)
 - Instrumental transcommunication (ITC), 1215:4,n6
 - Integrity, 711–718
 - anyone may possess, 711:3
 - and character, 711:2
 - characteristics of one with, 711:5
 - financial, 743:5
 - no compromise with wrong, 711:17
 - root of a noble character, 711:2
 - and some professions, 715
 - tested, 711:4
 - those who promote the false, 711:10–12
 - various levels of, 711:13–15
 - Intellect, 601:7
 - “Intellectuals,” ruthless, 862:5
 - Intelligence, 601:8
 - of God, 507, 502:7
 - and the Law of Life, 413:7
 - and machines, 806
 - Intent, 774
 - Interpretation:
 - in astrology, 1008:4
 - of dreams, 924:1–2
 - freedom of personal, 850
 - individual, 114
 - of spirit communication, 1234:1–3
 - of spiritual Laws, 402:3
 - Interpreters, in spirit life, 1325:7
 - Intuition, 609:3–4
 - with conscience, 609:5
 - Invasion, 859
 - Inventions, 1306:13
 - Involution and evolution, 1318:4
 - ITC, 1215:4,n6
- J**
- Jealousy, spirit-realm, B10:8
 - Jerusalem, Pref:32
 - Jesus, 314:5, 1127:1
 - Joining the USB mission, 111
 - Judgement, of individual, 844:6
 - Judge others, is not for us, 325:4
 - Judges:
 - and integrity, 715:17–23
 - and justice, 715:23
 - and laws, 715:19
 - Justice delayed, 840:3
 - Justice, the Law of, 409
 - compensation, 1410:5–6
 - laws of, 407–409
- K**
- Kardec, Allan, 502:6,n3
 - Karma:
 - debts, 1305:1–4
 - erasing others’, 1230:16–17
 - and health, 917:4–7
 - misteachings about, 917:4–7
 - Keats, John, 306
 - Keeper (of others), 1411
 - Kernels, USB presents, 1418
 - Khayyám, Omar, 741:2,n6
 - Kingdom of heaven, of God, 505
 - Kingdoms of nature, 809:8–9,n3
 - Kingdoms (of spirit realms), 1301:2
 - Know:
 - about* thyself, 611
 - left hand, right hand, 519
 - nothing, and a little, 612
 - that we are, *etc.*, 506:4

Index

Knowledge, 210, 1425
on acquiring, two ways, 610
barriers to, 1221:18
of the Creator, B10:11
essential for progress, 1425
and faith, 210
greatest provider, 1417:2
of Laws, and spirituality, 1425
to live by, 611:15
reason can bring, 210:4
in sleep state, 1132:11
spreading, by the USB, D03:1,
D27:9–14, D28:6
that sustains, 761
at USB meetings, D16:3
without application, 1430:4
for youth, 907:9

L

Laborers and their hire, 710
Ladder, prayers climbing, 1111:4
Language, 1325
low standards of, 713
we think in, 1325:4–5
Lasting values not instantly acquired,
747:9
Law and order:
evidence of, 612:4–5
need for respect for, 838
Law(s), earthly, 838:2–8
or anarchy, our choice, 838:4
and judges, 715:19
observance of, 401:4
and order, needs respect, 838
people's, 401
Law(s), natural, God's, 401–417
about, 401–403
of Affinity, 412
of Attraction, 411
of Attraction and organizations,
322:11
of Attraction and privacy, 1222
automatic, 830:8, 1413:7
of Brotherly and Sisterly Love, 410
of Cause and Effect, 407
of Cause and Effect, and of Justice,
1410:6

of Cause and Effect, and our
disciplining, 830:8
of Cause and Effect
misunderstood, 1410:2
of Change, 415
of Compensation, 408
of Compensation, and of Justice,
1410:6
effects of thoughts, 207
governing existence, 403:3
and happiness, 740:7
interpretation of, 402:3
of Justice, 409, 1410:6
know no exception, 103:6
of Life, 413
of Life, and healing, 1105:3
of Life, and intelligence, 413:7
love, about, 410
and manifestations, 1131
of Moderation, 734:16
of Motion, 414
of Multiplication, 417
observance of, 401:4
of Personal Responsibility, 404
of Reciprocation, 406
of Self-Preservation, 416:6, 812:1,
818:5
of Service, 405
of Service, a misteaching, B12:30
when sharing truth, 317:2
and suffering, 827:10
for teaching untruth, B01:3
That Govern, 401, 402, 403
THE LAW, 402, 401:2
translating, 403
unkind actions recoil, 710:4
of Variety, 416, 813:2
of Variety and species, 808:8
of Vibration, 414
Lawyers, 715:11–16
and honesty, 715:14
and integrity, 715:11–16
Laying on of hands, 1106:2
Leaders:
can bring disaster, 861
disastrous, 860:9
false, 705, B02

- of nations, 718:5
- need to do, 860:11
- unworthy acts, 824:3
- using the big lie, 848
- who promise all things, 718:4
- Leadership, 843–848
- Leaflet, USB, printing, contents, E01
 - copy to each, D30:1
 - purposes, D30:2
- Learn:
 - from experience of others, 860, 323:9–10
 - old dog, new tricks, 771
- Leave it to spirit, 1414
- Leaving earth, 1426:2–3
- Lemuria, 805:3
- Leopard, change its spots, 322
- Lessons:
 - of history, appeasement, 860:7
 - to learn only on earth, 1424
 - of politics before principle, 847:3
 - of profits before people, 847:3
 - use, and perish by, the sword, 847:2
- Let us do our part, 759
- Levels:
 - among spirit guides, 1221:11
 - of consciousness, 210:4, 601:6, 1301:1–3,7, 1307:24, 1331:2
 - of integrity, 711:13–15
- Levitation in daylight, 1122:6
- Liberty (*see also* Freedom), 853:5–6, 857:3
 - is not license, 823:6–7, 849:2
 - and one-world government, 862:3
 - the price of, 856:4
 - ready to die for it, 853:5
 - use and misuse, 865:6
 - and vigilance, 863
 - and war, 857:3–5
- Library, and consciousness, 606:4–8
- License, is not liberty, 823:6–7, 849:2
- Lie, the big, 848
- Life:
 - consumes life, 810
 - on earth, destruction of, 770:2, 1207:8, A02:3, D27:5
 - everyday, 901–931
 - laws of, 413–417
 - one continuous, 1301:13
 - records, in aura, 1312, 608:7
 - reviews, misconception, 1311:13
 - scientists will never create, 802
- Life force (*see* Vital life force)
- Life forms, other, 809:7
- Light:
 - all souls reach in time, 315:4
 - of the new age is here, 1427
 - no one a focal point for all, 1419
 - reaching out for, 308:4
 - of reason, a beacon, 208:9
- Limitations, the wise recognize, 767
- Lincoln, Abraham:
 - on honesty, 715:14
 - White House phenomena, 1122:6
- Linguists, in spirit life, 1325:7
- Living:
 - right, 746–758
 - ways of, 759
- Location of the real self, 1310:2,4
- Looking down on, 1203
- Loss of loved ones, 1204
- Love, 501–524
 - and beauty, 730:1
 - fulfilling a law, 514
 - of God, 514:n8
 - of God, and serving, 737:10
 - and healing, 1105:1–2
 - of humanity, 509:2, 510
 - an injunction on, 510
 - kinds of, 514:5–6
 - labors of, 512:1
 - a law about, 410
 - noble: definition, 510:4
 - personal, 904
 - power of, 512:2
 - principle of, 511:1
 - and service, inseparable, 405:6–7
 - in spirit realms, 1326:1
 - unselfish, 511
 - and the USB, 508
 - if we cannot, 515
 - and wisdom, 704:7, 865:1, 1321:16
 - with eyes wide open, 513
- Love and goodness, evidence, 612:4,6

Index

M

- Machines with emotions, 806
- Magnetic healing, 1102:3–4
- Magnetize, 1109
- Malevolent spirit people, 1013:17,
1236:n15, 1319:n10
- Manifestations:
 according to natural Law, 1131
 require varied chemicals, 1216:9
 time to develop, 1242:22
- Mantras (*see also* Affirmations), 1139,
1140:11
 and spirituality, 1139:3
 “Marvels,” “wonders,” “miracles,”
 1125, 417:1–3, 1003:1,14,
 1124:1,10,15–16, 1127:1,
 1129:3, 1137:3,5–12, B09:17
 do not spiritualize, 1125:12–13
 of spirit communication, 1232:25
- Massage, and healing, 1104
- Mastery over self, 745:10
- Materialization, 1123
 and apports, 1129:5
 control of appearance, 1123:10–13
 and impersonation, 1123:9
 mechanics of, 1123
 and plasms, 1121–1125
 source of colors for, 1121:5
- Material possessions, 746
 and moderation, 746:15
- Materials, spirit, 1307:13–16
- Material world, 801–807
- Meaning, the search for, 807:4
- Mechanics of:
 distant healing, 1107, 1102:5–6
 healing, 1106
 materialization, 1123
 mediumship, 1206
 mediumship misunderstood, 1003:7
 prophecy, 1001:1–5,15–20
 reincarnation, C01:10
- Mediocrity, cult of, 836:2–3
- Meditation, 1140
 disadvantages of, 1140:27–32
 room, substances in 1246
 and thought forms, 1319:17
- Mediums, 1205–1215, D25
 and books and authors, 1209
 if developed *and* spiritual, 1207:6
 devices to replace, 1215
 difference from psychics, 1205
 errors of, 1210
 exploring various, 1211
 a few bad ones, B03:6
 and former guides, 1213
 fraudulent, 1220:10–12
 highly-developed, 1216:n7
 and Illumined Souls, 1207:8
 and mechanics of mediumship,
 1206
 misteachings of, B12
 overly acclaimed, B03:3
 psychic, 1205:n4
 and psychics, 1205
 remuneration of, 1214
 self-promotion, 1209:5
 spiritual, 1207:6–10, 1208:5
 time to develop, 1216:9,18
 training of, 1216:n7
 unscrupulous, 1210:5–9, 1220:5
 USB requirements for, D25
 USB’s American, Intro:18, Pref:9,
 908:n1, 1013:n8
 in various ways, 1216:21–22
 who divert people from Truth,
 1209:4
 who prey on others, 1220:10
 who twisted truth, 1208:8
- Mediumship, 1207, 1208, 1216–1220,
D25:3
 belittled, denied, B03:4–5
 best for this age, 1236:2
 and blindness, B09:27
 and cause of Truth, slowed, B03
 deep-trance, 1242:23–27
 depends on, largely, 1219:9
 developing, 1216, 1210:7, 1219:1,
 1236:4, 1242:1, 1245:3
 and diet, 1219
 direct voice, 1218:1
 errors of guides, 1210:1–4
 essential to communicate, 1215:11
 gift of, 1216
 good, is essential, 1208:1, D25:3

- independent direct voice, 1218:2
- limitations on, 1220:7
- mechanics misunderstood, 1003:7
- mechanics of, 1206
- no royal road to, 1216:18
- not inherited, 1217, 1217:9
- and orthodoxy, B04
- and phenomena, 1202:n2
- and physical handicaps, B09:27
- promise of, 1210:5–9
- and psychic centers, 1217:3–6
- revelations of, 1208:5, 1220:4
- spirituality is unrelated, 1208:4
- symbols in, 1237
- tragedy, of some, 1001:13–14
- trance (*see* Trance)
- use and misuse, 1220
- Meetings (*see* USB meetings)
- Meet wronged in afterlife, 1333
- Membership in USB, D08, 111:2,5
- Mental:
 - asylums, a caution, 1142
 - attunement, 1407:3, 608:23
 - healing, 1102:5
 - includes spiritual, 1311:10,34
 - wizards, B09:43
- Mentality (*see also* Mind), 604:7, 1311:44
 - and brain, 617:8
 - includes emotions, 604:7, 1311:44
 - needed to think with, 806:7
 - a portion of Universal Mind, 601:5
 - qualities not inherited, 619:8, 1011:5–6
 - a questioning, 209, 314:3
- Mercy, not divine, 1415:6–7
- Mescaline, and peyote, 1141:7
- Message:
 - of cheer, USB's, 113
 - giver also important, 1235
 - relayed, 1233:6, 1234:2
- Metal bending, 1124:1
- Michael (Flagg), Ackno:2,7,n1, Contrib:2–3, Howto:n1, Intro:3,9–10,14–19,21,24, 26–29,31–33,41–43, Pref:36, Greet:0, 102:n7, 115:n10, 301:n1, 324:n18, 325:n19, 501:n1, 514:n8, 721:n2, 1119:n2, 1135:n4, 1225:n9,n10, 1307:n6,1319:n9, 1325:n11, A00:n1, A02:1–2,5,7, C01:1–3,5–6,10–12
- Michael's misconceptions, 324:n18
- Microplasm, 1121:9
- Mind(s) (*see also* Mentality), 1311:44
 - affecting spirit communication, 1232:1
 - affects matter *indirectly*, B09:14–15
 - all we receive comes from, 613:3
 - and barriers to enlightenment, 1221:18
 - closed, 1221:18
 - and coma, 617:7–8
 - and consciousness, 801:6
 - credulous, 1221:18
 - humans will never create, 806:7
 - illness not spring from, 916
 - and indissoluble triune, 602
 - misconceptions, 1311:44, B09:10
 - move a pin or paper, 1124:6
 - objective, 1231:3–5,9–10
 - and our faculties, 1231
 - outside the brain, 617:n8
 - over matter, 1124, B09:11
 - people's shelters against, 739:2
 - subjective, 1231:7–9,12–15
 - and sunspots, 816
 - Universal, 601:4–5
 - works with mind, B09:13
- Mine of misinformation, the, B08
- Minorities, and tyrannizing, 845
- "Miracles" (*see* "Marvels")
- Mischievous spirits, 1003:6, 1013:17, 1133:30, 1236:n15, 1319:n10
- Misconceptions affecting afterlife, (*see also* Misteachings)
 - belief can absolve one, B10:27
 - fate of animals, 1308:1
 - floating in space, B12:57
 - life reviews, 1311:13
 - no spirit gender, B10:7
 - no speech in spirit world, 1324:1,3
 - our saviors, 705:1

Index

- Misconceptions and afterlife—*Cont.*
 reincarnation mechanics, C01:10
 retrogress below human, 1406:2
 spirit “blindness,” 1228:1–9
 spirit planes, 1301:6–7
 spirit world duplicates, 1306:1
 three-day wait, 1317:1,3
- Misconceptions, earth life (*see also*
 Misteachings), 324
 all healing is by God, B13:4
 all is God’s will, B12:48
 the aura, mind, 1311:42,44,46–47
 building one’s spirit home, 1307:23
 God not a creator, 502:5
 God of revenge and caprice, 321:2
 humans cause sunspots, 816:1
 illness from spirit body, 1314
 many, B10:25–40
 mind over matter, B09:9–11
 one is as one thinks, 817
 pits in the road, like, 324:1
 of racial superiority, 813:5
 sleep and dreams, 925
 soul-gender changes, 1321:13–14
 spirit body envelops the physical,
 1310:12
 “spiritual bank account,” 1405
 stigmata, 1127:1
 teach old dog new tricks, 771:2
 when soul enters physical, 1315
- Misconceptions, effects of, 309:16,
 314:4, B10:1
 floating in space, B12:57
 Michael’s, 324:n18
 no speech in spirit world, 1324:1,3
 power of, 771:2, 1228:1,9,n12,
 1317:3, 1324:1,3
 spirit “blindness,” 1228:4–5,9,
 1322:3
- Misinformation:
 the mine of, B08
 from spirit people, 1230:10–17
- Misinterpretation, 318:9
- Misleading spirit people, 1124:8–10
- Misteachings, B10–B13
 about all creatures peaceful, 810:1
 about cancer, cruel, 915
 consequences of, 911:1–6
 divinity to animals, 1308:8,10–11
 effects of, 208:2–3
 about God, 502, 503, B12:42
 harmed, die, vitamins, B11:4,9,12
 of healers, B13
 illness springs from mind, 916:1
 about illusion, 801
 judgement and destruction, 1320:1
 about karma, 917:4–7
 of mediums, B12
 no spirit gender or jealousy, B10:7
 about number of guides, B12:19
 on ojas, B12:17
 about prana, B12:15
 about selves, 604
 about speaker preparation, B12:13
 of spirit “teachers,” B11
 about spirituality and mentality,
 B12:25
 about suicides, 1332:1–3
 about work of guides, B12:5
- Misunderstood, the, 311
- Moderation:
 the Law of, 734:16
 the path of, 734, B12:18
 path to lasting progress, 834
- Modesty, 714:2–3,7
- Molecular structure, alter, 1124:3,13,
 1129:4–9
- Moon, landings on, 804
- Moral consciousness, 608:4, 609:1–2
- Moses, 750:3, 1226:3
- Mothers, parents, working, 906
- Motion:
 each element has specific, 414:5
 the Law of, 414
- Motive:
 alone is not enough, 722
 and spirituality, 1402
 and suicides, 1332:5–10
 weighs heavily, 722:1, 1332:5
- Mountain, and resolutions, 717:9
- Mountaintop, path to, 775, 1420, 318:5,
 927:6, 1141:33, 1409:10
- Move a pin or paper., 1124:6
- Moxibustion, and healing, 1104

Multiplication, the Law of, 417

Music:

- and colors, 931
- dangers of, 826
- and healing, 1245
- how it affects us, 931:6
- lacking qualities, 836:16
- off-notes, 826:5
- of the spheres, 1302

Mythical source of supply, 1209:3

N

Nation, its needs, 844:2–4

Nations, society of, 854:1

Native North Americans, 1227

- injustices suffered, 1227:1–3
- and inhumanity, 1227:10
- noble of spirit, 1227:9
- purity of early, 1227:7
- spirit guides, 501:n2

Natural laws, 401

Nature:

- all vibrates in, 414:15
- bountiful, 821:13
- cycles of, 612:5, 928:3–5
- dominion over, 809:6
- forces of, 1004:13
- harm to, 809:2
- human, 818
- and humans, 809
- humans do not guide, 809:7
- is all in order, 816:6–9
- kingdoms of, 809:8–9,n3
- laws of, 401
- nothing wasted in, 809:5
- spirits, 809:7
- strikes a balance, 809:1
- of truth, 301–308

Nazarene, the, B09:24

Nearing adulthood, 907:8

Need(s):

- vs. desires, 718:3, 733:1,7
- the greatest, today, 1431
- is *now*, 824, A09:3

Neighbor, love thy, 510

New age, 201, 101:5

- every age is a, 201:1

has already begun, 201:1

its light is here, 1427

the teachings of, 201:2, 1419:7

New, nothing under the sun, 805

New physics (*see* New science)

New science, Intro:26

- aura-detecting instruments, 1311:n7, B09:29

dark matter, dark energy, 414:n6

EVP voice recordings, 1215:4,n6

mind outside the brain, 617:n8

multiple dimensions, 1301:n2

subatomic particles, 206:n3

Therapeutic Touch, 1106:n1

we're all related, per DNA, 601:n1

News disseminators, weigh well, 866

Noble:

- character, root of, 711:2
- love, definition, 510:4
- qualities, important, 608:1

No effort is wasted, D27:4

Noise, logarithmic scale, 826:n7

Non-human beings, 809:7

Nonprofit tax status, USB, D06:n1

North American Indians (*see* Native North Americans)

No's of the USB, positive, 110:11–22

Now, the, 927, 926:6–8

- to be thankful for, 927:4

the joys of, 927, 927:4

a time of trial and testing, 824

O

OBE, 1202:n2, 1228:n11,
1313:3,8,10,n8

Objective faculties, 1231:6

Objective mind, 1231:3–5,9–10

Obligation, a great, 319

Obsession, 1133:6–27

- and insanity, 1133:17

protection against, 1133:18–27

and puberty, 1133:28–29

Occupying, spirit beings, 1133:6–7,14

Occurrences, cause, 1410

Ocean, plowing, 320

Odor, 929:4–5

- each thing has own, 929:5

Index

Officeholders, and integrity, 715:25–28
Ojas, a misteaching, B12:17
Old and new, best of, 835
One continuous life, 1301:13
Oneself, can do much, 765
One-world government, 862
 potential disaster, 862:3
OOBE, 1313:3,8,10
Open mind, 309:12
Operation of the USB, D01–D34
Opportunity(ies):
 and challenge, 769
 how to use, 803:4,7–8
 not deprive others of, 851:3,5
Opposes, what the USB, 110:25
Opposite sides of a coin, 829
Opposition, to the USB, D33
Orchard, diseased trees in, B03:6
Order:
 all nature is in, 816:6–9
 and law, evidence of, 612:4–5
 and law, needs respect, 838
Organizations:
 and the Law of Attraction, 322:11
 persecution by, 309:2, 322:2
 and spiritual truths, 322
 and symbols, D32
 tenets rejected, 771:3
 that hinder truth, B03, B04,
 322:5,8–9
 that repressed truth, 322:2,10
 unacceptable principles, 322:4
Origins:
 human, 506:3–4
 of the USB, 101–102
Others seek us, we prefer, D07
Other worlds, vibrations of, 919:3
Ouija board, 1236:11
Our own prophets, 611:14, 775:1
Our own saviors, 611:14, 705:1,
 1007:4, 1008:31, 1413:6–8
Our part, let us do, 759
Our path of progress, 1318
Our world, 801–866
Out-of-body, 1202:n2, 1228:n11,
 1313:3,8,10,n8

Overcome:
 cannot for others, 760:3
 a condition, 1410:8–9
Overlooking faults, wrongs, 1416
Overpopulation, 821
 rapid growth of, 821:1–7
Oxygen, vital essence in, 913:3

P

Paine, Thomas, 822:1–2,5–6
Palmistry, 1010
Parable:
 of the grapes, 719:7–10
 of the mountain road, 1001:16
Paragraph numbering, Howto:5
Paranormal demonstrations, 1122:6–7
Parapsychology, 315:1,n5, B07
Parents:
 on caring for infants, 910
 and consumerism, 906:3
 and discipline, 704:1
 greatest responsibility, 905:12
 importance of family, 905
 responsibilities, 907
 and teaching untruths, 911
 working, 906
 and youth, 907
Part, let us do our, 759, 807:20
Passing on, to spirit life (*see also*
 Death), 1322
 everyone is met, 1322
Past-life regression, 1202:n2
Path(s):
 center, 734
 difficult to tread, 113:5, 1420:2
 to God, 1428:2
 to lasting progress, 834
 of moderation, 734, B12:18
 most direct, the USB, 1428
 to the mountaintop, 775, 1420,
 318:5, 927:6, 1141:33, 1409:10
 to a precipice, 1209:8
 of progress, our, 1318
 spiritual, the, 1420–1426, 612:4
 of truth, 102:13
 we cannot walk another's, 1423
 words of Alcoon, 517:7
Patience, 309:10, 807:16, 1420:2

- Patients:
 - and healers, 1117
 - varied responses of, 1113
- Patriotism, 752
- Peace:
 - and constructive thoughts, 1004:20–21
 - perfect, 758
- Pearls, formation, 739:1
- Pendulum, swing of, 834
- People:
 - barriers between, 1327:2
 - make the plane, 1301:8, B12:12
 - in praise of average, 815
 - spirit (*see* Spirit people)
 - variety among, 813:2
- People's:
 - inhumanity to others, 830:2
 - laws, 401
 - shelters against minds, 739:2
 - similarities, remember, 763
- Perfection:
 - descending from, 1318:4–5
 - on earth?, 1409
 - and Illumined Souls, 106:2
 - scheme of things, 501:8
- Perfect peace, 758
- Persecution, 309:2, 322:2
- Persevering, 807:15
- Persistence, 309:9
- Personal interpretation (*see also* Interpretation), 114
 - freedom of, 850
- Personality, our:
 - facets of, 605:3
 - and individuality, 605
- Personal love and affection, 904
- Personal progress, 765–775
- Personal relationships, 902
- Personal responsibility (*see also* Responsibilities), 704–710
 - age of, 839
 - cannot absolve another from, 705
 - Law of, 404
 - not transferable, 707:6
 - recognizing the importance of, 704
 - on rewarding evaders, 708:3
 - to serve, 520
 - spiritual, 1411–1414
 - and will, 701:6
- Pets:
 - heroic deeds of, 812:2–3
 - psychic, 812:3, 1135:2–3
- Peyote, and mescaline, 1141:7
- Phenomena, 1101–1142
 - and animals, 1135, B09:36–38
 - apports, 1129
 - déjà vu, déjà dit, 1126
 - dowsing, 1128
 - ectoplasm, 1121–1122
 - evidence of, 1202:2, 1313:3–4, B07:3
 - fake, B04:2,7
 - glossolalia, 1134
 - healing, unorthodox, 1101–1113, 1115
 - incredible, 1012:10
 - investigators of, 323, 1137:2, 1202:2, B05:6, B07:2–10
 - and law, 1131
 - materialization, 1123
 - and mediumship, 1202:n2
 - metal bending, 1124
 - misunderstood, 1137
 - obsession, 1133
 - other, 1126–1137
 - reenactments, 1136
 - spirit determined, 1215:3
 - and spirit scientists, 1130
 - stigmata, 1127
 - strange, B09:n2
- Phrenology, 1011
- Physical (earthly) body, 820, 414:13,16
 - comfort in, 1120:9
 - envelops spirit body, 1310:3,12
 - its needs, 734:6–7
 - our responsibility to, 820:2
 - spirits occupying, 1133:6–7,14
 - we retain a replica of, 1309
 - when individual enters, 1315
- Physical handicaps, and mediumship, B09:27
- “Physician, heal thyself,” 1120
 - why some healers cannot, 1120:7–8

Index

- Physicians, and integrity, 715:3–10
Physics, new (*see* New science)
Pipe, limited capacity, 734:15
Pitch, a component of sound, 929:3
PK (Psychokinesis), B09:9–15
Planes (of consciousness): 1301:1–9,
 1307:24, B12:12,41,53
 of expression, 801:9
 made by people, 1301:8, B12:12
Planetary hierarchy, spiritual, 706:5,
 1301:11
Planets:
 and astrology, 1008:4,10–12
 inhabitants, 1301:13
 their spiritual hierarchies, 706:5,
 1301:11
 undiscovered, 1301:11,n4
 visiting, 919:2
 “visitors” from other, 706
Plasms, 1121
 and materialization, 1121–1125
Pleasure, 724:3
Plow the ocean, 320
Pluto, reclassified, 1008:n4
Poaching energy, 1244
 prevention, 1244
Poems:
 by Michael Flagg, 301, 721, 727,
 728, 1326, 1426
 by Robert Hamilton, 724
 by Leigh Hunt, 509
 by John Keats, 306
 by Omar Khayyám, 741
 by Alexander Pope, 833
 by Grantland Rice, 745
 by William Shakespeare, 729
Poetry, 836:21–22
Politics, D04, 110:18
 before principle, 847:3
Poltergeist, 1122:7, 1133:30–31
Pope, Alexander, 833:8,n8
Population:
 rapid world growth of, 821:1–7
 spirit world, 821:3, 1301:9
 world, 821
Pornography, 836:27
Possession, 1133:6,11,13–14
 and rage, 735:2
Possessions, material, 746
Poverty and crime, 842
 a tribute, 842:8
Power:
 in atom, 507:10,n5, 727:17
 of God, 612:8–9
 of love, 512:2
 of misconceptions, 1228:1,9,n12,
 1324:1,3
 at séances, 1232:17,22
 of thought, 206, 204:2–8, 1001:18,
 1004:20,22, 1008:23, 1228:5
 of thought in spirit life, 1323,
 1136:5, 1228:1,5,6,9,n11,
 1306:11, 1307:4,6,14,16,n6,
 1310:19,23, 1319:10, 1324:3
 use and abuse of, 846, 860:10
Praise:
 for average person, 815, 323:12
 not Illumined Souls, B02:7
Prana (*see* Vital life force)
Pray:
 how to, 521:8–10, 522:1, 1111:11
 starts up a Law, 522:3
Prayer(s), 521–524
 attitude in, 522:1
 bring no harm, 521:10
 climb a ladder, 1111:4
 definition, 521:3
 excerpts on, 522
 for healing, 1111, 1107:3
 of Illumined Souls, 524
 intensity is important, 521:3–5
 a noble, 703:3
 not answered, 522:4
 and rituals, 521:12
 for these times of trial, 825
 in USB groups, meetings, D19
 USB has no prescribed, 521:12
 of a USB Inspirer, 523
“Precepts,” of prophesy and healing,
 1002:1–3
Precognition of USB teachings,
 1241:1,4
Predictions (*see* Prophesy), 1001–1007
Prejudice, and color, 813

- Presentable appearance, 714
- Price, every person has a, 814
- Priceless books, a parable, 726:1
- Pride, 731
 - double-edged sword, 731:5–7
 - “sin” or virtue?, 731:1–4
- Principle:
 - of love, 511:1
 - on surrendering, 824:3
- Principles of the USB, 103
- Privacy:
 - considerate of others’, 1222:6
 - right to, 852
 - spirit friends not “spies,” 1222:7
- Prizefighting (boxing), 820
- Probers and seekers, 209:3
- Problems:
 - are necessary in our lives, 1408:13
 - no one can escape all, 1408:10
 - progress from responses to, 1408:1–5, 1421:4
 - tested by, 1408:6–9
- Procrastination, 717:2–6
- Professions and integrity, 715
 - judges, 715:17–23
 - lawyers, 715:11–16
 - officeholders, 715:25–28
 - physicians, 715:3–10
- Profits before people, 847:3
- Progress:
 - from best of old and new, 835
 - our path of, 1318
 - personal, 765–775
 - from raising the low, 836:39
- Progress, spiritual, 774–5, 1421, 773:4
 - doors to, 831, 103:7, 308:3, 607:3
 - is earned, 1329:16
 - essential knowledge for, 1425
 - how to, 503:5
 - is never closed to us, 103:7
 - our path of, 1318
 - from responses to problems, 1408:1–5, 1421:4
- Projection, conscious, 1310:15
- Promise:
 - all things, leaders who, 718:4
 - of mediumship, 1210:5–9
- Promises, keeping, 716
- Prophecy, and predictions, 1001
 - accuracy of, 1001:15–17
 - of approaching disaster, 1004
 - by astrology, 1005, 1008:23
 - and the aura, 1001:4
 - mechanics of, 1001:1–5, 15–20
 - most don’t materialize, 1005
 - mountain road parable, 1001:16
 - not divine, 1002
 - not infallible, 1001:17
 - and power of thought, 1001:18
 - “precept,” of, 1002:1–3
 - on “saviors,” “fulfilling,” 1007
 - a warning for, 1006
- Prophecy for Christmas 1967:
 - face in clouds, 1003
 - unmaterialized, 1003:10
- Prophets:
 - false, 705:8–10, 1007:9
 - lives of great ones, 1420
 - not informed by God, 1001:8
 - we are our own, 611:14, 775:1
- Protection by spirit friends, 206:8
- Protective measure, energy, 1244
- Protoplasm, 1121:1
- Prototypes, spirit world, 1306:12–13
- Provident, on being, 709
- Proving ground, earth is a, 711:4, 846:3, 1409:2
- Psalms, twenty-third, 504
- Psychiatrists, 909
 - and aggravation, 909:2
- Psychic:
 - ability of animals, 812:3, 1135:2–3
 - body, 1310:1,6
 - centers (*see below*)
 - development, 1407:2
 - difference from medium, 1205
 - “discoveries,” books on, B09
 - experiences, 1138–1142
 - experiences and drugs, 1141
 - experiences, relating, 1142
 - ignorance of educators, B05:6
 - medium, 1205:n4

Index

Psychic centers, 1138, 1205:7, 1217:3
 artificial stimulation of, 1141:10
 and breathing exercises, 1138:4–6
 chemicalize, 1216:9,20, 1236:3
 developing, and music, 1245:3
 locations, 1138:3
 and mediumship, 1217:3–6
 sensitivity inherited, 1217:3
 and vital life force, 1138:1
Psychic phenomena:
 circle leader to be versed in, 1242:7
 explanations of some, 1137
 fire-walking, 1125:1–6
 handling live coals, 1125:7–11
 mechanics misunderstood, 1003:7
 and puberty, 1133:30–31
 stigmata, 1127
 under spirit control, B09:57
Psychical research, 315
 societies done harm, 315:1
Psychics, and mediums, 1205
Psychokinesis (PK), B09:9–15
Psychometry, 1012, B09:46
 spirit guides impress, 1012:6
Puberty:
 and obsession, 1133:28–29
 and phenomena, 1133:30–31
Publications and error, 310:2–3
 seeker's safeguards, 310:4
Punishment:
 deterrent to crime, 840
 everlasting, 308:3
 of violence, 839:6, 840:5, 841:2
Purpose(s):
 human, 727:4
 of the USB, 104, Greet:4
Pushing others, not, 316:3, 318:14

Q

Qualities:
 desirable, 714:7
 noble, 833:10
 required during testing, 824:2
 of truth seekers, 309
Quantum mechanics, 414:n6
Quest:
 for freedom, 865:10

 greatest, 309:20–21, 1401:2
Questioning mentality, a, 209
Questions:
 about evil, tragedy, 830
 on “keeping” others, 1411
 on self-defense, 858
 on spirit life, 1307
 about water pollution, 914
Question, to help understand, 209:1–2
 all we are offered, 316:5
Quotations and excerpts from the
 USB, 739, 760
 on God, 501
 on love, 512
 on prayer, 522
 on service, 517
 on spirituality, 608, 1401
 on spiritual progress, 1421

R

Race, no superior, 813:7
 a misconception, 813:5
Rage, problems and effects of, 735
Raids, chemical, 1106:10
 preventing, 1106:10
Rate of vibration, determines, 414:7–13
Rays, 1229
Reaching out, for light, 308:4
Realization, sufficient, 506:5
Realms (*see* Spirit realms)
Real self, triune, 602
 composition, 729:4
 and gender, 1013:18
 indestructible, 301:6, 1320
 and individuality, 605, 607
 location, 1310:2,4
 and sleep, 918:7, 921:6, 1313:8
Reap what we sow, 745:11
Reason, 208–210, 309:14–16
 before accepting, 210:5
 can bring knowledge, 210:4
 chaos without, 1004:9
 definition, 208:1
 disaster learning without, 208:3
 embraces, 310:4, 312:1
 exercise it, Intro:32,34, 208:1–2,
 210:5, 309:14, 314:1, B00:n1

- in humans only, 811
- its light a beacon, 208:9
- opportunities on earth, 1424:24
- and slavery, 208:12–13
- Receptivity:
 - and breathing exercises, 1138:4–6
 - and communication, 1243:6
 - and music, 1245:2–3
 - regions of, 1138:3
- Reciprocation, the Law of, 406
- Recognition, for self, others, 731:10
- Recognize, don't deny, 742
- Recordings, Intro:33, Pref:8, C01:5
- Records, our full, in aura, 1312, 608:7
 - Akashic, 1312
- Reenactment of battle scenes, in spirit life, 1136
- Reflection, 751
- Regression, retrogression:
 - past-life, 1202:n2
 - spiritual, 1406
 - under hypnosis, 1013
- Regrets, 741
- Reincarnation, C01, Intro:27
 - "artificial," B09:7
 - a great spiritual truth, C01
 - mechanics, C01:10
- Rejoicing:
 - for the departing, 1426:3
 - and healing, 1110:15
 - in prayer, 521:9
 - at sittings, 1247:3
- Relationships, 901–904
 - freedom in, 903
 - personal, 902
- Relayed communication, 1233:6
- Relays:
 - in déjà vu, 1126:5
 - and distortion, 206:4
 - by the hypnotized, 1013:8
 - in the spirit world, 1215:9
 - by standbys, 1233:3,6
 - with an astral body, 1319:6
 - in work of mediums, 1209:3
- Remember:
 - about our progress, 1408:5
 - the similarities, 763
 - to think, 848:2–3
 - a time to, 751
- Remorseful, posters of the, 1333:5
- Remote viewing, 918:n2, 1313:4,9
- Remuneration of mediums, 1214
- Replica of the physical body, 1309
- Repudiation of agreements, 716:2
- Research, psychical, 315
- Rescue circles, 1228:6,n12, 1322:3
- "Resist not evil," 744:2–5
- Resist undesirable impulses, 728:6
- Resolutions, 717
 - and mountain, 717:9
- Respect, of friends, 719:12
- Respond to things, how we, 1408
- Responsibilities (*see also* Personal responsibility):
 - of employees, 749
 - of employers, 749
 - law of, 404
 - not for our ancestors, 707
 - for our actions, 1230:18
 - of parents, 907
 - to present truth simply, 318:9
 - of shepherd, 843
 - of teachers of truth, 202:4, 325:1
 - of USB followers, to truth, D27:6
- Responsive chord (*see* Reason)
- Responses to healing, varied, 1113
- Retribution:
 - fear of, 1305:4, 1424:6
 - is according to Law, 1413:7
- Retrogression (*see* regression)
- Returning to God, 1318:4
- Revelations of mediumship, 1208:5, 1220:4
- Revenge, 857:6
- Rhodamine, 603:5
- Rice, Grantland, 745:n7
- Ridicule, 323:6,n17
- Right living, 746–758
- Rights of the individual, 851
 - to be let alone, 852:3
 - to freedom, 865:6
 - must give up some, 853:9–10
 - to privacy, 852

Index

Rise above, anyone can, 770:5, 803:12,
1415:10

Rituals:

- buried truth, 201:5
- not in the USB, 110:13
- and prayer, 521:12

River, strength of, compared, 111:9

Rods, ectoplasmic, 1122:3,7, 1124:3,
1137:6

S

Safeguards at home circles, 1242:6

“Salvation:”

- to buy, 750:12
- through others, 706:1, 1209:8,
1413:1–2, B03:2

“Sapping” energy, 1244:3

Savior(s), 1413

- false, so-called, 1007
- “fulfilling” prophesies, 1007
- we are our own, 611:14, 705:1,
1007:4, 1008:31, 1413:6–8
- what false don’t teach, 1007:4–6
- who adversely affect lives, 1007:9

Scenery, spirit, 1326:1

Sceptics, 1202, 1202:n3

Scheme of things, 501:8

Schools, that hinder truth, B03

Science, new (*see* New science)

Scientists:

- auric, 1311:9,12–13
- how they could share, 921:3
- ignore prior findings, 323:11
- support *any* other theory, B05:5
- and truth, 323
- unscientific, 323:4
- who complicate the simple, 323:13
- will never create life, 802

Scrolls, ancient, 764

Séance room, substances in, 1246

Séances (*see also* Circles, Sittings):

- cheerfulness at, 1247
- power at, 1232:17,22
- spirit people of the living at, 1239

Sea of Galilee, Pref:32

Search for meaning, the, 807:4

Searching for truth, 309–315

Seed, good to plant, but..., 320:2

Seeds, sowing, 1429, 112:3, 315:5,
317:5–7, 320:2, 760:1, 770:2,
865:4, 1320:4, 1423: 3–4

Seekers of truth:

- misleading them, B01:3
- not confined, 309:13
- opposition to, 311
- and probers, 209:3
- qualities needed, 309
- selectively, B08:2
- terrifying them, B01:5
- weigh well, 1230

Self (selves):

- be true to *soul*, 729
- consciousness not divided, 604
- to know *about*, 611
- no lower, higher, 604
- mastery over, 745:10
- real (*see* Real self)

Self-defense, questions about, 858

Self-determinism, 772

Selfishness, 821:17

Selfless (*see also* Service, selfless):

- and golden rule, 901:6
- and home circles, 1242:4,6
- and motive, 1405:3–4
- and spirit guides, 1221:19
- and spirituality, 608:20,24, 773:4

Self pity, the curse of, 732

Self-preservation:

- and “death wish,” 727:9
- instinct for, 727:9
- Law of, 416:6, 812:1, 818:5

Self-satisfaction, error of, 312

Seminars, B05, B06

Sensing what is true, 312:1

Sensitivity:

- in sleep, 919
- usually inherited, 1217:3

Sensitize:

- for interplanetary travel, 919:3
- the psychic centers, 1216:20
- when magnetized, 1109:4

Serve:

- ever ready to, 737:11
- how one can, 112
- material/spiritual rewards, 519
- responsibility to, 520

- spirit friends, 1224:8
- USB's desire, 111:6
- Service, 516–520, D27:15
 - the greatest, 518:2
 - laws of, 405–406
 - and love, inseparable, 405:6–7
 - only unselfish, 516
 - quotations on, 517
 - selfless, 516, 103:9, 405:5
- Shakespeare, William, 614:n7, 729:n4, 1008:n6
- Sham, B04:5
- Share, how much, 513:5
- Shells (*see* Astral bodies *and* Thought forms)
- Shepherd, responsibilities of, 843
- Sick rooms, cheerfulness in 1247
- Silence:
 - giving in, 519:1–2
 - sitting in the, 1231:12–14
- Silent:
 - demonstrators who remain, 845:4
 - a time to be, 753
- “Silver cord,” 1310:16, 1311:21, 1313:12, 1317:1
- Simplicity, 309:8, 1401:1
- Sin:
 - condemn, not the sinner, 325:3
 - the great, 734:4
- Singing at circles, no need, 1242:16
- Sitters:
 - and accompanying spirits, 1243:1
 - should judge by content, 1233:24
- Sittings (*also see* Circles):
 - cheerfulness in 1247
 - for development, factors, 1243:5–8
 - each is an experiment, 1233:21
 - spirit people of the living at, 1239
 - at USB headquarters, 1241:3
 - ways of holding, 1110, 1243
- Skeptics, 1202, 1202:n3
- Slates, on erasing our, 766, 1415:4
- Slavery:
 - acceptance of, 725:4
 - to empty things, 725
 - and snobbery, 725:3
- Sleep, 918–925
 - activities that fatigue, 920
 - dreams and droes, 924
 - and dreams, misconceptions, 925
 - and geniuses, 1132:9
 - knowledge in, 1132:11
 - and the real self, 918:7, 921:6, 1228:n11, 1313:8
 - sensitivity in, 919
 - talking in, 922
 - why we need, 918
- Sleepwalking, 921
 - and spirit controls, 921:6–9
- Slogans, 853:3
- Slow to decide, quick to act, 736
- Small groups (*see* USB groups)
- Smugness, the error of, 312
- Snobbery, and voluntary slavery, 725:3
- Society:
 - to curb abusers, 849:2, 854:1
 - to discipline wrongdoers, 840:2
 - of nations, 854:1
 - to protect itself, 719:5
- Solar system:
 - moons of, 1008:n5
 - precise operation, 507:6
- Solid objects, spirit-realm, 1323:8
- Sorrow, 724
- Soul(s), divine spark, 601:2
 - be true to thy, 729
 - fan spark into flame, 763:3
 - gender, 1321:14
 - great, never command, 1226
 - human uniqueness, 811:3
 - and Law of Life, 413:5
 - location, 603
 - none ever destroyed, 1320, 308:3, 611:7, 1413:10–13
 - numbers of, 821:3
 - spark of the divine, 601:2
 - testing ground of, 1408:6
 - when enters physical, 1315
- Sound(s):
 - aum, 1139:1–2
 - chanting, uttering, 1139
 - and color, 929–931
 - has pitch and tone, 929:3
 - most powerful, 1139:1
 - a vibration, 929:1

Index

Source of supply:

- mythical collective, 1209:3
- universal mind, 601:4

Sow and reap, 745:11

- Sowing seeds, 1429, 112:3, 315:5,
317:5–7, 320:2, 760:1, 770:2,
865:4, 1320:4, 1423: 3–4

Spark of God/the Divine (*see* Soul)

Sparrow cannot become an eagle, 767

Speak, a time to, 753

Speaking in tongues, 1134

Species:

- evolution, and humans, 808
- and Law of Variety, 416:1, 808:8
- and Law of Vibration, 414:14
- ranges of vibrations, 414:9

Speculation, pointless, 506

Speech:

- by animals, 811:2
- in spirit life, 1324, 1309:4

Speed of thought, 206:6–7

Speed, way of life, 747, 1216:n7

Spheres, spirit-world, 1301:1–7

- unlimited number, 1301:7

Spirit:

- animating factor, 601:3
- “blindness,” 1228:1–9, 1322:3
- body(ies) (*see* Spirit body)
- clothing on flights, 1329:9–12
- communication (*see* Spirit communication)
- controls (*see* Spirit controls)
- developing gifts, 1216
- dormancy, 1413:13
- double (*see* Spirit double)
- edifices, 1323:1
- existence, 1315–1321
- false information, 1003
- flights, 1329
- gardens, 1323:1
- guides (*see* Spirit guides)
- healing, 1102:7–10
- home, misconception, 1307:23
- homes, 1307:21–27, 1323:6
- leave it to, 1414
- life, 1301–1333
- makeup, our, 1309–1314

materials, 1307:13–16

meanings of, 601:n2

misinformation, 1230:10–17

nature, 809:7

people; spirits (*see* Spirit people)

protection (*see* Spirit protection)

realms (*see* Spirit realms)

“rescue,” 1228:6,n12, 1322:3

“says,” 1212

scenery, 1326:1

teachings, compared, Intro:8

toys, 1306:11

world (*see* Spirit world)

Spirit body(ies), 1310, 603:3–4, 775:4,

919:3, 1303:5, 1307:5,9

astral body, 1310:1,5

and aura, 1310:20, 1314:3, 1311:42, B09:19

“blindness,” 1228:1–9, 1322:3

cannot be harmed, 1307:5

celestial body, 1310:1,8

change appearance of, 1310:23

and illness, 1314

is within physical body, 1310:12

of the living, at séances, 1239

made up of, 1310:4–9

psychic body, 1310:1,6

replica of physical, 1310:17

“silver cord,” 1310:16

and spirit travel, 918:7, 919:2

spiritual body, 1310:1,7

surgery on, 1314:5

Spirit communication, 1231–1241,

1309:4

determined by, 1208:3, 1215:3

direct, 1227:7, 1234:2, 1236:n15

factors affecting, 1232

failure of, 1238

and humility, 1234:7

by inspiration, 102:16, 924:4,

1231:12, 1418:1, D24:6

interpretation of, 1234:1–3

judge by content, 1233:24

and language, 1325

levels of, 1233:17

minds affecting, 1232:1

relayed, 1233:6, 1234:2

- restrictions on, 1232:13
- same voices, reasons, 1233:1–7
- scriptural condemnations of, 1133:n3
- standbys, 1233
- tardiness of, 1238
- by thought, 1325:2,23
- the truth of, 909:1
- variety of forms, 1236
- by voice, 1324, 1309:4
- wonders of, 1232:25
- weigh words well, 1230, 1234
- Spirit controls, 1133:7, 1232:1, D24:8
 - and astral bodies, 1319:8
 - in déjà vu, 1126:5
 - in healing, 1116:3
 - meaning of, D24:8
 - in obsession, 1133:6–31
 - in sleep, 921:9, 922:2
 - in stupor, 921:10
 - understanding by, 1233:18
 - while sleepwalking, 921:6–9
- Spirit double, 1310:4
- Spirit guides (and friends), 1221–1230
 - children, 1247:1
 - closeness to, 1422
 - commanding them, 1223
 - and consciousness, 1221:11
 - courtesy owed, 1224
 - former, and mediums, 1213:8
 - helping healers, 1106:3–9, 1112:4, 1118:4
 - no “spiritual captivity,” B12:60
 - not manifesting, 1232:20
 - not necessarily wise, *etc.*, 1221:15
 - not our servants, 1221:14, 1224:8
 - number, 1221:5–6
 - and privacy, 1222
 - standbys, communicating, 1233
 - “teachers,” misteachings of, B11
 - that request or demand, 1230:7–8
 - their caliber, 1221:10–12
 - ways they can impress us, 1237
 - we are never alone, 1222
 - weigh words well, 1230
 - why they come, 1221:2,21, 1414:3–6
 - work problems through us, 1221:20
- Spirit people (spirits; spirit beings):
 - aiding births, infants, 1315:3
 - appearance, 1309:7–8, 1315:4, 1310:17–19,21–23, 1330:12
 - barriers between, 1327:2
 - “blindness,” 1228:1–9, 1322:3
 - chemists, 1107:3, 1130:4
 - chemists and ectoplasm, 1123:3
 - claiming supreme power, 1234:7
 - clothing, 1306:11, 1329:9–12
 - control psychic phenomena, B09:57
 - deaf and dumb, 1324:3
 - deceiving, 1236:11, 1319:18–19
 - direction of animals, B09:38
 - in dormancy, 1413:13
 - earthbound, 1331
 - fear of, 1133:n3
 - fervor of, religious, 1127:2, 1137:4, 1233:14, 1319:15, B09:16
 - floating in space, B12:57
 - Illumined Inspirers (*see*)
 - impersonations by, 1123:9, 1234:6
 - individuality, 1318:9
 - linguists, interpreters, 1325:7
 - malevolent, 1013:17, 1236:n15, 1319:n10
 - many levels of, 1013:17, 1221:15
 - meet those wronged on earth, 1333
 - mischievous, 1003:6, 1013:17, 1133:30, 1236:n15, 1319:n10
 - misleading, 1124:8–10
 - nature spirits, 809:7
 - numbers of, 821:3
 - occupying, 1133:6–7,14
 - projects for, 1210:2, 1230:7
 - protection of alcoholics, 921:11
 - “rescue,” 1228:6,n12, 1322:3
 - scientists, 1130:3
 - sight, 1228
 - some bring confusion, 1230:1
 - specialists, 1111:8, 1115:3
 - speech among, 1324, 1309:4
 - surgeons, 1314:5
 - tardiness of, 1238
 - “teachers,” misteachings of, B11
 - travel, 1329, 1310:14, 1313:n8

Index

Spirit people—*Cont.*

- trolls, 1319:n10
- undesirable, 735:2, 1013:10,
1133:4,25, 1236:n15, 1243:1–2
- undeveloped, 1230:8, 1331:3
- ways they can impress us, 1237
- weigh their words well, 1230

Spirit protection, 206:8

- and drugs, 921:11

Spirit realms (Etheric realms, Etheria)

- (*see also* Spirit world), 1301

- astral realms, 1301:2
- attunement to higher, 413:12
- beauty of higher, 521:4, 923:5,
1238:3, 1306:8–9, 1323:9
- celestial realms, 1301:2
- communication in (*see* Spirit
communication)
- convalescence in, 1307:26
- creation of environment, 521:4
- darkness, B10:17
- and evil, 829:3
- help from, 1207:9
- higher, beauty of, 521:4, 923:5,
1306:8–9
- and Illumined Souls, 1225:1
- kingdoms, 1301:2
- made by people, B12:12
- music of the spheres, 1302:2
- planes, misconceptions, 1301:6–7
- spiritual, 1301:2
- warmth and happiness, 1326:8

Spirits (*see* Spirit people)

Spirit world (*see also* Spirit realms),

- 1301–1308
- activities, 1325:27
- children, 1330
- communication in (*see* Spirit
communication)
- concerts, 1328:8
- counterparts, 1306:1
- duplicates, 1306
- duplicates don't exist, 1306:7
- and earth emanations, 1303
- fear in, 727:20
- humor in, 1326

- jealousy, B10:8
- leaders of, 1004:15
- living in, 1322–1333, 1307
- love and affection, 1326:1
- mediums in, 1215:9
- new arrivals, 1307:21–22
- population, 821:3, 1301:9
- prototypes, 1306:12–13
- solid objects, 1323:8
- speech in, 1324, 1309:4
- spheres, 1301:1–7
- spirit realms (*see above*)
- thought in, power (*see* Power, of
thought in spirit life)
- time in, 1328, 1136:5, 1238:4
- titles, 1327
- travel, 1329, 1310:14, 1313:n8
- weigh their words well, 1230
- when passing on to, 1322, 771:2,
1228:10, 1317:3

Spiritual:

- acts are recognized, 1421:6
- “bank account,” 1405
- body, 1310:1,7
- “captivity,” B12:59–60
- circle members should be, 1242:6
- development, 1407, 506:6, 774:7
- glow, within, 505:7–10
- and good, 1402
- healing, 1101:1, 1102:11–12
- hierarchy, planetary, 706:5, 1301:11
- ills, 728:8
- lives simply, 1401:1
- and moral consciousness, 609:1
- path, 1423, 612:4
- progress (*see* Spiritual progress)
- realms, 1301:2
- regression, 1406
- strength, 1408:12
- truths, and organizations, 322

Spiritual Light (this book):

- assembly, Intro:19–29
- contributors to, Contrib, Intro:3,37
- how to use it, Howto:1–9
- spirit review of, Intro:18
- writing for, Intro:14–18

- Spiritual progress, 775, 1401–1433, A13:4
 - doors to, 831, 103:7, 308:3, 607:3
 - essential knowledge for, 1425
 - excerpts on, 1421
 - how to make, 503:5, 520:6
 - is earned, 1329:16
 - is never closed to us, 103:7, 831
 - the path of, 1420–1426, 1318, 612:4
 - from responses to problems, 1408:1–5, 1421:4
 - and responsibility, 705:1
 - stepping stones, 769:2, 803:4
 - tests of, 769:3
 - and The Law, 1425, 1139:4
 - the USB view, 1427–1433
- Spirituality, 608, 1401–1407
 - and chanting, 1139:3
 - evidenced by deeds, 1403:2
 - expression of, 1403:3
 - growth of, 503:3, 1408:13
 - and healing, 1116
 - and health, 917:1–3
 - and knowledge of Laws, 1425
 - in a material world, 1424:24
 - mediumship is unrelated, 1208:4
 - and mental outlook, 1408:12
 - part of our minds, 1311:10,44
 - and technical progress, 804:5–6
 - unrelated to mediumship, 1208:4
- Spiritually afflicted, the, 728:8
- Spoon bending, 1124:1
- Sports and sporting behavior, 745
- Spreading enlightenment, by the USB, D03:1, D27:9–14, D28:6
- Spreading truth, 316–325
- Stand, take against evil, 754:1–2
- Standards, 711–718
 - the decline in, 836
 - of education, 836:5–11
 - of language, 713
 - of morality, 836:24–28
 - of music, 836:15–16
 - in news media, 836:17–19
 - personal, 712
 - of poetry, 836:21–22
 - reversing decline in, 836:29–39
 - of sculpture, painting, 836:23
 - self-discipline, 803:11–12
 - set high, 712:4
 - of writing, literature, 836:20
- Standbys, communicating, 1233
- Stars (*see* Astrology)
- Stepping stones, spiritual, 769:2, 803:4
- Stigmata, 1127
- Strength of a river, compared, 111:9
- Strength, use and misuse of, 860:10
- Stupidity, 615:1
 - disastrous to a nation, 860:9
- Sub-atomic levels, 206:n3, 1301:n2
- Subjective mind, faculties, 1231:3,5,7–9,12–15
- Substances, in séance/meditation room, 1246
- Subtle body (*see* Spirit body)
- Success, attribution of, 737:9
- Suffering:
 - and God, 830
 - on seeing loved ones, 908
 - and THE LAW, 827:10
- Suggestion, and latent talents, B09:8
- Suicides, 1332, 1331:2–3
 - a grave misteaching, 1332:1–3
 - and motive, 1332:5–10
 - not* all earthbound, 1332:9
- “Summerland,” 1408:7
- Sun, nothing new under, 805
- Sunspots and mind, 816
- Superiority:
 - racial, 813:7, 1004:15
 - self-assumed, 813:6
- Superstition, 727:4
- Supporters of truth, 323:2
- Surgery:
 - brain, 618
 - on spirit body, 1314:5
- Survival beyond physical death, 1201–1204
 - proof is only a first step, 1220:4
 - revelations beyond, 1201:4
 - the truth of, 909:1
- Survival instinct, 812
- Survivalists, 1201
- Sword, 325:5, 847:2

Index

Symbols:

- in dreams, 925:5–6
- in mediumship, 1237
- and organizations, D32

T

Table turning/tipping, 1122:7

Talents, are earned, 1214:3

Talking in sleep, 922

Tape recording, Intro:33, Pref:8, C01:5

Tapestry of our efforts, 405:9–11

Tapping the aura, B09:21–26

Tax-exempt, USB, D06:n1

Teach:

- any untruth, B01
- old dog new tricks, 771

Teacher:

- false, B01
- a “master,” B12:32–61
- self-promotion, 513:7
- spirit, B11
- true, of truth, 318
- truth more important, 726:3–4

Teachings, 201–203

- esoteric and ancient, 314
- like wind through trees, B08:5
- of the New Age, 201
- pondering over these, 1418
- of the USB (*see* USB teachings)

Teaching untruths, B01

- to children, 911:1–6

Tears, and relief, 1204:4

Technological progress and spirituality,
804:5–6

Telekinesis (TK), B09:9

- confusion with PK, B09:9

Telepathy with animals, B09:36

Teleplasm, 1121:6

Television:

- dangers of, 833
- and violence, 833:4–10, 836:18

Temperatures felt during healing, 1112

Terms, defining, 202

Testing ground, soul’s, 1408:6

Testing integrity, 711:4

Testing, present, 824:2

Thanksgiving, 737:1

The Laws That Govern, 402, 403

Therapeutic Touch, 1106:n1

Think (*see also* Thought), 209:1–2,4

and accept, *etc.*, 209:4, 848:3

as one thinks...?, 817

constructively, positively, 204

about God, 506

and know, be, express, 204:1

in language, 1325:4–5

and probe, 209:3

and spirit-create, 1323, 521:4

and thank God, 807

universally, 205, D26:5

Thinking of humanity, the, 770:3

Thought(s) (*see also* Think), 204–207

are seeds, 760:1

creation by, spirit, 521:4, 1323:1–6

and the deed, 755

and distant healing, 1107:1

distortion of directed, 206:4

effects of, 207

forms (*see below*)

how to help, by our, 204:10–12

is vibration, 206:3

no original, new, 805:6

power in spirit life (*see* Power, of
thought in spirit life)

power of (*see* Power, of thought)

projection, 1231:10, 1319:11

speed of, 206:6–7

spirit communication by, 1324

and spirit house, 1323:6

unworthy, 1409:7

uses in spirit life, 1323, 1329,

1309:4, 1310:23, 1325:23,

1328:5, 1329:12

Thought forms (shells), 1319, 322:12,

1136:4, 1319:n9,n10

and astral bodies, 1319

and meditation, 1319:17

Three-day waiting period, 1317

Thyself, know *about*, 611

Time (*see also* Times):

and cycles, 926–928

to develop manifestations, 1242:22

exists; how it affects us, 926:5

misuse of term, B09:48–53

- the Now, 926:6–8
- often misunderstood, 926:1
- our use of, 747:6
- past, present, future not one, 926:2
- refer to spirit events, 1328:1
- to speak, and to be silent, 753
- in spirit life, 1328, 1136:5, 1238:4
- in spirit life and on earth, 1328
- Times (*see also* Time):
 - of crisis and change, a trial, 822
 - a prayer for these, 825
 - these, 822–826
 - of trial and testing, now, 824
- Timidity of leaders, 860:9
- Tithing, 750
- Titles, in spirit life, 1327
- TK (*see* Telekinesis)
- Tolerance, 719, 311:5
 - of the intolerant, 719:5
- Tone, component of sound, 929:3
- Tongues, speaking in, 1134
- Torch of Truth, Pref:36, 112:12
- Toys, spirit, 1306:11
- Tradition, need for, 844:3
- Tragic happenings, 859, 865
- Trance (*see also* Mediumship):
 - advice to sitters, 1242: 6–21
 - deep, 1242:23–27
 - deep, advantages, 1236:7–9
 - light, deep, compared, 1236:5–9
 - and sneezing, coughing, 1133:15
 - a warning, 1242: 23–27
- Tranquillity, 758:4
- Translating the Laws, 403
- Translators, 403:1
- Travel, spirit, 1329, 1310:14, 1313:n8
- Travelling clairvoyance (remote viewing), 918:n2, 1313:4,9
- Treason, 860:9
- Trees and healing, 1103
- Trials (*see also* Testing):
 - in crisis, 824:1–2
 - trying times, 822
- Tricks, teach an old dog, 771
- Triumph of evil, requires, 754:4
- Triune, individual is, 602 (*see* Real self)
- Trolls, 1319:n10
- True:
 - inner self senses is, 312:1
- Truth(s), 301–325
 - bearer’s responsibilities, 734:13,15
 - and beauty, 306
 - buried by rituals, 201:5
 - the cause of, 102:5, 304:1
 - children learning, 321, 911
 - dangers from organizations, 322
 - definition of, 301:3
 - diversions from, 1124:8–12, 1319:n10
 - the enemy of, 742:1
 - examples of, 301:6–8
 - facets of, 302
 - and fact compared, 301:4
 - the greatest quest, 309:20–21
 - harmed by additions, 305:4
 - and Illumined Souls, 316
 - and the individual, 308
 - Inspirers view of, 303
 - is no beggar, 304:4
 - the jewel that is, 201:3
 - the lot of many seekers, 311
 - misconceptions, 324
 - monopoly of, 316:1
 - nature of, 301–308
 - needs to be simple, clear, 201:6
 - never conflict, 302:2
 - no greater cause, 304
 - no one possesses all, 307
 - not made by repeated quotations, B05:4
 - our responsibility to, D27:6
 - outweigh their presenter, 726:4
 - the path of, 102:13
 - perception of, 303:1
 - presented simply, 305
 - the quest for, 309:1
 - and reason, 208
 - renouncing past errors, 319
 - repressed, 322:2
 - responses to, 308
 - restatement of, 201:6
 - reveal to seekers, 317
 - sacrificed, jeopardized, 304:2

Index

Truth(s)—*Cont.*

- safeguards for searchers, 310
 - schools that hinder, B03
 - and scientists, 323
 - searching for, 309–315, B08:2
 - seeker qualities, 309
 - sharing of, 317
 - some do not serve it well, B10:5
 - source of, 307:7
 - spiritual, Intro:6, 111:1
 - spreading, 316–325
 - supporters of, 323:2
 - of survival, shunned, 323:3
 - torch of, Pref:36, 112:12
 - true teacher of, 318
 - truths collectively, 301:7
 - what it is, poem, 301:1
 - who consider single source, 309:5
 - why some discredit, 315:2
- Trying times, 822
- “Turn the other cheek,” 744:2–11
- Twenty-third psalm, 504
- Twins, 1009, 1008:16
- and astrology, 1009
 - identical, 619:8, 1008:16, 1009:3–5
- Twin souls, 1321
- and gender change, 1321:13
- Tyranny, 845, 309:2
- Tyrants and freedom, 322:5, 853:5

U

- Understanding, 106:1, 807:19
- and an ant, 506:2
 - God’s, 830:6
- Understandings of God differ, 1111:2
- Undesirable spirits, 735:2, 1013:10,
1133:4,25, 1236:n15, 1243:1–2
- Undiscovered planets, 1301:n4
- Undoing by overdoing, 762:3
- Unfoldment/development:
- of mediumship, 1216
 - spiritual, 1407
- Unity of expression, 416:1–4
- Universal Mind, 601:4–5
- source of supply, 601:4
- Universal Spiritual Brother&Sisterhood
(*see* USB, *below*)
- Universality, USB, 105
- Universally, think, 205, D26:5
- Unorthodox healing (*see* Healing)
- Unscientific scientists, 323:4
- “Unseen healing force,” great, 1115
- Unselfish love, 511
- Unselfish service, 509, 516
- Unspoken word, the, 1231:14
- Unthinking acceptance, Intro:43, 110:6,
316:5, 1234:5
- Unthinking people, disillusioning,
1003:17, 1319:19
- Untruths, teaching, B01
- to children, 911:1–6
- Unworthy emotions, 207:3
- Us:
- the ever-changing, 607
 - the real self, individuality, 605, 602
- USB, 101–116, 1433
- acceptance of truth, 105:1
 - accomplishments, 1430
 - achieving its goals, 1420–1432,
807:14–20
 - acronym, 101:n6
 - affiliations, D02
 - blessing and benediction, A06
 - book, this (*see* *Spiritual Light*)
 - call for helpers, Call:13–18
 - and controversial subjects, D05
 - and current issues, 114
 - different, how, 110
 - directed by, 101:1
 - doctrines, no, 734:1
 - encouragement from, 102:9–18
 - especial desire, 111:6
 - excessive praise, no, D14
 - financial support of, D06, D09,
D20, 110:9
 - followers, encouragement to, A04
 - following, 111
 - “fortune-telling,” no, D11
 - founders, Intro:10, 1225:2
 - and freedom, 108, 849, 862:10
 - future policies, D34
 - garden, 1412:4
 - gender issues, Intro:10, 101:n2,n6
 - goal, 102:8

- groups, (*see below*)
- helpers, workers, search for,
 - A02:5–6, A03, A05
- and humility, 102:18–19, D03
- Illumined Souls/Inspirers, 1225
- Inspirers, Intro:30–42
- Inspirer’s prayer, 523
- joining with its mission, 111
- and “laying on of hands,” D12
- leaflet, D30, E01
- linking of supporters, A08, D08
- and love, 508
- the main stream of The (Great) White Brotherhood, 101:5
- mediums, D25
- meetings (*see below*)
- membership, D08, 111:2,5
- membership fees, no, D09
- message of cheer, 113
- Michael’s position in, Intro:9
- mission, 101:10–11, 102:5–9,
 - 108:1, 114:5, 508:1
- more requirements for, D26–D34
- movement, the, 102
- name, original, 101:n2
- newsletters, Intro:18
- no doctrine of fear, 113:1, 734:1
- no misrepresentation to, D28:10
- nonprofit tax status, D06:n1
- no requirements to join, 108:4
- no set prayers, 521:12
- not linked, 110:8
- not misrepresented, D28:10
- not political, 101:10
- offer of help, Call:3–12
- official representatives, 101:1,5
- operation of, D01–D34
- opposition to, D33
- organization, the, 101
- originators, 102:3–4
- origins, 101–102
- outlook, 111–116
- path, the most direct, 1428
- platform workers, D23
- and politics, D04
- positive no’s, 110:11–22
- prayer in, D19
- presents kernels, 1418
- principles, 103
- project, the, Intro:3–13,41–42
- publicizing, D27:12
- purposes, 104, Greet:4, A01:4
- representatives, A01:2–3
- requirements, D01–D25
- responsibility to truth, D27:6
- selling of blessings, no, D10
- serve, how one can, D27
- similar organizations, 1419:8
- and simplicity, D03
- sittings, Intro:31–32
- sittings at headquarters, 1241:3
- and soliciting for followers, D07
- spirit leaders, Intro:3, 1225:2
- spirit supporters, Pref:13,20,34,
 - A02:3
- and spiritual progress, 1427–1433
- spreading knowledge, D27:9–14,
 - D28:6, D37:2
- sword, it wields, 325:5
- on a symbol, D32
- task, 101:11
- tax-exempt status, D06:n1
- teachings (*see below*)
- torch held high, 807:14
- values, 103–110
- vision, 1432
- way of life, 111:3, A07
- what it is becoming, 1429:10
- what it opposes, 110:25
- workers, efforts of, A09–A11
- work for all, there is, D13
- USB (local) groups, D28
 - adding to spiritual reservoir, 102:10
 - discussion at, D05:2
 - forming, D28:3
 - harmony in, 1311:39–41, D28:1
 - importance of, D27:5
 - jurisdiction over other, D13:2
 - leaders, D27:13–14
 - leading, D28:4
 - meetings, D05:2–3
 - prayers of, D19
 - what they can do, D28

Index

USB meetings:

- collections at, D20
- enlightenment at, D16:3
- knowledge at, D16:3
- no rituals, 110:13
- prayers at, D19
- requirements for, D15–D25

USB teachings:

- book, this (*see Spiritual Light*)
- combined with others, 116:7
- excerpts on God, 501
- excerpts on prayer, 522
- excerpts on spirituality, 608
- excerpts on spiritual progress, 1421
- on God, by leaders, Intro:4
- of the New Age, 201:2, 1419:7
- the only official, 116:5
- pondering over these, 1418
- positive no's, 110:11–22
- precognition of, 1241:1,4
- purity, 101:7
- purpose of, 201:2
- received *directly*, 1419:7
- resemble Hermetic, 313:4
- their delivery, 1241:3–5

V

Values:

- of anything, 853:4
- eternal, 711:6
- need return to worthy, 718
- of the USB, 103–110

Variety:

- among people, 813:2
- beauty in, 416:3
- the Law of, 416
- of manifestation/appearance, 416:1–6
- operates everywhere, 908:6

Vibration(s):

- cleansed by water, 837:6, 913:5
- the Law of, 414
- of other worlds, 919:3
- rate determines, 414:7–13
- rates of animals, 414:11
- of rejoicing, 521:9
- as sound, color, and odor, 929
- within, 414:15–23

Vice, 833:9

Vigilance, and liberty, 863

Vineyard, grapes in the, 719:8–10

Violence:

- controlling, 823:3
- of prizefighting (boxing), 820:4
- producing change, 835:1
- punishment of, 839:6, 840:5, 841:2
- and television, 833:4–10, 836:18
- and youth, 907:27

Virtues, 718:2

Virus infections, healing, 1114

“Visitors” from other planets, 706

Visualization and healing, 1105:3–4, 1107:3

Visualize:

- good, 204:7, 1004:24
- leaders in harmony, 759:5
- peace and understanding, 822:3

Vital energy (*see* Vital life force *below*)

Vital life force, 913:3

- and acupuncture, B09:30
- other names, 913:3, 1103:3
- in oxygen, 913:3, 1103:3
- at psychic centers, 1138:1
- storehouses of, B09:31
- and water, 913:3, 1103:3
- and water pollution, 914

Vocabulary, 1325

Voice:

- electronic phenomena (EVP), 1215:4,n6
- recognition, 1215:4,n6

Voice box, 1122:2, 1233:7

W

Wait, three-day, 1317:1,3

Walking on fire, 1125:1–6

Wallace, Alfred Russel, 315:3,n6, 323:5,n9

War:

- and freedom, 857
- one can rise above, 770:5
- a prayer, 524:1
- will continue until, 770:4
- worse things than, 857:3
- WWII, 907:19

- Warmth, spirit-realm, 1326:8
- Warning:
 - mental asylums, 1142
 - misteachings, 116
 - about predicting, 1006
 - to weigh words well, 1013:23
- Waste, 315:5
- Wasted:
 - no effort is, D27:4
 - not one day is, 774:2–4
- Water, 913
 - by bedside, 913:4
 - as cleanser, 837:6, 913:5, 1106:8
 - cleanser of vibrations, 837:6, 913:5
 - pollution, effects of, 914
 - vital life essence in, 913:3
- Way of life:
 - a Great Teacher taught, 115:5
 - speed, 747
 - the USB's, Greet:5–6, 111:3, A07
- Wayshowers, 771:4
- Weeping, and relief, 1204:4
- Weigh words, 853:7, 1013:23, 1230
- What *we* do, that matters, 712:3
- White Brotherhood, 101:n1
 - white* represents, 101:n1
- White House, psychic phenomena in, 1122:6
- Will, 701–703, 1231:4
 - free, 308:3, 830:3
 - and inclination, 702
 - and personal responsibility, 701:6
 - Thy will be done, 703
 - unsurrenderable, 701
- “Wind through the trees,” B08:5
- Wisdom, 861:5
 - concern for, 703:3
 - evidence of, 612:4,7
 - and humility, 615
 - learning, 860:3
 - and love, 704, 865:1, 1321:16
 - not monopolized, 615:1
- Wise counsel, 762
- Women's apparel, 714
- “Wonders” (*see* “Marvels”)
- Word, keeping one's, 716
- Work, of our guides, 1221:20–22
- Working mothers, parents, 906
- World, our, 801–866
 - advances made, 807:11–12
 - chaos and confusion, 770:2
 - generally good, 734:4
 - government, 862
 - material, 801–807
 - population, 821
 - real, not illusion, 801
- Worship:
 - best way, 110:5
 - not Illumined Souls, B02:7
 - only God, 107, B02:8
- Worth, not accomplish alone, 731:9
- Worthy values, need return to, 718
- Writing, automatic, 1122:8
- Wrong, no compromise with, 711:17
- Wrongdoing, refraining from, 1424:6
- Wrongs, overlooking, 1416

X

- Xenoglossy, 1134:2
- X-ray vision, 1102:9, 1311:17

Y

- Young children and truth, 321
- Youth:
 - knowledge for, 907:9
 - and parents, 907
 - and their entertainment, 826
 - and violence, 907:27
 - and working parents, 906