

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

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www.TheUSB.org



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Dear Sisters and Brothers:

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 with those 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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Topics covered in our last issue, [*eNL-26:*](#)

On Choosing a Life Path

Right Choices in Difficult Times

Spirit Technology

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The Power of Thought



About the USB—A Virtual Tour

Are you new to the USB and this e-publication? Maybe you do not own a copy of the USB’s principal book, *Spiritual Light*, or have never had a chance to read it. Even if you have a good basic understanding of what the USB is about, we highly recommend a virtual tour of our website, specifically the section titled “About the USB” to familiarize yourself with the many facets of this inspirational organization.

There you will find a treasure trove of information covering sub-topics such as Introduction, Principles, Goals, Differences, Tenets, Wonderful, History, Spirit Inspirers, and Overview.

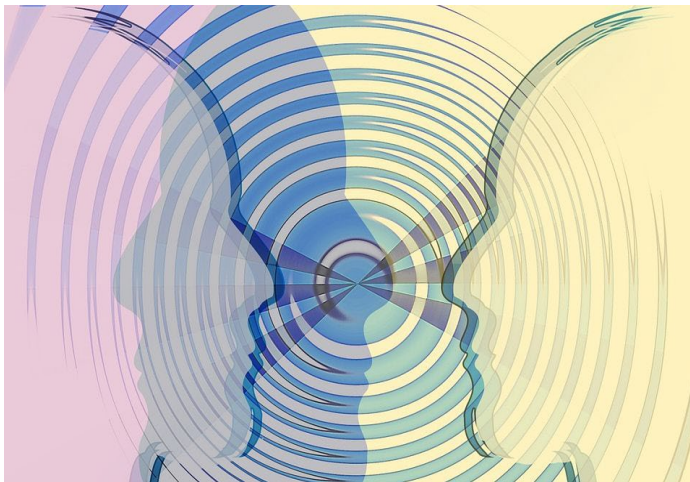


- [*Differences*](#) discusses how the USB is different from other organizations that believe in human survival after death.
- [*Wonderful*](#) explains what makes the USB so extraordinary and unique.
- [*History*](#) covers the founding of the USB on earth and includes reprints of some articles on how early USB teachings were made public, as well as publicity and press following the publication of *Spiritual Light*.
- [*Spirit Inspirers*](#) clarifies the terms Illumined Souls and/or Spirit Inspirers.
- [*Overview*](#) describes the significance of the USB’s name. What makes this organization Universal, Spiritual and a Brother-and-Sisterhood?

Energy in Spirit Communication

It is often assumed by people in physical bodies that our spirit friends see and hear us in the same way that we do each other. The more this writer learns about this from those in spirit, the clearer it becomes that something else is going on between us. Consider the experience of attending an online sitting in which a spirit man was speaking to his nephew and several others through a medium. The nephew showed a photo on the computer screen of the man's wife, sons and daughters, taken at their home on Easter. The spirit man shrugged off the photo saying that he couldn't really see it, but that it didn't matter since he had been present in the room when it was taken. Another example is the sitter in a Leslie Flint séance who asked why her questions were being answered before she could speak them. The spirit communicator replied that it was easier to pick up her thoughts than it was to understand her words.

In a recent sitting this topic came up so we asked for clarification. Our spirit friends explained that they can't actually read a printed page or a computer screen. It's extremely difficult for them to drop their vibrational frequency low enough to get that kind of detail. Instead, they pick up our thoughts and emotions around whatever is written or displayed. The spirit guide who might be perceived to be looking over this writer's shoulder as this article is being created, is really hearing the writer's thoughts and knows exactly what is being written. He can, and often does, guide this type of work.



Similarly, spoken words are harder for those in spirit to understand than are the thoughts and emotions that create them. The longer spirit people have been in the spirit world and the higher vibrational frequency they have attained, the more difficult these things become for them.

Matter is intensely compressed energy and it is this energy that those in spirit perceive and feel. An interesting discussion of the immense

amount of energy contained in matter is provided in the USB's book [*Spiritual Light \(SL\)*](#) topic 507:10 and its associated footnote 507:n5.

Thoughts and emotions are a universal language. Even a spirit who lived, while on earth, in a country where they spoke a different language from yours is able to intimately understand you by feeling the energy of your thoughts and emotions. Awareness of this goes a long way toward helping our spirit friends and relatives communicate with us and us with them. It helps to explain why that surprising thought that just popped into your

head, especially if creative or uplifting, could very well be from a spirit friend or loved one.

If it's distressing to know that your thoughts and feelings can be read by spirit people, remember that access must be granted by you before this can happen. Personally, this writer takes great pleasure in this exchange of energy with spirit friends. They're literally as close as our thoughts. Their love and understanding, guidance and support are only a thought away if we remember to let them in. For many of us who wish to communicate with the spirit world, it may take significant time and effort to learn how this energy exchange works, but there's no doubt that the results are well worth it and can become a source of great solace and joy.

Materialism on Balance

We on earth may not be aware that we have chosen to live in this material world to learn from its lessons and to undergo its tests. And perhaps the most challenging test here on earth is to choose a spiritual path and avoid the overly materialistic path. What does this mean?

It means to seek opportunities to build desirable qualities of the spirit, of our character, which we can take with us when we transition to spirit life, and to not seek materialistic gains for their own sake, which we cannot take with us to life in the spirit realms.

This does not mean forgoing all material possessions. For we need some to avoid being a burden on others. And they will also enable us to be more effective in serving others. So, we need to view material possessions with wisdom and be aware of our motives.



This topic is detailed further in *SL*, in which an Illumined Soul reminds us:

Moderation is a virtue [734]. While it is folly to place too much value on material possessions, it is no less folly to ignore those that are *vital* to your way of life, and of importance in your being what you *are* and in what you *become*. (*SL*, 746:15)

Rising Above Nations and Wars

One of the foundational spiritual principles arising from The Laws That Govern, also known as The Law, is that “as we sow, so do we reap.” In the USB teachings, we learn that The Law applies not only to individuals, but to nations and peoples as well.

How can humanity rise above the chaos, confusion, unrest, turbulence, discord, destruction, and war that are prevalent in the world today? This can only occur

...when there are changes in the *thinking* of humanity, only when humanity as a whole becomes aware of the true and eternal values—*spiritual* values—...

The Illumined Souls who lead the USB in the spirit realms have shared that such

Changes in the thinking of humanity are taking place, because of the efforts of spiritual men and women (and their spirit inspirers) throughout the world. And the time *will* come, ... when love will replace hate, knowledge will replace ignorance, understanding will replace fear, and human beings will at last be united in love and peace and brother-and-sisterhood.

Until that time, nations will continue to rise and fall, and wars will occur. Says a Blessed Soul:

“But the *individual* can rise above both. For **if one lives according to THE LAW, one will rise above nations, and one will rise above wars.** One will not flounder in a sea of indecisiveness, regardless of what peoples and nations do; for one’s soul will be strong and untroubled, with a confidence and serenity nothing can shake.” (SL, 770:2-5)



The way towards greater nobility of character and higher spiritual attainment for each of us is illuminated and clarified by these teachings. It is up to each of us then, to embrace this knowledge, to rise above the challenges presented to us on this earthly testing ground, and to strive to manifest these spiritual truths consistently in our daily lives.

USB Teachings in Friday Afterlife Reports

Thank you to Victor and Wendy Zammit for occasionally including USB teachings in their [Friday Afterlife Report](#) publication. Some recent articles have included:

- **Avoiding Misconceptions About the Silver Cord**—addresses what the USB teachings say about the silver cord, ([Mar 11, 2022](#))
- **Let Your Inner Light Shine**—on the many ways we can serve our spiritual brothers and sisters and do good for humanity. ([Apr 8, 2022](#))
- **Our Thoughts: A Power for Good**—Immense power for good is inherent in an individual's thoughts. The combined thought of hundreds and thousands of persons magnifies this power still further. ([May 13, 2022](#))



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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