

# THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org



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Dear USB community:

This nonreligious, free 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. Please share this with anyone you know who is interested in personal spiritual development. For free access to past issues or to [sign up to receive future editions](#) in your email inbox, please [visit our online archive](#). We welcome your impressions, feedback, questions, or topic suggestions via email at [staff@theusb.org](mailto:staff@theusb.org).

Of utmost importance, we remind our readers of that which the USB 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.

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

Missed our last issue (eNL-24, August, 2021)? Find it [here](#)—scroll down for an archive of past issues. Topics included:

*Social Disruption*

*A Short List to High Spirituality*

*The Friday Afterlife Report  
Presents USB Teachings*

*The Golden Rule—A Selfless Perspective*

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## *Keeping Ourselves Centered*

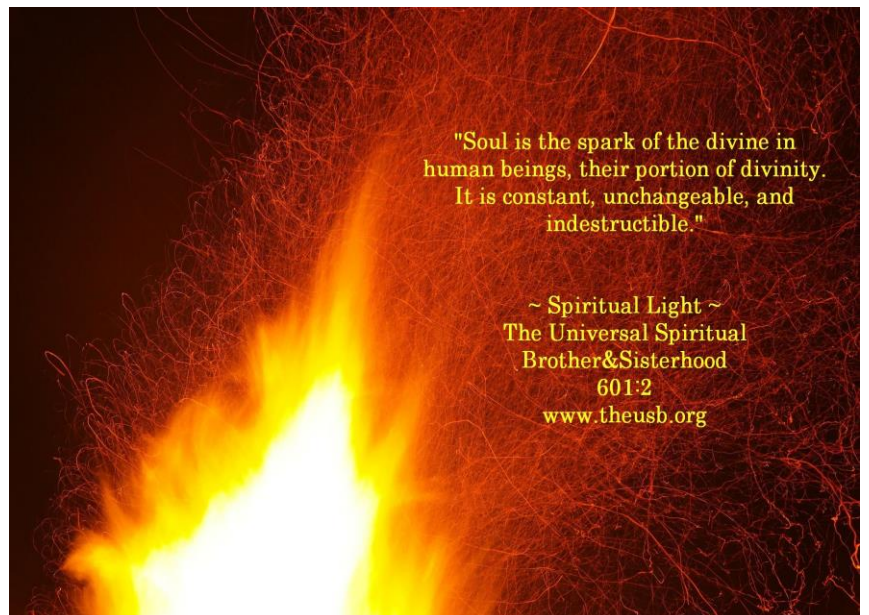
How might we best navigate these turbulent times? We discussed this at a recent sitting with spirit communicators. They suggested that it would be necessary for us to be as grounded and centered in our own beings as we possibly could. They offered us two recommendations which, if both practiced, would keep us from floundering.

The first is to **nurture our connection with the Spirit World**. We all have that connection whether we pay much attention to it or not: dear friends, relatives, close family and guides who reside there now and who would like the opportunity to counsel us if we will allow it. Find a way that works for you. Dreams, watching for signs, noticing the thoughts that suddenly come into your head, and just speaking to those in spirit, and taking the time to listen quietly for a few minutes for a response, are a few of the ways suggested. Our May 2021 e-newsletter covered a related topic, [\*The Significance of Dreams\*](#).

Second, and just as important, is **becoming more aware of the spark of God within us**, and continuing to build upon that awareness over time. This is the part of us that never changes, the part of us that remains unaffected by what happens to us here on earth. It is not loud or intrusive so it may at times take a shift of focus to get in touch with it. But it never fails or falters or turns away. It is steady and solid, our own personal anchor amidst constant change.

If we can do these two things, we will be well fortified to withstand the upheavals that are on the horizon, and that in many cases are already affecting the lives of humans on earth. We will be able to live lives of joy and service because we are deeply connected to what is eternal.

Further spiritual guidance on navigating through challenging times can be found in the article on [\*Social Disruption\*](#) from our August 2021 e-newsletter.



## “Gems”—Wisdom from *Spiritual Light*

A dedicated group of USB members from around the United States gather on a regular basis (online since the start of the Covid-19 pandemic) to continue a long-standing practice of studying and discussing the teachings from [Spiritual Light \(SL\)](#). At a recent such gathering, we asked each participant to select and present some of their favorite excerpts or quotations from the book. We then further discussed their meaning and how these “Gems”, as we are inclined to think of them, can be applied to our daily lives to enliven and enrich our spiritual journeys.

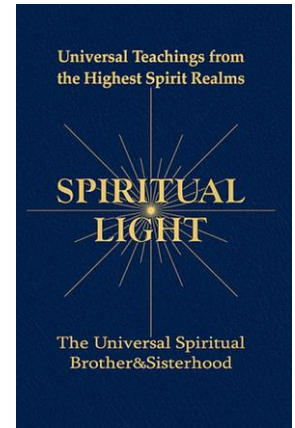


We are pleased to share these “Gems” with our readers, hoping they inspire each of you to delve deeper into the universal teachings of the USB as compiled in *SL*. Our study group’s consensus is that there is much to be gained by engaging in this shared study, which gives us a far richer and fuller understanding than can be gleaned by reading the book on an individual basis. Without further ado, we recommend the following “Gems” to you; note that all references are to *SL* topic numbers.

- **On Helping Others**  
“But the greatest service we can render others is to *help them to help themselves*, whenever that is possible.” (518:2)
- **Being patient with those who are spiritually afflicted**  
“It may be hard to be patient with those who are consumed with envy and jealousy, or who lie and vilify and slander. But if we are patient with the blind and the lame, and others who are physically afflicted, surely we should be patient with those who are spiritually afflicted—for spiritual ills are far greater than physical ills, and have far greater consequences.” (728:8)
- **Oysters and Pearls**  
“Oysters provide a lesson worth remembering. Pearls are formed not from irritation, but from efforts to control it. The more successful the efforts, the lovelier the pearl.” (739:1)
- **On Resisting Evil**  
“But while we should vigorously *oppose* what is evil or unjust, we can oppose it without hatred or malice in our hearts for those who err. We can be resolute in resisting wrongdoers, and even in isolating them when necessary to prevent them from doing further harm, and *still* pray that light will enter their universe.” (754:4)

- **Of Good and Evil**  
“But evil is *not* merely the absence of good; it is the presence of that which is *bad*.” (828:2)
- **Good and Evil are NOT Opposite Sides of the Same Coin**  
“To use a corrected metaphor along the same lines: Good and evil are *separate* coins—one of worth, the other worthless.” (829:2)
- **The Big Lie**  
“However monstrous and outrageously wicked, the big lie, if proclaimed ceaselessly over and over and over again, is accepted by many who do not *reason*, who do not *reflect*, and who do not *realize* that the mere incessant repetition of a lie does not convert the lie to fact.” (848:1)
- **About Dreams**  
“Even when it *is* in divine order, few indeed are those who are so keenly attuned, so sensitive, that they can usually remember exactly what they see, hear, say, or do during sleep.” (923:4)
- **Dreams—and Droe**  
“In any case, many a dream, as we remember it on waking, is merely a *droe*, the acronym we have coined from the first four words of a nine-word phrase: **d**istorted **r**ecollection **o**f **e**vents happening during the sleep state. (The word rhymes with go, no.)” (924:3)
- **Some Misconceptions about Sleep and Dreams**  
“Many books on dreams give a specific meaning to each of hundreds of objects, symbols, conditions, and experiences that might be noted in a dream. What their authors seldom realize is that objects, symbols, conditions, and experiences *cannot* mean the same thing to everyone, because personal interpretations will differ, depending on one’s background, experiences, and past associations and memories of such things.” (925:5)
- **A Little about Cycles and Human Beings**  
“But what occurs to people, generally and individually, is bound *not* to any cycle, but to what we bring about by our words, thoughts, acts, and actions. Possessing, as each human being does possess, a spark of divinity, we are *not* subject to cycles, and we ourselves *determine* what our lot shall be.” (928:7-8)
- **We Are Never Alone**  
“We have noted that each of us on earth has numerous guides, that they minister to us in numerous ways, and that they may be with us our entire lives or for varying periods, whether or not we are aware of it [1221:2–5]. Indeed we are *never* alone. It is a truth that should make the heart sing, and the soul rejoice.” (1222:1-2)
- **The Uses of Adversity**  
“*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.” (1408:1)

***A Timeless Gift of Wisdom.*** If you do not yet own a personal copy of *SL*, or are wondering what holiday gift you might get for a family member or friend who has shown interest in spirituality, universal truth, and wisdom, consider ordering a copy of *Spiritual Light* for them. This gift will inspire and nurture them on their spiritual journey. Choose a deluxe or paperback edition considering the shipping charges to your location—see the [USB bookstore](#). Please note that, **if you cannot afford the USB's normal book prices** as listed at our online bookstore, you are invited to write to us at [staff@theusb.org](mailto:staff@theusb.org) explaining the situation and offering to pay what you can.



### ***Friday Afterlife Report Shares USB Teachings***

We are very grateful to Victor and Wendy Zammit for occasionally including USB articles and teachings in their widely circulated [Friday Afterlife Report](#) publication. Recent articles include:

- [August 13<sup>th</sup>, 2021](#): **Choosing the More Spiritual Path**—discusses nobility and moral consciousness as important spiritual qualities, and [links to eNL-18](#) where this topic was first presented.
- [September 10<sup>th</sup>, 2021](#): **Helping Others on the Spiritual Path**—explaining that we can only sow seeds by our words and actions, but that we cannot walk another's spiritual path for them; they must do that for themselves.
- [October 8<sup>th</sup>, 2021](#): **Beginners' Introduction to Afterlife Wisdom**—shares one of the [USB's Afterlife Wisdom videos](#).



## *Implications of Survival & Communication*

Recently, we learned of a newsworthy event that is making a strong contribution in spreading knowledge of the afterlife across the world. The [Bigelow Institute of Consciousness Studies \(BICS\) hosted an international competition](#) with the aim of raising awareness and highlighting the best evidence for life after death. [Prizes were awarded](#) to 29 authors of the top-judged essays on the subject, and the [winning essays have now been published online](#).

While this is an important effort, we are reminded that the USB's teachings aim to move humanity a step beyond evidence for the afterlife to a deeper understanding of the spiritual [Laws That Govern](#) and the implications of these laws for the spiritual progress of every individual.

The Spirit Inspirers of the USB are clear on these universal truths: 1) Survival i.e., that our lives are eternal with human consciousness continuing beyond physical death, and 2) Communication i.e., that given the right conditions, we have the ability to exchange messages between humans on earth and people in the spirit realms.

“The USB's goal is to unite all humanity in a peace and harmony based on love and service, knowledge of Survival [of death], communication with those in other expressions of existence, enlightenment from Illumined Souls, and on the power of spirit [helpers] to heal.” (SL, 102:8)

## *Lighting the Path to a New Year*



It's hard to believe that another calendar year is on the verge of ending, and that we will soon enter 2022. Time on this earthly plane of ours seems to hurry by ever more swiftly, like a fast-flowing river. Amid the fleeting current of time, we hope that the coming year brings peace, harmony, joy, health, and light to you and your dear ones. We leave you with these poignant and inspiring words, shared by an Illumined Soul in 1962, when asked to speak on anything dear to his heart:

“What would I speak of? I would speak of *all* the hungry ones. I would speak for *all* of the weary ones, *all* who are heavily laden with burdens, and *all* who seek the light. I would speak *of* and *for* these children. And I would say that somewhere, somehow, there will be those leaders among leaders that shall be brought to an understanding with one another, so that their peoples may receive what is vital, and live each day free from the fear of annihilation...

*This* would I speak of, and much more. And *this* would I say to *all* people:

**Let your light so shine, that those who seek it shall absorb it! Let your heart so sing, that those who cross your path shall feel the joy that is yours.**

The hands that serve, and the lips that pray, can combine their service for the good of humanity.

And when we say to our people to go forth and do good, let *each* be the sole judge as to *what* good they can do... Let each one, in their *own way*, in their *own* fashion, as it is *their* soul’s desire, *go forth and do good*.

This would I say. *This* would I say!” (SL, A11)

## ***(Optional) Support for the USB***

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In light, love, and 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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