



“SPIRITUAL LIGHT,” Universal teachings from the Highest  
Spiritual Realms—*The Universal Spiritual Brother&Sisterhood*,  
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## CHAPTER 14 - SPIRITUAL PROGRESS

### 14.1 SPIRITUALITY

#### 1403 A Note on Spirituality

Many are puzzled by the fact that some who profess to be spiritual, and who repeatedly emphasize the need for spirituality, little hesitate to take unfair advantage of others—even their friends and business associates—if by so doing they can gain materially. If it suits their purpose, they are not reluctant to violate the *intent* if not the letter of an agreement or understanding.

There are two things to remember here. One is that talk is cheap, perhaps the cheapest thing on earth. The other is that “handsome is as handsome does,” as the old saying goes, and spiritually is evidenced less by words than by deeds.

The *truly* spiritual will not knowingly do anything that borders on or remotely resembles craftiness.

Nothing is ours unless we apply it, the USB emphasizes. And whether it is integrity or spirituality or any other quality, we do not possess much of it if we do not express it in our daily life at every opportunity.

An inspirer has said:

Truly spiritual people do not proclaim to all within the sound of their voice that they are spiritual. Nor is there need to do this. Their spirituality, if any, and the degree of that spirituality, will—to those who have eyes to see—be evidenced by their way of life, and in the ways they express themselves in all things, great and small.



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