

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org



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Dear Brothers and Sisters:

We send out this e-newsletter with love and blessings to all who are dedicated to the universal spiritual brother-and-sisterhood of all humanity—the ideal of this organization. If you know of anyone who might like to receive our nonreligious, free newsletters, please share these with them. [Subscribing](#) to future editions is easy and free, and past newsletters are archived on [the USB website](#). We always value receiving your impressions, feedback, questions, or suggestions for future topics at staff@theusb.org.

Our constant reminder which comes from our Illumined Inspirers to all our readers, is to accept *nothing*—not even of what *they* say—that your reason does not wholeheartedly embrace *and* that your inner being does not unreservedly sense is true.

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Our Previous Newsletter:

Did you miss our prior newsletter issue (eNL-19, May 2020)? Find it [here](#) (scroll down to see a list of past issues). Topics included:

Reports from USB groups

From and To

Am I a Spiritualist?

Adversity and Spiritual Growth

A Prayer by Silver Birch



Recent Developments

New Series on USB Teachings in ‘AfterLife Reports.’ Since the publication of the USB’s book, *Spiritual Light (SL)*, in 2014, we at the USB have been grateful and honored to partner with our friends, [Victor and Wendy Zammit](#). Over the years, they have kindly and generously helped spread the word about the USB’s teachings from the highest Spirit Realms by including mentions of our organization and *SL* in their famous and widely distributed [Afterlife Report](#) on multiple occasions.

Now we are pleased to share that, by invitation of the Zammits, a new series on the USB teachings has commenced publication in the Afterlife Report. Our hope and intention is for this to become a regular monthly feature. The first two articles in this new series were published in the following issues of the Afterlife Report:

- [July 10, 2020](#)
- [August 14, 2020](#)

The importance of these beautiful spiritual teachings cannot be overstated. We look to you, dear sisters and brothers, to help the USB in its quest to spread Spiritual Truth and Wisdom and to work towards Universal Love and Harmony. We hope you will feel moved to share what you learn here with all you know who are seekers of Truth.

The Ways and “The Way”

Our planetary home is in serious danger on many fronts! This raises a whole range of questions such as what kind of world and lives are our future generations going to inherit? What do our Spirit World leaders think of this, and what do they advise us to do in order to move humanity onto a safer, better course?

In January 2020 the [Doomsday clock](#) was moved to 100 seconds before midnight (symbolizing apocalypse), closer than it has ever been before, even during the cold war. The committee responsible for this decision, which includes a number of Nobel laureates, cited as justification the triple existential dangers of nuclear war, simultaneous climate change, and cyber-enabled information warfare. It also considered other factors such as the erosion of international efforts to manage these threats, with world leaders denigrating, rejecting, undermining, and dismantling effective management and mitigation methods. It identified this combination of threats to be the most dangerous the world has ever faced. And all this occurred before the pandemic arrived.

The USB’s great spirit leaders are very concerned about our situation. They have inspired us to avert a world in flames in bygone times. But as they teach (*SL*, 1230:17), no one can absolve others (individuals, organizations, nations, etc.) from consequences of the Law of Cause and Effect (karma) they have earned by their choices and actions. Besides the immense and widespread suffering that could ensue, and the tremendous

workload it would impose on spirit helpers, those leaders are also concerned about the survival of our precious and unique earth-school, where we come to learn important lessons only available on earth, and to take tests to demonstrate we have learned them well.

Destruction of civilizations has happened before. Our spirit inspirers have told us that civilizations in Atlantis and Lemuria were technically more advanced than we are today (*SL*, 805:3). What happened to them? Why do we find no records of them except in a few myths? Those advanced civilizations must have been destroyed, and most probably by themselves.

Many concerned individuals and organizations discuss our present situation and propose various solutions. But compared with the urgent need little is actually being done and they are not seriously considering a spiritual solution.

How can “everyday” people like ourselves help remedy the situation? The Science and Security Board of the [Bulletin of the Atomic Scientists](#) have proposed that citizens should practice mass civic engagement and unmasking social media disinformation while demanding that leaders take many practical, concrete steps. But the USB’s spirit leaders, the most advanced in spirituality and wisdom of our planet, have made it clear that much more is needed, to be combined into the one only way that will work. It is the way of **universality**, regarding all people to be equally important and acknowledging eternal truth wherever it is found, the way of **spirituality**, following and spreading the teachings of those who are the most spiritually advanced, pursuing spiritual truth, spirituality, simplicity, and humility, and recognizing that love is the greatest basis of spiritual life, and the way of **brother-and-sisterhood**, working to unite all people in peace, love, harmony, and brother-and-sisterhood, raising awareness of our spiritual links through the divine spark we each possess. These three ways together are why our organization is



named the Universal Spiritual Brother&Sisterhood (USB), inspired and led from the highest spirit realms.

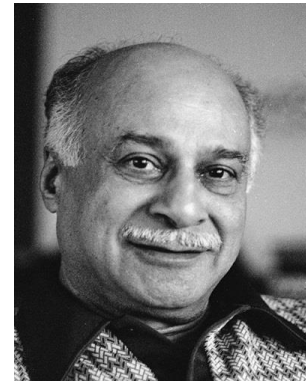
Those teachers say (*SL*, 770:2) that living these three ways which together constitute the USB way, is the only way to return humanity on earth to harmony. It entails living in accord with The Spiritual Laws That Govern (*SL*, 401-417), as best as we can and as best as we understand them.

Importantly, we see and acknowledge that the USB is much more than just a giver of spiritual teachings. It is a high-level, spirit-guided mission and movement to spiritually change the world and to *save* the world! And it is a way of life.

To change the world spiritually and to save the world physically are two quite different things, although following the USB's path will achieve both. But it is true there are many ways (or paths) to the spiritual mountaintop--many religions and spiritual practices offer good guidance although some paths are far less direct than others. However, these are not to be confused with the *one* way to human salvation and happiness on earth.

Michael's Corner

In 1953 Michael, the USB's founder on earth, discovered spirit communication in a big way. He started attending message services at Spiritualist churches, group séances, and private sittings with various very skilled mediums in California and received evidential spirit messages from five relatives and four friends from his youth in China. Over the next four years they explained that he had come to undertake an important spiritual mission in this life and that he should visit top mediums in Britain to learn the details. When he was quite convinced, he made his arrangements.



On the day of his departure he severely gashed his hand, not having time to visit a hospital; he locked himself out of his apartment for the first time ever and was rescued by the landlord's son who climbed a tall ladder to enter an upper window; and he almost missed his flight by somehow going to the wrong airport.

Once in England, Michael had two narrow escapes from death. One was when crossing a main road, he looked the wrong way because of the opposite travel directions there and just missed being hit by a fast-moving car. The other occurred when a large lorry, going around a curving, narrow lane, pinned him by his chest to a wall—another foot and he would have been crushed. Michael cried out, the driver fortunately heard him, got out and saw Michael, and reversed direction.

From all these events Michael became convinced that the forces of evil did everything in their power to first stop him from going to England, and, once there, to prevent him from learning of his mission. Their having gone to such lengths in mustering those unusual powers indicates they understood the great importance of Michael's journey.

In closing, we would be remiss if we failed to mention that spirit attacks such as these documented by Michael are not commonplace at all, but very rare indeed.

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

On Humility

The importance of genuine humility as a hallmark of spirituality is woven throughout the beautiful tapestry of the USB's teachings as presented in *Spiritual Light (SL)*.

We learn from the outset of the teachings (*SL*, 102:18-19) that the beginnings of the USB movement were grounded in humility, and that even as the power of the movement grows over time, it will never stray from its humble roots. By extension then, anyone who desires to be of service to humanity through the USB will seek to embrace humility as one of several necessary virtues guiding them in their service to others.

The Illumined Souls who lead the USB in the spirit world inspire us to grow in humility by their example. Their burning desire to bring enlightenment, knowledge and truth to the world goes hand in hand with their great humility (*SL*, 107:4-5). These spirit inspirers *counsel* understanding and humility, but also have a deep understanding of how difficult it is for those of us who live in a material world to always act spiritually.

An Illumined Soul tells us:

“We do not expect perfection from *you*, because *we* are not perfect... We who worship at the feet of The Most High are most humble, because we are conscious of what *we* lack.

“Says another:

“They who would serve God, they who would serve the mighty spirit forces, first need to learn humbleness of spirit. For it is mainly through the humble that we are able to bring forth great things...

“All the great saints, all the great teachers, all the great prophets, all the great seers through the ages, have always been most humble. These things you know. But there are those who *profess* to know these truths who are blinded through ignorance and self-seeking.” (*SL*, 106:2-5)

Genuine humility is an important spiritual trait because it **breaks down barriers** between people and paves the way for connecting with others in a bond of true brother-and-sisterhood. It is only in humility that can we be free of smugness, which is a great barrier to Truth. (*SL*, 309:6)

USB teachers also said “The wiser people are, the humbler they are; for the more they know, the more they realize the immensity of what is still a closed book to them. **And it is usually to the humble (and very often unlearned) that wisdom and understanding come.**” (*SL*, 615:2-3)

This is why the USB emphasizes simplicity and humility in all aspects of its work. It strives to avoid things, titles, dress, music, and activities which separate people spiritually, or which suggest an affiliation with specific groups, organizations, or belief systems (SL, D03, D22, D32). It does not have rituals, rites, or prescribed ceremonies (SL, D16) and it disapproves of excessive praise (SL, D14).

Those of us seeking to develop spiritually and to grow in genuine humility would also do well to heed some of the **warning signs** that are too often indicators of *false humility*, whether in ourselves or others. We are taught that “People who repeatedly mention their humility do so to promote themselves in the eyes of those who do not realize one truth: To take *pride* in humility is to be far from humble. The truly humble do not glory in their ‘humbleness’ or frequently point it out to others.” (SL, 616:1)

And further, we are counseled to “... remember the words of a Great Soul:

“Humility does not wear a banner across the chest saying ‘I am humble. I am kind. I am gentle. I am good.’

“As he adds:

“People with virtues do not shout them from the housetops. To dwell on *any* self-claimed virtue is usually an effort to mask a diametrically opposite trait. Let our way of life speak for us—not our lips.” (SL, 616:4-7)

As a final thought, we return to the words of an address by the Illumined Soul, High Mountain, who spoke in 1956 to those who wish to work with the USB. He said:

“And the people that we need and use, must be those whose spiritual awareness is such that they desire only to serve the Great Spirit and to do the *work* of the Great Spirit, **in all humility and humbleness** of soul. For it is in that way that the work can be done, and only in that way. And they shall rise, and become indeed, spiritually great. Not materially so, but *spiritually* so.” (SL, A01:3)



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As a parting inspiration, we share the following thoughts concerning *The Law* from Silver Birch, the famous spirit guide who spoke through Maurice Barbanell (1902–1981), founder and editor of the *Psychic News* of London, England during the mid-20th century:

“But even beyond my language, there is the idea which I always strive to express of the impersonal perfect law, the law which is unaffected by your ideas or mine, the law that controls all destiny, the law that regulates all the seasons, the law that is responsible for the ebb and flow of the oceans, the law that is in charge of every process of growth, activity, motion, rhythm in your world. The law takes cognisance of every action, of every deed, of every word, of every thought, of every idea. The law is responsible for the whole of life, whether it be expressed or unexpressed. And that law is the law to which I pay tribute. Call it Great White Spirit, call it God, call it what you will, as long as you appreciate the idea which is behind it all. This is the power which is the touchstone of all life; without this power there could be no life. ...

“... Once you understand the law, you understand the plan of life, you see direction, guidance, purpose. You also know how you fit into it, for you know that you, as a spirit, part of that divine spirit, which creates all life, can help in the eternal processes.”

We hope that each of us, guided by this universal law, will commit ourselves to help spread its truth, and to enhance spiritual brother-and-sisterhood across our world.

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.

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