

THE UNIVERSAL SPIRITUAL BROTHER&SISTERHOOD, INC.

Worldwide Headquarters, CUPERTINO, CALIFORNIA

Founded 1956

www.TheUSB.org



eNL-37, November 2024

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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How the USB Rescue Circles Came About *(Article by the USB rescue circle leader)*

For several years I was part of a home circle which started as a physical mediumship development circle but ended up morphing into a spirit rescue circle with three sitters. We would sit in the dark with background music for around 90 minutes. From the beginning, V maintained that near the ceiling in the corner of the room there was a portal that spirit people passed through.

One night, J told us that she saw a picture. As she described some details, I felt tuned in or connected. I could hear what the spirits were saying and feel their emotions. I explained this as best I could. The spirits seemed to be from an earlier time so J asked them to look around to see some modern equipment. We had confusion and resistance that we later learned rescuers often get. When it came time to usher them to their home region of the spirit world, our spirit team members, who included two children, offered to escort them through the portal. For a few who were hesitant or scared, we asked to them to just look through the portal and tell us what they saw. To their great astonishment there was a group of friends, relatives, and even pets waiting for them. Nothing else needed to be said. It was a joy to watch them leap up and sail through without hesitation.

In time we learned that our main job was to get the attention of wandering, lost, or stuck spirits, listen to their stories, sometimes counsel them a bit, and draw their attention to the portal. Sometimes we helped one or two spirits in a sitting, sometimes many.

We need rescue circles like these because many who have died do not recognize that they have left their earthly bodies. One reason may be because they do not believe in spirit life. That disbelief often makes them unable to see or hear spirits, who are therefore unable to help them. These conditions are known as spirit blindness and spirit deafness, and are discussed in *Spiritual Light* topics 1228 and 1322:3. Those affected by spirit blindness and deafness become "stuck" in a state of limbo, unable to move on to where they belong in the spirit world with their loved ones. But they *can* see us in the physical world and so we are able to try to help them. Because of our excessively materialistic life on earth there are large numbers of people "stuck" in the spirit world in this way, sometimes for very long times, all in need of "spirit rescue."



There is no way to prove that one is rescuing lost or stuck spirits. But two rescue incidents convinced us that we were really achieving something. One involved a military pilot who had followed orders to chase a UFO, then flew beyond the atmosphere causing his plane to crash. He did not realize he was now a spirit still chasing that object. We helped him land and understand what had happened to him.

The other incident was a scene of confusion among animals and people standing around a train wreck while looking for something. In time we realized that it was an early 20th century circus which had been traveling by train. Some of them had remained at the accident scene out of concern for others, but because they weren't aware that they were dead, they didn't realize that those others had moved on. We called them together and explained what had happened to their bodies and how they could join their friends and cohorts in the spirit world by first looking through the portal. They were soon scrambling through.

Later, we were flabbergasted when V, who routinely worked on "This Day in History" videos, informed us that she had found both these incidents in her research. There was recorded the military pilot's flight as well as the correct time and location of the train wreck, facts that none of us had known at the time. After that, I stopped worrying about whether our rescue circle activities were real or not.

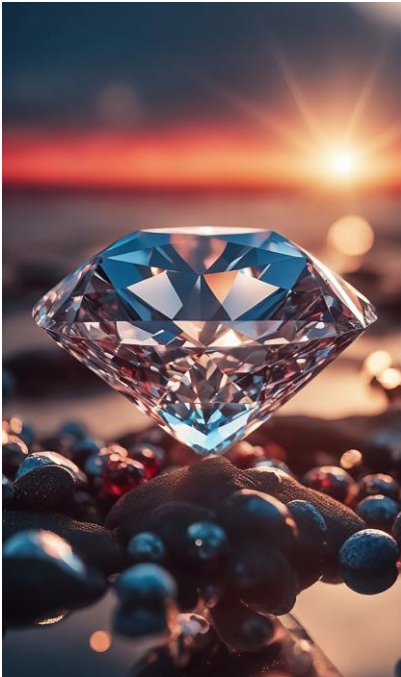
Many forms of such rescue work are valid, but I taught this method to the USB rescue circle team as it was taught to me because I'm comfortable with it and I understand how to do it. I ask other sitters to offer their perceptions, a picture, a sound, or even an impression. That enables me to tune in to the particular situation we'll be working with, and then I get lots of detail. It is a team effort and a very satisfying and fulfilling way to spend an evening.

Gems from Spiritual Light

In this tumultuous time of great challenge everywhere across our world, we can think of no better way to bring a measure of tranquility and solace to our readers than by sharing some words of inspiration, wisdom, comfort, and upliftment. At the USB headquarters we use the name "Gems" to describe these quotations from [*Spiritual Light \(SL\)*](#) because they provide a beauty and radiance that seem to brighten whatever moments of darkness we may experience. We hope they have this effect on you too.

- Each child of light that bears the torch of Truth, and makes its way into the dark places, plays an important role in the scheme of things. (*SL*, 112:12)

- Lift up your hearts and rejoice! Ignore the lamentations of the prophets of doom. A new world is not built by the fearful. A new age is not ushered in by the despairing. The brother-and-sisterhood of humanity will be accomplished by all those who share our ideals, strengthened by the unity of those who tread the USB path. (*SL*, 113:8-10)



- And at times when there are those who seem willing to provoke fear and alarm, our inspirers ask all who love their fellow human beings to do what so many are already doing individually — To direct thoughts of love and peace and brother-and-sisterhood to the leaders of peoples and of nations; — What is at least equally important, to visualize them gathered around the council tables in trust and good will and selflessness. To visualize a world of peace and harmony and understanding. (*SL*, 204:5-7)
- Truth slowly walks; the lie and half-truth fly. But truth, in time, will pass the others by; For truth is deathless, while the others die. (*SL*, 301:1, a poem composed by Michael Flagg.)
- A Blessed Inspirer, Alcoon, has said: “We preach a God of love, of tolerance, of understanding, One who desires only that God’s children shall find happiness, that they shall find the path of true progress in all spiritual things.” (*SL*, 501:2)
- ***Soul*** is the spark of the divine in human beings, their portion of divinity. It is constant, unchangeable, and indestructible. It is this spark of God in each human being that makes us sisters and brothers all, and that makes us eternal. (*SL*, 601:2)
- So regardless of what those around and about us do or do not do, let us set our own standards *high*—and do our best to *live* by those standards. We can obtain inspiration and strength from the knowledge that nothing *others* can do can halt the upward journey of the individual who lives according to noble conceptions of what is good and godly. (*SL*, 712:4-5)
- An inspirer says to us: It is much easier to smile than to frown. It takes *little* energy to be happy. We have only to look about us to be inspired by the glory God has provided, partly obscured though that glory may be as the result of human foolishness and ignorance. Those who understand something about The Laws

That Govern, and *live* according to that understanding, cannot help being happier. For when people have a realization of what *is*, and what awaits them, how can they help but rejoice. How can they help but sing songs of joy. How can they help but wish for their sisters and brothers the *same* knowledge, the *same* understanding, and the *same* exaltation. (SL, 740:5-7)

USB Teachings in Friday Afterlife Reports

As always, we are grateful and pleased to share the following articles highlighting USB teachings, as featured in recent editions of Victor and Wendy Zammit’s weekly [Friday Afterlife Report](#) online newsletters.

- **The Need To Be Flexible In Life**—Given that much of what happens to each of us may not be the result of our own acts and actions, we should always strive to be flexible. ([September 13, 2024](#))
- **The Power Within Our Reach**—We have more power than we often realize! The USB teachings remind us that we should never underestimate what we can do, either for ourselves or for others, as we journey along the path of life. ([October 11, 2024](#))



- **The Love Tie With Our Pets Is A Strong And Everlasting One**—The USB teaches about the spirituality of pets as follows: “Just like humans, pets form bonds of love and can be motivated by spirit influences to protect and stay close to the ones they love”. ([November 8, 2024](#))

The Importance of Kindness

Quote: The following simple, yet powerful quotation, attributed to *Aesop*, reminds us that showing kindness in any form is not to be underestimated:

No act of kindness, no matter how small, is ever wasted.

Reflecting further on this topic, we realize that kindness is a two-way exchange of good will which benefits both parties. The one bestowing kindness feels fulfillment for having offered a spiritual service to a fellow traveler on life's path, whereas the recipient of the kindness feels thankful for the attention, love, and spiritual nourishment that has come their way.



Artwork: Jozef Wilkon - Illustration from *The Story of the Kind Wolf* by Peter Nickl. The book tells the story of a healing wolf that gives up being top predator of the forest to follow his true calling and help his suffering fellow creatures.

Original Posting: [The Besotted Bookworm](#) via Facebook, November 13, 2024

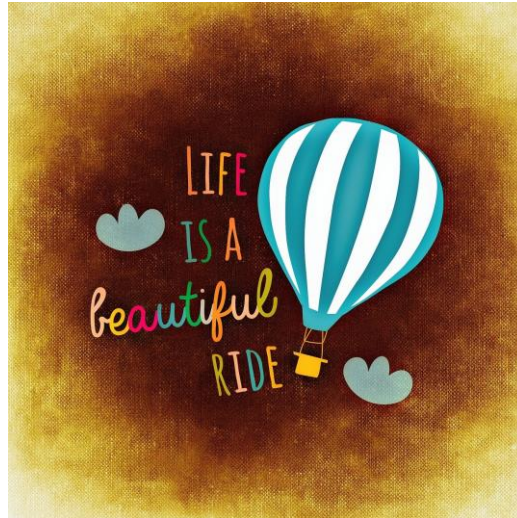
Wishes for the Coming Year *(An Illumined Soul's Message, December 1965)*

As we approach the end of 2024 and wonder what the next year will bring, we can take heart and courage from the rich wisdom of the USB's teachings given to us through the painstaking and loving efforts of Illumined Souls and Blessed Inspirers from the highest spirit realms. We are so fortunate that they communicated these Universal Truths to us over many years through Michael Flagg's dedication along with the inspired mediumship of Michael's wife, Ruth.

We are honored to share the following message from an Illumined Soul as communicated to Michael Flagg during December 1965.

We have lived through another year. Many have been the experiences of each of us. *All* have been for good, whether or not we have been *conscious* of it. As we approach the New Year, may we set in their *proper* niche our experiences of the past; and may

they stand us in *good* stead during the experiences yet to come. May we have learned much of *good* from what has been our lot. And may we look ahead to greater and more glorious adventures that shall be instrumental, *in time*, in bringing fulfillment of our desires. May we have grown *spiritually* for having overcome what *could* be overcome, and for learning to accept graciously, gratefully, and courageously, those adversities that have become a part of our life's pattern. May the next twelve months bring, within *each* of us, a greater *realization* that *we are sisters and brothers all!* (SL, A13:1-5)



We at USB headquarters wish all of you a warm, peaceful, and joy-filled holiday season with friends and loved ones, confident in the knowledge that we are all united in brother-and-sisterhood, and that each of us is an eternal child of God.

In light, love, and peace,
Your USB e-newsletter team

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