

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

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Dear brothers and sisters:

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

Most importantly, we remind readers that the USB Illumined Inspirers would always have us bear in mind 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 Newsletters:

[Find our past newsletter issues here](#). Topics covered in our last issue, [eNL-25](#), were:

Keeping Ourselves Centered

“Gems”—Wisdom from Spiritual Light

*Friday Afterlife Report Shares
USB Teachings*

Implications of Survival & Communication

Lighting the Path to a New Year

(Optional) Support for the USB



On Choosing a Life Path

At recent sittings with spirit friends, the discussion has turned towards the struggles and turmoil so rampant across our entire earth right now. Our spirit communicators do not downplay them. They freely acknowledge and understand that the challenges humanity is facing often feel overwhelming to us. They suggest that a shift in our focus may help us to transcend the difficulties we are experiencing.

When we don't know where to turn, it helps to ***remember the eternal truths*** and that we are here primarily to be of service and to grow spiritually. Success means consciously engaging in this process. By doing this, we can successfully raise our vibrational level and progress in a spiritual sense.

We don't need to enumerate the trials and tribulations of our present age. It's all too easy to get so caught up in them that we see nothing else. But ***there's another stream*** running alongside the one of physical and material chaos. It's a stream of new awareness of humanity's relationship with the earth and her creatures. It's a stream of inventions that can transform our way of life. It's a stream of medical breakthroughs and new understandings of what a human being needs to be whole and healthy.

And perhaps most importantly, it's a stream of ***connection and communication with the spirit world*** for our mutual benefit.



These deeper realities may not be obvious at first, but they certainly can be found if each of us learns to seek them out. And once found, each person has a choice. Will we stay attached to our problems, acting as if nothing exists beyond the material, or will we shift to a way of living that encompasses a more unifying, universal, and uplifting vantage point and use that to guide our actions?

Right Choices in Difficult Times

In difficult times like these, we should emphasize even more what we should always do, that is, to act and stand up for good, for what is right. We should ***imagine ourselves supporting the forces of light, led by Illumined Souls or Beings of Light***. In that way we will be opposing the forces of darkness.

We should be profoundly concerned not only with our *own* lot, but with the lot of *others*. We should stand up for others who cannot stand up for good themselves. We should stand up for what we find to be good and right in society. For accepting wrongs is a sign of weakness. If resistance to injustice and other evils is possible, particularly where situations can be remedied without harm to innocent ones, we should display strength, courage, and spirituality. But while we are resolute in resisting wrongdoers, even in times of war, we should oppose them without hatred or malice in our hearts, and instead pray that light will enter their universe (*Spiritual Light, SL, 518:1, 754, 856-7*).



Also, it is important to remember that our appeasement or submission to injustice or other evils only encourages bullies or tyrants. It is what *we* do that mainly matters to *us*, so we should always hold our standards high. (*SL, 712:3, 770:8*)

A spiritual approach to life includes treating the lives and rights of others with a profound regard. Displaying understanding, tolerance, and compassion towards all is at least as important as any motive and sincere belief that may lie behind our actions. (*SL, 722:2*)

Neither is the noble cause of goodness and light served when we remain silent in the face of injustice such as the vilification or condemnation of an innocent person or group. The USB's Illumined Souls teach that such behavior constitutes a sad day for humanity. (*SL, 753:3-4*)

While we know that there are evils in the world, if we also recognize that the earth is a wonderful place in which to evolve spiritually, we can find many ways by which to elevate the vibrations of our realm and make the most of whatever comes our way, good and bad alike. The power of our individual and collective thoughts is far greater than many of us realize. We can sit quietly and ask to be used to bring about peace and understanding. We can visualize leaders meeting in an atmosphere of harmony and working to resolve their conflicts and differences with a spirit of good will. When an opportunity presents itself, we can share some words of truth with those we see who may be hungering for it, and in so doing, gradually amplify beauty, goodness and light across the earth. (*SL, 734:4, 759:3-7, 828:4*).

Spirit Technology

The strong influence of so many technologies on earth has distracted most of us from mental and spiritual issues that are much more important to us in the afterlife and to our eternal existence. While these technologies have provided us with many advantages, they have unfortunately also accelerated the growth of unfettered materialism on earth. Spirit guides frequently lament our lack of spiritual versus technological progress.

Spirit people have little need for technology. For example:

- They do not need cars, planes, ships or trains to travel, because, when they are sufficiently advanced and deserving, they can travel by means of thought. However, they might sometimes enjoy a boat ride, for example.
- They do not need manufacturing, construction, materials, and mechanical technologies because, when sufficiently advanced and deserving, they can create and build things by the power of thought, often the combined and cooperative thought of many individuals.
- They do not need communication technologies because they learn to communicate by thought. They do have information records and displays in special facilities and halls of learning.
- They don't need all our cooking utensils and agricultural equipment because they don't need to eat, though some may enjoy cooking occasionally, and they can also create food via the power of thought.
- Their bodily health is always perfect, whether or not they recognize that, so they have no need for all our medical equipment and medications. But recent arrivals there do sometimes need rest and recuperation for their mental faculties.



- Safety is of little concern there because Spirit bodies are rarely damaged and if so, they can be instantly restored to perfection by the power of thought. Spirits are eternal.
- They do not need the technologies of electricity and other

forms of energy because they do not need to power other unneeded technologies nor to eliminate darkness that does not occur.

- They have little need for environmental technologies because the lack of other technologies causes little disruption and unwanted materials just disappear.

Nonetheless, spirit scientists do study all our areas of technology, to keep ahead of us and to be able to inspire and guide us, when appropriate. We earthly humans often fail to appreciate the full extent of assistance, protection, inspiration, and service we receive from our guides in the spirit realms throughout the course of our daily lives. This is something to be truly grateful for!

Karma and Hacking

For believers in spirituality, the Indian religious belief in karma may be described as a concept of fate determined by previous intentions and deeds, which may have occurred in previous lifetimes. Good or bad actions or intentions correspondingly contribute to good or bad karma.

This principle is very similar to the USB's teaching of The Law of Cause and Effect. That Law says that as we sow, we reap; each thing we say or do brings its inevitable result, without exception. It says the effect may not immediately follow the cause, and may be deferred until after we pass on to spirit life. That Law is *part* of The Law of Justice.

We should *not* conclude that everything that happens to us is the result of our own intentions and actions. Because we are not islands unto ourselves, but live in an interconnected world, the actions of others will impact us sooner or later. That is where the second part of The Law of Justice comes into effect. USB Inspirers have told us that much that happens to individuals may *not* be the result of their own choices and actions.

They have also taught us that The Law of Cause and Effect applies not only to individuals, but also to peoples, nations, and humanity as a whole. We can surely think of historical examples of the latter. And we can probably safely expect it to apply to smaller groups, like families and corporations.

Causes which affect many people can clearly bring their creators much karma, good or bad. For Illumined Souls teach that a separate debt must be paid for each person victimized and for each time they are victimized. We are saddened by this thought when we think of such misguided souls as those who create and distribute malware, computer viruses, misinformation, and untruths, which propagate rapidly online, causing misery and harm to large numbers of people. (SL, 407, 1410, 1007:11, B04:9)



USB Teachings in Friday Afterlife Reports

Thank you to Victor and Wendy Zammit for occasionally including USB teachings in their [Friday Afterlife Report](#) publication. Recent articles have focused on the following topics:

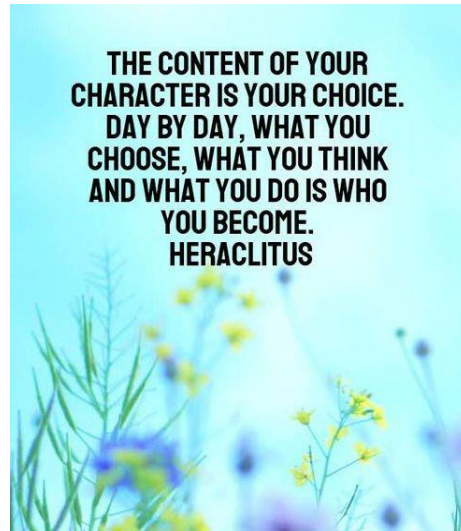
- **The Love Tie with Our Pets**—discusses the spirituality of pets as originally referenced in [eNL-06](#). ([Dec 10, 2021](#))
- **A Spiritual Resolution for the New Year**—excerpt from a New Year’s Eve 1963 message shared by an Illumined Soul of the USB. ([Jan 7, 2022](#))
- **Our Responsibility Towards our Children**—the USB teachings highlight the importance of parents imparting spiritual truths and values to their children. ([Feb 11, 2022](#))

The Power of Thought

In our earlier article on [Spirit Technology](#), we discuss the immense power of thought in the spirit world and how it can be used to create whatever may be desired by spirit people. Although thought is not as powerful on earth in comparison to the spirit world, the USB Inspirers emphasize this power in their teachings, reminding us to never underestimate it, even in just one person. Repeatedly, they also stress the tremendous power that lies in the combined thoughts of hundreds and thousands of people, when directed towards a common purpose.

“Thought is the realm of expression that precedes all that is. As an Illumined Soul says,

On earth, thoughts are not things, but the magnificent power behind things—the power that brings things into expression!” (*SL*, 206:1-2)



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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