

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

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www.TheUSB.org



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Dear Brothers and Sisters:

This e-publication goes out with blessings of love and peace to those 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 this with them. [Visit our online archive](#) for free access to past issues or to [sign up to receive future editions](#) in your email inbox. We especially value receiving your impressions, feedback, questions, or suggestions for future topics at staff@theusb.org.

Above all else, we remind our readers of that which our Illumined Inspirers would always have us bear in mind, and that 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.

In This Newsletter:

[*Optimism Over Despair*](#)

[*Sharing the USB's Wisdom Globally*](#)

[*Netflix Docuseries: Surviving Death*](#)

[*Ways of Progression with the USB*](#)

[*A Message of Cheer*](#)

Our Previous Newsletter:

Did you miss our last issue (eNL-21, November 2020)? Find it [here](#)—scroll down to see an archive of all past issues. Topics included:

Gratefully Celebrating Anniversaries

USB Articles in the 'Afterlife Report'

Spirituality Enables a Nobler Politics

Holiday Light, Truth and Inspiration

Courage for 2021



Optimism Over Despair

Throughout 2020, the world experienced abnormal levels of uncertainty and hardship. In the face of turmoil, it is essential to remember, with the knowledge of survival and afterlife communication, that these challenges are opportunities for spiritual growth. With that in mind, we are better able to appreciate the *spiritual worth* of our struggles.

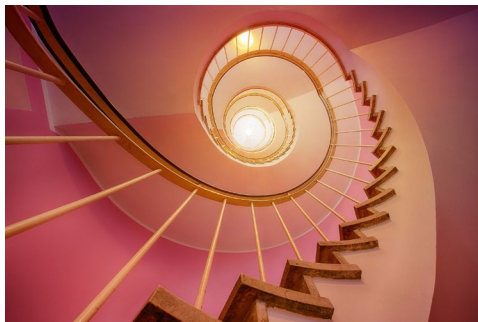
Spiritual Light (SL) explains,

As Illumined Souls have emphasized more than once, *the world is our testing ground*. As far as *we* are concerned it is what *we* do that counts, and when we recognize this, we realize it is a blessing to us beyond price, that no one can deprive us of. (*SL*, 770:8)

Furthermore, the teachings remind us,

For there is *no* easy path to the mountaintop, and *no one* can walk that path for us [1423]—not even the USB’s Illumined Inspirers, who are of almost incredible spiritual stature. (*SL*, 775:7).

While these times may be trying, it is important to remember that,



“Everything that comes our way, so-called good and so-called bad alike, is a challenge to us—and an opportunity to use it as a spiritual stepping-stone.” (*SL*, 769:2).

Understanding the potential that all opportunities can be used as spiritual stepping stones, it helps to bear in mind that,

The greater the crisis, the greater the need, the greater and more glorious are the opportunities to be of service. (*SL*, 822:3).

Understanding the Laws that Govern (*SL*, Chapter 4) and the Law of Personal Responsibility is of crucial importance for those who seek to integrate themselves into the universal order of things such that they become as beneficial for that order as possible. For this pursuit, *Spiritual Light* offers much guidance and encouragement.

There is *much* that each one of us can do towards making the world a better place. We can try to rid ourselves of such weakness as envy and jealousy and bitterness and pettiness, so that we can work lovingly with one another, with no thought of self, and with the welfare of humanity uppermost in our minds. (*SL*, 759:1-2)

We have pointed out time and again that as far as any individual is concerned, it is what *we* do that counts; for it is what *we* do that is of the utmost importance to us in the endless process of *becoming*. (*SL*, 772:1)

Heights are not reached by those who dare not climb. Barriers are not breached by those who will not pound them. Obstacles are not skirted or surmounted by those who do not try. (*SL*, 773:1)

An Illumined Inspirer has said:

Not one day is wasted, when a portion of that day is devoted to directing thoughts of love, and thoughts of upliftment and enlightenment, to those who are in need. Not one day is wasted, when a portion of that day is devoted to an attempt to reach a higher level of consciousness. Not one day is wasted, when a portion of that day is devoted to attunement of a spiritual nature for the purpose of receiving what may be shared with others. (*SL*, 774:1-4).

Complementing the USB's teachings as recorded in *SL*, the noted spirit guide [Silver Birch](#), shares this message:

Let me make clear what is our attitude. It is that man has at his command all that which is necessary for his growth and for his spiritual equipment. (*Silver Birch Anthology*, 35)

The night may be dark, and may become darker, but whatever the case, we can do our part—all we can *hope* to do, by elevating our spirituality to ever greater heights.

Sharing the USB's Wisdom Globally

In praise of the USB teachings in the opening pages of *SL*, John White, author of *What is Enlightenment?* and editor of *Psychic Exploration: A Challenge for Science* by the late astronaut Edgar Mitchell, has this to say:



***Spiritual Light* is an encyclopedia of wisdom which should be understood by all humanity.** ... It is a guidebook to happiness, holiness and healing the material world by receiving the light of God, as transmitted to us by the Universal Spiritual Brother&Sisterhood.

We wholeheartedly agree with these sentiments, and remain committed to spreading the USB's teachings as widely as possible to as many as possible on earth. For their ongoing help in this important endeavor, we are deeply grateful to several of our friends and members around the world, who graciously help to share the beauty, truth and universality of the USB teachings by featuring articles, links and references on their own websites. *We extend our special thanks to:*

- Victor & Wendy Zammit's publication, [The Afterlife Report](#) which includes articles on the USB teachings. An excellent article titled *Spiritual Truth* by Victor was also recently published in the (British) *Psychic World* newspaper, December 2020/January 2021 on page 4.
- Walter Semkiw MD's [Reincarnation Research](#) website for publishing an article about the [shared spiritual mission](#) between the USB and Reincarnation Research.
- USB brother/member, [Philip Crouch's new website](#), dedicated to "Conscious spirituality in search of truth." Philip's primary purpose is to provide a series of *free* resources that will encourage seekers of truth, deep probers and others to explore topics related to conscious spirituality. An entire section of the [Resources menu on this site is devoted to the USB](#).
- Wayne Becker's [Word Gems](#) site which features the USB on its "[Other Sites](#)" page.
- Psychologist Dr. Betty Phillips for her three articles published in the North Carolina online newspaper, *Chatham County Line* in [February](#), [March](#), and [April](#) of 2015, discussing the teachings in *SL*.
- Michael Tymn, [renowned author of several books on the afterlife](#), who complimented *SL* in a blog he posted on the *White Crow Books* website on November 3rd, 2014, titled [Evidence of Psychic Phenomena vs. Enlightenment](#), and also in an editorial he wrote for the December 2014 issue of the Academy for Spiritual and Consciousness Studies' newsletter [The Searchlight, page 2](#).
- Matthew Hutton, assistant editor of the (British) newspaper *Psychic World*, for his high praise and recommendation of *SL* in his review published in the September 2014 issue, page 14. For publication in the endorsements section of *SL*, he described it as "The Spiritualist's Bible for the twenty-first Century."

Netflix Docuseries: Surviving Death

In early 2021, Netflix released the first season of an engaging new docuseries titled *Surviving Death*, which focuses on answering the question of what happens after we die. Directed by Ricki Stern, and based on the book authored by journalist and paranormal enthusiast Leslie Kean, the 6-part series explores life beyond the material world from a variety of perspectives. Both personal stories and scientific research are presented.

The six episodes include the following topics:

- Episode 1: Near Death Experiences
- Episodes 2 & 3: Mediumship
- Episode 4: “Signs from the Dead”, which explores various forms of communication between people on earth and those who have transitioned to spirit life.
- Episode 5: “Seeing Dead People”
- Episode 6: Reincarnation



Learn more by [viewing the series trailer on the Netflix site](#). Though no announcement has been forthcoming, we hope to see future seasons of this series produced.

Ways of Progression with the USB

A pre-eminent Spirit Inspirer has shared that:

A life well lived is a life devoted not only to self-realization, but to *service* to one’s fellow human beings. And one cannot be of service to one’s fellow human beings *without* being of service to one’s God. While we make our way, we *are* being served. And as we serve one the other, know that the blessedness that comes from such service shall bring to each of you that which is your soul’s desire. (SL, Greetings from an Illumined Soul:9-10)

With the USB, there are many possibilities and ways by which people may become involved or take action, both for the purposes of individual self-realization and also of service to others. We share some of these ways below in the hopes they may be of inspiration to you, dear readers, as you journey towards greater spiritual enlightenment.



1. Getting a [copy of the USB's principal book, *Spiritual Light*](#).
2. [Becoming a USB member](#), perhaps because of reading and liking what you have learned about the organization on the USB website, and/or perhaps because of wanting to feel closer to the USB Spirit leaders and their mission.
3. [Reading parts of *Spiritual Light*](#), then proceeding to read it all, and possibly being impressed with its non-religious spirituality and values (*SL*, topic 109 & Appendix D).
4. [Exploring and probing more deeply](#) into *all* the material posted on the USB website.
5. Discussing the USB and its teachings with like-minded friends and acquaintances as opportunities present themselves.
6. Seeking out, and when invited, attending meetings of other USB approved groups, to understand their procedures and benefits. Perhaps confidentially learning some of the spirit leaders' identities.
7. Volunteering to assist with the running of a USB group (announcements, record keeping, coordination with headquarters, etc.).
8. Forming and possibly leading a USB-approved discussion group in which members review portions of *Spiritual Light* or USB website posts and meet regularly (weekly or every two weeks), in person or online via Zoom, to exchange views on their reading, thereby gaining a deeper understanding of the USB teachings and philosophy.
9. Considering ways to contribute to the USB's worldwide mission, particularly as a volunteer, perhaps occasionally at first, and possibly adopting some more regular responsibilities over time.
10. With similarly interested and progressed members, forming USB groups for other activities, such as healing, spirit communication, spirit rescue, and mediumship development.
11. Out of dedication to the continuing USB mission, joining its management team, learning, executing, and developing its operational procedures, coordinating with other team members, and training potential successors.

A Message of Cheer

In closing, we leave you with these uplifting words from *SL*:

The USB preaches no doctrine of fear or panic or calamity. On the contrary, our message is one of hope, serenity, love, understanding, strength, and courage. ... It is the teaching that *each one of us*, by our *own* efforts, however humble, can bring that day [of universal harmony] nearer. ... The brother-and-sisterhood of humanity will be accomplished by all those who share our ideals, strengthened by the unity of those who tread the USB path. (*SL*, 113:1-2, 4, 10)

In brother-and-sisterhood,
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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