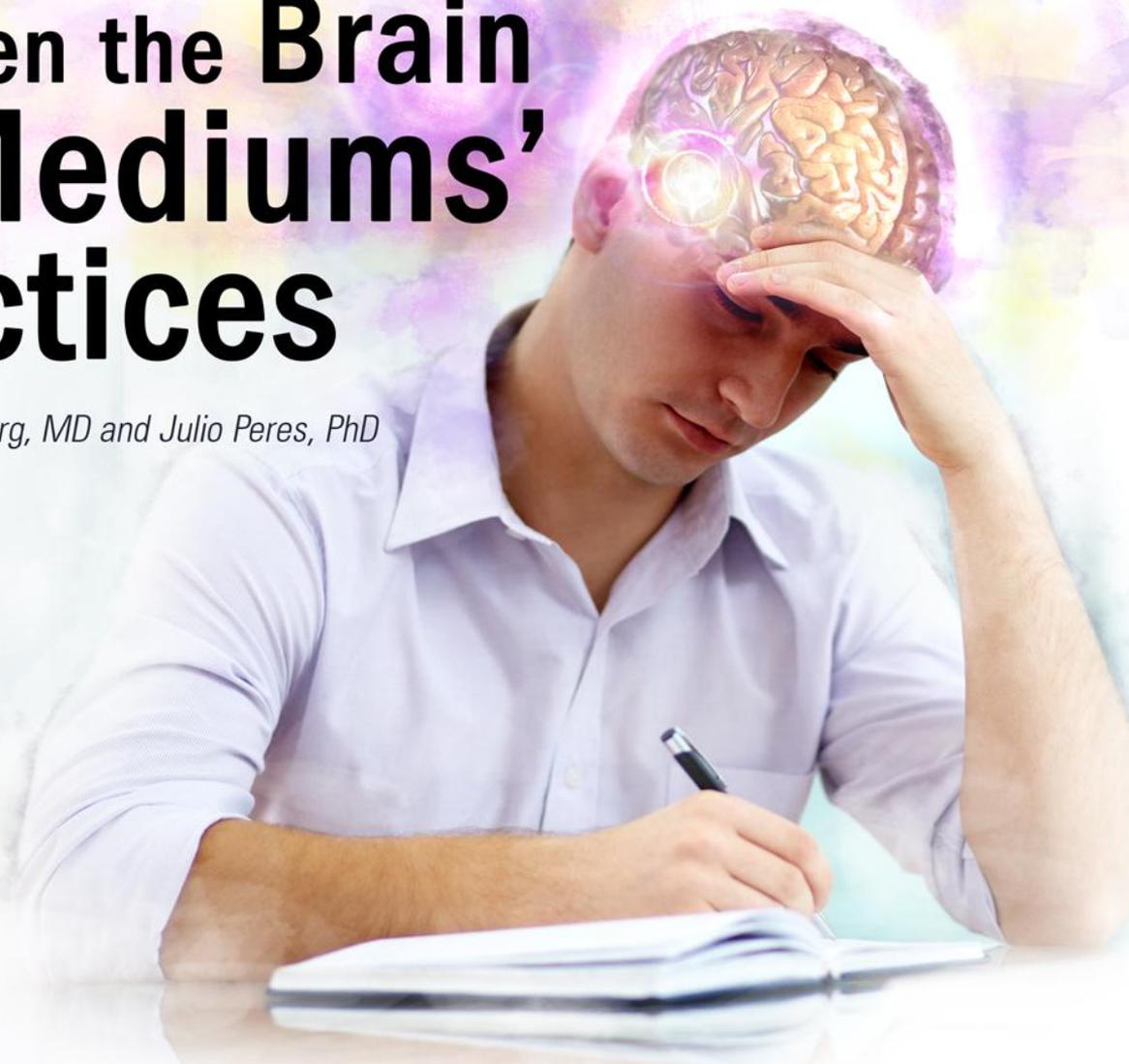


English Edition N. 20 - January - March, 2013  
www.thespiritistmagazine.com

## Studying the Link Between the Brain and Mediums' Practices

*by Andrew Newberg, MD and Julio Peres, PhD*



**Discipline of  
the Mind**

*by Bernadete Leal, MEd*

**Defense  
Mechanisms of  
the Ego**

*by Claudio Sinotti, PsyD  
and Iris Sinotti, PsyD*

ISSN 2072-8611



9 772072 861001

# Gospel And Life

> Scheilla (Spirit) / Francisco C. Xavier (Medium)

In our world we can actually live the superficial life or the good life.

The superficial life is to be comfortable. The good life is to be good.

So, there are individuals of the superficial life and individuals of the good life.

The former serve themselves. The latter breathe the incessant desire to help others.

The superficial life has the attributes of shadow. The good life has the attributes of light.

Disorder favors the superficial life. Order assures the good life.

The superficial life is generally built on pretentious words. The good life is assured by good examples.

Laziness resides in the superficial life. Work shines resplendently in the good life.

Ignorance darkens the superficial life. Education enlightens the good life.

Selfishness feeds the superficial life. Charity enriches the good life.

Indiscipline is the goal of the superficial life. Discipline is the route of the good life.

Let us examine the lessons of the Gospel:

Mary Magdalene was obsessed and lost in life's enchantments, but found in our Divine Master the necessary guidance to the good life.

Wealthy Zacchaeus clung too much to the ephemeral possessions of the superficial life; however, through contact with Our Lord, he learned how to direct his possessions to the good life.

Judas, the unwary disciple, seeking the superficial life, gave in to desertion and, finding it too difficult to come back to the good life, was taken by insanity.

Simon Peter, the apprehending apostle, trying to hold on to the superficial life, denied, instinctively, his Divine Friend, three times in the same night. Nevertheless, returning prudently to the good life, he embraced the sacrifice for the sake of his own ascension, starting on the day of Pentecost.

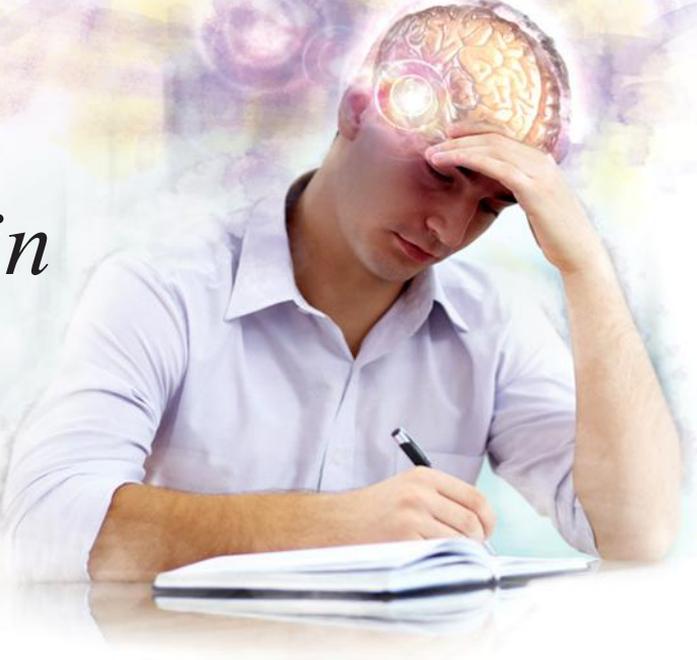
Pilate, the dubious judge, interested in enjoying the superficial life, washed his hands regarding the destiny of the Sublime Benefactor, and suffered from repentance and remorse, which distanced him from the good life.

All those responsible for Jesus' crucifixion meant to hold on to the illusions of the superficial life. However, the Lord preferred to die on the cross of extreme renunciation to teach us the path to the good life.

On these earthly roads, we can easily see that more people lead the superficial life than the good life, because the superficial life tarnishes the soul and the good life keeps the conscience awake for the performance of its duties.

Let us be wary of the way we choose, for through our daily experiences, we know for certain which path of life we are following.

# Amazing Brain for Amazing Times



“Wonderful nest of the mind,” stated Andre Luiz referring to the nervous system and its role in the expression of the mind. Since the reflections by Descartes to current neuroscientific findings, the brain has been attracting considering research interest since it is considered the control house of the physical body. And the more we get to know of our brain capacity, the more we seem to expand our horizon of transformation, especially with the promising alliance between Science and Spiritism.

In 1958, the Spiritist Revelation brought to us the awareness that our **“neurons are born and reborn millions of times in the physical and extraphysical planes (...)”** Only in 2002, the neuroscientist Fred Gage at the University of California found out that new neurons can grow in an aging brain if, and only if, the living organism exposes itself to new experiences. Now, we can say that actually ‘old dogs can learn new tricks’. This revolutionary finding opens new perspectives demonstrating our nature as learning beings and our unveiling capacity for real transformation, one that can be expressed in our physical dimension.

The physical and extraphysical (non-local) realities live in constant interaction, as told by worldwide mediums and researched by pioneering investigators like Dr. Andrew Newberg and Dr. Julio Peres, who have embraced a new paradigm in the Science of the mind. Little by little, the pieces of the puzzle come together demonstrating that this **work at ‘four hands’** (physical and extraphysical) pertain to the natural laws of Life and, as such, need to be embraced with reverence, one that demands new education of mind for the new generation.

Though some scientific findings point to the direction, current Science has not yet proved that the extraphysical mind commands the physical brain. Yet, Spiritism advances outlining the mechanisms of the mind with its laws and dynamics, while stating that **thought is a measurable force!** Such measurable force can be illustrated in the experience lived by the renowned medium and humanitarian Chico Xavier when he talked about a mental gunshot he received from an acquaintance after warning him of something he was doing wrong. Not accepting what Chico Xavier had said, the person projected a thought filled with hatred towards Chico... By God’s mercy, friends of the spiritual world relieved the shock of that mental gunshot. And yet, Chico Xavier felt strong pain on the shoulder for several days...

With much to be discovered in the world and even more to be shared with humanity on Earth, we offer this first issue of 2013 to you, dear reader, as a proposal to wellness in the new Era that we are already living in. For a new era, we need new standards, which is *the only measurement*. These new standards for our world of regeneration require constant focus on our need of progress and transformation, led by joy, hope and courage, according to the Good News. Let us then take heart and advance always because we have an *amazing brain to navigate in these amazing times!*

Vanessa Anseloni, PsyD, PhD  
Editor-in-chief

THE OFFICIAL PUBLICATION OF THE INTERNATIONAL SPIRITIST COUNCIL (ISC)

English edition of the Revue Spirite founded by Allan Kardec on January 1st, 1858

**EDITOR-IN-CHIEF (ENGLISH EDITION):**

Vanessa Anseloni, *PsyD, PhD*

**WEBSITE EDITOR**

Daniel Santos, *PharmD, PhD*

**CORRESPONDENTS**

Franziska Kranz  
Luiz Salazar

**COPY EDITOR**

Chris Walney

**DESIGN**

Ricardo Costa

**COLLABORATORS**

Vera C. Wilkinson  
Carlos Dias  
Karina Menezes

**ADDRESS:**

International Spiritist Council  
General Secretariat  
SGAN - Q.603 - Conj. F  
70530-030 - Brasilia - Brazil  
spiritist@spiritist.org  
\* \* \*

The Spiritist Magazine  
4280 Henninger Court – Suite I  
Chantilly, VA 20151 – USA  
info@thespiritistmagazine.com



**ISC EXECUTIVE COMMITTEE**

Nestor Masotti - General Secretary  
Charles Kempf - First Secretary  
Elsa Rossi - Deputy Secretary  
Antonio Cesar Perri de Carvalho - First Treasurer  
Vitor Mora Fera  
Ricardo Lequerica  
Fábio Villarraga  
Jean Paul Evrad  
Olof Bergman  
Salvador Martin  
Edwin Bravo  
Jussara Korngold



The Spiritist Magazine N. 20  
January - March, 2013

**SPIRIT MESSAGE**

“If the equality of the rights of a woman needs to be recognized, it must surely be among Spiritists.”

Allan Kardec in *Viagem Espírita*, 1862, FEB

# 06 ESSENTIAL

Spiritism is this...  
by Celeste Carneiro

# 08 REFLECTION

The Only Measurement  
by Andre Luiz

# 10 LA REVUE SPIRITE

Sham Obsessions  
by Allan Kardec

# 12 DIALOGUE BETWEEN SCIENCE AND SPIRITISM

Studying the Link Between the Brain  
and Mediums' Practices  
by Andrew Newberg,  
MD and Julio Peres, PhD

16 **SPIRITIST TIP**  
Books and Spirit-Protection  
by Yvonne Pereira



18 **CURRENT**  
Gang Violence feeds the lower  
zones of the spiritual realm  
by Luiz Salazar



20 **CHRIST CONSCIOUSNESS**  
Take Heart  
by Humberto de Campos (Brother X)



24 **DISCOVERING THE  
REAL WORLD WITH  
DIVALDO FRANCO**  
When...  
by Marco Prisco



26 **INSIGHT**  
Human Search for Extraterrestrial Life  
by Glaucio Pessoa



30 **SPIRITISM FOR  
CHILDREN AND YOUTH**  
Discipline of the Mind  
by Bernadete Leal, M.Ed.



32 **WISDOM**  
Spiritist Conduct Before Passes  
by Andre Luiz



34 **JOANNA DE  
ANGELIS' SPIRITIST  
PSYCHOLOGY**  
Defense Mechanisms of the Ego  
by Dr. Claudio Sinotti and Dr. Iris Sinotti



38 **CODIFIER**  
Instructions Regarding the Health of  
Allan Kardec  
by Dr. Demeure



40 **MUSIC**  
They Live!  
by James Marotta



# Spiritism Is This...



> Celeste Carneiro

Occasionally we find people talking about concepts said to be Spiritists and even using the term Spiritist in ways that confuse those who are not used to the study of the basic works of Spiritism.

Spiritism and Spiritist are terms coined by Allan Kardec to designate a new doctrine [set of principles] that can be summarized in the following principles<sup>1</sup>:

1. Belief in one God that is eternal, immutable, immaterial, unique, omnipotent, supremely just and good.

2. The world of the Spirits is the normal world, the

original and pre-existing world.

3. The soul is an incarnated Spirit, and the physical body is only its envelope.

4. There is a semi-material body that interfaces the physical body and the Spirit.

5. Spirits have different evolutionary levels. They all improve by going through different degrees in the Spirit-hierarchy.

6. The evolution of the Spirits happens through incarnation always in the human species.

7. The incarnated Spirits may inhabit different globes of the Universe.

8. Discarnate or errant Spirits do not occupy a specific, circumscribed region. They may be anywhere in space, even beside us, watching us and nudging us continuously. They encompass an invisible population

that move around us.

9. The relationship between incarnate and discarnate Spirits happens quite often. Their communications with incarnates may be subliminal or ostensible. They may manifest either spontaneously or by evocation.

10. The moral code of superior Spirits is summarized, as that of Christ, in the golden rule of the Gospel: "Do unto others as you would that others do unto you", which means, doing good and not evil. In this principle, human beings find the universal rule to go by, even at their smallest deeds.

Saying that Umbanda<sup>2</sup> is Spiritism just because it believes in the spirit-communications would be the same as if one says that the Buddhism is Spiritism because it believes in reincarnation.

Kardec's intention was to decode millenary teachings under the guidance of high Spirits that lived in various regions and times, so that all religions could benefit from its compilation. But the reaction was not as he expected, thus generating a new doctrine, and, as he says, "for something new, a new name". Hence Spiritism, but not Spiritualism.

Someone has illustrated the idea of different religions as being equivalent to a very large university, where students choose the School that it is more convenient to them. Each religion would be a School and the University would be the search and the presence of God. Others say that the various ways to seek God is similar to the various roads that lead to a big city. The Fourteenth Dalai Lama stated, "For different diseases, doctors prescribe different medicines. Likewise, every spiritual need has a specific answer."

In Spiritism, its practices happen in meetings that have a stamp of simplicity and simplicity of props, valuing the fellowship of being with the divine in itself, in all dimensions, through the communion with spirituality and charity - the God in others.

And this is similar to the teaching of Ancient China: the Earth (the incarnate being, matter and all that concerns it), Heaven (spirituality), and the human being (which is in the middle, in relationship with others). *Centering* (my relationship with myself), *De-centering* (I go to meet others) and *Super-centering* (I attune with the Self or the Divine Spark).

Based on my knowledge, Spiritism is the only religion that educates mediumship, by studying it and providing balance to the individual who undergoes ostensible influence by unhappy Spirits.

Quoting Kardec:

"For the benefit of persons unfamiliar to the Spiritist science, we will state that there are neither days, times, nor places that are more propitious than others

for communicating with spirits; that neither formulas, sacramental or cabalistic words are needed to evoke them; that neither training nor initiation is needed to evoke them; that no use of symbol or material object, whether to attract them or to repel them, is effective, and that thought alone is sufficient; and lastly, that mediums, without leaving their normal state, receive their communications as simply and as naturally as if they were dictated by incarnate persons."<sup>3</sup>

"Thus, manifestations are not meant to serve material interests; their usefulness lies in their moral consequences. However, if they led to no further results than to make known a new law of nature and to physically demonstrate the existence of the soul and its survival after death, they would accomplish much, because it would open up a broad new way to philosophy."<sup>4</sup>

Spiritism is an open, progressive, welcoming doctrine:

"Spiritism marches hand in hand with progress. And it will never be overthrown because should new discoveries demonstrate that it is in error, Spiritism would adjust itself to it. If a new truth is revealed, it accepts it."<sup>5</sup>

This is also said by the mentioned Dalai Lama in regard to Buddhism: "If science proves that some Buddhist precept is inconsistent, it should be changed."

We conclude these brief considerations with Kardec's vision, always open and wide, of someone who watches from the top of a mountain:

The purpose of religion is to lead people to God but people cannot reach God unless they reach perfection. Consequently, any religion that does not enable people to become better does not meet its objective.<sup>6</sup>

> Celeste Carneiro is a Spiritist scholar who writes for Spiritist newspapers and magazines in Brazil. She offered the current article to be published in the Spiritist Magazine. Its original version - in Portuguese - was published in 2006 in the *Revista Presença Espírita*, the periodical of the Mansion of the Way, in Bahia, Brazil.

[1] The whole summary of the Spiritist principles can be found at the Introduction of The Spirits' Book by Allan Kardec. (TR's note)

[2] Umbanda is a Brazilian religion that blends African religions with Catholicism, Spiritism, and considerable indigenous lore. (Wikipedia)

[3] Item 50, Chapter 2, What is Spiritism? by Allan Kardec, EDICEI.

[4] Item 53, Chapter 2, What is Spiritism? by Allan Kardec, EDICEI.

[5] Genesis by Allan Kardec, chapter 2, item 55, GEAE edition.

[6] The Gospel According to Spiritism by Allan Kardec, chapter 8, item 10, EDICEI.

# The Only Measurement

> André Luiz (Spirit) / Francisco C. Xavier (Medium)

---

The ID card provides information about yourself.

The calendar tells your physical age.

The clock marks your time.

The meter specifies the dimensions of your body.

The altitude reveals your temporary location on the ocean level.

The ink records your fingerprints.

The work demonstrates your skills.

The radiography provides an examination of your organs.

The electrocardiograph determines the oscillations of your heart muscle.

All states of your conditions, needs and achievements, can be defined by machines, devices, instruments, equipment, laboratories and files on Earth. However, do not forget that helping others is the only accurate measurement of your spiritual achievements.

> Source: Book *Ideal Espírita* (Spiritist Ideal), chapter 31, page 81.



Now all of your favorite books are in ebook format.

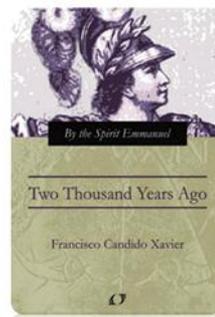
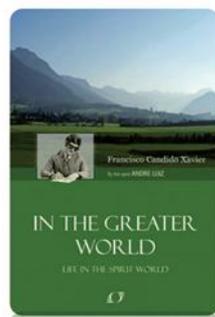
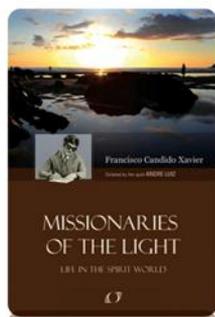
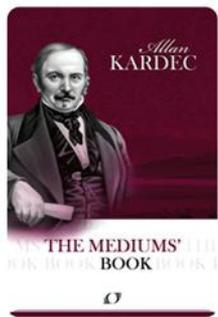
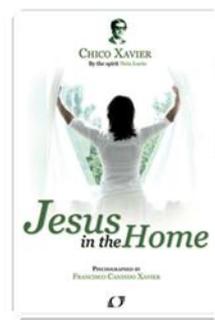
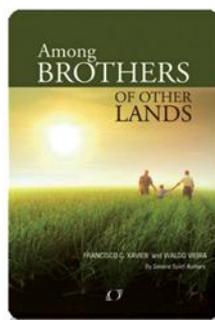
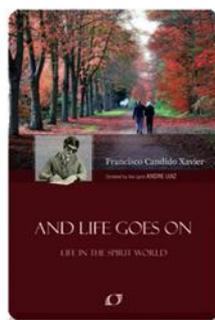
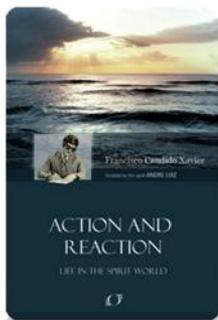
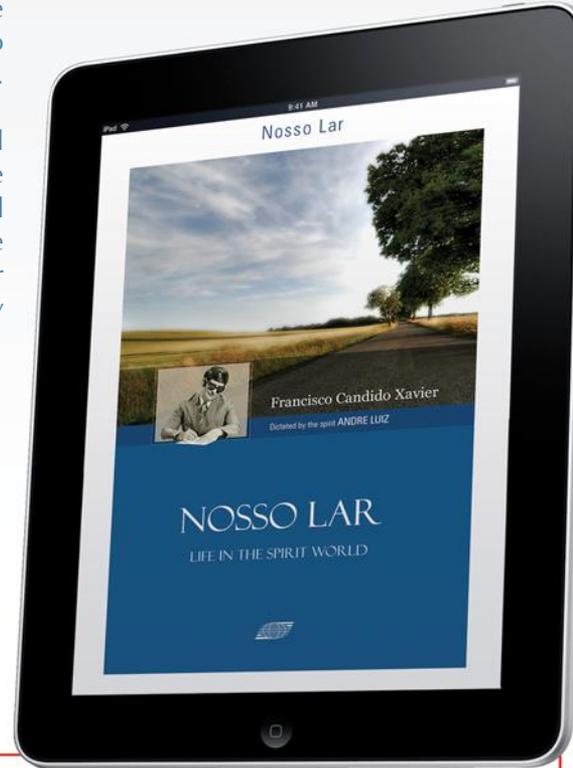
The International Spiritist Council (ISC) and the Brazilian Spiritist Federation (BSF) established a collaboration to consolidate pioneering efforts in the world market to launch the Spiritist books in digital format (eBook). This year we plan convert more than 500 titles copyrighted by The BSF. Amongst them are authors such as Allan Kardec, Francisco Cândido Xavier and Yvonne Pereira, and many others. Every month, we are negotiating new agreements to broaden the commercialization of them.

and can be bought anywhere in the world, which facilitates the access to Spiritist books and their dissemination.

The digital book is the future for all people of all age groups, because they can be acquired at anytime and anywhere in the world without the need to carry several books and their weight. Take this opportunity and buy digital books of your favorite authors.

On sale in the best virtual bookstores.

The technology and evolution of the market made digital books the new investment. They are easily accessible



Where to buy

Internacional



Nacional



Compatible with all e-book readers!

# Sham Obsessions

> Allan Kardec

The following Spirit-communication has been given in regard to a woman who came to us for advice regarding obsession. We then thought to consult with the Spirits.

*"Compassion for the suffering should not exclude prudence. And it would be imprudent to establish relationship with all who present themselves to you under a real or feigned obsession. This is still a test by which Spiritism has to go through. This test will render useful to rid of all obstacles that disturb its way.*

Some have insulted, ridiculed Spiritists. They wanted to frighten those whose curiosity attracts to you, putting you under the patronage of Satan. None of this was successful. Before surrendering, they want to try one last test, as they are ready to open fire, which, like all other, redound to your advantage. As the opponents of Spiritism can no longer accuse it of contributing to the increase of mental alienation, **they send you those who are truly obsessed, before whom they expect you to fail. They also send to you sham-obsessed people, whom would clearly be impossible to cure of an imaginary evil.** None of this stop your progress, but with the condition that you act with prudence and advise those who deal with the treatments for obsession to consult their guides. They shall not only consult about the nature of evil, but about the reality of

*obsessions that they might have to treat and deal with. This is important. And I take this idea that you had to ask for advice, which I recommend you do likewise in the future.*

*As for this woman, she is sincere and is really suffering. However, there is nothing that can be done for her at the moment, but to advise her to pray in order to request calm and resignation to courageously endure her trial. She does not lack instructions from the Spirits. At this point, it would actually be even prudent to get her away from the whole idea of communicating with them. She should be advised to surrender entirely to the care of official medicine."*

**-Doctor Demeure (Spirit)**

**Kardec's note** - Not only shall we be prudent and cautious with simulated obsessions but also with requests of readings of all sorts, evocations, health advice, etc., which could be traps to good faith. And that could serve to malevolence. It is better not to give in to requests of that nature, unless there is previous knowledge of the situation and/or with respect to the knowing the people who request them or who recommended them. The adversaries of Spiritism are disgusted with the development that takes place, which is contrary to their predictions. Thus, they lurk or create situations to daze it at fault attempting to either blame or ridicule Spiritism. **In such case, it is better to err by circumspection than by improvidence.**

> Source: *Revue Spirite* by Allan Kardec, March 1869.



# *Studying the Link Between the Brain and Mediums’ Practices*

➤ Andrew Newberg, MD and Julio Peres, PhD

[www.fotolia.com/](http://www.fotolia.com/) Pressmaster



With today's technology, we now have the ability to peer into the brain while we do many different types of cognitive and emotional tasks. In recent years, we have used these technologies to evaluate the brain correlates of different religious and spiritual states. Such knowledge provides information about the complex functions of the brain, the effect of religious and spiritual practices on the brain, and the potential relationship between these practices and physical and mental health. Perhaps more interestingly, this research might even tell us something about the true nature of these practices.

Practices such as meditation and prayer have been studied by a number of investigators. The results have generally demonstrated a network of structures to be involved in these practices. The frontal lobes, for example, tend to be activated during meditation and prayer tasks. The frontal lobes are believed to be part of the attention network in the brain and are therefore activated whenever we concentrate our attention on something. So if we are concentrating on praying or meditating, we would expect the frontal lobes to be similarly activated. For the most part, brain scans have shown increased activity in the frontal lobes during meditation and prayer practices. Another part of the brain that we have suggested to be involved is the parietal lobe (located towards the back of the brain). This structure normally takes in sensory information and helps us to create a sense of our self by providing a sense of space within which we exist. If we are doing a spatial task (i.e. mentally rotating an object in space), we tend to activate the parietal lobe. However, in practices such as prayer, in which the person loses their sense of self, we have found decreased activity in the parietal lobe. We think that this loss of parietal lobe activity is associated with the loss of the sense of self. Other areas such as the limbic system, the brain's emotional center, also become activated, especially when a person has

strong emotions as part of their religious or spiritual practice.

The pattern of activity in these structures tends to be similar across a variety of meditation and prayer practices. However, medium practices that include trance states and psychography, represent a very different kind of practice, and are likely to result in very different kinds of brain changes. Most recently our team of researchers at the Institute of Psychiatry of Hospital das Clinicas, Universidade de São Paulo; Universidade Federal de Juiz de Fora; and Thomas Jefferson University used a kind of scan called SPECT (single photon emission computed tomography) to analyze the brain's activity of Brazilian mediums during the practice of psychography. This unique practice is a form of writing whereby a deceased person or spirit writes through the medium's hand. In this study, we found some fascinating changes in the brain's activity (as reflected in changes in blood flow to specific areas of the brain) during psychography.

In this study, 10 mediums—five highly experienced and five less experienced—were injected with a radioactive tracer in order to capture their brain activity during normal writing and during psychography. The reason that SPECT imaging was utilized for this study is that it works by injecting the radioactive tracer at a particular time – i.e. normal writing or psychography. Once injected, the tracer circulates for a few minutes and then becomes “locked” in the brain. The scanning is then performed later. However, the scan reflects what the person was doing at the time of the injection that could have been as much as an hour ago. In this study, we injected people while writing or while performing psychography. The person then completed doing the writing and was scanned shortly thereafter. The scans reflected the activity in the brain during normal writing and during psychography.

The mediums ranged from 15 to 47 years of psychography experience, performing two to up to 18 psychographies per month. All were white, right-handed, in good mental health and not currently using any psychiatric drugs. All reported that they were able to reach their usual trance-like state during the psychography task and were in their regular state of consciousness during the control task. Writing samples were analyzed on an individual basis and for the group (sample) as a whole for changes in cerebral blood flow.

The results from this study were quite interesting. When analyzed as a whole, there were no significant differences in cerebral blood flow (CBF) among all mediums during psychography. But, when the sample was stratified based on experience, defined here as those with 37 plus or minus eight years vs. those with 22 plus or minus 15 years' experience, researchers found



that the experienced psychographers showed lower levels of activity in the left culmen, left hippocampus, left inferior occipital gyrus, left anterior cingulate, right superior temporal gyrus and right precentral gyrus areas of the brain during psychography compared to their normal (non-trance) writing. These findings were different than what has been observed during meditation or prayer. Rather than increased activity, there was generally decreased activity. Decreased activity in the frontal lobes is likely related to the person experiencing the psychography state as not being generated by their own self. The person feels like they are not controlling the process and their normal sense of consciousness is gone. These frontal areas also help us to generate speech. Again, the decreased activity is unusual since they are still generating the written words, but apparently not using the usual mechanism in the brain. Overall, this finding of decreased frontal lobe activity may be very important in identifying different types of spiritual practices. It should also be noted that one of our previous studies of Pentacostals speaking in tongues using the same imaging technique, showed a similar decrease in the frontal lobes. Therefore, these types of trance states may have similar brain correlates.

Another very interesting aspect of this study is that the less experienced psychographers showed just the opposite finding. They had increased levels of CBF in the same frontal areas during psychography compared to normal writing. The difference was significant compared to the more experienced mediums. This



finding suggests that these spiritual practices have a training effect like many other types of skills. When a person begins to play the piano, they must initially focus on each note that is played, concentrating intently on the location of each finger and key. However, after many years, the person's hand moves adeptly across the keys, almost as if it were automatic. Perhaps something similar is happening in this study in which less experienced psychographers have to "try harder" and actually increase their frontal lobe activity. For the more experienced psychographers, the practice comes easily without much, if any purposeful effort. These distinctions appear to be reflected in the brain differences.

In addition to the SPECT scans, writing samples were also analyzed based on writing quality, skills and complexity. The complexity scores for the psychographed content were higher than those for the control writing across the board. In particular, the more experienced mediums showed higher complexity scores, suggesting that planning for psychographed content was more sophisticated than while not in trance state. This would require more activity in the left culmen, left hippocampus, left inferior occipital gyrus, left anterior cingulate, right superior temporal gyrus and right precentral gyrus, but this was not the case.

Several possible hypotheses for these many differences have been considered. One might speculate that as frontal lobe activity decreases, the areas of the brain that support mediumistic writing are further

disinhibited (similar to alcohol or drug use) so that the overall complexity can increase. In improvisational music performance, lower levels of frontal brain activity allows for more stimulus-driven attention and spontaneous creative activity. Similar brain activity has also been found during alcohol intake and when we have less conscious control over our actions. Researchers also suggest that the different levels of brain activity may reflect their differing levels of expertise, or differences in anxiety, effort or efficiency. "However, an important point to note is that the consumption of alcohol/drugs, meditation and musical improvisation are quite peculiar and distinct states of psychography and therefore not directly comparable with complex literary expression by mediums. Our subjects reported that 'the psychographed texts were authored by communicating spirits and could not be attributed to our own brains', thus, this hypothesis being deemed plausible" says Julio Peres, clinical psychologist, doctor in Neuroscience, idealizer and first author of the study "Neuroimaging during the trance state: a contribution to the study of dissociation" (see at <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0049360>).

The content generated during psychography involved ethical/spiritual principles and the importance of the science and spirituality coming together. Of course, the scans also lead us to some fascinating issues related to the true nature of mediumistic practices. For the practitioner, the psychography is believed to be directly related to the spirits around them. In this context, it might be argued that by shutting down the usual brain processes, the brain becomes more receptive to things in the environment that it does not usually perceive – i.e. spirits. A neuroscientist might argue that the brain findings merely reflect complex ways in which the brain helps to generate unusual human experiences. Either way, psychography and other mediumistic practices should be studied in much more detail. This study shows that we can evaluate unusual spiritual practices using science. Future studies can help better elucidate the brain mechanisms involved. But additional work exploring the nature of these practices is also required to help better validate the content of the practices. Can the writings be evaluated for accuracy with facts that the psychographer could not know? Can we demonstrate that the brain changes are truly unique? Can we find out how to differentiate psychological disorders from powerful spiritual practices? All of these questions await future research into this field that seeks the intersection of science and religion. This field, sometimes called "neurotheology", might lead to many great discoveries in the future as we better explore the nature of the human brain and the human spirit.



# Books And Spirit-Protection

> Yvonne A. Pereira

---

[In an unprecedented interview with the renowned Brazilian Spiritist medium Yvonne Pereira, we can learn how the reading of books creates a mental magnetic connection with their authors. If the works are good-natured, they can derive in Spirit-protection!]

**Elizabeth Operti** – Ms. Yvonne Pereira, you mentioned that you have been fortunate to receive the attention of the renowned Leon Denis.

**Yvonne Pereira** – He has been a great friend, very compassionate. He has helped me immensely in all of the books...

**Elizabeth Operti** – This is a deference to which any Spiritist would aspire.

**Yvonne Pereira** – But anyone can obtain it.

**Elizabeth Operti** – How?

**Yvonne Pereira** – Dedicate yourself to his works... People don't know much about him! Leon Denis is foreign to many Spiritists. Actually, Spiritists are exaggerating in the reading of messages...

**Elizabeth Operti** – And, Ms. Pereira, do you believe that the simple reading of Leon Denis' works would be enough to attract his presence?

**Yvonne Pereira** – Yes, it attracts. The reading of

the works of a certain Spirit establishes a very good mental magnetic current. I had the support of Leon Denis my whole life... Lately, I have evoked him, requesting his presence.

**Elizabeth Operti** – But for someone to receive the assistance, if not only of Leon Denis, but of one's guides, what does one ought to do?

**Yvonne Pereira** – We need to evoke first. They take into account also our dedication to the Spiritist teachings and guidance that we receive from above. I had no privilege. I have received this spiritual supports because I wanted to, because I was willing to dedicate myself. My life was entirely devoted to the Spiritist Doctrine. With much effort, I have always obeyed the counsels of the Spiritist Doctrine and the warnings of the guides.

---

Yvonne Pereira (1900 – 1984) was one of the most respected Brazilian Spiritist mediums. She mediumistically wrote pioneering books about mediumship and obsession. Amongst her works is the classic Spiritist book *Memórias de Um Suicida (Memoirs of a Suicidal Spirit)*. Some of the most well-known Spirits who used to guide her was Dr. Bezerra de Menezes. Elizabeth Operti was very close to Yvonne Pereira and has published some of her interviews with Ms. Pereira in the book *Pelos Caminhos da Mediunidade Serena*.

> Source: From the book *Pelos Caminhos da Mediunidade Serena* by Yvonne Pereira, pages 117-118, published by Lachatre Editora.

# Gang violence feeds the lower zones of the Spiritual World

> Luiz Salazar

In the book "Action and Reaction" (1956) dictated by the spirit Andre Luiz through the Brazilian medium Francisco Candido Xavier (Chico Xavier), Andre Luiz narrates the experiences and teachings of his visit to the Mansion of Peace, a spiritual colony located in the lower zones of the spiritual world<sup>1</sup>, also known as *umbral* or threshold. It is explained in the book that Mansion of Peace is under the jurisdiction of Nosso Lar (another spiritual colony; its name entitled Andre Luiz' first book, and more currently its movie) but smaller in size and open to certain kind of spirits.

At some point, Andre Luiz mentioned that during his visit to Mansion of Peace, he noticed some noises outside of the building. He then asked the Director of the mansion about the origin of the noise around. And the Director answered:

"We are being hit by a large magnetic storm today and many wanderers in the lower zones are being blown out about by the hurricane like dead leaves in a gale."<sup>2</sup>

"Souls who wander like that after the grave are those who have no worthy principle in which to take moral helter. On the inside they are agitated and dark as the storm itself, because of the cruel thoughts they nourish. They hate and destroy; they bite and wound."<sup>3</sup>

Meditating on the topic, some months ago, I gave a presentation on this book, Action and Reaction, in a Spiritist Center. When talking about the subject of the spirit-wanderers, I notice some discomfort in the

audience. Their facial expressions made it seem like if they were watching a horror movie, while others would nervously smile, doubting the possibility of these accounts. Many people may be in disbelief about this intense level of hatred and violence. It was when I noticed the presence of a Spiritist friend of my good friend of mine who works in a Juvenile Detention Center. He was neither smiling nor horrified by my account. I do know he often sees the ugly side of our society.

The description by Andre Luiz is similar to the description of gang work. For some decades, gangs continue to commit criminal activity, recruit new members in urban, suburban, and rural regions across the United States, as they develop criminal associations that expand their influence over criminal enterprises, particularly street-level drug sales. The most notable trends for 2011 have been the overall increase in gang membership, and the expansion of criminal street gangs' control of street-level drug sales and collaboration with rival gangs and other criminal organizations. <sup>4</sup>

Let us then connect the dots. Where do the souls of gang members go after physical death? These are souls that live in constant war, in tribal-like social organizations, with honor codes where disobedience brings capital punishment! For example, let us consider the members of Mara Salvatrucha, better known as MS-13, who are mostly Salvadoran nationals or first generation Salvadoran-Americans, but also Hondurans, Guatemalans, Mexicans, and other Central and South American immigrants.<sup>5</sup> The gang Mara Salvatrucha originate from "La Mara Salvatrucha or La MSx13" which formed in Los Angeles, CA . Deported gangmembers sent to El Salvador expanded operations in the country and later expanded to Honduras, Guatemala, Mexico, and other parts of the U.S. Salvatruchas are known for their extremely violent behavior. Their motto: MSX13 hasta la muerte! (MS13 until death!)

Astounding are the statistics of violence promoted by this gang. While in Iraq, there were 14 deaths per 100, 000 people, in 2010, there were 71 deaths per 100,000 people in El Salvador that same year. U.N. claims gangs and organized crime have turned Central America into one of the world's deadliest regions. **UPDATE:** *In 2012 Central American governments efforts have reduced gang violence in 80%, after reaching a cease fire accord with gang's organizations.*

Documentaries as "Street Gangs of El Salvador "and the movie "Sin Nombre", shows the reality of these souls involved in a constant race for survival that usually

comes by successfully killing another one.

In "Street Gangs of El Salvador" Charly, a gang leader who is just 16 years old says, "I feel proud being a leader, because I do things people at my age don't normally do," he says in the film. "Like going out killing, calling the shots in the neighborhood."

Are they wanderers? Maybe simply ignorant souls that can't see the difference between good or bad. Druso, Director of the Mansion of Peace answered to Andre Luiz, "Only those consciences that committed deliberate crimes, thereby turning off the light of their inner equilibrium, co-mingle in the dense darkness out there."<sup>6</sup>

In "Street Gangs of El Salvador", a gang member talks to the camera about how he knows that God disapproves his actions, then he says "There's nothing I can do, this is life, and if I don't kill, they kill me."

Recently a news report showed the case of a mother driving her underage son and a friend, armed with handguns to kill a neighbor, as revenge for talking to police about some crimes.

The bottom line is that we are all together on this planet Earth, walking the path of progress, in spite of a wide spectrum of understanding that is represented in the actions taken by human beings. It is then imperative to recognize the need for moral education, an education of peace, a level of tolerance and problem solving away from violence.

The wanderers are our brothers and sisters, people that maybe, at some point, walked the same streets as we do. They are not sci-fi; they are not made up stories to scare us. They are souls in pain that deserve our prayers and understanding. Next time we see the news report, let us replace judgment with compassion, getting to know the name of the victims and the aggressor. Say a prayer for them, because Spiritism has explained to us the long path to rehab, that will start being admitted to a spiritual colony in the lower zones.

---

References:

[1] Luiz, Andre (Spirit), Action and Reaction, pag 12, Edicei of America, 2010

[2]-[3] idem page 14

[4] <http://www.fbi.gov/stats-services/publications/2011-national-gang-threat-assessment/2011-national-gang-threat-assessment-emerging-trends> on 11/27/2012

[5] [http://www.fbi.gov/news/stories/2008/january/ms13\\_011408](http://www.fbi.gov/news/stories/2008/january/ms13_011408) on 11/27/2012

[6] Luiz, Andre (Spirit), Action and Reaction, pag 16, Edicei publisher, 2010



# Take Heart!

> Humberto de Campos (Spirit) / Francisco C. Xavier (Medium)

**T**he Apostle Bartholomew was one of the most dedicated disciples of Christ, since the early times of his preaching along the Tiberiades. All his efforts were employed to accompany the Master in his divine work.

However, Bartholomew was sad and, innumerable times Christ would find him in deep and painful meditation.

This is probably the reason why, during one night, while Simon Peter and his family were involved in their domestic chores, Jesus took the opportunity of a few instants to speak lengthily to Bartholomew's

heart. After Jesus' affectionate and fraternal question, Bartholomew allowed his sensitive spirit to express itself. He shyly exclaimed:

"Master, I would never be able to explain to you the reasons for my bitter sadness. All I can say is that your Gospel fills me up with hope for a kingdom of light that awaits our hearts beyond, on high..."

"When you clarified that your Kingdom is not of this world, I experienced new courage to cross the miseries of the path on Earth, because here the seal of evil seems to obscure the purest things!... Everywhere, you see the victory of crime, the game of ambitions, and the harvest of disillusion!..."

The voice of the Apostle became stuffed up by the tears. Nevertheless, Jesus stared at him calmly and spoke with serenity:

"Our philosophy, however, is of the Gospel or of the Good News. Have you ever seen, Bartholomew, good news not produce joy? You are doing well by keeping your hope in face of these new teachings; and, I want to inspire my disciples' spirits to take heart. If I have had the occasion to teach that my kingdom is not of this world, this does not mean that I do not intend on extending that to the hearts of those living on the Earth. Do you think that I would have come to this world, without this comforting certainty? The Gospel will have to flourish, first of all in the soul of the created beings, before it can give fruit in the spirit of the crowds. Moreover, I come from my Father, full of strength and trust, and my message will produce great jubilation for those that will receive it with their hearts."

After a pause, while the disciple silently contemplated him, the Master continued:

"Terrestrial life is a rocky road that leads us to the loving arms of God. Work is the march. Common struggle is everyday walk. The delicious morning instants and the nocturnal hour of serenity are the resting points; but, listen well to me: During activity or physical rest, the opportunity of an hour, of a soft action, of a humble word, is the invitation of Our Father for us to sow his sacred blessings. In general, human beings abuse this precious gift by placing their imperfect needs before God's purpose, disturbing their own march. From that results the roughest obligatory journeys in order to rectify the faults committed and many times fruitless labors. Due to these reasons we observe that the earth travelers are always low spirited. In the obsessive need to fulfill their own will, they injure themselves on the rocky roads, they close their ears to the spiritual reality, they close their eyes with the shadow of rebelliousness and drop tears in desperate shouts and bitter moans, without seeing the true crystal fountain, the charitable

sky's star, the flowers' perfume, the words of a friend, and the clarity of the experiences that God has spread for their journey in all the aspects of their path."

There was a small interval in the affectionate considerations, after that, without reaching a complete perception of Jesus words, Bartholomew questioned:

"Master, your clarifications dissipate my sorrows; but does the Gospel demand from us permanent strength?"

"Truth does not demand, it transforms. The Gospel could not demand special state of mind from its disciples; however, it is necessary to consider that joy, courage, and hope should be constant traits of the disciple's everyday activity. Why focus for a moment on a nightmare, if we know the reality of the eternal Glory with our Father?"

The fisherman asked with a restless look, "And when the business of the world opposes us? And when everything seems to be going against us?"

Jesus, however, having completely perceived the reason of his questions, clarified with kindness:

"What is the best business of world, Bartholomew? Would it be the adventure made by the weight of gold, many times gagging the heart and the conscience in order to increase the worries of the material life, or the definite enlightenment of the soul towards God, which is solely fulfilled by the individual's good will that wishes to march towards God's love in between the shrubs along the way? Wouldn't the misfortune in the world of business be a friendly invitation for the created being to sow with love; an indirect request that can remove the illusions of the Earth to the truths of the Kingdom of God?"

Bartholomew kept that answer in his heart, though experiencing some strangeness. And, soon after, remembering that his mother had departed to the shadows of the grave not too long ago, he still anxiously asked:

"Master, would our sadness be justifiable when we lose a loved one?"

"But, who is lost, if God is the Father of all of us? If those buried in the mud of crimes will glimpse one day the dawn of redemption, why lament, in desperation, the friend that has departed by the call of the All-Powerful? The death of the body opens doors to a new world for the soul. Nobody will truthfully be an orphan on Earth, as much as nobody will ever be abandoned, because everything is from God and we all are his children. That is why each disciple of the Gospel has to be a sower of peace and joy!..."

Jesus became silent, like he had completed his judicial and serene exposition.

Due to the advanced hour, Bartholomew said good bye. That night, the look of the Master offered him a brighter and sweeter light; his hands softly touched Bartholomew's shoulders, leaving a salutary and unknown sensation.

Even though Bartholomew was born in Cana of Galilee, he was then residing in Dalmanutha, to which he headed, gravely meditating on the lessons that he had received. The night seemed prettier than ever. Up high the stars looked like the glorifying lights from God's palace awaiting its created beings, with hymns of joy. In his eyes, the waters of the Gennesaret were more placid and happier. The mild winds were whispering caressing inspirations, like a delicate postal mail that reached him from the sky. Bartholomew started to recall the reasons for his inexplicable sadness, but, with surprise, no longer found them in his heart. He remembered of having lost his affectionate mother; however, he thought it over with more amplitude in regards to the purpose of Divine Providence. Was not God His father and Mother in Heaven? He recalled his life tribulations, and pondered that his blood brothers bothered and slandered him. However, was not Jesus a generous and sincere bother? He revisited his material failures. However, what was his fishing or the cupidity of the business men from Bethesda and Capernaum, compared to the light of the Kingdom of God, which he labored to build in his heart?

He reached his home at daybreak. Far out the first rays of the Sun seemed like messengers of celestial comfort. The singing of the birds echoed in his soul with harmonious notes of deep joy. The lowing of oxen had a different tone in his ears. His soul was now clear; his heart was relieved and happy. When the hinges creaked the door, his brothers gave way to scurrility, accusing him of being a bad son, a vagabond, and a traitor of the law.

However, Bartholomew recalled the Gospel and felt that only he had enough joy to give to his brothers. Instead of reacting harshly, like the other times, he smiled with the kindness of the friendly explanations. Bartholomew's father equally accused and banished him. However, the Apostle found it natural. His father did not know Jesus like he did. Since he was not able to explain himself, he kept the

assets of silence, and found himself in possession of a new happiness. After resting for a few moments, Bartholomew took his old fishnets and demanded his boat. He had a word of friendly consolation to all his work companions. The lake felt more accommodating and prettier; his work companions were kinder and more forthcoming. In the afternoon, he did not question the salesmen. However, he fulfilled their spirits with benevolent words, and with a captivating and educational attitude.

Bartholomew had converted his misfortunes into a song of joy, into a regenerative breath of the teachings of Christ. Everyone looked at him with surprise, except Jesus, who jubilantly knew the new mental attitude of his disciple.

The next Saturday, the Master claimed by the lake shore, which was surrounded by a number of followers. The crowd agglomerated men and women of the people, Jewish, and Antipas' officials, and a great number of Roman soldiers.

Jesus started to preach the Good News. At a certain point, he told, according to Matthew, that "The Kingdom of Heaven is similar to an undiscovered treasure, hidden in a field. It was then found and hidden by a man that moved by pleasure, sold everything he had and bought that field."

In that instant, the Master's eyes gazed over to Bartholomew that contemplated him captivatedly. The soft light of his generous eyes deeply penetrated the Apostle's inner soul, due to the kindness that he noticed. The humble fisherman understood the delicate allusion of the teaching, experiencing a light and satisfied spirit after having rid of all the vanity that he had not yet freed himself, so that he could acquire the divine treasure in the endless field of life.

Extending to Jesus a look of love and recognition, Bartholomew wiped a tear. It was the first time that he cried of joy. The fisherman from Dalmanutha forever adheres to the eternal jubilee of the Gospel of the Kingdom.

> Source: Book *Boa Nova (Good News)* by Humberto de Campos through Chico Xavier, published by the Brazilian Spiritist Federation. Its version in English is not available yet.



# Kardec Radio

## Nourish Your Soul

[www.kardecradio.com](http://www.kardecradio.com)

**FOLLOW THE SPIRITIST MAGAZINE on  
Facebook and Twitter**

Follow us on

**twitter**

<http://twitter.com/TSMagazine>

Friends of

**THE Spiritist  
MAGAZINE**

@ **facebook**

## **Online Spiritist Resources**

 **PodSpiritism**  
The Spiritist Phylosophy for Listening!

**SPIRITIST**  
*Videos*  
[www.spiritistvideos.com](http://www.spiritistvideos.com)

 **e-Spiritism**  
[www.e-spiritism.org](http://www.e-spiritism.org)

**Kardec Radio**



ON THE AIR

[www.KardecRadio.com](http://www.KardecRadio.com)

**Spiritist  
NETWORK**

Watch Learn Share

[www.SpiritistNetwork.com](http://www.SpiritistNetwork.com)

# When...

> Marco Prisco (Spirit) / Divaldo Franco (Medium)

**W**hen someone wants to hurt you, if you do not take offense, they will not succeed, however they try.

When others enunciate cruel slander to discredit you, you shall proceed in your pathway since they are obviously lying.

When a rough individual does not sympathize with you, you will not be affected by their negative vibes, once you have an understanding attitude.

When a long-standing friend deserted, unjustly accusing you, you will not proceed alone once you find yourself with a clear conscience.

When you have been accused of evil doing or of being envious of someone, nothing will change

in your life once you remain aware of your honor.

When you find yourself struggling with bitter enemies, you will achieve significant victory in your upward march as long as you do not fight back the evil that they send to you.

When booed and disrespected, you may realize that they come from spite and lower sentiments. If you do not stop due to that awkward situation, you will be a winner.

When some people show displeasure against your presence, your correct attitude will be correct if you are able to excuse them.

\*\*\*

Never take others' aggressions, even when they are directly nominated to you.

The vast majority of individuals see their neighbor



through the projection of their own conflicts. They actually do not even realize the folly that dominates them.

It is easy to identify in others or to transfer to others our own insanity and shame. People rarely project their treasure of virtues, which are in fact scarce.

Stay in peace as you do not regard too much importance thinking that you are always a cause for others' aggression and malice.

There will always be opponents and victims in society.

May you be the tranquility of conscience in the service of the liberating Goodness.

When you do so, others' evil will never hurt you, whereas your goodness will help everyone.

# *Human Search for Extraterrestrial Life*

INSIGHT



[www.fotofila.com/](http://www.fotofila.com/) @valentio\_fm

### Extent of the Universe

What are the dimensions of our Universe? That is one of the oldest questions for Science. Methods to measure cosmic distances date back to the 3rd Century B.C. Aristarchus of Samos was able to determine the distance from the Earth to the Sun by measuring the shadow of the former during a lunar eclipse. Even such early measurements revealed to Humankind an awesome Universe which proportions dwarfed the notion of space that commonly occupies the routine of our lives. Just think about it, our Sun is 93 million miles away from Earth (150 million kilometers), and that is the closest star [1].

All the stars that we see at night plus our Sun are all part of the Milky Way, which is a conglomerate of gas, dust, Planets, and stars. The length of the Milky Way is 100,000 Light-Years; i.e. even traveling at the speed of light, it would take 100,000 years to cross our galaxy. Astronomers estimate the number of stars in the Milky Way range from 100 to 400 billion. Distances within the Milky Way by themselves are extraordinary. For instance, if we assume that our solar system (Sun plus eight Planets ) has the equivalent diameter of a quarter, the distance to *Proxima Centauri*, which is the center star of the closest solar system, would be the equivalent of two soccer fields [1].

The latest measurements indicate that the Universe is 13.75 billion years old [2]. Therefore, the farthest points of the Universe that we can analyze and study are 13.75 billion Light-Years away (1 Light-Year = 5,878,625,373,183 miles = 9,460,800,000,000 kilometers). There are approximately 125 billion galaxies in the visible Universe. Due to constraints imposed by speed of light and by the fact that the Universe itself is expanding, there is no current technique to determine the approximate size of the Universe [3].

Allan Kardec made an interesting statement back in the Nineteenth Century in regards to what one might call an infinite Universe [4]:

*“If we continue for years, ages, thousands of centuries, hundreds of millions of earthly periods of time to transverse incessantly with the same lighting speed the fields of space, or whatever side we may go, toward whatsoever point we may direct ourselves from this invisible grain which we have quitted, and which is called Earth, the same immensity of space will be ever before us. This is space.”*

### Extraterrestrial Life

The estimates above indicate that the Milky Way alone has an enormous number of planets. Scientists have only started studying those so called exoplanets, i.e. planets outside of our solar system, in the last decade. So far, dozens of the exoplanets that have been discovered are rich in key ingredients to support life. This is relatively new research which carries the potential of identifying many more “Earth-like” planets and moons both within our solar system and beyond [5].

An interesting finding in the early 1970’s was the so called extremophiles. *Extremophiles* are forms of life found on Planet Earth that thrive in environments that could be considered not only hostile, but actually deadly for most other creatures. For instance, there are bacteria that flourish at high temperatures, or immersed in high levels of acidity, or with very low levels of water, or even exposed to very high levels of radiation. What extremophiles tell us is that the ingredients for life on Earth and in other worlds are as diverse as the forms of life themselves. These findings only broaden the prospects of the existence of extraterrestrial life even if based on building blocks which are currently unknown to us [6].

Regardless of the composition of alien life or of life on Earth, there is always one necessary ingredient: *the vital principle*. *The vital principle* is a semi-material , ethereal element of the Cosmos which permeates matter and allows for an agglomerate of inanimate elements, such as water, carbon, nitrogen, etc. to work together to form and maintain a living organism [4].

Based on the sheer size of the Universe, on the vast number of possible combinations of the ingredients of life, and on the ever presence of *the vital principle*, there is no doubt that life is a widely spread phenomenon.

### Categories of the Inhabited Worlds

Based on instructions provided by advanced spirits, there are other inhabited Worlds in the Universe, besides our tiny Earth. These other Planets can be classified based on the level of advancement of the forms of life that they house. Here is a summary of the categories of the inhabited Worlds [7]:

#### 1. Primitive Worlds

a. Inhabitants of these Worlds act primarily on instinct

- b. There are some initial sparks of intelligence
- c. Living beings are ignorant of moral values, but are not necessarily Evil

## 2. Worlds of Trials and Atonement

- a. In these types of Worlds there is a flagrant predominance of Evil
- b. The great majority of spirits who reincarnate in those planets must undergo tough experiences to evolve

## 3. Regenerating Worlds

- a. These are intermediate level Worlds
- b. Inhabitants of those celestial bodies might still have past mistakes that they must repair
- c. The process of spiritual development in those Planets is not harsh when compared to Worlds of Trials and Atonement

## 4. Blissful Worlds

- a. Those are planets in which Good supersedes Evil
- b. Spirits in those orbs experience true happiness

## 5. Celestial or Perfect Worlds

- a. Worlds which are inhabited by the most evolved spirits
- b. Spirits at this level can understand God and have the most in-depth knowledge of the Universe and its governing laws

St. Augustine, as a spirit, has reinforced the concept that the same way that spirits evolve, worlds also progress and grow. Therefore, planets are destined to advance just like their inhabitants, i.e. humans, animals, plants, etc. In our case, we currently dwell on Earth, which is a World of Trials and Atonement. Earth is predestined to become a Regenerating World; therefore, it is up to us to move

forward morally and intellectually to keep pace with its growth. Otherwise, we will not be able to reside in the new and improved version of our planet thus being required to relocate to another less advanced orb to continue our evolution [7].

### Universal Humanity

There is no doubt that the Universe is home to Humankind. However, let us not mix the concept of being human with being *Homo sapiens*. The latter are a relatively new species which populates the "pebble in the sky" which we call planet earth. Being human is so much more. Our Brethren is an immense group of spirits who can be found throughout the galaxies. It is not uncommon for more advanced spirits to incarnate on Earth either as mass migrations or as individuals. Some have come to continue their progress, some have come to teach us and assist us with our own progress [4]. There is the likelihood that we will not complete our entire evolutionary journey here on Earth. However, we know that the Universe is abundant of places where we can carry on with our destiny of becoming perfect spirits. The possibilities are infinite... literally speaking.

#### Bibliography:

- [1] "How Big is Our Universe", *Nasa Online Publication*, July 15, 2004.
- [2] "Wilkinson Microwave Anisotropy Probe", *Nasa Official Site*
- [3] "The Universe: It's Big, Real Big", *Online Publication*, link <http://howbigistheuniverse.com>
- [4] "Genesis: The Miracles and Predictions According to Spiritism", *Allan Kardec*, Spiritist Alliance for Books, New York
- [5] "Top Ten Places to Find Alien Life", Lauren Efron, *Discovery News*, March 6, 2011
- [6] "Extremophile Hunt Begins", *NASA News*, February 7, 2008
- [7] "Gospel According to Spiritism", *Allan Kardec*, Chapter III, The Headquarters Publishing Co.



www.  
**tvcei.com**  
 The world's first Spiritist WebTV  
 24 hours broadcasting.



# LAR FABIANO DE CRISTO

The work of Lar Fabiano de Cristo results from a long maturing process -51 years - through which it has continuously improved its vision and techniques of social inclusion.

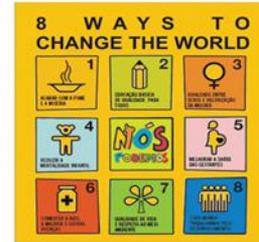
By means of this process, LFC has gained vast experience in several aspects of human promotion and has become a landmark in social work in Brazil.

Lar Fabiano de Cristo's recognized methods of social promotion can be made available, fully or partially, to other groups.

Customized community projects are developed for the group itself to manage or for it to participate indirectly through donations or sponsorships.

### *Our differential within Social Assistance in Brazil:*

- Quality of Life Plan
- Strategies
- Implementation of Promotional Methodology
- Social and Educational Support Program
- Social and Family Orientation Program
- Social Impact Evaluation
- Recognized by UNESCO as a consulting body for Educational Matters
- Winner of the CETS/FGV award "WE PULL OUR WEIGHT" (eradicate hunger / basic education /



**Goal 1- Eradicate extreme poverty and hunger.**

**Goal 2- Achieve universal primary education.**

Goal 3- Promote gender equality and empower women.

Goal 4- Reduce child mortality.

Goal 5- Improve maternal health.

Goal 6- Combat HIV/AIDS, malaria and other diseases.

**Goal 7- Ensure environmental sustainability.**

**Goal 8- Develop a global partnership for development.**

From the 8 ways to change the world, according to the United Nations, Lar Fabiano de Cristo is involved, in depth, with the 4 ways highlighted in red, as a commitment up to 2014.

## Contribute in this work of love ! Be a contributor with love !



VISIT OUR SITE AND SEE THE HUGE WORK OF LOVE PERFORMED ALONG 51 YEARS,  
HIRING SOCIALLY AROUND 3 MILLION PEOPLE  
[www.lfc.org.br/en](http://www.lfc.org.br/en)

# Teaching Discipline of the Mind to Kids

> Bernadete Leal, M.Ed.

**R**ene Descartes was a great philosopher who once said, “Cogito ergo sum” or, “I think, therefore I am”. Thinking deeply at this statement, we will see how the word “I think” is connected to “I am,” calling our attention to the idea that our thoughts reflect who we are. So, if we take into consideration that we are what we think, wouldn’t be wise to be concerned and more aware of our thoughts? Ask yourself, “Are my thoughts mostly of joy or sadness? Are they mostly negative or uplifting?” We invite you to stop, observe, and think about what you think.

It’s common to hear people complaining about their lives, how unhappy they are, or how things are not the way they want. They do not realize that the more they complain, the more they become stuck on that matter. When our minds are surrounded by negative thoughts, we vibrate and project that energy to the universe, attracting what we think.

Dear readers, by dueling on our negative thoughts, we are feeding them; it is like adding more fuel to the fire. We give power to those thoughts, making them grow. Consequently, we diminish our will power, affecting our health and emotional state.

The discipline of thought is essential to help us to

have a better state of mind and life. One of the first steps to achieve that is by recognizing the “trigger thought”, which is the negative thought that creates a chain reaction. Next, do our best to stop it as soon as it pops up in our head, so it will not begin to poison our mind. By doing that, we are in control, not allowing the negative thought to control us.

Here’s an example that many of us may relate. Let’s say your neighbor who always says “hello” to you in the mornings, did not to greet you today. Quickly your mind start thinking about the situation (the trigger thought), and you begin to question yourself if you did anything wrong. “Was it because I played music too loud last weekend? Was it because my dog barked all morning?” Or, your ego is hurt, saying “How rude! I will no longer talk to her!” And soon you will be calling your husband to complain about the neighbor mentioning that you do not deserve such treatment. Next, you post a comment on a social media about what happened, feeding that negative energy. What a waste of time! When we let those thoughts multiply, we take away precious time that could be directed to doing something more useful to help ourselves and others.

Developing the discipline of mind is not denying



## How can discipline of what we think help us in our life?

www.fotolia.com/Tatyana Gladskikh

that we think negatively once in a while, but recognizing the trigger thought when it arises and changing its vibration. This can be done by saying something positive, an affirmation, visualization, meditating, praying, going to a Spiritist center, receiving passes, reading inspiring and spiritual books, and even singing a joyful song. In order to be successful, we must make the effort to stop that thought from start. The more we practice it, the more discipline we will have.

This is a great tool to teach our children. For the little ones, we can help them to change their negative thoughts by making them laugh, doing something fun, saying good things about them. With teenagers, we can talk to them and explain how negative thoughts affect them emotionally, physically and also spiritually, and teach them the tools to change their vibrations to something positive when they feel down, frustrated, or depressed. They will benefit from them and will be using them in their lives as they grow up.

The Spiritist philosophy reminds us that thinking is a property of the spirit. If it were a characteristic only of the brain, how is it possible that spirits can communicate with us through thoughts if they no longer have their physical body?

Spiritism brings us awareness that our thoughts will connect with spirits that are in the same vibration level. On Chapter 14 of the book *The Genesis* by Allan Kardec, item 16, Kardec also explains about the importance of our thoughts and how its energy can be manipulated. He says, "The action of spirits upon spiritual fluids has consequences of a direct and capital importance for incarnated beings. From the instant that these fluids are the vehicle of thought, that thought can modify properties of them. It is evident that they must be impregnated by the good or bad qualities of the thoughts which put them in vibration, modified by the purity or impurity of the sentiments. Bad thoughts corrupt the spiritual fluids, as deleterious miasma corrupts the air we breathe."

Discipline of the mind is essential for a better life. If we want peace, let us have peaceful thoughts. If we want love, let us have thoughts of love. If we want healing, let us have healthy thoughts. We can change our lives by changing what and how we think. As James Allen once said, "You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you."



## Spiritist Conduct Regarding Passes

> Andre Luiz

**W**hen applying passes and other methods of spiritual therapeutics, avoid inquiring on results and never fear the exhaustion of the magnetic forces.

Goodness helps without asking.

Remember that the application of passes does not require violent movements, gasping of breath or continuous yawning.

Also, it is not always needed to tap the patient directly.

The transmission of passes dispenses any spectacular resource.

Explain to companions about the inconvenience of requesting passes all the time without no real need so this kind of aid does not become mania.

It is uncharitable to abuse the kindness of others.

Prohibit any noise, puffs of smoke, alcohol vapors, as well as gathering of people or the presence of irreverent and sarcastic people in the precincts for assistance and spiritual treatment.

In a polluted environment, nothing good can be

expected.

Stop any mediumistic manifestation during the giving of healing passes.

Discipline is the soul of efficiency.

Whenever necessary separate the presence of patients with contagious diseases in group sessions. Place them in another room for the needed relief.

Faith does not exclude precaution.

Whenever appropriate, add the healing blow to the magnetic pass services, as well as as the use of the spiritually magnetized water, the self-pass, or the emission of helping force (vibrations) at a distance through prayer.

Eternal Goodness is a blessing from God available to all.

*“He pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.” (MARK 5:23.)*

> Source: Book *Conduta Espirita* by the Spirit-author Andre Luiz through the medium Waldo Vieira.

# New Release



International Spiritist Council  
General Secretariat  
SGAN - Q.603 - Conj. F  
70530-030 - Brasilia - Brazil  
[spiritist@spiritist.org](mailto:spiritist@spiritist.org)



> Claudio Sinotti, PsyD and Iris Sinotti, PsyD

In the process of self-knowledge we need to make the journey inside ourselves to visit the places in our soul that have been locked for a long time because they hold emotions and sentiments we find difficult or hurtful to deal with.

The problem is that the ego often avoids facing those difficult and hurtful contents by deluding itself through escape mechanisms due to insecurity or immaturity among other conflicts that bewilder it.

Joanna de Angelis analyzes, ***“instead of facing the problems, certain emotional predispositions naturally impede the acceptance of the events and create an automatic escape mechanism in face of***

***which it seems to get rid of the difficulty while in reality it only postpones it.”*** The Spirit-Benefactor refers to the defense mechanisms of the ego which were initially established by Freud as Defense Neuropsychosis and later on systematically studied by his daughter, Anna Freud.

The ego uses many defense mechanisms among which we outline the following:

**A. Compensation:** The ego tries to direct the major part of its energy and dedication to an aspect that the person finds valuable in order to divert its attention from its weaknesses with which it does not know how to deal. For example, let us imagine someone who makes a negative evaluation of an aspect of its body or personality: He finds himself too thin or too fat, ugly, not intelligent, etc. In the attempt to compensate that, which is considered

# Defense Mechanisms of the Ego



to be a “flaw” in his personality, the ego looks for protection by aggravating another aspect: becoming excessively intelligent, building muscles in excess, working compulsively, being fanatic in his religion etc. Joanna de Ângelis<sup>1</sup> reminds us that, **“every excess of devotion to a cause is a compensation to the unconscious fear to sustain it”**.

**Displacement:** In some unfavorable situations we don't feel comfortable to show our emotions, and it can happen that we transfer them to something or someone else at another moment that is not necessarily linked with the initial incident. For example, let us think of someone who, at some point, feels like attacking someone, but not wanting or being able to do so breaks a cup on the floor or transfers this to another object like we often see in soap operas. Fights or aggressive sports are good examples

of this defense mechanism as well because through these ‘socially accepted’ practices, they transfer their withheld anger and see with pleasure fury in action, as if they were revenging all circumstances in which they could not express their aggression.

**Projection:** Through projection we see in others the characteristics that we find hard to acknowledge in ourselves. That is why every exaggerated sensitivity we have with someone, or some type of inadequate behavior that we easily identify in someone else usually point out an aspect of our personality that we do not know of or that we do not want to see. The Benefactor Joanna de Ângelis<sup>2</sup> teaches us that **“there is a necessity to fight in others that which is unpleasant in ourselves”**. Jesus clearly noticed this human behavior when he established in his wisdom that we should take care of the beam in our eye and not of the speck in somebody else's eye.

**Introjection:** In introjection we add certain characteristics from other people to our behavior, for admiration or insecurity of our way of being. This happens frequently to adolescents, when they imitate their idols in the way of how to dress, speak or behave, although this is true in other phases of life too. Joanna de Ângelis<sup>3</sup> points out a very serious question that is created by this defense mechanism when she alerts, **“Nowadays, besides the dependency to countless social vices and dependencies to alcohol, tobacco and other illegal drugs, there is the actual dependency to soap operas through its characters, especially the unhappy ones, which are introjected by the anguished viewer.”**

**Rationalization:** This is a mechanism through which one tries to justify a mistake using rational arguments even if these contradict common sense and moral integrity. The person tries to protect themselves using ‘reason’ to defend from their own wrong attitudes. Examples: stealing something at work justifying that the salary is too low; not following the law and defending oneself with the argument that politicians are bad. However, **“nobody can change something bad into something good, just by refusing to accept this bad thing consciously. On the contrary, it is necessary to work towards inner betterment, instead of ignoring or justifying it with the rationalization”**, as Joanna de Ângelis<sup>4</sup> reminds us.

Up to a certain point Psychology considers the use of these mechanisms as natural to try to maintain the psychic balance by taking away from the conscience

sources of insecurity, danger, tension or anxiety. The problem is when they are constantly used, because we temporarily distance ourselves from important questions in our lives, feeding neurotic symptoms.

That is why it is necessary to verify our habitual ways of escape and start to use mechanisms to face as a way to get to know oneself in depth and structure one's personality in a healthy way. We can use the following therapeutic tools:

**A.** Instead of **Compensation**, we can use natural acceptance, living with and transforming the qualities or aspects that we judge negative in us, as much as possible. As Joanna de Angelis explains, **"every person is what they can be, and as such they need to present, accept themselves and need to be accepted, while working for their inner growth through their catharsis, fully aware of their degenerative conflicts."**

**B.** When we identify, in our behavior, the mechanism of defense **Displacement**, we face the challenge to learn to deal with and express emotions. Recognizing the destructivity we are capable of we realize the need to channel it in a constructive way, through dialogue, recognition of our annoyance and our incessant search to harmonize our inner world to deal with the natural clashes of human existence, without transferring our frustrations to objects or other people.

**C.** To deal with **Projection**, it is necessary to pay attention to the things that bother us the most, the people who usually upset us or call us out, negatively and positively. From there on, we are able to evaluate how this aspect is in our behavior, whether they are denied or exacerbated in us. When we recognize and start to face the features of our own shadows, it is easier to deal

with the shadow of others without the necessity to project it.

**D.** If **Introjection** is our way of defense, we need to identify the fear and the insecurity that makes us not feel comfortable expressing peculiar characteristics of our personality. Others' way of being is beautiful in them, but not in the ones that imitate them. To recognize our own value, even admiring other people, is a valuable therapeutic resource for building self-esteem. By doing so, we will no longer imitate the transient models we choose, because we are at peace with our own identity.

**E.** To combat **Rationalization**, humility and courage to recognize our mistakes, independent of the attitude of others, are true values for our personality. The Master taught us, "You will find the truth and the truth shall set you free."<sup>5</sup> Psychologically we can say that being true to ourselves and to others is a sign of great maturity, because when we recognize our mistakes, we are able to change our attitude, without having to find artifacts to hide our lack of ethics.

In this inner journey, persistent will becomes the flashlight in the darkness of our being, so that with the keys of moral strength we will be able to open the door to the truth that we are, while getting to know our strengths and ills. We then will no longer require escape mechanisms to hide from others and from our own selves.

References:

[1, 2, 3, 4] *O Ser Consciente* (Book by Joanna de Angelis through Divaldo Franco. Not translated to English yet)

[5] John 8: 32

Because Heaven Can Wait... Help us to reach out to those in need, now.

# Bezerra de Menezes Food Pantry

Food insecurity affects many americans, especially working-poor families with children. Supplemental food provided by Bezerra de Menezes Food Pantry, helps families with limited incomes. BM Food Pantry is managed by Bezerra de Menezes Kardecian Spiritist Assn, a not-for-profit 501(c)(3) educational, charitable organization, serving the South Florida community since 1985.

Consider making a tax-deductible donation online today, it's easy and secure.

Visit [www.spiritist.com/fp](http://www.spiritist.com/fp) or mail/send us a check payable to Bezerra de Menezes to the

6450 N.W. 77th Ct. Miami Fl 33166 Ph: 305.477.4148

**WE NEED YOUR HELP**

Affiliated: Kardecian Spiritist  
Federation of Florida

**FEEDING  
SOUTH FLORIDA**





**3rd Spiritist Conference of Florida**

# **a Mediumship human attribute**

**March 2 and 3, 2013**

Florida International University  
Kovens Conference Center  
(Biscayne Bay Campus)  
3000 NE 151 Street  
North Miami, Florida 33181

**Admission: \$50.00**

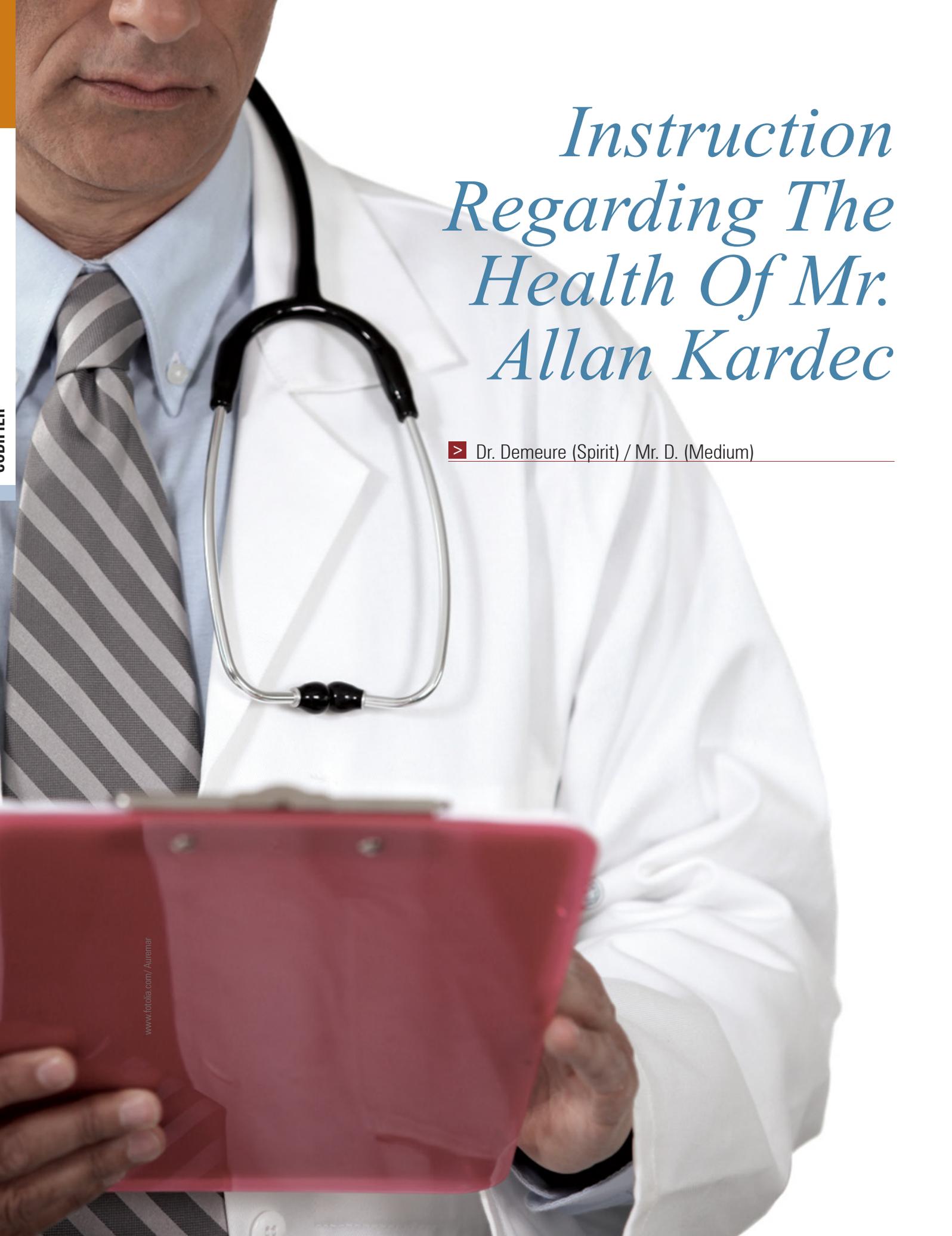
Featuring Speakers:

**Divaldo P. Franco  
Alberto Almeida  
Suzana Simões  
Cesar Reis**

Information:  
(786) 519-3529  
[spiritistfederation.us](http://spiritistfederation.us)

**spiritist**  
Federation of Florida





*Instruction  
Regarding The  
Health Of Mr.  
Allan Kardec*

> Dr. Demeure (Spirit) / Mr. D. (Medium)

---

Allan Kardec received the following instructions in regard to his health. Dr. Demeure communicated through the medium Mr. D. in Paris on April 23, 1866 with the following recommendations and reflections. We here publish these instructions as they are living lessons to all good-willed Spiritists and their need to care for their health and “concentrate their strength”.

*The health of Mr. Allan Kardec is weakening daily as a result of excessive work that is superior to his strength. I then find myself in need to repeat again what I have told him so many times:*

*“You need rest. Human strength has limits that your desire to see the progress of Spiritism often leads you to surpass those limits. You are wrong, because, by so doing, you will not accelerate the march of the Spiritist Doctrine, instead you will ruin your health and you will put yourself in the impossibility of finishing the job you came to fulfill in this world.*

*“Your current illness is no more than the result of the constant expenditure of vital forces, without giving yourself time for the needed recovery, as well as to the warming of the blood<sup>12</sup> produced by the absolute lack of rest. Undoubtedly, we will hold you up, but under the condition that you do not undo what we do. What good does rushing do? Have we not told you many times that everything will come in its proper time and that Spirits in charge of the movement of ideas create favorable circumstances when the time to act comes?*

*When it is needed that each Spiritist concentrates their strength for the fight, do you think it is your duty to exhaust yours? No. In every aspect you have to lead by example and your place is in the stockade, in time of danger. What would you do there if, by weakening, your body will no longer allow your spirit to use the tools that experience and revelation have put in your hands? Listen to me: leave for later the great works that were designed to complement what is already outlined in your first publications; your ordinary work and some small urgent brochures are enough to absorb your time and they shall be the only goal of your current concerns.*

*“I do not only speak in my name. I here am a representative of all Spirits who have so powerfully contributed to the spread of the Spiritist teachings due to their wise instructions. Through me, they tell you that this delay that you consider harmful to the*

*future of the Spiritism is a needed measure from more than one point of view. It is either because certain issues are yet to be fully understood, or because there is need to prepare the Spirits to better assimilate them. It is necessary that others have cleared the ground, that unsustainability of that certain theories have been proven, and that greater space has been produced. In a word: the time is not opportune. Thus, safeguard yourself. When the time has come, all the vigor of your body and spirit will be indispensable. So far, Spiritism has been the target of many diatribes. It has raised many storms. However, do you think that all this agitation has slowed down and all hatred have calmed down and become powerless? Do not illude yourself. The purifying debugger has not expelled all the impurities. The future reserves other trials and the ultimate crisis will not be the least painful and the least difficult to bear.*

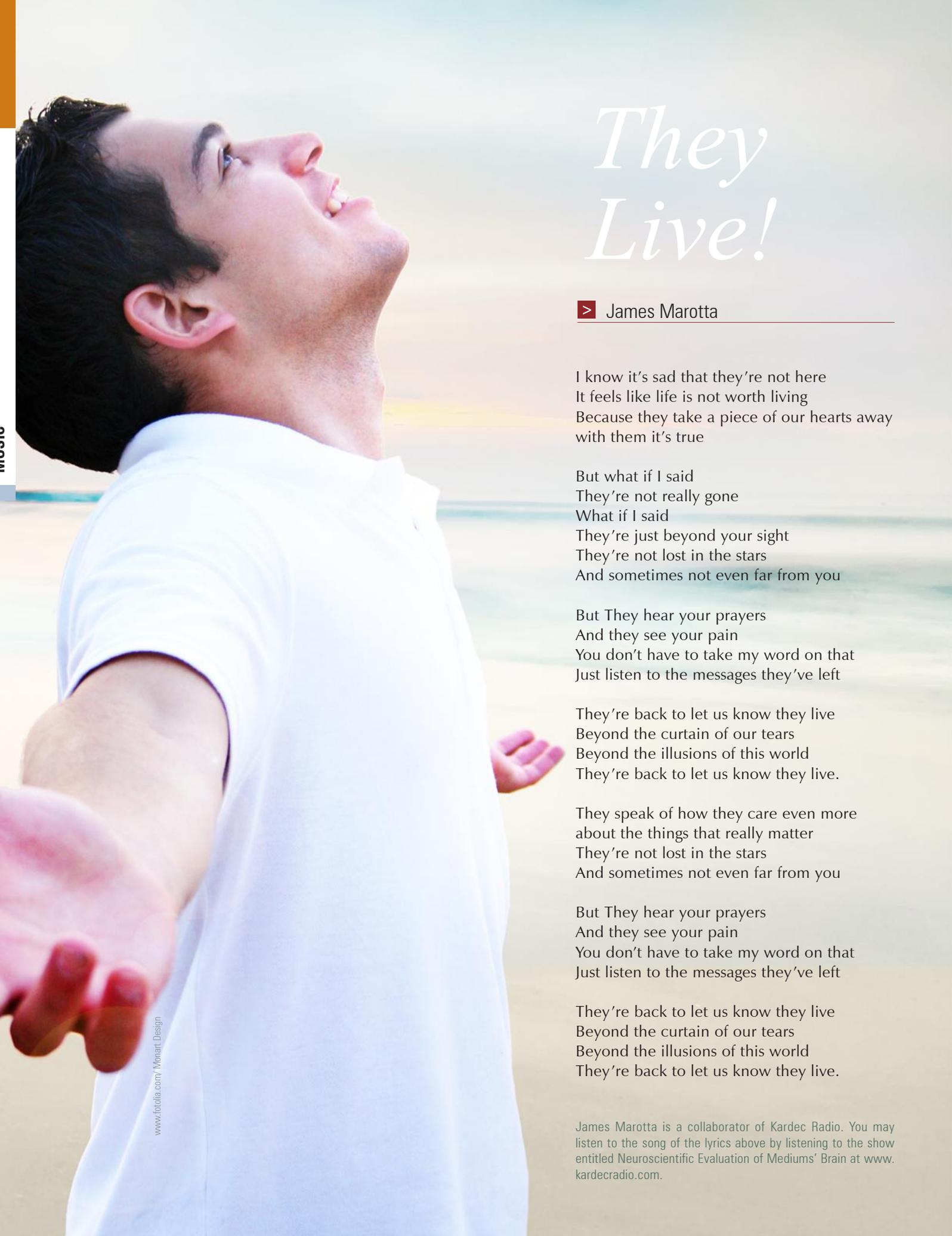
*I know that your particular situation imposes on you a multitude of secondary works that consume most of your time. Requests of all sorts rain upon you and you feel the duty to attend to them as much as possible. Herein, I will do for you what you would not dare do for yourself: I will direct myself to all Spiritists. For the sake of Spiritism itself, I will ask them to avoid overloading you with any extra work that would take your time, which you should devote almost exclusively to finishing the work. Maybe your correspondence will suffer with it, but the teachings will gain with this measure.*

*Sometimes it becomes necessary to sacrifice the individual needs for the general interest. It is an urgent measure that all sincere supporters will understand and approve.*

*The voluminous correspondence that you receive is for you a valuable collection of documents and information. It explains you about the true motion and the actual progress of the Doctrine. It is an impartial thermometer. That correspondence also provides you with moral satisfaction since it has often sustained your courage, showing you the adherence to your ideas at all points of the globe. In this regard, the overabundance is a good and not an inconvenience, but with the condition that it shall help your work and not perturb it by creating additional activities for you.”*

> Source: *Obras Póstumas* (Posthumous Works) by Allan Kardec, published by FEB (Brazilian Spiritist Federation).

[12] “warming of the blood” means today high blood pressure. TR’s note.



# *They Live!*

> James Marotta

---

I know it's sad that they're not here  
It feels like life is not worth living  
Because they take a piece of our hearts away  
with them it's true

But what if I said  
They're not really gone  
What if I said  
They're just beyond your sight  
They're not lost in the stars  
And sometimes not even far from you

But They hear your prayers  
And they see your pain  
You don't have to take my word on that  
Just listen to the messages they've left

They're back to let us know they live  
Beyond the curtain of our tears  
Beyond the illusions of this world  
They're back to let us know they live.

They speak of how they care even more  
about the things that really matter  
They're not lost in the stars  
And sometimes not even far from you

But They hear your prayers  
And they see your pain  
You don't have to take my word on that  
Just listen to the messages they've left

They're back to let us know they live  
Beyond the curtain of our tears  
Beyond the illusions of this world  
They're back to let us know they live.

James Marotta is a collaborator of Kardec Radio. You may listen to the song of the lyrics above by listening to the show entitled Neuroscientific Evaluation of Mediums' Brain at [www.kardecradio.com](http://www.kardecradio.com).

## SECRETARY GENERAL OF THE ISC VISITS BRAZIL

The interim secretary general of the International Spiritist Council, Charles Kempf, visited Brazil on November 8-13. He met with the ISC Administrative Committee while also participating at the Annual Meeting of the Brazilian Council of the Brazilian Spiritist Federation. More information at [www.intercei.com](http://www.intercei.com).

## CHICO XAVIER - THE GREATEST BRAZILIAN OF ALL TIMES

Chico Xavier was elected the greatest Brazilian of all times. The election poll was conducted by a national Brazilian survey of the TV broadcast station SBT. Though, we Spiritists are not looking forward to passing titles on the Earth, we rejoice with the nation's recognition on the undisputable example left by the beloved Chico Xavier.

## NEPE: NUCLEUS OF STUDY AND RESEARCH OF THE GOSPEL - BRAZIL

On October 2, the Brazilian Spiritist Federation (BSF) created the Nucleus of Study and Research of the Gospel as per suggestion of Haroldo Dutra Dias in agreement with the interim present of the BSF. The main goals of NEPE are: (1) create an ample bibliographic resource of biblic titles, whether Spiritist or not; (2) promote the study, the research, and the translation of texts related to the New and the Old Testament; (3) create activities to share NEPE's studies through virtual and physical networks; (4) stimulate the publication and the dissemination of NEPE's studies and research through the diversity of means of communication (books, Cd's, DVD's, internet, TV, radio and others). NEPE's committee includes Haroldo Dutra Dias (coordinator), Célia Maria Rey de Carvalho (sub-coordinator), Flávio Rey de Carvalho (secretary), Affonso Chagas Correa, Ricardo de Andrade T. Mesquita, Wagner Gomes Paixão e Simão Pedro de Lima. Its first seminar will happen on March 2, 2013 at the auditorium of the BSF. The program is entitled "Jesus is the Door; Kardec is the Key". More information at [www.febnet.org.br/blog/geral/pesquisas/seminario-jesus-a-porta-kardec-a-chave](http://www.febnet.org.br/blog/geral/pesquisas/seminario-jesus-a-porta-kardec-a-chave).

## THIRD SEMINAR ON SPIRITISM FOR CHILDREN AND YOUTH - URUGUAY

On November 24-25, the Spiritist Federation of Uruguay promoted the Third Seminar on Spiritism for Children and Youth. Miriam Dusi, director of the Department of Children and Youth at the BSF coordinated the activities assisted by Camila Gaspar. More information at [www.intercei.com](http://www.intercei.com)

## SPIRITISM AT THE 29TH ANNUAL MIAMI BOOK FAIR INTERNATIONAL

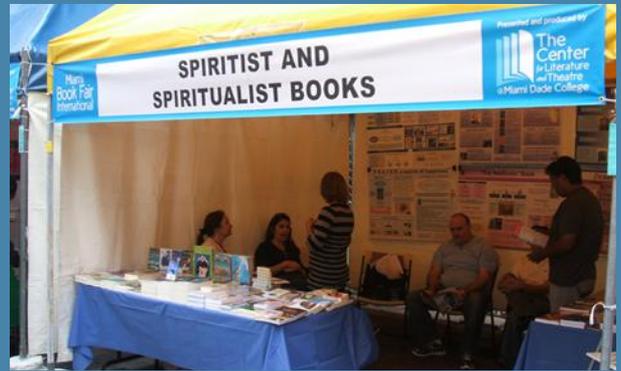
The first Miami Book Fair International, founded by Miami Dade College and community partners, took place in 1984. Since then it has been recognized as the nation's finest literary festival. In 2001, the Fair became part of The Center for Literature and Theatre @ Miami Dade College, a cultural and academic initiative that promotes the advancement and appreciation of literature throughout the year.

Benjamin Rodriguez, founder of Bezerra de Menezes Kardecian Spiritist Center in Miami, was a pioneer, bringing Kardec's books to the general community at the Miami Book Fair. The tradition

has continued, with the support of members and friends the booth "Spiritist and Spiritualists books" was open November 16, 17 and 18, 2012 at the Miami Book Fair, offering Kardec's work in Spanish, English and Portuguese. Authors Gilda Miros and Beti Rozen were present signing their books and answering questions from the visitors to the booth.

The Spiritist Magazine, English and Spanish printed editions, were given to those interested on knowing more about Spiritism. Many visitors inquire about Spiritist Centers in different areas of South Florida. The flyer "Get to know Spiritism" published by the ISC, was also distributed on the booth. Information about Spiritist web sites, events, Spiritist radios and inspirational messages were given to an avid public.

It was a great experience for the more than 15 volunteers on the three days of the street fair, a great opportunity to interact with the public, bringing Spiritist books to the readers.



## HAROLDO DUTRA DIAS IN THE UNITED STATES OF AMERICA

The renowned Spiritist speaker and scholar Haroldo Dutra Dias, JD, dedicated three week of enlightening lectures and seminars in six States of the United States of America: Massachusetts, Pennsylvania, Maryland, Virginia, Illinois, and Florida. Dr. Dias left a message of unity, hope and prayer in the light of the Christ.

## KARDEC RADIO REACHES MORE THAN 60, 000 LISTENERS

On March 17, 2012, Kardec Radio dedicated its program to an interview with Dr. Andre Newberg on the Neuroscientific Evaluation of the Brains of Mediums, according to the contents of the cover article of this current issue of the magazine. It then hit its record audience this far. To get to know more about Kardec Radio and to listen to its programs either live or on demand, please go to [www.kardecradio.com](http://www.kardecradio.com)

## BEZERRA DE MENEZES FOOD PANTRY DISTRIBUTED 64 THANKSGIVING MEALS DONATED BY WALMART

On November 21, 2012 just a day before Thanksgiving, 64 at-risk families, residents of Miami Dade County, received a Frozen Turkey, Sweet Potatoes, rice, black beans, stuffing and a great smile from the volunteers at BM Food Pantry. It was a great surprise to receive a call from the local Walmart, offering these holiday meals at no cost for the Food Pantry. It was simply a blessing for everyone!

# Ongoing Campaign



In a joint initiative, the Spiritist Society of Baltimore, the Spiritist Society of Virginia, and Kardec Radio launched on March 10-11 the new campaign I Honor My Parents. The main goal of the campaign is to help the new generation gain awareness on the importance of respecting and honoring those who care for them. The campaign is also an opportunity to empower parents and educators in their missionary role. The SSB and the SSVA have put together a monthly support group for parents and educators in which they will cover family topics according to the Spiritist view. Kardec Radio is then promoting monthly shows on Empowering Parents and Educators.

## Declaration of True Civilization

- Time has come when all needs to resume its order.
- Society needs family and family needs parents.
- Healthy parents, healthy children.
- No more disrespect.
- Let us rescue the concept of respect, deference, reverence to one another and especially to parents.
- Children's rights are most certainly a natural law of civilized society. But no true civilization exists without the self-evident familial foundation of honoring our parents.

*This is the foundation of the much needed campaign "I honor my parents". Neither parents are perfect, nor their children. Thus no perfection can be demanded, but respect for each other's rights and honor for others' roles.*

> The author of the Declaration of True Civilization is Joseph (Spirit). Message psychographed by Vanessa Anseloni. More information at <http://campaign.ssbaltimore.org>.





# Members of the ISC

*INTERNATIONAL SPIRITIST COUNCIL*

*SGAN 909 Conj. F*

*70790-090 - Brasilia - DF - Brazil*

*Tel: 00 55 (0) 61 3038 8400*

*www.spiritist.org*

*spiritist@spiritist.org*

## **1 – ANGOLA**

Sociedade Espírita Allan Kardec de Angola  
Rua Amílcar Cabral, 29 - 4º. B  
LUANDA - ANGOLA  
Tel/Fax: 00 2 442 334 030  
seakaangola@hotmail.com  
www.seaka.org

## **2 – ARGENTINA**

Confederación Espiritista Argentina  
Sanchez de Bustamante 463  
Buenos Aires  
Tel. (54) 11 4 8626314  
confespiarg@speedy.com.ar  
www.spiritist.org/argentina

## **3 – AUSTRALIA**

Franciscans Spiritist House  
1 Lister Ave. – Rodkdale 2216 – Sydney – NSW  
Gloria Collaroy (02) 9597 6585  
info@joanadecusa.org.au  
www.joanadecusa.org.au

## **4 – BELGIUM**

Union Spirite Belge  
43 Rue Maghin, B-4000 LIEGE  
BELGIQUE (BÉLGICA)  
Tel: 00 32 (04) 227-6076  
www.spirites.be  
e-mail: usb@skynet.be

## **5 – BOLIVIA**

Federación Espírita Boliviana  
(FEBOL)  
Calle Libertad 382  
Santa Cruz de la Sierra  
Tel. (591) 3337 6060  
febol@entelnet.bo  
www.febol.org

## **6 – BRAZIL**

Federação Espírita Brasileira  
Av. L2 Norte - Quadra 603 - Conj.F - Asa Norte  
70830-030 – BRASÍLIA - DF - BRAZIL  
Tel: 00 55 (0) 61 321-1767  
www.febnet.org.br  
febnet@febnet.org.br

## **7 – CANADA**

Canadian Spiritist Council  
1357 B Dundas Street West  
Toronto, ON - M6J 1Y3  
+1-456-532-7896  
e-mail: csc-info@joannadangelis.ca

## **8 – CHILE**

Centro de Estudios Espíritas Buena Nueva  
Calle Nelson, 1721 – Ñuñoa – Santiago.  
SANTIAGO - CHILE  
centroespirita\_buenanueva@yahoo.com.ar  
www.consejoespirita.com/chile

## **9 – COLOMBIA**

Confederación Espírita Colombiana (CONFECOL)  
Calle 73, 20B-08  
Bogotá D.C.  
Tel. (571) 2551417 , Fax (571) 21719565  
confecol@confecol.org  
www.confecol.org

## **10 – CUBA**

Sociedade Amor y Caridad Universal  
Ave 37 No. 3019 entre 30 y 34 bajos, Playa,  
Ciudad Habana - CUBA  
Tel: 209-6833  
carmen.agramonte@infomed.sld.cu  
www.josedeluz.com

**11 – ECUADOR**

Federación Espirita del Ecuador  
 Dirección: Cdla. Huancavilca Mz. D-1 Villa 1  
 Casilla Postal: 09-01-11336  
 GUAYAQUIL – ECUADOR  
 Tel: (593-4)2434048  
 federacionespiritadeecuador@hotmail.com  
 comejecorp@hotmail.com  
 www.spiritist.org/ecuador

**12 – EL SALVADOR**

Federación Espirita de El Salvador  
 39 Calle Poniente No. 579 y 571, Barrio Belén  
 SAN SALVADOR - EL SALVADOR  
 América Central  
 Tel: 00 (503) 502 2596  
 2235-4250 7763-8764,  
 2235-4250 7229-4886,  
 federacion@elsalvadorespirita.org  
 www.elsalvadorespirita.org

**13 – FRANCE**

Union Spirite Française et Francophone  
 1, Rue du Docteur Fournier  
 Boîte Postale 2707  
 37027 TOURS - FRANCE  
 Tel/Fax: 00 33 (0)2 4746-2790  
 www.union-spirite.fr  
 union.spirite@wanadoo.fr

**14 – GERMANY**

União Espirita Alemã  
 Hackstrasse 11  
 D-70190 Stuttgart-Ost  
 Alemanha – Germany  
 Tel: 0049.7122.82253  
 Uniao.Espirita.Alema-D.S.Vereinigung@web.de  
 www.spiritismus-dsv.org

**15 – GUATEMALA**

Cadena Heliosophica Guatemalteca  
 15 Av. 6-71, zona 12  
 01012 – Guatemala  
 Tel: (502) 2471 9935,  
 Cel. (502) 5704 1387  
 ebravo\_1@hotmail.com  
 www.guatespirita.org

**16 – THE NETHERLANDS**

Nederlandse Raad voor het Spiritisme  
 Postadres: Klokketuin 15 1689 KN -  
 HOORN - HOLLAND  
 Tel: 00 31 (0)229 234527  
 www.nrsp.nl  
 info@nrsp.nl

**17 – HONDURAS**

Asociación Civil de Proyección Moral –  
 ACIPROMO  
 Zona de Tiloarque, Colonia El Contador,  
 Calle principal, lote 3 y 4  
 Apartado Postal # 3163  
 TEGUCIGALPA, HONDURAS  
 Tel: 504-2379312 - 504-33800299  
 info@hondurasespirita.org  
 www.hondurasespirita.org

**18 – ITALY**

Unione Spiritica Italiana  
 Via dei Pescatori,43  
 23900 - Lecco - Italia  
 Tel: 00 39 (0) 341494127  
 www.spiritist.org/italia  
 unionespiriticaitaliana@yahoo.it

**19 – JAPAN**

Comunhão Espirita Cristã Francisco Candido Xavier  
 Chiba-Ken/Jehikawa-shi/Ainokawa 3-13-20/101  
 2720034 – JCHIKAWA-SHI  
 info@spiritism.jp  
 www.spiritism.jp

**20 – MEXICO**

Central Espirita Mexicana  
 Retorno Armando Leal 14  
 Unidad CTM Atzacualco. Delegacion Gustavo A.  
 Madero  
 CIUDAD DE MEXICO, C.P. 07090  
 Tel: 00 52 5715-0660  
 E-mail: idominguezl@att.net.mx  
 www.spiritist.org/mexico

**21 – NEW ZEALAND**

Allan Kardec Spiritist Group of New Zealand  
 153A Mt Smart Road  
 Onehunga – Auckland  
 New Zealand  
 Tel: 00 64 21 178 75 56  
 www.allankardec.org.nz  
 info@allankardec.org.nz

**22 – NORWAY**

Gruppen for Spiritistiske Studier Allan Kardec  
 Dronningens gt. 23  
 0154 Oslo – Noruega  
 Tel: 00 47 (22) 19 44 69  
 www.geeaknorge.com  
 post@geeaknorge.com

**23 – PANAMA**

Fraternidad Espirita Dios, Amor y Caridad (FEDAC)  
 Calle V # 9 - Parque Lefevre  
 Panamá - República de Panamá  
 Apartado Postal 0834 - 01981  
 Panamá, República de Panamá  
 www.fedac.org.pa  
 fedac@fedac.org.pa - fedacpanama@hotmail.com

**24 – PARAGUAY**

Centro de Filosofía Espiritista Paraguayo  
 Calle Amâncio González, 265  
 ASUNCIÓN – PARAGUAY  
 Tel/Fax: 00 595 21 90.0318  
 www.spiritist.org/paraguay  
 arami@rieder.net.py

**25 – PERU**

Federación Espirita del Perú -  
 FEPERU  
 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

**26 – PORTUGAL**

Federação Espirita 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

**27 – SPAIN**

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

**28 – SWEDEN**

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

**29 – SWITZERLAND**

Union des Centres d'Études Spiritiques en Suisse  
 Postfach: 8404 - WINTERTHUR - SUIÇA  
 Tel.privé: ++ 41/ 055 210 1878  
 UCESS 00 41 52 232 2888  
 www.spiritismus.ch  
 ucess@spiritismus.ch

**30 – UNITED KINGDOM**

British Union of Spiritist Societies-BUSS  
 Room 9, Oxford House - Derbyshire Street  
 Bethnal Green - E2 6 HG  
 Tel. 02077293214  
 bussevents@gmail.com  
 www.buss.org.uk

**31 – UNITED STATES**

United States Spiritist Council  
 9403 Verona Lakes Blvd  
 Boynton Beach, FL – 33472-2757  
 United States  
 Tel. 561-880-0016 / 954 592 4245  
 E-mail: info@spiritist.us  
 www.spiritist.us

**32 – URUGUAY**

Federación Espirita Uruguay  
 Avenida General Flores 4689  
 Montevideo, Uruguay  
 Código postal: 12300  
 feuruguay@gmail.com  
 www.espiritismouruguay.com

**33 – VENEZUELA**

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

# Words of Wisdom

> Carlos Torres Pastorino

---

## **Giving and Receiving**

“Do to others what you would like others do to you.”  
Jesus, the great philosopher who proffered this teaching,  
knew what he was talking about.

If you despise, you will be despised.  
If you criticize, you will be criticized.

But, if you give goodness, comprehension, and love,  
you will receive love, comprehension and goodness  
in return.

Each one receives what he gives.

Do to others what you would like them to do onto you.

\*\*\*

## **Thinking freely**

We are living in the century of light: do not let yourself  
be taken by illusions, though well-intentioned ones.  
Think impartially and do not accept anything without  
understanding it.

If you do not understand something, do not reject it.  
Try to deepen it through study.

Do not conform with the worst type of slavery, mental  
slavery.

We are born to be free, and we will only be free when  
we think freely.

\*\*\*

## **Mind transmission**

Our mind is a radio that transmits our thoughts and  
receives others' thoughts.

But we only receive thoughts to which we attune.

It depends on us to focus our mind in an elevated range  
of vibrations of goodness and love, so we will only be  
reached by identical thoughts.

In this manner, no thought of evil or disease will reach  
us.

\*\*\*

## **Permanent Protection**

Rest assured that nothing bad can happen, because the  
Divine Force is your permanent protection.

The evil that happens to you may be an experience  
that you go through.

“But everything cooperates to the wellness of those  
who love God”, even pain and sufferings, diseases and  
persecutions.

No bad can reach you but the one you yourself do.

> Source: Book *Minutos de Sabedoria* (Minutes of Wisdom) by Carlos  
Torres Pastorino, published by Editora Vozes. This book is not in English  
yet.

# New Release



International Spiritist Council  
General Secretariat  
SGAN - Q.603 - Conj. F  
70530-030 - Brasilia - Brazil  
[spiritist@spiritist.org](mailto:spiritist@spiritist.org)

# 7th Spiritist World Congress

"Charity and Spiritual Education  
in Building a World of Peace"

# CUBA

*100 Years of The Gospel According to Spiritism. La Havana - Cuba*



## March 22rd - 24th of 2013

**PROMOTER AND ORGANIZER:** The Internacional Spiritist Council (ISC)

**MADE POSSIBLE BY:** Sociedad Amor y Caridad Universal, Sociedad Espirita José de Luz, Sociedad Espirita Más Luz, Sociedad Espirita Leon Dennis, Sociedad Espirita en Pos de la Verdad

### INFORMATION:

Secretary General ISC  
SGAN 909 - Modulo G - CEP 70690-090  
Brasilia - Brasil  
Telephone: +55 (61) 3038-8415; 3038-8417

Organizing Committee  
Tel: (537) 209-6833  
(523) 42-1652  
(305) 332-4086

Visit us at: [www.7cem.org](http://www.7cem.org)  
e-mail: [7cem2013@7cem.org](mailto:7cem2013@7cem.org)