

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

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www.TheUSB.org



eNL-31, May 2023

Dear sisters and brothers:

This nonreligious e-publication goes out with blessings of love and peace to all, and in particular 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 the spiritual development of individuals and our world. For access to past issues or to [sign up to receive future editions](#) via email (all free), please [visit our online archive](#). We always welcome your impressions, 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 issues [here](#). These topics were covered in our prior issue, [eNL-30](#):

Encouragement from an Illumined Soul

On Spirit Blindness

Spiritual Effects of Capital Punishment

Concern for Others

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Ways to Help the USB



Staying Tuned to Spirit Communication

In the February 2023 issue of this publication, [eNL-30](#), we shared a message we had received from the Illumined Soul, High Mountain, during a sitting with spirit leaders of the USB on earth. That message encouraged us to connect to the spirit world to receive guidance and support in navigating through the turbulent times we each face during our earthly life.

At a more recent sitting, several spirit people added further detail to High Mountain's earlier message. They explained how much easier it is for them to give us support, comfort, and assistance (including often-unrecognized inspiration) when the channels of communication are *always open*. They likened it to having our radio dial always tuned to the spirit-world station. We on earth miss so much of what they wish to share with us when we aren't listening. In the beginning, as we try to listen, the signal may drift, wavering in and out, coming in loud and clear for a while and then fading. If we get distracted or just aren't paying attention, we may ignore it or tune to something else that we find easier to hear. But with resolve and practice we can remain constantly tuned into the spirit-world station.



One of the spirit communicators who had been a medium while on earth and learned to do this of necessity, talked about staying tuned through every experience of life. It is not necessary to give up earthly pleasures assuming they are not harmful to oneself or others. In fact, as we improve our ability to stay tuned, we can expect our earthly experiences to be enhanced by the companionship of spirits who will share in our joys, guide us in our quandaries, and comfort us in our sorrows if we allow it. This does take sustained effort and practice on our part, but it leads to a joy that permeates every aspect of life and may hardly be imaginable until we start to experience it for ourselves.

Comforting Thoughts

While facing the many challenges of life, what are the thoughts that comfort you?

A keen follower of the USB recently told us his most important comforting thoughts, which we are pleased to share with you.

1. That we are eternal and will retain our individualities after the transition we call death.
2. That we can always expect perfect justice, in the long run, for whatever we have done or that has been done to us.



3. That we have awareness of the eternal reliability of Truth.
4. That our relationships, here or hereafter, will always be governed by bonds of love and affection.
5. Knowing that the ‘transfer’ process at physical death is just like falling asleep.
6. The anticipated joys of a future spirit life, when deserved.
7. The knowledge that one can always progress spiritually by earning it.

Spirit World “Levels”

We speak of some spirit beings being more spiritually advanced and living in “higher” spirit realms. Some of us think of those spirits and realms as being of a higher vibration.

But spirit “vibrations” are not the same as those we are familiar with on earth; they are different from the vibrations of sound and electricity and radio and TV waves that we are accustomed to. If we detect spirit “vibrations,” we don’t detect them in the same ways. So, how are they different?

When near death experiencers (NDErs) return from a spirit world visit, often having met spirit people, they frequently mention how at-home they felt there, surrounded by extraordinary, unconditional love. They usually do not want to return to our world.

Also, it seems that those who deserve to live in “higher” spirit realms are often those who have lovingly and selflessly cared for or about others in the past, particularly during their earth lives.

Taken together, this suggests that the “levels” of spirit people and of the different realms they occupy depends to a large extent on the amount or “level” of the love, including

kindness, they have expressed to others in their past, and on how widely they expressed it. We could call that level their “love level,” which corresponds to how loving is their character or individuality.

Selfless service is one of the most important activities of more spiritually advanced people, on either side of life. That service, via their character and efforts, is clearly a major part of their spirituality. In the spirit realms it is undoubtedly an individual’s spirituality that determines in which realm he or she will reside.

The USB’s book *Spiritual Light (SL)* explains that “there is *no* limit to the number of planes or spheres in the spirit realms, for those planes or spheres correspond to levels of consciousness (and vice versa), and there is no limit to the expansion of our consciousness. An Illumined Soul has said: The *people* make the plane, *not* the plane the people.” (*SL* 1301:7-8). Thus the “level” of a spirit realm is governed by the “level” of its occupants and new arrivals are only comfortable in the realm level that they have personally attained to by their recent lives on earth. They can change that attainment by their spirit behavior, but not as rapidly as is possible by their behavior on earth.



So, while on earth, what can we do about this? We can strive, at every opportunity, to offer help and kindness to all others who appear to be needing it. We can try to become more conscious about helping and to learn more about it. We can think about people in need, such as elderly folk, children, and those in difficult circumstances, and identify ways to be of service based on their situations. We can learn to help with wisdom (“teach a man to fish, rather than giving him fish”). And we can try to learn more about the spiritual aspects of helping from reported NDEs and other spiritually transformative experiences (STEs). For further exploration of the topics of NDEs and STEs, we suggest the following online resources as a starting point: [IANDS](#) and [ACISTE](#).

Am I Spiritually OK?

Some people have asked us if those who live good, spiritual lives need to know about spirit communication and spiritual teachings like those of the USB.

Our answer is that they **do** need to know about these things for the following reasons:



1. Because learning about spirit communication, particularly from highly advanced spirit beings who have risen to the highest spiritual realms, will enable people to appreciate the wisdom and spirituality existing there, which are far greater, truer, and purer than anything on earth;
2. Since there is no standard on earth of what is a good, spiritual life, such people could learn a lot, expand their perspective, increase the good they do, and thereby raise their level of spirituality by comparing their own standard with those of such Great Souls who, by virtue of their advanced spirituality, have reached the highest spirit realms;
3. Because they could then serve others by helping spread the higher knowledge they have discovered and accept; and
4. Because by studying advanced spiritual teachings they could discover false teachings and practices that restrain people, and learn to oppose them.

USB Teachings in Friday Afterlife Reports

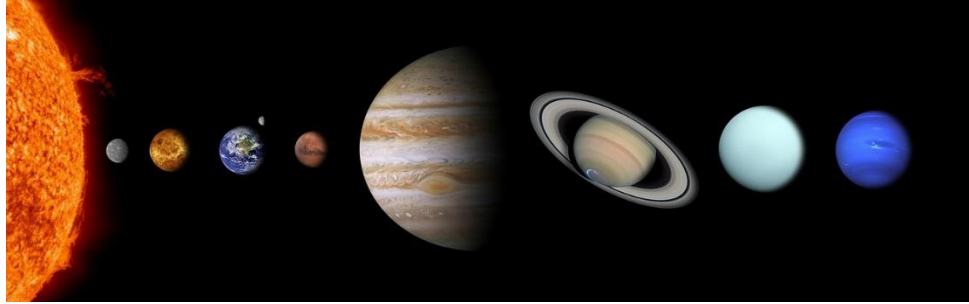
We are pleased to highlight recent USB articles as presented in Victor and Wendy Zammit's [Friday Afterlife Report](#) online newsletters. We hope you enjoy them.

- **On Loving Wisely**—What it means to be a wise, loving parent. ([Mar 10, 2023](#))
- **Water the Seed of Truth – But Don't Drown It**— “It is good to plant the seed. It is good to water the soil. But it is not good to force growth.” ([Apr 14, 2023](#))
- **Nurture Your Gratitude Daily**—Dwelling on what we have rather than on what we lack. ([May 19, 2023](#))



Cosmic Cycles: A Space Symphony

We feel inspired to share the following magnificent work that immerses us in the astonishing beauty of our universe. We hope it brings you much joy!



“["Cosmic Cycles: A Space Symphony"](#) is a groundbreaking collaboration between acclaimed composer Henry Dehlinger, NASA, and the National Philharmonic, featuring a unique fusion of music and video in seven multimedia works on the Sun, Earth, Moon, Planets, and Cosmos. This transformative project takes the audience on a captivating voyage through the universe, showcasing the beauty and power of the marriage between music and science.

Music credit: "Earth, Our Home" from Cosmic Cycles: A Space Symphony by Henry Dehlinger. Courtesy of the composer.

Credit: NASA's Goddard Space Flight Center”

In light, love, and brother-and-sisterhood,
Your USB e-newsletter team

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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