

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org



eNL-19, May 2020

Dear Brothers and Sisters:

We send out this e-newsletter with our love and blessings to all those who are dedicated to the universal spiritual brother-and-sisterhood of all humanity—the ideal of this organization. If you know others who might like to receive our nonreligious newsletters, please consider sharing these free publications with them. [Subscribing](#) to future editions is easy and free, and past newsletters are archived on [the USB website here](#).

First and foremost, we pass on to our brothers and sisters the constant reminder of our Illumined Inspirers to accept *nothing*—not even of what *they* say—that your reason does not wholeheartedly embrace *and* that your inner being does not unreservedly sense is true.

In This Newsletter:

[*Reports from USB Groups*](#)

[*From and To*](#)

[*Am I a Spiritualist?*](#)

[*Adversity and Spiritual Growth*](#)

[*A Prayer by Silver Birch*](#)

Our Previous Newsletter:

Did you miss our prior newsletter issue (eNL-18, February 2020)? Find it [here](#) (scroll down to see a list of past issues). Topics included:

Magnificent Blessings

Spirituality and Moral Consciousness

USB Historical Articles 1957-1959

Language Translation of the USB Website

Sharing Your Ideas, Talents and Experiences



Reports from USB Groups

Video meetings. With the advent of social distancing arising from the need to reduce the spread of the novel coronavirus, some USB groups have adapted by holding video meetings using Zoom. We know of online group sessions which are continuing to study and discuss the USB teachings in *Spiritual Light*, as well as sittings for spirit communication, followed by a group discussion of results. We encourage others to consider this way of meeting and building community. Please let us know if we can help you get started.

Spirit rescue. A new group activity appears to be emerging for groups interested in spirit communication after completing a study of *Spiritual Light*. One such group sitting for the purpose of communication was "led" into spirit rescue work. This is a form of spirit communication combined with service. Spirit coworkers introduce a spirit needing help who can benefit from speaking (through a medium) with people on earth (our group sitters). Such souls may need assistance because they don't realize they have transitioned out of earthly life, or they may have strong mental attachments or concepts which prevent them from returning to their spirit home, or even from seeing and hearing spirit friends and loved ones. Some have been "stuck" in this way for hundreds of years. They can be very stubborn. If you have an interest in this type of group activity and service, please don't hesitate to reach out to us for advice.

From and To

People interested in Survival (of physical death) and Communication (with the spirit world) sometimes become very engrossed in issues of human origins and destiny. Issues, for example, like evolution and ultimate absorption into the godhead.

Many theories have been developed on such issues. Theories of our past origins are based on very small and scattered pieces of evidence, far too small to be at all reliable. Theories concerning our futures have even less basis. Our great spirit teachers, who have far better access to such information than we on Earth will ever have, have said: "We know that *we are*; this we *know*. We know too *what* we are. But *why* we are, and *how* we are, this we do *not* know." They do not pretend to have the answers to questions of how and why humans came into being (*Spiritual Light*, 506:3–4).

We know that we exist, that we each have a small divine spark, and that as we strive to live by The Laws That Govern and so evolve spiritually, the rest of us becomes more and more god-like. This understanding is of great value to our human spiritual progress and is what we should concentrate on in the present, not on unreliable theories that do not enlighten. Let us spend our time focusing on spiritualizing ourselves and all humanity in the here and now.



Am I a Spiritualist?

There are at least two kinds of spiritualists and you may well be one of them.

Most dictionaries define a spiritualist (with a lower case “s”) as someone who believes that we survive physical death in spirit form, and that spirits can communicate with the living, for example with the help of a medium. Note that this does not require any other beliefs and it is not a religion of any kind. Because of your interest in the USB (not a religion) you might accept that Michael Flagg received the beautiful teachings and philosophy now compiled in the USB’s book *Spiritual Light (SL)* by means of spirit communication from spirits who once lived on earth and now reside in the Highest Spirit Realms. If so, this suggests that according to such definitions, you are such a spiritualist.

Based on the above-mentioned characteristics of a spiritualist, a number of religions have been established, similar to each other, but with various additional beliefs and practices. They often have churches and usually hold services that include mediums giving spirit messages to some members of the congregation. Members of such religions are called Spiritualists (with a capital “S”). If you are a member of such a religion you are probably very familiar with the above two kinds of spiritualist.

Perhaps you have also heard of spiritists? Following a movement founded more recently in France by Allan Kardec, called Spiritism, spiritists believe in survival of physical death and spirit communication, but they also believe in reincarnation, among other things, and in a religious philosophy.

On the subject of an afterlife, we should note that the USB sometimes describes people who believe we survive physical death as “survivalists” (see *SL* chapters 11–13).

Adversity and Spiritual Growth

It is an incontrovertible aspect of living on earth that no member of the human family is spared from adversity. To a greater or lesser degree, we all deal with challenges throughout our earthly lives, and this has been so since the dawn of human history. However, at the time of this writing in particular, individually and collectively, we are all going through an intensified period of turmoil.

Not only are we experiencing massive environmental upheavals due to climate change, but humanity is also facing a worldwide pandemic due to the recent emergence of the novel coronavirus, coupled with global economic, financial, and social crises. People are dealing with great uncertainty, anxiety, and fear, wondering whether, when and how their daily lives will be restored to some semblance of normality.

So, what are we to make of all of this? How do we react to these adversities? How do we find the opportunities for spiritual growth amid these overwhelming events that are enveloping us at this time?



Spiritual Light offers us much guidance in this respect. In *SL* 1408:1–6, the Illumined Inspirers of the USB teach us that:

“*How* we respond to things, and not things themselves, is what is important to us. For *how* we respond to things—whether we use them as milestones or millstones along the way—determines whether we advance or fall back spiritually.

“We can be bruised on the rocks, pick ourselves up, and resume the climb. Or we can be bruised on the rocks, relinquish the climb, and retrace our steps to the valley below.

“Experiences can impoverish us or enrich us, embitter us or mellow us. *The choice is ours*. As an Illumined Inspirer puts it:

‘Many travel the pathway of disillusionment, the pathway of broken dreams. Some who travel that pathway become stronger of soul, richer of soul, more understanding of soul, more compassionate of soul.’

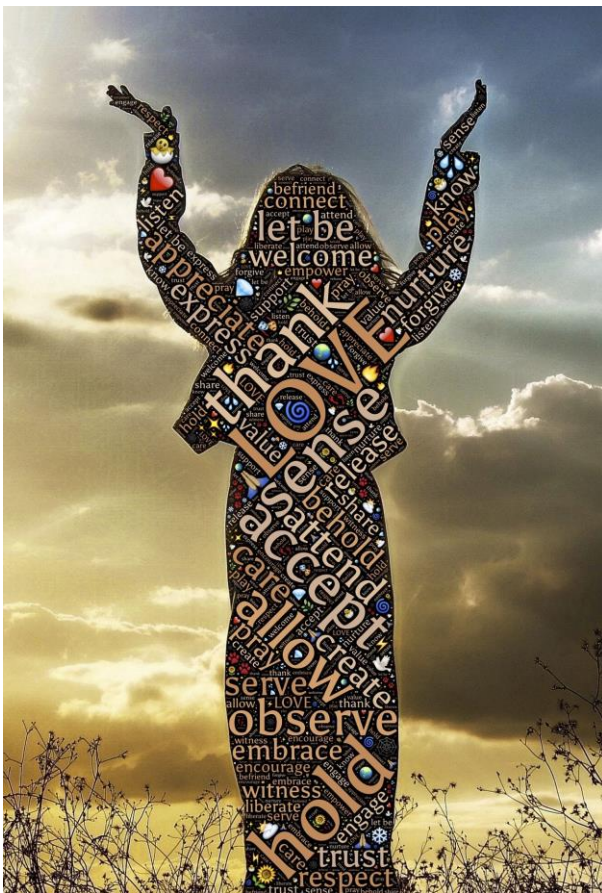
“It will give us strength if we remember that the mountaintop is never reached in one bound; that what to *our* eyes seems perfection is never achieved in just a few score years; that heaven and hell are states of mind, states of our own making; and that all the great prophets, teachers, seers, and enlightened spiritual leaders of the ages encountered sorrow and hardship and difficulty during their stay on earth.

“Adversity is one of the greatest tests we meet on earth. It is a test of our character, of our principles, of our spirituality. An Illumined Inspirer has said: ‘The earthly life is a testing ground of the soul.’ If we can be highly spiritual in a material world, we prove our spirituality and our worthiness to advance to higher spheres.”

Our attitude towards adversity, therefore, becomes the key aspect of our response, and of our recognition and embracing of the spiritual growth opportunities that we seek. Further wisdom is revealed in *SL*, 1408:10–11:

“It is important to realize that no one can escape or resolve *all* problems. Not even the great spiritual leaders of the ages could do so. However, they overcame the problems they could, and lived with the rest bravely, cheerfully, and without bitterness. As an Illumined Soul counsels:

‘Correct what *can* be corrected. Accept *all* else gracefully, graciously, gratefully, and courageously.’”



There is much we can do to implement these teachings in our lives, to act in ways that raise our level of consciousness, and enable us to grow in stature spiritually.

It is up to each one of us to search our hearts and minds and decide for ourselves what actions we will take in our families and communities to enact the noble spiritual ideals of love and service towards our brothers and sisters.

Will we choose to shoulder our responsibilities, to be kind, thoughtful, non-judgmental, to give unselfishly, and to help others to the best of our abilities? Again, the choices are unlimited, and the path forward is up to each of us.

For further inspiration on elevating our “spiritual IQ” and living in a way that is more attuned to noble ideals, we invite our readers to refer to *SL* 608, “Excerpts on Spirituality”. This topic offers a multitude of traits and actions embodied by a person who

seeks to focus less on the material aspects of this world, and to become more attuned to sharing truth, peace, love, tranquility, and harmony with all.

* * * * *

In closing, we share a portion of a prayer from Silver Birch, a spirit guide who spoke through Maurice Barbanell (1902–1981), founder and editor of the *Psychic News* of London, England during the mid-20th century. He addressed this prayer to the Great White Spirit (also called God by many):

“And we who are privileged to be one of Thy instruments return to reveal that there is a power emanating from Thee which can uphold and exalt men, teach them a way of life so that they may continue to serve, giving them power to heal and comfort, to sustain and guide, to inspire and to bless, so that all wayward ones, all those in the darkness, all those wrapped in the mists of sorrow, all those who have lost their way, all those who are bruised and bent under life’s misfortunes may be enabled to find one of the many pathways that lead to Thee.”

May each one of us be open to receiving these profound spiritual gifts and to sharing them with others.

Your USB newsletter team,
JF, PF, FG, PS

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

The Universal Spiritual Brother&Sisterhood, an organization of spiritual truth open to all, is not linked in any way with any other group or organization on earth.

This is a free educational publication. It is not a commercial product.
Unlicensed materials are included under applicable Fair Use provisions.

Copyright © 2020 *The Universal Spiritual Brother&Sisterhood*, all rights reserved.
You are receiving this email because of your interest in the USB.

Our e-mail address is: staff@theusb.org
To unsubscribe, send us an email with the words Newsletter Unsubscribe in the subject line.