



It is good to be good

by Dr. Stephen Post



The Helper's High

by Allan Luks

**The Therapeutic
Process of Autism**

by Dr. Vanessa Anseloni

Hope Hospital

by Dr. Manoel P. Miranda



Cremation

Emmanuel (Spirit) / Chico Xavier (Medium)

QUESTION TO EMMANUEL – Can the discarnate Spirit suffer during the cremation of the body?

EMMANUEL'S ANSWER - In cremation, it is essential to exercise compassion with the corpses by postponing for more hours the act of their destruction, since there are always many echoes of sensitivity between the discarnate Spirit and the body where the "vital tone" was extinguished in the first hours after the passing. That happens because the energetic fluids of the body may still be felt by the soul in the sensations of material existence.

Source: Book *O Consolador* by Emmanuel through the mediumship of Chico Xavier, Q/A 151, 1940, published by FEB.



Charity and Discernment

"Spiritists, friends! Let us heed to charity that suppresses the shortage of the body, but let us not underestimate the need to relieve the needs of the soul! Let us divulge the Spiritist Doctrine! Let us help others discern and think,"^[1] proposed Emmanuel in an appeal to our reasoned faith.

Material charity and moral charity! Two most needed forms of outreach to guarantee a peaceful and harmonious progress of our world. What would be of it without charity? In reality, Emmanuel's emphasis on moral charity is brought forth by the illuminated Spirits in *The Gospel According to Spiritism* since its publication in 1864. When Spiritism helps us understand who we are, where we come from, and why we are here, it is certainly helping us discern and think. As such, when we disseminate the Spiritist teachings, we are also being charitable!

Deeply transformative, moral charity may be the saving grace of a relationship, of a community, of even a nation! In relieving the needs of others' souls, we progress and foster progress. So we can tell that it is good to be good! And scientific findings have already been published proving the unsurpassing Spiritist proposal "without charity, there is no salvation." The leading authority on research regarding charity and its effects in the individual's wellbeing is Dr. Stephen Post. Supported by the humanitarian efforts of John Templeton, Dr. Post has been changing the way humanity understands the importance of charity and volunteerism.

Thus, dear reader, we dedicate this issue of *The Spiritist Magazine* to the glory of doing the good! As we pay tribute to the 150th anniversary of *The Gospel According to Spiritism*, let us meditate on the undisputable view of Christ's teachings that are true guidance for a fulfilled life. And may we all have a discerning and joyful New Year in the very action of reaching out to others!

[1] Book *Ceifa de Luz* by Emmanuel (Spirit) psychographed by Chico Xavier, chapter 37, published by FEB.

Vanessa Anseloni, PsyD, PhD
Editor-in-chief

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06 SPIRITIST TIP

Beneficence and Charity
by Emmanuel

08 REFLECTION

Hope Hospital
by Manoel P. Miranda (Spirit)

12 LA REVUE SPIRITE

Wasted Time
by Massillon (Spirit)

14 ESSENTIAL

Spiritist Conduct When Travelling
by Andre Luiz (Spirit)

SPIRIT MESSAGE

“Use truth with the objective of helping, never as a weapon for aggression or retaliation.”

Joanna de Angelis

Source: *Happy Life* by Joanna de Angelis (Spirit) through Divaldo Franco

16 GOSPEL

Jesus knows
by Meimei (Spirit)



18 DIALOGUE BETWEEN SCIENCE AND SPIRITISM

It is good to be good
by Stephen Post



20 CURRENT

Is Evil a Determination of Our Destiny?
by Andre Luiz (Spirit)



22 RESEARCH

Helper's High
by Allan Luks



24 DISCOVERING THE REAL WORLD WITH DIVALDO FRANCO

Return to the Gospel
by Bezerra de Menezes (Spirit)



26 INSIGHT

The Therapeutic Process for Autism
by Vanessa Anseloni



30 SPIRITISM FOR CHILDREN AND YOUTH

Nourishing Kids and Teens
by Bernadete Leal, M.Ed.



34 WISDOM

Need of Meditation
by Joanna de Angelis (Spirit)



36 JOANNA DE ANGELIS' SPIRITIST PSYCHOLOGY

New Year's Resolution
by Dr. Claudio Sinotti and Dr. Iris Sinotti



40 CODIFIER

Tribute to 150 Years of The Gospel
According to Spiritism
by Enrique Baldovino



46 CHICO XAVIER

Spiritual Prescription
by AlbinoTeixeira (Spirit)



Beneficence and Charity

> Emmanuel (Spirit) / Chico Xavier (Medium)

Beneficence relieves the ordeal.
Charity extinguishes evil.
Beneficence aids.
Charity solves.

You may distribute handfuls of gold that are poured from your bag. However, in so doing if you forget to add the light of your love in the form of respect and affection before others' wounds, then you will have neglected to include the understanding that will help you reconcile with yourself.

You may offer the precious resources of your intelligence to those who despair because of their ignorance, but, if you steal the blessing of sympathy from this lesson, then you will not extend clarity to the companion whose suffering blinds them.

Either a donation from your abundance or the value of your culture does not matter in the service of elevating and refining the landscape that surrounds you.

It is the way that you express them by giving of yourself in what the Lord has lent you to distribute, because your attitude is a factor of fixation on this or that feeling in the vast human pathway.

A living example of compassion is better than a sentence adorned with exaltation of virtue, which is merely pronounced by the mouth. The gesture of brotherhood is more beautiful than the comforting alms likely to be spread just for you with the mechanical effort of an arm.

This is because we all need inner renovation to access the treasures of Spirit. By doing good, using the momentum of our own souls, it lets us value the word through which we will spread goodness, thereby edifying a life in us and with us, with others and us, by always doing our very best.

> Source: Book Dinheiro by Emmanuel (Spirit) psychographed by the medium Francisco C. Xavier, chapter 7, 1986, published by IDE.

Hope Hospital

> Manoel P. Miranda (Spirit) / Divaldo P. Franco (Medium)

After a conversation with the venerable Benefactor Dr. Bezerra de Menezes, comments continued to weave around the subject discussed. It was then that I felt interested in deepening my knowledge about Hope Hospital, in which I previously had the opportunity to conduct studies on obsession, as well as experience other spiritual activities.

Although informed on the purpose of the admirable hospital, I did not know details on its foundation.

The occasion presented itself, given the presence of one of its current directors in our group, Dr. Ignacio Ferreira, who had been on Earth an eminent Uberabian physician. I asked the kind friend about the history of that sanctuary dedicated to mental health and he kindly replied:

"While incarnated, Euripedes Barsanulfo was a true medium, because he carried out the mediumistic faculties that he held with the ennobling tenets of charity and love, living in haloed examples of renunciation and abnegation. He also was an emeritus educator. Due to these admirable faculties, he dedicated himself to attend to patients with psychiatric and obsessive mental

alienation, raising a Hospital in the city where he was born, to assist them. At that time, he was able to obtain uncommon results, encouraging the sick to regain balance. Despite the prevailing academic therapy, he could not exercise Medicine since he was not licensed to do so. But it was his own moral strength that duped many recoveries due to the goodness that he expressed regarding the discarnated patients, as well as the mercy that he was used to meet the sufferers of serious mental disorders.

"Being an interexistent Spirit, Barsanulfo lived as an apostle of charity, holding extraordinary healing potential and special acuity as a spiritual prescriber through which he dedicated to help the less fortunate.

"Euripedes never refused to help anyone, even those who persecuted him so mercilessly. When ill, they often did not find skilled resources to rebalance. Thus they searched for Barsanulfo, receiving from him the superior help to proceed in their evolutionary journey.

"Barsanulfo discarnated as a young victim of the Spanish flu epidemic, which actually swept the world. Since then, he has continued as a missionary of Jesus sheltering thousands of lives that were linked to him, especially in the region where he recently lived and where his recent existence ended.

"His name became a flag of hope, and with a group of co-workers devoted to wellbeing, Euripedes widened

the field of rescue workers, expanding the service areas under the inspiration of the Psychotherapist par excellence."

Sincerely moved before the evocation of charitable acts of the eminent Spirit, Dr. Ignacio Ferreira continued, calmly narrating:

"Not limited solely to assist the travelers of the physical body, Barsanulfo accompanied, too, after discarnation, many of those who have received his help, noting their deplorable state in returning to the Spiritual homeland, won by the cruel obsessing persecutors, or victimized by terrible ideoplasty derived from the acts to which they have surrendered, going mad with shame, pain and despair after crossing the grave portal.

"Forming true legions of mental alienated people, who assaulted each other, wallowing in anguish and shadowy landscapes, consisting of pits of unbearable suffering, I was condoled particularly by identifying that many of them had received the patrimony of mediumship illuminated by liberating lessons of Spiritism, but preferred to go through a labyrinth of irresponsibility, using the benefits of the superior concessions for themselves and for their most vile passions, which began to be cultivated. Many others have corrupted the illuminating word that they used as instruments, to serve their vested interests, They negotiated favors from the incarnate realm with carelessness from those who were awaiting their edifying contribution. Many people commercialized spiritual gifts, facilitating vampirizing spirits to push them to do more serious crimes and leading them to compromise the incarnation.

"Given the immense mass of desperate people who had known the guidelines to happiness through dignified service and the restorative teachings of Jesus, but who preferred games of unhealthy exorbitant pleasures, the compassionate missionary sought the support of the Benefactors of On High, to bring to Jesus a proposal to build a Spiritual Hospital that specializes in the mentally insane who present themselves after death with imbalances, to also serve as a school and a practical laboratory in preparation for their future reincarnations in a less painful state and with a greater and secure possibility of recuperation.

"After agreeing to his charitable request, Euripedes Barsanulfo supplicated to the noble Spirit Augustine of Hippo, who on Earth had embraced and helped him with the inspiring ministry to become the intermediary of the future needs of the emerging institution beside the divine Doctor, to whom he begged blessings in favor of the work.

"The wise Christian, author of Confessions and other memorable works, accepted to intermeditate the appeals of the good worker of Lord Jesus. He was

permitted to build a special refuge and shelter for the sick souls that were under stormy hallucinations in the lower zone."

The kind narrator gave us a pause to grasp the amazing story and then he continued:

"Euripedes convened admirable discarnated psychiatrists and psychologists, who, when incarnated on Earth, had cared of challenging obsessive and self-obsessed pathologies. Once the team was ready it was taken all the right care to build the hospital, located in this remote area from the spiritual community movement, so that the blessings of nature with its proper elements also contribute to calm their own vile hallucinations and give rise to their renewal and peace state.

"Obeying a careful plan, many groups were formed, which should meet the specific diseases, such as severe delusions, long-standing possessions, self-punitive consciences, despair by inner conflicts, morbid fixations, mental retardation, autism due to late regrets, strong schizophrenia, obsessive compulsive disorders, etc.

"The region, largely wooded, absorbs the vibratory impact from the externalized torments that come from the hospital and nursing homes, where were transferred those who are in the process of recovery.

"Skilled psychotherapists move up and down on the blessed complex, aided by devoted corps of paramedics, all of them well prepared for this ministry of high magnitude, demonstrating how strong is the bond of work with love in the help to despair and madness.

"After all, life is intensely expressed in the physical body and outside of it. And in its spiritual reality, it is more meaningful and vigorous the energies that make it up. These energies will resonate in the next future somatic body, in which it will experience all actions taken.

"Thus, the methods of spiritual care for the sick are based on deep knowledge of the being, of the their needs, of the factors that lead to failure of the ennobling ventures, of the impositions caused by painful exchange with unhappy and wicked entities, of the deep imbalances due to the accommodation and acceptance of vulgarity and crime.

"Many fellow patients admitted here, with other diseases, were endowed with the gift that life continues after physical death, and, despite this knowledge, they used their mediumistic faculty to give way to torments from past tendencies that were still alive in their unconscious, in which they should strive to overcome at any price."

While the gentle psychiatrist silenced for a brief moment, I began to reflect:

"Always caught my attention those brothers who

were victims of unbalanced sexual expressions, and who could not channel in the right way their sexual energies, leading to heinous vices that deeply troubled them. Many of them lived their incarnated life in ambiguous behavior, presenting external good behavior, but living in mental sordid union with promiscuous entities, in which they continued in extravagant perversions during sleep time. These entities kept close relationship with them, which had degenerated and attracted them to the most inferior places such as the old brothels and modern motels that serve as their housing.

Taking advantage of that brief pause, I asked with interest to learn:

“Are there also housed patients with sexual disorders, who contributed to disastrous behavior in the area of mediumship?”

Always gentle, the dear doctor explained:

“As we know, sex is a sanctuary of life, which cannot be disturbed without excruciating consequences for its depository. As a result, many behavioral disorders have their source in intimate sexual mechanisms. Their aspects and sinister linkages always produce painful remorse, because they refuse to wake up for reality, which causes suffering and depletion of their vital energy, even when they are aided and supported... The addiction installs in the delicate tissues of the spirit as similar as the process of alcoholism and drug addiction, which has brought many evils to humanity on Earth who is doing internship in the physical body and beyond.

“Highly educated in various energies that comprise the complex spiritual individual, selfless sexology experts work here, helping those who were sent back to this Center of help, using the expertise and corresponding resources, in order to help solve the causes of the dramas that unfolded over a long period of time, reinvigorating each patient with the incomparable lessons of Jesus.”

Again Dr. Ferreira was silent, and then he continued the interesting narrative:

“Due to its deep connection with the Divine Physician, at the entrance into the wide central pavilion, Euripedes ordered that a well-known phrase from Kardec be inscribed, ‘Without Charity there is no salvation’, reliving the examples of the Lord that everyone should vigorously apply in their lives so that love never diminishes in intensity in the rescuing ministry, whatever the outcome of labor in development or challenges that are faced.

“Trained teams frequently rescue new patients when the opportunity arises in punitive regions, giving them the honor of increased mercy that proceeds from a magnanimous Father that always waits for the careless or rebellious child.

It is without a doubt that many arrive here in

a deplorable state, fighting against the ideas they maintained while in the physical body and tormented by visions that they grew during the carnal journey, presenting in the perispirit all the problems of their disregard to the sovereign laws of Life. More than a few of them are here, keeping their psychic magnetism with cruel enemies, who are also receiving appropriate assistance, freeing them little by little from the incredible fixations and vampirizations to which they subjected themselves.

“To this end, a large reception ward welcomes all newcomers, after which they are examined by diligent psychotherapists, who lead them to their respective core where they can enjoy the corresponding treatment in accordance with their needs.

“Everyone, without exception, receives caring assistance without ever interfering with the free will of the persecutor or the one who allows to be dominated.”

And after a new pause, as if awaiting some questions for clarifications, I proceeded to ask:

“The fact of having attended to these infirm spirits, has any of them ever escaped back to where they came from?”

Without demonstrating annoyance, the kindly psychiatrist clarified:

“Given the condition of respecting everyone’s free will, many patients relatively often, psychically attracted by their executioners, return to the hideous sites from which they were removed. Perfect identification of interests and moral affinity between them were maintained. There is no impediment to this occurrence in considering the right of each to evolve according to their possibilities, although the expiatory impositions that, at the appropriate time, change the behavior of those who allow themselves to languish in indifference, far from any purpose of renewal.

“Here, besides the ministry of mental patients’ recovery, because of its specialty, many candidates will reincarnate as future psychotherapists and scholars of the soul, according to the vision of modern transpersonal doctrines, since they have been doing internship in order to acquire knowledge to handle problems such as obsession, psychological disorders, and psychopathologies that present themselves ever more dominant in contemporary society.

“On the other hand, noble pioneers of the studies of hypnosis such as hysteria, psychiatry, psychoanalysis, and other related doctrines, often visit the respectable Hospital to collect data and improve knowledge to change or gain more information that were paralyzed when they left the fleshly body on Earth.

“From Thomas Willis, an English psychiatrist in the 15th century, to Philippe Pinel, from Mesmer to James Braid, from Wilhelm Griesinger to Emil Kraepelin,

Charcot, Freud, Jung, only to refer to some of the illustrious visitors. Many lessons have been taught, and several discussions are set to finding the best treatment methods for immediate application, not only for the inpatients but also for those come from Earth, especially considering the fragility of the moral forces of many candidates to balance and fidelity to the principles of duty, when they dive into the flesh.

“Many of those masters of the past, who contributed to spreading knowledge about the human psyche, they now realize, at the spectacle and grandeur triumph of life, the transience of matter, the incomparable wisdom of Jesus, when He called the individuals to love and compassion, to the right conduct in favor of the afterlife, as demonstrated by His own resurrection.

“Moreover, many of them did not know the unusual work of Allan Kardec, especially in regard to the psychopathology by obsession, also addressed by Jesus. Rare were those who could have researched the valuable contribution of the master from Lyon, but they did not because of academic prejudice; and everything in this area they chose to ignore, classifying it as Occultism, pronounced in derogatory manner.

“Some of therapeutic attempts that were initiated by the visitors and illustrious masters, now are applied effectively here, since these techniques produce the desired effect in the energy field from where proceed the psychiatric and psychological phenomena, the matrix of the whole being, spiritual, that we are all creatures.

“We are all aware that any disease has its origin in the Spirit, due to the mental, emotional, and moral conduct to which the spirit allowed. This disease produces vibrational disorder that is reflected in the corresponding area of the perispiritual body, and later in the physical body. Only by acting on the same level and field, proposing both the psychological and behavior change of the patient, we can have satisfactory results and manifestation of health.”

Again he stopped the surprising explanation to proceed:

“Music therapy, prayer therapy, love therapy are the basis of all procedures performed here, which multiply in diverse methods of care for the sufferers, according to the syndromes, the extent of the disorder, and the severity of the problem. Concomitantly, the undisputed disobsession therapies receive special care, particularly

in cases of vampirization to release those who submit their victims, interning them soon after for long period of treatment; in perispiritual surgeries for removal of disturbing implants, which were fixed in the brain and continue vibrating at the corresponding area of the psychosoma ; for special regression session to previous lives in whose the experiences originated the confront and hate, demonstrating that, innocent, did not really exist before the Cosmic Consciousness; for deep hypnosis release to restructure the thought damaged by high loads of deleterious vibration since physical life; for affection reunions with relative concerned with the recovery of each of those belonging to his emotional family.

“On the other hand, the well-applied fluid therapy produces amazing effects, due to those who use it, moving and working the internal energies of Nature, which are redirected to perispiritual centers and chakras, acting in intricate mechanism of energetic forces that constitute the Spirit.

“Love and patience,” Dr. Ferreira emphasized “are fundamental in all rescuing processes to minimize anguish and despair of those who deceive themselves and suffer the unfortunate consequences.

“Special guests often participate in enriching psychotherapy talks and teachings on how to liberate from vices, evoking historical events and figures that deserve to be reminded. This is a small part of the therapeutic program of this Nucleus of Hope that always represents the Love that never lacks and waits patiently.”

Having silenced, Dr. Ignacio Ferreira, somewhat moved, left us the comfort that flows from the goodness of God, which never abandons the rebel children, who prefers the stormy paths when they could have followed the road of good and duty without falls.

And because the night was crowned with stars and a balsamic perfume flowed in the air, as the group slowly dissipated, each one seeking rest or activities that should be performed, we kept still in place in meditative thinking.

> Source: Book *Torment of Obsession* by Manoel P. Miranda through the mediumship of Divaldo Franco, chapter 2, 2001, published by LEAL.

References:

[1] Psychosoma is another term designated to perispirit or spiritual body. The term was coined by Andre Luiz in the book *Evolution in Two Worlds*.



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Wasted Time

> Massillon (Spirit), Miss Huet (Medium)

This message was psychographed by the medium Miss Huet by a Spirit named Massillon in November, 1860.

If, for a moment, you reflect on the waste of time, but reflect very seriously and calculate the huge mistake that you commit, you would see how much this hour, this minute unnecessarily drained, which you cannot recover, could be necessary to your well being in the future. Not even all the powers of the Earth could recover it. And if you used it incorrectly, one day you will be required to repair it through atonements, and perhaps, in a terrible way! What wouldn't you give then to recover the wasted time! Useless vows; superfluous regrets! So, think about it very carefully for the benefit of your future interests and even of your present, because often the regrets reach us even on Earth. When God asks you to give account of the existence given to you, of the mission you had to fulfill, what will you answer? Will you be like the envoy of a sovereign who, far from fulfilling the orders of his master, spent his time having fun, taking absolutely no business for which he was accredited? What consequences would he incur upon the return of his master? You are those sent from God and you will have to give account of your time spent with your brothers. I recommend this reflection to you.

> Source: Book *Torment of Obsession* by Manoel P. Miranda through the mediumship of Divaldo Franco, chapter 2, 2001, published by LEAL.

“Walk as children of the light.”

Paul (Ephesians, 5:8)

Spiritist Conduct When Travelling

> Andre Luiz (Spirit) / Waldo Vieira (Medium)

Wherever you are traveling, distribute happiness and hope with everyone who shares your itinerary.

The true Spiritist never misses an opportunity to do the good.

Treat all partners of the pathway with generosity.

The quality of the faith we feed shows itself up in every action.

Naturally allow people in greater need give the best places in the vehicle.

One simple gesture defines a cause.

Without forgetting your own goals, carefully foresee the mishaps and goals of the trip.

Foresight expresses vigilance.

In contact with people of affinity, which is common to those who travels, demonstrate optimism so sadness

does not damage trust.

Optimism creates peace and friendliness.

In regard to your fellows, take good care of all orders, messages, and news with which you were entrusted.

A friendly exchange annuls isolation.

Do not forget the respect, the kindness, and the cordiality that one indistinctly must treat all the workers and employees in means of transportation, hotels, offices and public places.

We leave our footprints wherever we go.

> Source: Book *Conduta Espírita* by Andre Luiz (Spirit) through the medium Waldo Vieira, Chapter 7, 1960, FEB.



Jesus knows

➤ Meimei (Spirit) / Chico Xavier (Medium)

You said "I will not help this man because he is perverted". Another remark of yours was, "I will not aid that woman because she willingly made a mistake"...

However, you forgot that Jesus saw their faults before you did, but he did not cut their opportunity for the necessary repairs.

Do not waste time in looking for evil. Employ your attention in helping the victims.

In the face of this or that bitter event, Jesus always knows more than us...

The Divine Friend knows where the worm of addiction hides itself as well as the barb of cruelty.

As a result, Jesus would not either seek you to outline others' ulcers or to check the thorns of the road.

If someone prefers to dive in the shadows, tell yourself, "Jesus knows."

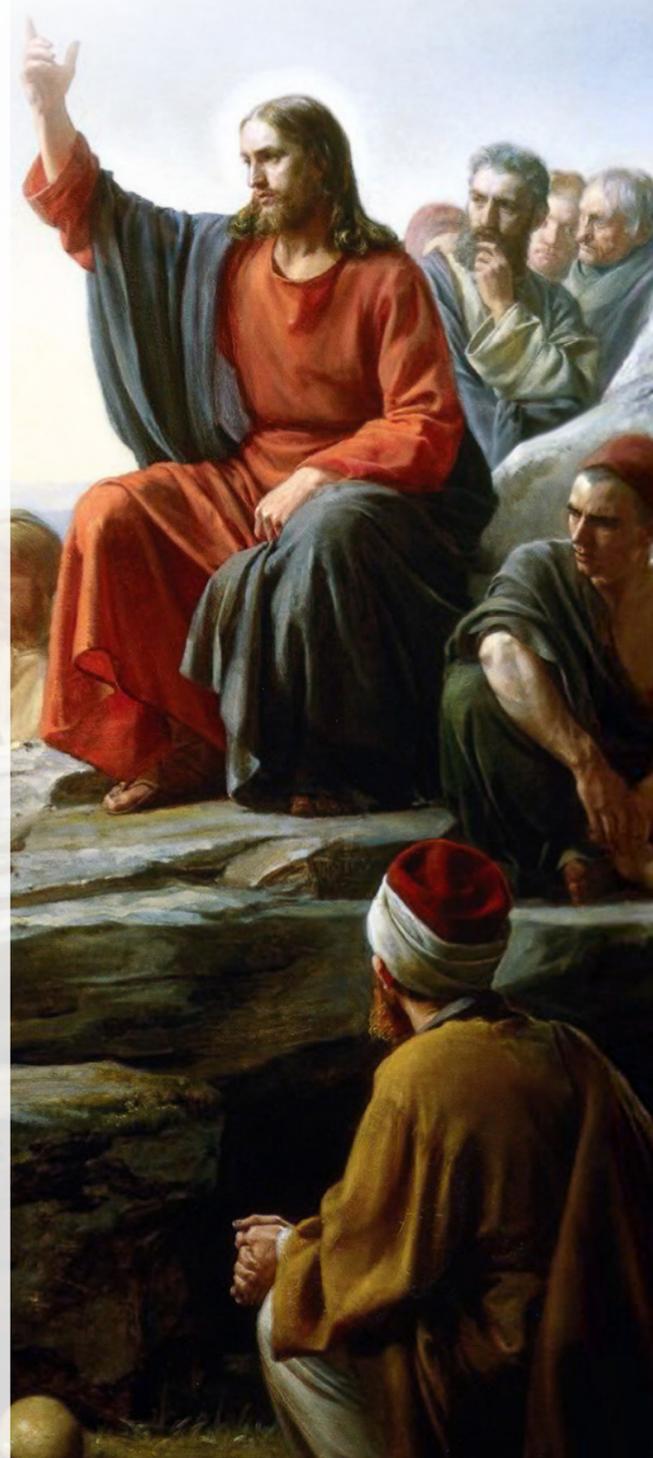
If someone does not hear your loving word, take silent note, "Jesus knows."

If someone seems to be wrong, think with conviction, "Jesus knows."

If someone runaway from their duty, observe again, "Jesus knows."

Do as much good as you can. Letting justice to the harmony of the Law, you will finally understand that Jesus called us to make the star of charity shine where life suffer the insult the darkness .

> Source: Book O Espírito da Verdade authored by several Spirits through the psychography of Chico Xavier, chapter 65, published by the Brazilian Spiritist Federation (FEB).



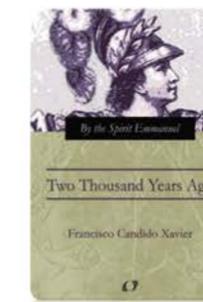
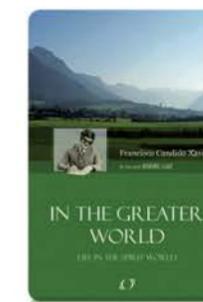
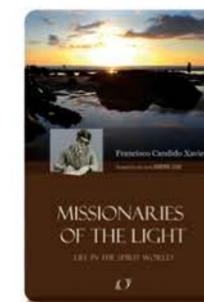
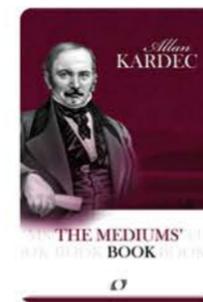
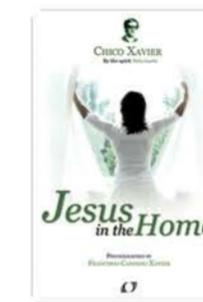
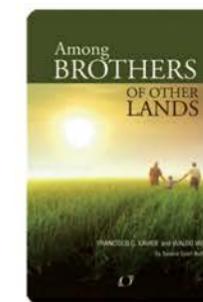
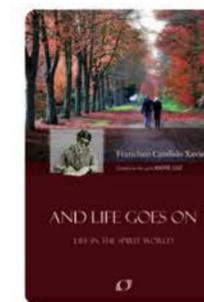
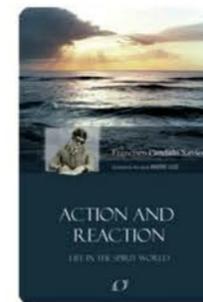
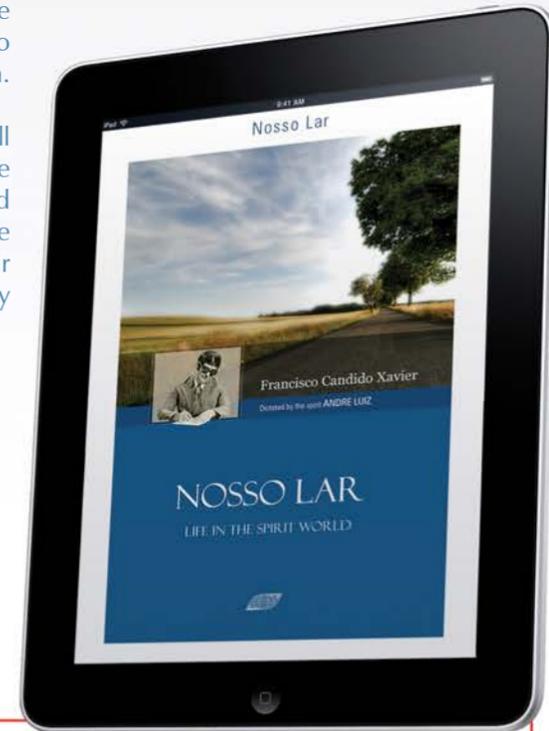
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It is good to be good

> Dr. Stephen Post

The Spiritist Magazine interviews Dr. Stephen Post regarding his decades of research and analysis of the effects of beneficence and charity onto health and wellbeing.

TSM - AS THE DIRECTOR OF THE UNLIMITED LOVE INSTITUTE, YOU HAVE BEEN LEADING RESEARCH ON THE EFFECTS OF "BEING GOOD" ONTO INDIVIDUAL AND SOCIAL WELLBEING. PLEASE TELL US MORE ABOUT HOW YOUR INTEREST ON THIS FIELD OF RESEARCH HAD BEGUN.

SP - From childhood, really. Quite spiritual as a child and much engaged with a little Catholic church. I had a mother who used to tell me to go out and help someone in the neighborhood when I felt a little down. My dad was a real helper and I learned from him. There were some wonderful non-parent mentors along the way. There was no single event, but by age 15 this was what I felt to be the core secret to flourishing.

TSM - THE CORNERSTONE OF THE SPIRITIST PHILOSOPHY IS "WITHOUT CHARITY, THERE IS NO SALVATION". IT BASICALLY GOES HAND-IN-HAND WITH THE LATEST ADVANCEMENTS OF SCIENCE IN THAT REGARD. DO YOU THINK THERE WILL BE A MOMENT IN HUMANKIND'S HISTORY IN WHICH HEALTH CARE PROFESSIONALS WILL PRESCRIBE CHARITABLE ACTIONS AS MEANS OF RECOVERING HEALTH?

SP - Yes I do. In fact, they already should be doing this with older adults for sure. The studies on older folks are really clear – they do better when helping others than do when self-absorbed. They have less depression and are generally living a little longer.

TSM - IN REGARD TO FORGIVENESS, WHAT HAS SCIENCE

DISCOVERED THAT CAN REALLY IMPACT OUR INDIVIDUAL AND COLLECTIVE HEALTH? IS THERE A RELIGIOUS-CULTURAL CONTEXT THAT IMPACTS ON THE EXERCISE OF FORGIVENESS?

SP - Forgiveness is a tricky area. There are three keys. First, get away from preoccupation with the self and actively work to help others. Second, be patient and let time pass so that over the months or years you can reframe a difficult event and see the person you may resent in a little broader perspective. Third, do some spiritual exercises each day, and realize that we all fall short of the glory of God.

TSM - YOU HAVE RECENTLY PUBLISHED THE GREAT BOOK THE HEART OF RELIGION TOGETHER WITH DR. LEE AND DR. POLOMA. IN THIS BOOK, THERE IS THE STORY ON HOW AMERICANS EXPERIENCE GOD'S LOVE, SPIRITUAL EMPOWERMENT AND BENEVOLENCE. PLEASE TELL US A BIT ABOUT THE INCREDIBLE FINDINGS AND THEIR IMPLICATIONS.

SP – This book shows that about 80 percent of Americans age 18 and older have had an experience of Divine Love. About 45 percent have this daily, and about 11 percent have it every day. They report that it heals emotional tensions and leads to more benevolent acts. So in a secular era, people's spirituality around God's love is alive and well, and maybe stronger than ever.

TSM - ONE OF THE INTERESTING FINDINGS OF THE SURVEY REPORTED IN THE HEART OF RELIGION IS ABOUT PEOPLE'S EXPERIENCE ON ANGER AT GOD. HOW COMMON IS THAT? WHAT DOES THAT MEAN?

SP - Yes, people do get angry at God. It is common when someone loses a loved one. But it mostly does subside over time. It is less a denial of God than a wrestling with God through peaks and valleys.

Is Evil a Determination of Our Destiny?

> Andre Luiz (Spirit) / Chico Xavier (Medium)

No one is born destined to be evil, because such provision would go against the fundamentals of Eternal Goodness onto which raises the Work of God.

The Spirits who are reborn in the terrestrial cradle bring the expiating trials that they should undergo or the redeeming tasks that they chose in accordance with their incurred debts.

As in earthly societies, the same principles prevail by which, if individuals are confessed criminals, they must be segregated into appropriate correctional facility for proper rehabilitation. If they are just apprentices in the field of experience with debts and credits, without

serious offense to be redeemed, it is fair to grant them permission to ask the higher authorities, which tutor their movements, the kind of work or struggle in which they feel more apt to serve in self-improvement. However, let us understand that when they had perpetrated a crime deserving of painful punishment, they are not admitted in prison or in repairing work to aggravate their faults created before the Law, which would only expose the individual to deliberate in major crimes.

It is natural that redeeming debtors may incur in strong impulses and relapses in the same error in which they went bankrupt. The greater the moral diversion, the greater may be these impulses and relapses. However, the trial should be assimilated as amending resource, never as escaping amendment of

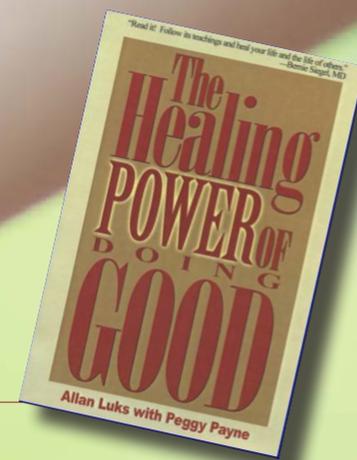
the incurred debt.

Thus, no one is pre-determinedly destined by the Higher Plane to be relapse or vicious, useless or criminal, with justified transit in robbery or in dipsomania, in prostitution or in idleness, in homicide or in suicide. While recapitulating our own experiences, we may suffer the impulses to engage again in less worthy ways in certain aspects of life. This is the byproduct of the influence of our inner past, which instills in us the temptation, originally inside of us, making ourselves what we have been in opposition to what we should become.

> Source: Book *Evolução em Dois Mundos* by Andre Luiz (Spirit) through the mediums Chico Xavier and Waldo Vieira, chapter 18, part 2, 1958, FEB.

Helper's High

➤ Allan Luks



Helping others gives us a good physical feeling when we receive back a smile, “thanks.” hug. National survey research that I led, and which has been replicated, shows that experiencing these physical feelings on a regular basis serves as buffer to stress. These helpers report better health—and, yes, live longer.

I reported this work in the book “The Healing Power of Doing Good,” and created the term “helper’s high” to describe these good physical sensations. Most important, this research has been replicated in many studies, and in 2007 the federal government’s Corporation for National & Community Service came up with a report “The Health Benefits of Volunteering,” which concluded: “those who volunteer have lower mortality rates, greater functional ability, and lower rates of

depression later in life.”

This healthy helping requires that it be done regularly, about eight hours a month; have personal contact with the person helped, so the volunteer can receive the stress-reducing feedback emotions; and help strangers, which provides the greatest control and stress reduction.

The greatest health gains are in older volunteers. And most recently, I have written a weekly newspaper column for a year on the story of four senior couples trying to prove they are still vital. It was called “The Retired (Try To) Strike Back,” and while fiction based on actual experiences of seniors and non-seniors.

I have now rewritten these 52 columns in a book, to be read as a novel but also used for discussions by individuals and senior centers. I am looking for a publisher, and meanwhile collecting names of individuals and institutions who might want a copy once published. Contact: aluks@fordham.edu. (I am the director of the graduate Center for Nonprofit Leaders at Fordham University.)

Return to the Gospel

> Bezerra de Menezes (Spirit) / Divaldo Franco (Medium)

You were told: “You shall love those who love you and you shall hate those who hate you. Yet I tell you: You shall love those who hate you”, so that you can be perfectly integrated in the spirit of solidarity.

My children, the Gospel of Jesus is urgently needed in our hearts.

This is the century of advanced technology, of science in its most elevated degree, but it can also be the century of love. We should attract the sentiment of pure love so that it can produce wisdom in our being.

You will be scorned many times for the mellowness in your heart; you will be discriminated for your strict behavior in the fulfillment of duty; you will experience irony and indifference for your faithfulness to Jesus.

Believe! The corporeal vehicle is transitory, and when we are free of it, our conscience will take us either to the land of remorse or to the continent of blessings.

Live in a way that you can look without fear into the eyes of those who create hindrances for you. Much courage is required in order to achieve it.

It is asserted that the individual who is good, who is humble, is a coward. It is necessary, however, a lot of courage to be good. A great amount of energy is indispensable in order for one to deal with disappointment without reproach, without complaint, and transform it into positive energy that sustains life.

It was not by chance that you were summoned for this encounter with the time in which society is being deformed by cruelty, by madness, by sex, and by drug addictions.

May you be peaceful and peacemakers. Establish in your homes the reign of heaven. Build it in the coziness of the soul who is next to yours; of the children who were put under your care, whose behavior will be the result of the education with which you provide them, in the form of peace.

...And you will find the purpose of life in this sentiment of beautiful love that irrigates life with joy that illuminates anxieties with peace.

Daughters and sons of the soul, do not waste time. This is the moment. Do not postpone your opportunity of self enlightenment. Jesus has already been with us. Today He awaits us and sends His ambassadors to Earth so that they may take us back to His sweet embrace and we may hear Him repeat softly: Come to me and I shall console you!

Return to your homes, meek and peaceful, because that's how the era of Regeneration will begin, that has been in progress ever since the Spiritist Doctrine came to Earth, when the wolf and the lamb shall drink from the same fountain; when the rose bushes shall spread their petals inside the homes; when light is brought into the shadows by the Luminous Stars that are part of the divine cohort.

Therefore, love! Love redeems the human creature! And then, disciples of Jesus, the Master awaits us.

Peace!

May the Lord of blessings bless you!

Your humble and paternal servant,

Bezerra

> Source: Book *Evolução em Dois Mundos* by Andre Luiz (Spirit) through the mediums Chico Xavier and Waldo Vieira, chapter 18, part 2, 1958, FEB.



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The Therapeutic Process for Autism

> Vanessa Anseloni, PsyD, PhD

Life really goes on... One after another, each reincarnation serves as a relay station for the next. The same happened to Anderson¹. In the latest reincarnation, he was an autistic child. Parents had a hard time to deal with his condition, especially because he was born at a time in which autism was less known than today. Searching for treatment choices, his family encountered a Spiritist center in which spiritual treatment was offered. The caring Spirit Dr. Bezerra de Menezes then took the lead of Anderson's case. He described that Anderson's

autism was a typical case on autism in which it serves as "temporary protection from the autistic person's enraged victims and the memories of unhealthy choices in the past."

In that deep perspective, Dr. Menezes discloses that in a previous life, Anderson was an elegant and assertive writer. However, he had the disturbing habit of writing infamous, anonymous letters to those whom he did not like, creating discord and disturbance. Single, he never settled for marriage but he liked a married woman to whom he had a tie of friendship. Envyng the couple, Anderson started writing those letters to both husband and wife, planting seeds of discord and jealousy. His assertiveness was such that the husband killed himself truly believing that his

wife was dishonoring him. The woman then fell ill and died of depression. Anderson's previous life personality used his intelligence to create emotional misery. Not only conquered animosity, but he also used his intelligence in a twisted way. Now, the Spirit of Anderson carries guilt to be diluted over time, while in need of renewing opportunities to begin again. Anderson represents a case on self-obsession² expressed biologically under the temporary frame of autism!

In our current times, autism is on the rise. According to the Center for Disease Control and Prevention (2007), 1 in 150 American children, 1 in 94 boys, is diagnosed with autism. Twenty years earlier the prevalence was 1 in 10,000 children. Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is also mostly prevalent in boys. When asking the worldwide medium Divaldo Franco about the reasons why this is happening, he answered in an exclusive interview to *The Spiritist Magazine* (issue 7) that despotic and violent behaviors, as well as the ones that generate conflicts and wars are typical of the male individual. It is then the masculine in our immortal psyche that compromises its integrity with such behaviors. And, in a world of transition, when we are all invited to a new, non-violent being, when meekness and peace-making shall be the traits of the new generations.

Though the physical underpinnings are unknown by Science today, the spiritual causes have already been revealed through the teachings of the Spiritist Science. Heir of oneself, the millennial soul imprints in its genetic code the needed predisposition of the condition. As the Spirit Dr. Andre Luiz explains in the book *Evolution in Two Worlds*, every morbid predisposition is triggered by a grave mistake we made, one in which its memories inflict disturbances in our mind and spiritual body (perispirit). Creating a nodule of disturbance in the perispirit, the millennial Spirit will need to reincarnate to rebalance and transform that vibratory nucleus of disturbance. There is no actual victim in the Universe since we are co-creators in it.

In need of educational readjustment, the autistic individual will need parent's and educator's help to transform the inner guilt



– that triggers self-obsession – and walk the three-step ladder of spiritual transformation: repentance – expiation – reparation, a truly inevitable journey to inner ascendance.

“The Spiritist therapy allied to modern healing techniques will definitely contribute to change Humankind’s mental chart,” disclosed Dr. Menezes. Such was the successful case of Rafael, an autistic kid from Brazil who received traditional and complementary medicine care in a psychiatric hospital where Spiritist therapy is applied. Receiving the healing passes, he recovered his lack of vital energy. After six months receiving the passes therapy, when the Spiritist practitioners realigned his vital centers, Rafael was more re-balanced and started living a better quality of life. Another technique applied in his case was the disobsession therapy, in which his enemies of the past received counseling and had a change of heart regarding the avenging persecution.

In need of healthy affection, the immortal soul of the autistic child needs loving dialogue boosting their inner capacity of self-forgiveness, while calling the individual to the reality of the present. Parents then exercise the loving dialogue Spirit to Spirit as proposed by the renowned medium and humanitarian Euripedes Barsanulfo. “It is truly necessary that parents, especially the mother, talks to the autistic child calling the Spirit to the reality of the body,” disclosed Chico Xavier about cases on autism.

Taking the immortal perspective, autism then becomes a true opportunity to rebalance the past, while preparing for the beautiful future that lies ahead of all of us!

References:

- [1] Dr. Bezerra de Menezes in chapter 7 of the book *Loucura e Obsessão*
 - [2] Self-obsession is the persistent negative influence of the individual towards oneself.
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> Vanessa Anseloni, PsyD, PhD is a neuroscientist, psychologist and assistant professor at the University of Maryland. Fifth generation Spiritist, Dr. Anseloni is the founder and former president (1998-2012) of the Spiritist Society of Baltimore. She also founded and is the president of the Spiritist Society of Virginia. Vanessa Anseloni is a Spiritist medium, fraternal counselor and coordinates spiritual treatments and workshops in the U.S. and worldwide. She is also the co-author of the book *The New Generation with Divaldo Franco* and the editor-in-chief of *The Spiritist Magazine*. Dr. Anseloni is the founder of *Kardec Radio*.

Nourishing Kids and Teens

> Bernadete Leal, M.Ed.

noticed that my child and I lack the strength to handle life challenges, sometimes. How can I improve that?

Dear readers, let's begin reflecting on this question by first talking about our body. We need our body to fully experience life in the physical realm and therefore, it is essential that we take good care of it by exercising, eating healthy food, resting, and providing all the care and nourishment that it needs in order to function properly. Most of us know how uncomfortable it feels when we are sick, weak, or in pain. Thus, we learned to pay attention when our body gives us signs that something is wrong with it, and also when it tells us that we need to take care of some basic needs, like eating for instance, if we are hungry.

Eating is a fundamental part of our lives. The body needs food, which is transformed into energy that allows us to do all kinds of things. But there is another type of food besides the one we eat, which we may be neglecting: Spiritual Food. Yes, our soul needs nourishment just like our physical body. Jesus, in Matthew 4, clearly stated that "man shall not live on bread alone, but on every word that comes from the mouth of God."

What is spiritual food? It is nourishment that feeds our spirit and mind with positive information, moral, and spiritual teachings that once we learn, study, and practice, they help us to face and handle those life challenges. Just like a healthy body can build a stronger immune system, our spirit and mind can do that, too. Spiritual food does that job by helping us to become resistant to negative energy and stronger to manage life lessons. In fact, all the obstacles and trials that we go through are actually wonderful lessons that we need to learn. Frederick Douglass once said, "If there is no struggle, there is no progress." Chapter 9 of The Gospel According to Spiritism explains that life "is composed of so many little difficulties that seem like pinpricks but that, repeated often enough, end up hurting badly. Still, if you look carefully at the duties you've been called to fulfill and at the resources and support you've received, you have to admit that the number of blessings is far greater than the number of pains."

Unfortunately, it is easy to forget about spiritual matters when everything is handy-dandy in our lives. We may start our spiritual development but soon, we get distracted by taking for granted all the wonderful things we have, forgetting that life can change overnight. No wonder, sometimes we need to be shaken with challenges to remind us that there's something else besides the material world. The sad part of it is that we usually wait until something very serious happens in



order to remember of God. Spiritual nourishment is just like taking a daily vitamin; we need to make time for our daily spiritual intake. When we become spiritually healthy, we get stronger and can face the challenges with understanding, strength, faith, and clarity. It is like a prescription that needs to be refilled regularly, but we should not wait until we are completely out of it to replenish it.

So, how or where can we get spiritually fed? There is a variety of ways: through prayer, reading positive messages, affirmation, meditating, connecting with God, going to spiritual meetings, listening to uplifting lectures, attending a Spiritist center or a church, praying at home, through inner transformation, working on improving ourselves, doing charitable work, and many others. But just like any food we eat, spiritual food needs to be digested; broken into smaller components so it can be easily absorbed. Once we are spiritually fed, we need to take the time to digest it, reflect, study and put into practice so we can develop spiritual muscles that are ready to use to help ourselves and others.

It is also very important to give children spiritual nourishment, and it is the parents' job to do that. But again, we cannot expect a child to easily handle their challenges with a positive attitude if they were not taught or shown how to do that. A good example is essential in any learning curve. So, make the time and effort to help and remind your child to connect with God and practice love, compassion, patience, and understanding.

An easy activity that you can do with your child is called the Daily Spiritual Vitamin. Children learn best when we use something concrete to teach them anything. So here is what you do: Get an empty medicine container or a small bottle or jar. Label it, "Spiritual Vitamin." Then, write on small pieces of paper

one thing that you and your child should do every day to be spiritually fed. Here are some examples:

1. Meditate for 5 minutes
2. Say a prayer
3. Read an affirmation
4. List 2 things you can do when you are upset or stressed
5. Say 5 things you are grateful for
6. Choose one thing you will improve about yourself
7. Write a thankful note to God
8. Make a drawing to your guardian angel
9. Read an inspirational message
10. Read one passage from the Gospel
11. Talk about your day and share one good thing about it

Have your child pick one paper from the container and then, the two of you should do what it says. This can also be a great thing to be done before you go to bed and also as a family. Plus, it is a wonderful opportunity to bond and grow spiritually together.

As the Spirit Joana de Angelis says in the book, *Happy Life*, "Man is not only the body-mind. Above all he is a spiritual being who directs the body-mind implements and demands spiritual attention to carry out the tasks that fall to him. The body needs care to live, but so does the soul." Friends, let's all remember to take our Daily Spiritual Vitamin so we can become stronger dealing with trials and accept and learn with our life lessons.

> Bernadete Leal, M.Ed., has been a Spiritist educator devoting her time to compiling materials and resources to educate children and youth in Spiritism in the United States. She is the coordinator of the Education for Youth and Children with the United States Spiritist Council. Leal is also a great collaborator of Kardec Radio team. This article has been featured at Kardec Radio through its weekly segment YES with Bernadete Leal.

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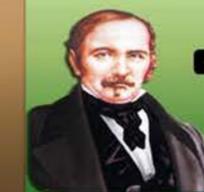
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“Love your enemies and pray for those who persecute you.”

Matthew 5:44

Need of meditation

> Joanna de Angelis (Spirit) / Divaldo Franco (Medium)

Meditation is a valuable resource for a healthy and tranquil existence.

Through meditation, individuals acquire knowledge about themselves entering their inner reality and discovering inexhaustible resources that lay unexplored within them.

To meditate means to unite emotional fragments into a harmonious whole that eliminates phobias and anxieties. Thereby individuals become free from feelings that incarcerate them, and impede their advancement towards progress.

The inhibitions and excitations from the agitated and competitive world, as well as, inner dissatisfactions and rebelliousness generate a field of conflictive personality, which ends up making a disaggregated individual sick.

Meditation favors a therapy of renewal that conducts us to the real and legitimate values for which we should strive.

It is not either necessary to alienate from society or to seek formulas and mystical practices, or to impose new

habits that substitute for old ones,

in order to acquire a state of peace through meditation.

Some simple instructions are useful for those who want to renew their energies, re-oxygenate their soul's cells, and to reinvigorate their optimistic dispositions for advancing their spiritual progress.

Calm breathing in a tranquil and deep rhythm is a preponderant factor in the exercise of meditation.

Soon after, the relaxation of muscles eliminates tension points in one's physical and mental spaces by expelling anxiety and doubt.

Afterwards, keep serenity, move as little as possible, fix the mind on something of beauty, something superior, and dynamic, like the ideal of happiness beyond the limits and the objective impressions.

This effort becomes a valuable tool to understand life, and to discover the meaning of this existence, of human nature and of one's own mind.

Through this process there is the identification between the creature and the Creator, thus understanding who one is, why one lives and for what reason one lives.

Meditation is not the moment to interrogate the intellect; it is for silence.

It is not about running from objective reality, but to overcome it.

It is not about pursuing a target in front of us, but to harmonize the whole.

Complex methods or rational concepts are not applicable; however we annul the action of thinking in order to feel, live, and become light.

Individuals meditate to fulfill themselves, to liberate from matter, and to penetrate in the range of the extraphysical world.

Initially, feelings and thoughts will be part of mediation, until the moment when it is no longer necessary to think or to desire, but only be.

Condition yourself to meditation after being fatigued.

A few minutes a day, reserve them to mediate for the peace that renews for new frays.

After finishing your renewal, pray and thank God to bless your remaining life with good will to conquer the ascending steps that you must climb with optimism and vigor.

> Source: Book *Alegria de Viver* by Joanna de Angelis psychographed by Divaldo Franco, published by LEAL Editora.

New Year's Resolution

➤ Cláudio Sinoti, PsyD, and Iris Sinoti, PsyD

When we think of the New Year, it is common to see people making their lists of resolutions, utilizing their energy to materialize it in the New Year. One day, when we were talking about it with a sister-in-law, she mentioned a peculiar experience my nephew had.

Before completing four years of age, Luiz Gabriel asked her to have his birthday party anticipated in school since he would be traveling on vacation and he would not be able to be with his classmates in school.

His parents agreed and prepared the party at school. When they were about to sing happy birthday, his teacher Luiz Gabriel just before blowing out candles, "Now you can make a wish!"

The teacher expected that he wished for the newest, high tech toy existent in the market. His wish, however, left the teacher astonished, "I want Cadu (his one-year-old brother) to always be my friend."

When I heard of it, I reflected on the wishes that we "adults" have in life and are very well summarized in an old Brazilian song entitled "Reveillon": "a lot of money in the pocket, enough health to give and to sell."

The single folks even include in their lists the request to have a little help from Cupid to find the ideal partner. And so that can come true, there are always "magical" rituals to ensure that the "lucky lady" won't forget us.

Without belittling how each of us elaborates our wishes, it is always worth evaluating our desires, especially from a psychological and spiritual perspective since everything we wish becomes energy. And depending on the intensity and persistence of this energy, among

other factors, our wish can materialize. Therefore, as a Jewish saying goes, "Be careful what you wish for, because you may get it."

Thinking about it and with the intention to grow psychologically and spiritually, we must examine whether what we want for our lives is allied to what we are (Psychology calls it "Self", Spiritism names it "immortal Spirit"). As immortal Spirits, we travel throughout many existences and we are the heirs of ourselves. If we do not analyze through this perspective,

our wishes may remain on the surface of the ego without resonance for what we effectively need in the path of our evolution.

Then, let us see how we can broaden our vision to deeply approach all that we desire for our lives.

HEALTH – We all want to be healthy, which, effectively, is a precious commodity. However, before wanting it as something that is given to us, that comes from the outside in, we shall verify whether we are becoming healthier, from the following point of view, "Have I maintained a healthy life style by taking care

of my body, my emotions, and me, the soul?"

If I have a healthy life in every way, I am building health for my existence. Certainly, having a perishable body, some diseases may reach our physical "vehicle", without making us, necessarily ill. Furthermore, we must consider that physical health, while benefiting us, it also brings us responsibilities. If we do not use those valuable resources well, which is kind of a loan, the health and strength of today will become the future disease. Moreover, the disease of today, when well conducted, may be the construction of tomorrow's health.

So we shall call our inner doctor, because, as Joanna de Angelis reminds us, "*In the human body, there is a doctor at the mind's dispose, which the incarnated Spirit commands, willing to act properly.*"¹

Thus, our vows of health should be done as follows, "**May I always stay healthy, even when my body is ill, and conduct myself with balance before all moments of my existence.**"

PEACE - We want a peaceful world, a peaceful life. But, what have we effectively done to build peace? If we expect peace as an external conquest by others, such as politicians and institutions, it is possible that we are missing great opportunities to become agents of peace, because it all starts with a pacified individual. As we reverse the order of things, we become responsible for Peace. We begin to contribute with Peace.

At this point, the Benefactor² teaches us "*it is in us that we must work the basis of the adjustment, the guidelines for rebalancing, the ethical values for the benefit of our physical, emotional, mental and moral health, before the unpostponable commitment for the achievement of peace.*"

Thus, we can materialize our wishes for peace as follows, "**May I build peace in my inner world so that even in times of conflict I can stay at peace within myself, contributing with peace around me and the world.**"

MONEY IN THE POCKET - The pursuit of money is ranked at the top of most people's needs. We don't doubt that money can bring many blessings, when properly used, but it can also be a cause of serious conflicts for those who do not know how to use it wisely. Being neutral in itself, it does not guarantee virtues or demerits of their owners. Then, it is valid to ask, "Is it really necessary to have 'a lot of money in your pocket', or will it be more useful to deal wisely with the resources that life puts within my reach?"

Therefore, the spiritual educator Joanna de Angelis recalls, "*The existential fate is no longer live well (in the sense of accumulating resources and amenities), which is one of human goals. To live well is a non-transferable personal achievement that never changes or is lost. It fosters happiness and work for the peace we all seek.*"

New Release

If I am convinced that there are more important values, then I shall rephrase my longings asking the following, "May I use strength wisely to get all the necessary resources for my improvement. If I have large monetary resources, may I learn to share them with the needy. If my resources are scarce, may I keep faith, hope and work through all the hardships, serving the higher purpose of life."

RELATIONSHIP - Many wish to encounter the "ideal person, but most often mistakenly expecting to be fulfilled and satisfied in their desires and emotional longings. But before you want someone in your life, stop and reflect if you are the right person for that relationship? If I want someone patient, loving, honest and with high morals, have I already developed or at least honed those qualities in myself?

When I get to know myself better, the existing Shadow - that unknown need, denied, ignored that we all have - is integrated in my personality in a healthy and conscious way. Then, it becomes easier to live with others, which also have their shadows. Knowing and dealing better with whoever we are, in the way we are supposed to be, our relationships becomes healthier, since they are guided by the constant pursuit of growth.

Joanna de Angelis' psychological approach emphasizes that "because of the need to socialize, friendship plays a key role in any type of conduct, making room for a kind identification of purpose and interchange of values, which constitute elements of a happy exchange, facilitating the increase of human interests and achievements that provide welfare."³

When we do that, our wishes regarding relationship

can be rephrased as follows, "May I relate with myself as best as possible, grow and transform my conflicts in energy to serve life. May I share my emotions in a healthy way with all who surround me. If I find someone for a romantic relationship in which love, respect and spiritual quest always be our pillars."

If we have in our wish list the desire of friendship, as did little Luis Gabriel, may we have Friends that do not favor our ego that may ask a high price of human vanity. May we never expect that others come to us only, but that we take the step to "be friends with everyone," bringing back the concept of "Philia" that the Greeks accepted as one step to achieve the agape love.

Finally, if we really want to make only one wish, the wisdom of the Master already indicates what we should seek first "The Kingdom of Heaven", and indeed everything else will come as extra bonus.

HAPPY 2014, dear reader!

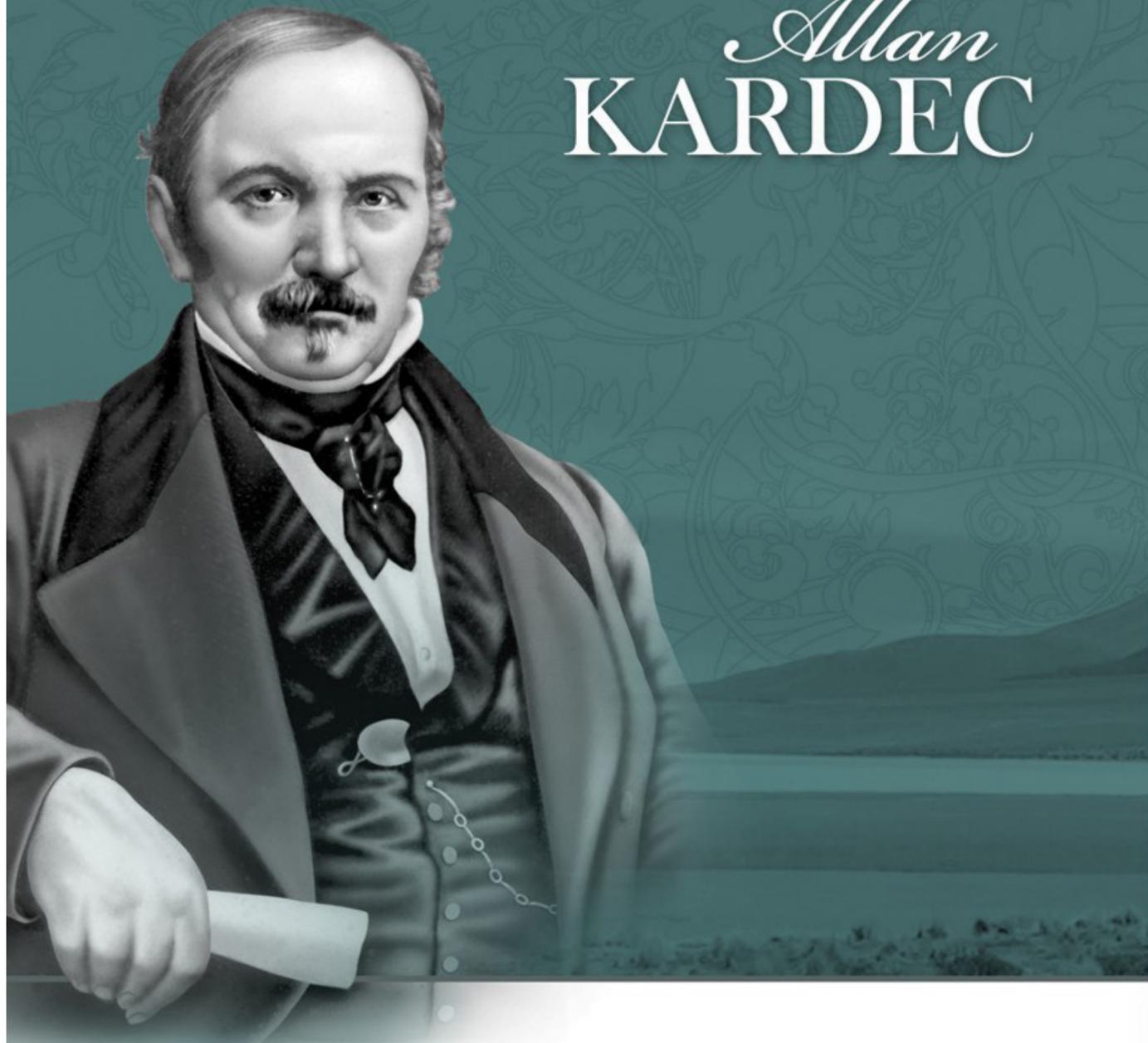
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- [2] Encontro com a Paz e a Saúde by Joanna de Angelis (Spirit) / Divaldo Franco (Medium)
- [3] Vida: desafios e soluções by Joanna de Angelis (Spirit) / Divaldo Franco (Medium)

> Drs. Claudio Sinotti and Iris Sinotti are clinical psychologists in Brazil. As Spiritists they have been leading the psychological studies of the works by Joanna de Angelis through the books psychographed by Divaldo Franco. They are also devoted volunteers at the Mansion of the Way (www.mansionoftheway.com).



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Allan
KARDEC

PEL THE GOSPEL THE G
ISM ACCORDING TO SPIRITISM ACC



Tribute to 150 Years of The Gospel According to Spiritism

> Enrique Eliseo Baldovino

Reading again the last article of the historical pages of the *Revue Spirite* (Spiritist Magazine) of December 1864 entitled Spiritist Communication – About imitating of the Gospel¹, we find a remarkable statement dictated by the Spirit of Truth that we will comment below with cursive and smallest font quoting the original message and interspersing our considerations along the lucid observations by Allan Kardec.

SPIRITIST COMMUNICATION ABOUT IMITATING THE GOSPEL

(Bordeaux, May 1864; Group of St. John - Medium: Mr. Rul.)

« A new book has just been released. It is a brighter light coming to guide your path. Eighteen centuries ago I was here by order of my Father to bring the word of God to individuals of good will. This word has been forgotten by most, when incredulity and materialism came to stifle the good grain that I had sowed into your land. Today, by order of the **Eternal**, the good spirits, his messengers, come to all points of the Earth to make the resounding trumpet heard. Listen to their voices,

they are meant to show you the path that leads to The Heavenly Father. Be open to their teachings, since the predicted times have come and all the prophecies will be fulfilled.”

*This profound communication has the following historic context. It is the month of May 1864, just days after the remarkable appearance of the book **L'imitation de l'Évangile selon le Spiritisme** by Allan Kardec edited in Paris on April 1864 (1st edition)², which the International Spiritist Movement is celebrating its sesquicentennial. In reality, the current version to be celebrated is the 3rd edition that was revised, corrected and amended in 1866.³ The Spirit of Truth clearly uses an eminently evangelical language recalling the passage of Jesus on Earth 18 centuries before. According to the Preface to **L'Évangile selon le Spiritisme**, the Spirit of Truth mentions that “the times are come.”*

“By its fruits you shall know the tree. See the fruits of Spiritism: couples in discord that missed harmony go back to peace and happiness; individuals who succumbed to their afflictions, awakened by the melodious strains of the voices from the Beyond, realized that they followed the wrong path and, ashamed of their weakness, they repented and asked

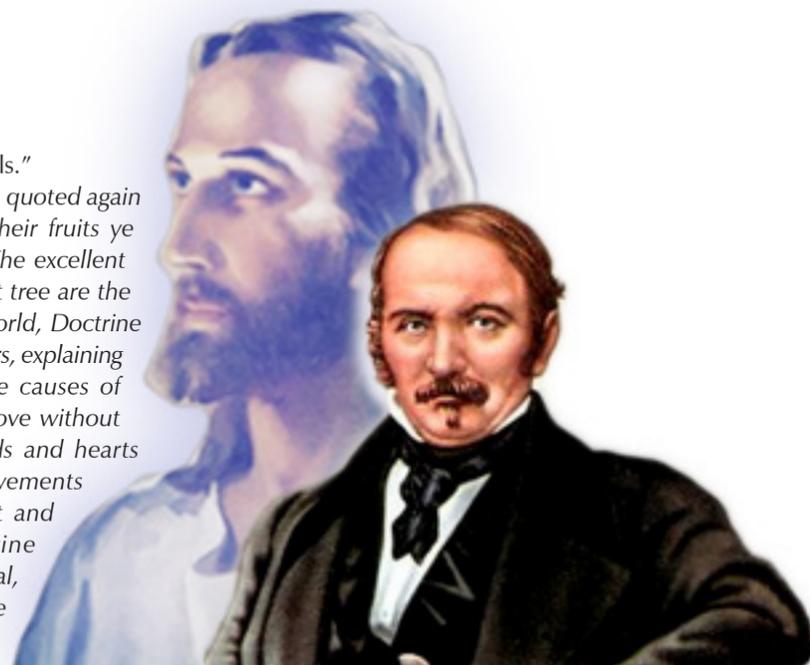
the Lord for strength to endure their trials.”

Another beautiful teaching of Christ is quoted again by the Spirit of Truth, “Wherefore by their fruits ye shall know them” (Matthew 7:15-20). The excellent and tasty fruits of the portentous Spiritist tree are the blessings that He scatters through the world, Doctrine that continues saving lives through the years, explaining the reason for suffering, identifying the causes of afflictions, teaching forgiveness and to love without expecting retribution and guiding minds and hearts to the good, whose experiential achievements are due to the elevated enlightenment and consolation that the Spiritist Doctrine provides to humanity in its philosophical, scientific and religious aspect, and the ethico-moral consequences, educational, social etc., arising from its doctrinal core.

“Tests and atonement, such is the condition of individuals on Earth. Expiation of past, test to strengthen individuals against temptation, to develop the spirit by hard labor, to accustom them to master matter and prepare them for the pure pleasures that await them in the world of the Spirits.”

“There are many mansions in my Father’s house, I told you eighteen centuries ago. Spiritism came to explain those words. And you, my beloved, the workers that endure the heat of the day, who believe you have to lament the injustice of fate, bless your sufferings; give thanks to God that gives you the means to redeem the debts of the past. Pray, not with the lips, but with your heart in order to occupy a better seat in My Father’s House, because the great will be humiliated, but, as you know, the small and the humble will be exalted. - The Spirit of Truth”

The Spirit of Truth, clearly and once again, identifies himself as Jesus, quoting another evangelical teaching (“There are many mansions in my Father’s house” [John 14:2]), and asserting, “I told you 18 centuries ago” (emphasis added by us).



Jesus and Kardec

In the book *Missionaries of the Light*, dictated by the Spirit André Luiz, through the medium Chico Xavier, the elevated Instructor Alexander, while speaking in the Spirit World before a meeting about the theme *Mediumship and Phenomenon*, expressed with deep inspiration:

« (...) - *Mediumship* - he continued, enrapturing our hearts - constitutes “means of communication”, and Jesus himself tells us, “I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.” »

What an incomprehensible audacity to imagine any sublime realization without the proximity to the **Spirit of Truth, which is the Lord Himself**⁴. Hear me, brothers!... If you are up to the divine service, there is no other path than He, who holds the infinite light of truth and the inexhaustible source of life! There isn’t any other door to the heavenly mediumship to access the divine balance that you long in the secret sanctuary of the heart! Only through Him, living his sublime lessons, you will reach the sacred

freedom to enter the realm of Spirituality and leave it, conquering the eternal bread that will forever satiate you hunger. Without Christ, mediumship is simple “means of communication” and nothing more. It is mere possibility of information like so many others, in which those interested in disturbances may get a hold of, multiplying unfortunate preys. Remember, however, that the divine law never endorsed captivity and never sanctioned slavery! Have you forgotten the divine word he uttered: “Ye are gods”? (...) (Emphasis added)

ALLAN KARDEC’S NOTE

It is the Codifier himself who comments the message by the Spirit of Truth in the referred **Revue Spirite**, weaving sensible final considerations that we also transcribe below. His **masterful** review do justice to the remarkable summary that describes his common sense in a phrase very familiar to us, “**Jesus is the door. Kardec is the key.**”⁵

“We all know that we address less responsibility to names when they belong to more elevated Spirits. We do not guarantee these signatures more than many others, limiting ourselves to deliver such messages to the appreciation of every savvy Spiritist. However, we will say that it is not possible to ignore the elevation of thoughts, nobility and simplicity of expressions, the sobriety of language, the absence of shallowness. If it is compared with the ones inserted in **Imitation of the Gospel** (Preface and Chapter: Christ, The Comforter), and carry the same signature, since obtained by different mediums and in different occasions, there is a striking analogy between them in regard to tone, style and thoughts, which indicates a single source. On our side, we say it can be the Spirit of Truth, because it is worthy of Him, while we have seen many signed by this revered name or Jesus, whose verbosity, verbiage, vulgarity, sometimes the triviality of ideas, betray the apocryphal origin in the eyes of the less clairvoyant. Only a complete fascination may explain the blindness of those who let themselves be fooled, if not because of proud thinking of themselves as infallible and privileged interpreter of pure spirits. There is pride which will be punished, sooner or later, by disappointments, by ridiculous hoaxes and by real disgraces in this life. Given these venerable names, the first feeling of the modest medium is of doubt, because the medium does not deem worthy of such favor.”

The humility, the prudence and the wisdom of Allan Kardec are really proverbial. The Codifier compares the communication of the Spiritist Magazine to very highly elevated messages of the Spirit of Truth

contained in the preface of *L’Imitation de l’Évangile* and in the chapter **Le Christ Consolateur**. Those instructions are worthy of the authorship of the revered name Jesus. But Kardec, in his great humility, prefers to “deliver such notice to the appreciation of every savvy Spiritist.”

THE SPIRIT OF TRUTH AND JESUS

The same and clear identification of the Spirit of Truth with Christ is also found in chapter 31 of *The Mediums’ Book*⁶, which has a timely and explanatory note by Kardec after the profound message signed by Jesus of Nazareth:

“(...) I come, as before, to the misguided sons and daughters of Israel, to bring the truth and dissipate the darkness. Harken into me. As my words in the past have done, so much Spiritism reminds the incredulous that above then reigns the immutable truth that is the materialists who reigns above them immutable truth with is the existence of the Good God, the Great God, which makes the plant germinate and waves rise up. I revealed the Divine Doctrine, as the reaper, I gathered in sheaves the scatter goodness of humanity and said: Come unto me, all ye who suffer! (...) Spiritists! Love one another, that is the first precept: educate yourselves, here’s the second. In Christianity, you will find all truths. The errors in which Man has become enrooted are all of human origin. Here from beyond the grave, where you thought there was nothing, voices clamor: “Brothers and sisters! Nothing perishes! Jesus Christ is the victor over all evil. You can be the victors over impiety.”

The same message, with few variations, is found in *The Gospel According to Spiritism*⁷ now signed by the Spirit of Truth (Paris, 1860).

THE PROMISED COMFORTER

Through it all, the Lucid Codifier mentions on the chapter 6 – *Christ, The Comforter* - the promise of the promised Comforter formerly taken by Jesus and recorded in the *Gospel of John*, 14:15 and 17-26:

“If ye love me keep my commandments. And I will pray the Father and He shall give you another consoler that he may abide with you forever. Even the Spirit of Truth; whom the world cannot receive, because it see him not, neither know him; but ye shall know him; for he dwelled with you, and shall be in you. But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”⁸

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SPIRITISM IS JESUS' RETURN

Spiritism is, indisputably so, Christianity revived, because it teaches us to put into practice the Gospel of Jesus, that is, to imitate Him (**L'Imitation de L'Évangile**), to emulate Christ, now revived by the high teachings of the Spiritist Doctrine, which restores His word and His examples. The Gospel According to Spiritism contains the explanation of the moral maxims of Christ, his agreement with Spiritism and their application to the various circumstances of life. The statement by the Codifier Allan Kardec is very deep, rational and beautiful in every way: "Unshakable faith is only that which can meet face to face to the reasoning, in every age of humanity."

This book is important by its considerable influence on the practical life of nations (which drew, draws and will draw his excellent instructions) that during the codification of the **L'Imitation de L'Évangile selon le Spiritisme**, Allan Kardec had to confine to his residence in Ville Ségur – narrated in **Posthumous Works** under the title *Imitation of the Gospel* (Séгур, August 9, 1863; medium: M. d' A...).⁹ During the preparation of this work, the High Spirits told Kardec: "(...) Count on us and above all with the great Spirit of the Master who protects you in a very particular account. (...) Our action, especially the one by **the Spirit of Truth**, constantly surrounds you and that you cannot deny (...)"

THE GOSPEL ACCORDING TO SPIRITISM: BOOK OF HOPE

Upon completion of the first century (1964) of *L'Évangile selon le Spiritisme* edition, the Spirit Emmanuel, through the psychography of the medium Francisco Cândido Xavier, wrote one prologue commemorating the 100 years of the publication of "The Gospel According to Spiritism" entitling this prologue on a touching way: *Book of Hope*, which also gave the name to the same book.

That preamble was dictated by Emmanuel in Uberaba, on April 18, 1964, which recorded the following in his final paragraph:

*"Dear reader, our association to your hopes of sublimation integrates us on the same track of need and trust. Before the First Centenary of "The Gospel According to Spiritism", we ask your permission to name this unassuming book by a recognized servant as "Book of Hope".*¹⁰

THANK YOU, LORD!

Let us repeat with Emmanuel¹¹ paraphrasing the exordium of the cited **Book of Hope**, but now referring to the deserved Sesquicentennial of the enlightened **L'Évangile selon le Spiritisme** with deep gratitude to Christ:

"Oh, Jesus! In light of centennial of "The Gospel According to Spiritism", we tried in vain to articulate before you our joyful gratitude!... Therefore, allow us to offer gratitude in prayer for your protection. Enraptured before the Sublime Book, which revives your presence among us, let us humbly and reverently repeat: "Thank you, Lord!"

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Book of Hope (in honor of "The Gospel According to Spiritism").

Spiritual Prescription

➤ Albino Teixeira (Spirit) / Chico Xavier (Medium)

For thoughts of gloom...
A few moments of prayer.

For irritation...
Be silent for at least half an hour.

For sadness...
Increase the regular daily share of your work.

For the impulse of destructive criticism...
Consider your own weaknesses.

When tempted to judge your neighbor...
Look within your own self.

Are you lonely?
Help someone lonelier than you.

Bored?
Visit the hospital so you can value your advantages.

For an insult received...
Forgive and serve more.

For resentment...
Forget all evil.

In failure...
Return to good works and begin again.

> Source: Message received by the medium Chico Xavier originally in Portuguese. The English version was translated psychographically by the Spirit of Bob Hunter through the same medium on June 16, 1966, in Elon College, North Carolina.

8th U.S. Spiritist Symposium

Saturday,
April 26, 2014

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PROGRAM

CONFERENCE ROOM A (Presentations)

10:00 AM - SESSION ONE
 The Dynamics of Prayer and the Law of Attraction - Daniel Assisi
 Scientific Evidence of Healing through Prayer and its Impact on Health - Julio Padovan

01:45 PM - SESSION TWO
 How to Pray - Julio Carvalho

Round Table: (Mediator: Cicero Torres)
 Prayers for Oneself and Others - Kirsten de Melo
 Prayers for Those Who are no Longer on Earth - Al Turri
 Prayers for the Sick and for the Obsessed - Priscila Pereira

03:45 PM - SESSION THREE
 A Spirit's Prayer Power and Effect in the Physical Realm - Heather Bolleck-Fonseca
 The Lord's Prayer and its Mythical Value - Luiz Lima

05:30 PM - SESSION FOUR
 Hands on Healing on Children - Lynne Morrison (Guest Speaker)

CONFERENCE ROOM B (Workshops)

10:30 PM - SESSION ONE
 Mastering Teamwork at the Spiritist Center - Mauricio Cisneiros

01:45 PM - SESSION TWO
 Passes - Spiritual and Magnetic Healing - Jussara Korngold

03:45 PM - SESSION THREE
 Obsession in the Spiritist Movement - Suzana Simoes

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DIVALDO FRANCO EVENT IN WASHINGTON, DC

On Thursday, March 27, the Spiritist Society of Virginia and the Spiritist Society of Baltimore are organizing the 4th United States Peace and You Movement in Washington, DC. The renowned Ambassador of Peace and speaker Divaldo Franco will open and close the ceremony, while also awarding the Peace and You trophy. The event is a tribute to the 150th Anniversary of The Gospel According to Spiritism. More information on the event, please go to www.ssvirginia.org or www.ssbaltimore.org. Both Spiritist societies are sponsoring the event as well as Kardec Radio.



NILSON DE SOUZA PEREIRA PASSED AWAY ON NOVEMBER 21, 2013

Our dear Nilson, a prominent figure from Bahia in the area of social assistance and human solidarity, passed away on November 21st, 2013 at 4:30am. He dedicated his life to goodness and developed the Mansion Way project over 67 years together with Divaldo P. Franco. His effort, persistence, love, and respect for human beings was seen through his work, as indeed Spiritism teaches via its illuminative teachings. He honored those precepts through his generous heart and deep love for the Great Cause. He left us with his precious exemplification of nobility, courage, magnanimity and actions in favor of others, so that others can also follow the paths of righteousness, justice and love. He is a Christian and righteous man. See you soon "Uncle Nilson". We send you our tenderness and gratitude, praying to Jesus to involve you with His peace. (text from Jorge Moehlecke – translated by Carolina von Scharfen)



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Jr. Salaverry N° 632 -1, Magdalena del Mar
LIMA-PERÚ
Tel: 00 (511) 263-3201 - (511) 440-1919
feperu_espirita@yahoo.com
www.spiritist.org/peru

29 – PORTUGAL

Federação Espírita Portuguesa
Praceta do Casal de Cascais - Lote 4 R/C - A
Alto da Damaia
2720 – 090 - Amadora - PORTUGAL
Tel: 00 351 214 975 754
geral@feportuguesa.pt
feportugal@sapo.pt
www.feportuguesa.pt

30 – SPAIN

Federación Espírita Española
Calle Dr. Sirvent, 36 A
03160 Alhoradí – Alicante
Tel: (34) 626311881
info@espiritismo.cc
www.espiritismo.cc

31 – SWEDEN

Svenska Spiritistiska Förbundet
c/o Eliane Dahre, Norra Kringelvägen 12,
28136 Hässleholm – Sweden
Tel: 00 46 (451) 12916
spiritismen@hotmail.com

32 – SWITZERLAND

Union des Centres d'Études Spirites en Suisse
Postfach: 731, Zollikofen
Tel: 41 77 4303136 / 41 31 9114145
41 76 3904245 / 41 52 6814286
www.ucess.ch
ucess@spiritismus.ch

33 – UNITED KINGDOM

British Union of Spiritist Societies-BUSS
Room 8, Oxford House - Derbyshire Street
Bethnal Green - E2 6 HG
Tel. 02077293214
buss.chairperson@gmail.com
www.buss.org.uk

34 – UNITED STATES

United States Spiritist Council
9403 Verona Lakes Blvd
Boynton Beach, FL – 33472-2757
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Tel. 561 364 4764, 954 592 4245
E-mail: spiritist_council@usspiritistcouncil.com
www.spiritist.us

35 – URUGUAY

Federación Espírita Uruguaya
Avenida General Flores 4689
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36 – VENEZUELA

Asociación Civil «Socrates»
Carrera 23 entre Calle 8 y Av. Moran
Edificio: Roduar IV apto. 2-3
Barquisimeto – Estado Lara
Tel: 0251-2527423
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