

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

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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.

In This Newsletter:

[*Direct Spirit Communication*](#)

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Our Previous Newsletters:

Find past issues [here](#). These topics were covered in our prior issue [eNL-35](#):

Are USB Teachings Reliable?

About truth, and Truth

The Law That Will Unite Humanity

USB Teachings in Friday Afterlife Reports

Inspirations to Light Your Way



Direct Spirit Communication

In earlier times many societies routinely communicated with spirits. We have heard this about Native Americans, Tibetans, Greek oracles and ancient Egyptian priests.

More recently, communication with spirits has mostly been achieved with the help of a medium, serving as an intermediary. However, this method presents the modern searcher (sitter) with the difficulties of finding and connecting with a suitable medium, and with concerns about the medium's skillfulness and integrity. There are many different forms of mediumship, including mental mediums, trance mediums, independent voice mediums, writing mediums, physical mediums, and materialization mediums, with less common forms including electronic voice phenomena (EVP), instrumental trans-communication (ITC), remote viewing, after-death contacts, cross-correspondences, deathbed visions, and proxy sittings (see [A Lawyer Presents the Evidence for the Afterlife](#), Victor & Wendy Zammit, 2013). Of course, the mediums themselves were usually able to communicate with spirits directly (*without* any intermediary). Note, however, that in most cases mediumship takes considerable time and effort to develop.

This all changed dramatically in 1995 when Dr. Allan L. Botkin was exploring changes



to a talk therapy called Eye Movement Desensitization and Reprocessing (EMDR), developed in 1987 to reduce traumatic distress and used widely to treat Post Traumatic Stress Disorder. Accidentally, Botkin discovered a psychotherapy method for treating grief that led patients to consistently and directly experience After Death Communication (ADC) without using a medium; it also greatly reduced their grief. For this, patients are helped to develop a state of calmness, openness, and receptivity, and to use bi-lateral stimulation of both sides of the brain with quick side-to-side eye movements or taps on the backs of their hands. They often practice relaxation, assume spirit presence, and listen attentively, but they are told not to *create* anything. Botkin named his new method Induced After-Death Communication (IADC), and described it with the help of Dr. R. Craig Hogan in their 2005 book, *Induced After-Death Communication: A New Therapy for Healing Grief and Trauma*. Reportedly, 67-75% of IADC patients experience some form of ADC. Websites at

<http://www.induced-adc.com> and at <http://www.iadctherapy.com/> say that typically two initial treatment sessions of 90 minutes each are required on two successive days, and any subsequent sessions require working with a practitioner. The websites stress that IADC

induces the necessary psychological state in which ADC can occur, it does not induce the ADC itself.

Having learned of IADC, USB personnel explored for other similar procedures and found three. They found that Dr. Jane Bissler had developed a direct procedure similar to IADC that she named Loving Heart Connections (LHC). The LHC website at <https://clearingyoursoul.com/loving-heart-connections> explains how it has the important advantage that, after experiencing a one-time, 2-2½-hour training session, learners can then use LHC as often as they wish without the help or cost of a practitioner. Success rates appear to be about the same as for IADC.

Practitioners for both IADC and LHC may work with patients either in person or by Zoom.

Along the lines of the two just-mentioned organizations facilitating direct-communication procedures are two *self-guided* training programs that are free, direct, and described by Seek Reality Online. One, developed by Dr. Craig Hogan and titled How to Have a Self-Guided Afterlife Communication, requires students to register and follow parts of the 8-stage procedure at least twice a week for 15-30 minutes each day. It is described at <https://afterlifeinstitute.org/self-guided/>. The other, a 7-step method titled Guided Afterlife Connections was developed in 2010 by psychotherapist Rochelle Wright by redesigning the IADC protocol. It is described at <https://seekreality.com/follow-this-procedure-to-have-an-afterlife-communication/>.



Spirit advisors of the USB encourage readers to look into direct communication more deeply. They have told us of the high hopes they have for such new forms of direct communication. With such forms, they want our two worlds to become much more closely connected, with communications between them being far more common. Spirit helpers feel they could achieve so much more if they could readily communicate with us. We will, of course, need to learn how to protect ourselves against tricksters and frauds. But the spirit world, and especially its highest-level occupants, has so much knowledge and wisdom to offer us living on earth.

The references given for the above four direct communication methods enable students to explore developing the ability to communicate with spirits and to improve that with practice. People who learn such a direct technique could become familiar and confident with spirit friends and loved ones and could regularly consult with wise and caring spirits practically on demand, so greatly facilitating the urgently-needed spread of spiritual wisdom on earth and the loving care of all our sisters and brothers.

Our Challenging World

The world we live in has so many challenges. Making a living, caring for family members and the needy, keeping healthy and in good shape, learning what is good for us, giving service, remaining honest, avoiding addictions, handling conflicts, caring for property, etc., etc. The list seems unending. Surely, many of us often feel we could use a little help or advice with this tremendous load.

If we only realized it, there are many loved ones regularly around us in the afterlife who are anxious to advise and encourage us, because of their experience and because they can see our bigger picture. But we need to “open up” to them in order to receive their suggestions and support. We could do this by meditating or focusing on them quietly for a while, or by learning how to directly connect with spirit loved ones, or by having sittings with skilled mediums. It would help to spend some time studying these and similar options. We discuss [*Direct Spirit Communication*](#) earlier in this e-newsletter, and



for anyone interested, lists of skilled mediums are available on the Internet. Also, in our May 2022 newsletter, we wrote about the related topic of [*Energy in Spirit Communication*](#).

Be aware that mischievous and worse spirits do exist, but they will only be interested in you if you practice such things. You can always ask beloved spirits to provide protection. And be aware that wiser, more advanced spirits will never

interfere or get involved in your life, they will leave you to decide and take the consequences (as described in the Law of Cause and Effect, *Spiritual Light (SL)*, topic 407).

Many of our world’s challenges, particularly the physical ones, do not continue into spirit life. Life in our world is a *school*, for learning, particularly for spiritual learning, and for being tested on what we have learnt. To help us learn, the USB’s principal book, [*Spiritual Light: Universal Teachings from the Highest Spirit Realms*](#), (*SL*) discusses and gives guidance on almost every earthly activity we engage in.

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.

- **Integrity—A Spiritual Quality**—Integrity is the root of a noble character: “It is as essential to nobleness of spirit as oxygen is to water.” ([June 14, 2024](#))
- **Color and Prejudice**—“But a day will come when all human beings generally realize that *there is not, and there has never been any superior race or people* and that the slant of the eye or the color of the skin is no indication of one's level of consciousness.” ([July 12, 2024](#))
- **The Power of Prayer**—The USB highlights that prayer can be a very powerful way of providing spiritual service and there is no limit to what we can pray for. ([August 9, 2024](#))



Some USB Perspectives on Love

One of the USB's major goals is to bring about a wider understanding of the importance of love in everyone's life. This is expressed in the organization's second stated purpose which is:

To bring a universal awareness of the spark of God within each of us, and a realization that *love is the greatest basis of spiritual life*. (SL, 104:2)

Specifically describing the way of *unselfish* love, the USB teaches that:

When the human heart holds love for those who walk in darkness, or for those who lie on beds of pain, or when there is love for right conduct—then one demonstrates one of the great principles of the universe, the principle of Love. (SL, 511:1)

And an Illumined Soul adds that:

Love reveals itself in many ways. And to the one who shares it, love brings a sense of well-being, a sense of accomplishment, a sense of trust, a sense of beauty. Those who love are radiant beings. Those who truly love, without thought of self-satisfaction, are *spiritual* beings. (SL, 511:3-4)

We close with a few uplifting quotations on love from USB Inspirers:



All labors of love are made easy *because* of the love. (SL, 512:1)

It is the power of love, not the love of power, that will bring peace—to an individual, to a nation, to humanity as a whole. (SL, 512:2)

Human hands, inspired by the love of God, have wrought much beauty. (SL, 512:3)

When one *loves*, with a love that enfolds the entire universe, then one indeed is like unto God. (SL, 512:4)

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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