

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

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www.TheUSB.org



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Dear brothers and sisters:

This nonreligious e-newsletter 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 past issues [here](#). These topics were covered in our prior issue, [eNL-34](#):

Our Two Worlds—A Key Difference

UFOs and Spirits

Freedom and Rights for All

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Noble Souls, Noble Language



Are USB Teachings Reliable?

How do we know that the teachings given in [Spiritual Light](#) (SL) are correct? We presume many USB followers accept them for the following reasons:

1. We have been told that the USB teachings were given by a group of Illumined Souls *in agreement*, in the spiritually highest spirit realms, led by Ahura Mazda whom they revere as their foremost member.
2. For the delivery of those spirit teachings, we had the truly outstanding mediumship of the world's most skilled and spiritual mediums of the times, Leslie Flint, Estelle Roberts, and Ruth Flagg, all of whom greatly served the USB.
3. In addition, we had the unusual integrity of the USB's founder on earth, Michael Flagg.
4. Those teachings, written up by Michael, were carefully reviewed by Illumined Souls before their public release as newsletters and were always accompanied by reminders from Illumined Inspirers that no one should accept any teachings unthinkingly.
5. And finally, we have the beauty and high spirituality of those teachings themselves.



How could a more spiritual and more reliable delivery of teachings take place?

Those teachings of Truth, collected continuously over 26 years, have since been compiled into the USB's primary and unique book, [Spiritual Light](#). They form the basis of the USB's mission on earth: to spread spiritual Truth and so further spiritualize humanity.

About truth, and Truth

Dictionaries variously define truth as actuality, reality, correctness, and verity. But what these things are presently may not be the same thing in the future and we can think of many examples. Consider the sinking of the Titanic, as discussed in [Spiritual Light](#) (SL

301:5); its sinking was a temporary actuality. Everyday English considers that sinking to be a truth whereas the USB considers it not a truth but a fact because of its temporariness. The USB considers truth to be only what is *always* actuality, without any change, and it prefers to identify such truth with a capital T as in Truth, which it describes as “that which is eternal” (SL topic 301).

Capital-T Truth may be less common but it is very special. It includes God and God’s Laws. This Truth is special because whatever it includes, however amazing or awe-inspiring, we can always count on it to persist because it cannot change. Throughout our life and existence, therefore, it is important that we search out Truth *above all*, to have it serve as our most reliable guide.



There may be things in life that we thought were reliable guides, but which in time let us down. Truth with a capital T *cannot* do that. It is one’s safest guide. So, because of its reliability we should persist in seeking out Truth, expose and reverence it, and rely on it as a sure foundation.

Of all the Laws of Nature, or God’s Laws, those Truths which affect us the most in the long term are the *spiritual* laws, like the Laws of Personal Responsibility, of Service, and of Cause and Effect (SL chapter 4). Discovering and living by God’s *spiritual* Laws is a wonderful way for a person to develop their spirituality.

The Law That Will Unite Humanity

As summarized in the prior topic about capital-T Truth, we emphasize that taking time to immerse ourselves in the study of God’s Laws (also known as The Laws That Govern in SL chapter 4) and striving to apply them in our daily lives is probably one of most important ways by which we can enhance our spiritual nature.

One such Law that resonates very strongly with the principles and purposes of the USB (SL, 103-104) is the *Law of Brotherly and Sisterly Love*, beautifully explained in SL as follows:

We cannot extend our hearts in love to fellow human beings without others eventually extending *their* hearts in love to us, and, in turn, sooner or later finding other hearts extended to *them*.

This is The Law of Brotherly and Sisterly Love.

It is like links in a chain, one link forged to a second, the second to a third, the third to a fourth, and so on, and on, and on. [This law] is the Law that will unite humanity, as more and more people observe it, as more and more not only forge links to existing chains of love, but also serve as initial links in newer chains. [This law] is the Law that brings Illumined Souls to us in love and compassion and the burning desire to share *their* enlightenment, *their* peace and harmony, and brother-and-sisterhood. For regardless of which globe or planet we live in, regardless of which expression of existence is ours, *we are all sisters and brothers, all children of the one God.* (SL, 410:1-6)



USB Teachings in Friday Afterlife Reports

We are most grateful to share these articles highlighting USB teachings, as recently featured in Victor and Wendy Zammit’s weekly [Friday Afterlife Report](#) online newsletters.



- **Why Do So Many Spirit Guides Express Themselves Through North American Indians?**—The USB explains that the reason for this is that the purity of the Native North Americans of the past makes their astral bodies comfortable vehicles of expression for spiritually elevated souls. Silver Birch is one example of this. ([March 8, 2024](#))
- **The Importance of Love**—A major purpose of the USB is making humanity aware that Love is the greatest basis of a spiritual life. ([April 12, 2024](#))
- **Learn From Your Regrets!**—Regrets can keep us from repeating the mistakes that caused them. While we cannot erase the past, we can learn from it. And if we are wise, we will learn not only from our own experience but also from the experience of others. ([May 10, 2024](#))

Inspirations to Light Your Way

In closing, we share some uplifting excerpts from the wisdom of Illumined Souls as presented in *SL*. May these caring, kind, and sage thoughts help to comfort you, sustain you, and strengthen you on your path, no matter what life may send your way.

Let your thoughts and your doings be of such calmness, such serenity, such assurance in The Most High, that there will radiate from your being a glow that, even though unseen, will touch and brighten the lives of all who cross your path. (*SL*, 761:3)

The chaos and confusion in the world today—like other times of unrest and turbulence—are no accident, but the inevitable results of seeds sown by human beings. Only 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—will there be an end to the sowing of seeds of discord and destruction. (*SL*, 770:2)

Good and helpful spirit people come to us because of a selfless desire to serve. Serving us selflessly, they progress spiritually—just as *we* progress spiritually when we serve others without thought of reward. (*SL*, 1221:19)



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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