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# 150 Years of Secure Mediumship

Mediumship in Children

by Allan Kardec

Jesus, the Best Therapist Who  
Ever Lived

by Mark Baker, PhD

Narrowing our Ties with Our  
Guardian Angels

with Raul Telxiera, PhD

Zohara, Mediumship and Divaldo  
Franco

with Zohara Meyerhoff Hieronimus

The Importance of Therapeutic  
Visualizations

with Divaldo Franco

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# Before Slander

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

It is inevitable being a victim of slander.

Slander is part of the moral budget of many people. It is present in the market of human folly.

Many take pleasure in it and struck it out of envy, jealousy or simply due to their moral disease.

Others are in charge of publicizing it, delighting in doing so because they are tormented people.

\*

Do not tune in to those who are in the frequency of slander.

Also do not allow yourself to be targeted by slanderous barbs sent towards you.

Live in such a way that the slanderer be demoralized by lack of evidence.

Each day is a lesson that becomes life in your immortal pathway.

Slanderous episodes arise every day, attempting to reach someone.

So, forgive the slanderer.

He will not shy away from himself.

\*

They say that a slanderous woman sought and told her confessor that she was repentant for her folly attitude.

Asking for absolution of the sad offense, she wanted to know her penitence.

The confessor reflected on the matter and asked the woman to go home and bring a feather pillow.

"Then, climb the church tower and from there spread them into the wind with maximum care. After that, come back here to receive your liberation."

As soon as the woman finished doing so, she returned and asked to the confessor:

- And now?

- Go back there - said the priest - Collect all the feathers and redo the pillow.

Slander is feather in the wind that always go on to the bitterness of slanderer.

Source: Book "Episódios Diários" by Joanna de Angelis (Spirit)/ Divaldo Franco (Medium) published by LEAL Editora.



# Secure Mediumship

**“Mediumship was given to humankind for a serious and useful purpose,”** said the Illuminated Spirits in *The Spirits’ Book* by Allan Kardec. However, until 1861, an actual serious and deep guidebook on Mediumship was inexistence. It took the visionary mind of the educator Allan Kardec to finally publish his research findings, its implications on humankind, and propose a secure and unique approach to the practice of Mediumship. Kardec’s achievement was quite extraordinary since countless are the number of lives that have been deeply transformed since the advent of Spiritism and the publishing of this unique book, *The Mediums’ Book*.

It has been 150 years since that day! The most intriguing consequence of the publishing of *The Medium’s Book* comes with the astonishing number of balanced mediums who became true instruments of the Higher Minds on the Earth. Before this book, Mediumship was left to the realm of a few mysterious minds, the initiated ones. Since then, Mediumship was finally understood as a natural, human faculty to be educated and to expedite the progress of our modern society to higher levels of compassion and wisdom.

Spiritist mediums have become the most productive and charitable examples of mediums in humankind history.

It is truly unprecedented the works being done by Spiritist mediums across the planet, especially in countries such as Brazil. Where will we find a Chico Xavier, whom not only published 412 plus books in automatic writing but also donated all of its proceeds to non-profit organizations. His psychographed books encompass a diversity of styles from poetry to deep scientific knowledge. Some are quite prophetic since they revealed facts that were proved by Science much later or still await validation from material sciences, such is the case of the book *Evolution in Two Worlds*.

We then dedicate this issue of our magazine to celebrating 150 years of *The Mediums’ Book* by Allan Kardec and its impact on the inner and outer transformation. After all, our planetary transition is in great demand of a well-guided mediumship for the coming of the Regenerative World on the Earth.

Vanessa Anseloni, PsyD, PhD  
Editor-in-chief



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"Help those who have gone astray back to the right road."

*Joanna de Angelis*

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# Jesus, The Best Psychotherapist Who Ever Lived

> Dr. Mark Baker, PhD

**T**SM - JESUS, THE BEST PSYCHOTHERAPIST WHO EVER LIVED IS ONE OF YOUR BEST-SELLING BOOKS. WHAT DID INSPIRE YOU TO WRITE THIS BOOK?

MB - This book is the product of many years of study. Since I have both a Masters degree in Theology and a Doctorate in Psychology I have been studying spiritual and psychological understandings of healing for over twenty years. But I suppose my original inspiration came from observing my grandfather as a child. He was sought out by members of the community for advice on matters of practical living and he offered them counsel based upon his understanding of Jesus as our model for living. His common sense suggestions for emotional health based upon the teachings of Jesus helped many people, and inspired me to pursue a deeper study of the Bible and Psychology. This book is the culmination of many years of study based upon that original inspiration.

TSM - HOW DID YOU DECIDE TO TAKE THIS UNIQUE APPROACH IN YOUR PSYCHOLOGY PRACTICE? WOULD YOU CONSIDER YOUR APPROACH A SPIRITUAL PSYCHOLOGICAL APPROACH?

MB - After my graduate education I sought consultation with one of the best known psychoanalysts in the United States, Dr. Robert Stolorow. He is one of the most respected theorists alive today, and my study with him deepened my understanding of the latest theories on psychological healing. Although Dr. Stolorow does not consider himself to be a spiritual person, his ideas are strikingly similar to the core ideas taught by Jesus regarding human relationships and maturity. I now teach with confidence that the spiritual concepts gleaned from the teachings of Jesus are timeless in helping us live better lives today. I am the director of a Christian Counseling Center in the Los Angeles area that has over twenty-five therapists who all practice with a similar commitment to spirituality and emotional health. We refer to healing as "whole person health" as we believe a spiritual approach to life is just as important to wholeness as both a physical and psychological one.

TSM - BASED ON YOUR VAST EXPERIENCE, WHAT HAS BEEN THE GREATEST OBSTACLE TO THE HUMAN MIND ON EARTH TODAY?

MB - I don't know if I can narrow it down to one thing, but certainly fear is somewhere near the top of the list. I believe the most powerful life is lived based upon love, and the destructive things we do come out



of fear. Fear and love are opposites in this way. Jesus taught us that love is the greater force between the two and I see this in my practice every day. When it comes to making daily choices, instead of asking "What is the right thing to do here?" if we could ask ourselves, "What is the loving thing to do?" we would make better choices and experience a world with much less pain in it. I believe our greatest battles are spiritual ones, and the battlefield is the arena of our emotions. The anger, sorrow, anxiety and hurt we experience can dominate our lives if we do not know how to manage them. Unspiritual teachers have taught that we should create fear in others and seek to dominate them. This only brings temporary satisfaction. Love is the hallmark of the teaching of Jesus, and no one has a greater following on Earth today because following him leads to the most satisfying life possible.

TSM - LAST MARCH 24, YOU RECEIVED THE PEACE AND YOU AWARD FROM DIVALDO FRANCO, AMBASSADOR OF PEACE, WHILE BEING THE KEYNOTE SPEAKER AT THE EVENT ON EMOTIONAL HEALING IN MARYLAND. WOULD YOU DESCRIBE THE MEANING OF THIS EXPERIENCE FOR YOU?

MB - This was a great honor for me. Meeting Divaldo Franco and learning more about his work was greatly inspiring. Few people have his dedication to bringing healing and spiritual wholeness in the



world. It is humbling for me to know that my work is being received in many places over the world and that because of this I would have the opportunity to meet and be encouraged by Divaldo. I did not know





much about Spiritism before going to Maryland, but I was moved by the sincerity and depth of spiritual commitment in so many people there. Our world is very much in need of healing, and I believe it will come from people of spiritual commitment. I am encouraged to know that God is at work in so many places during this time of great need.

TSM - IN YOUR TALK THAT EVENING YOU GREATLY TALKED ABOUT FORGIVENESS AND MERCY. WOULD YOU PLEASE SHARE WITH OUR READERS YOUR VIEWPOINT ON THE IMPORTANCE OF BOTH FOR EMOTIONAL HEALING?

MB - Forgiveness is one of the most underutilized sources of healing available to us. We are mistaken in thinking that the benefit of forgiveness is only for the forgiven. The main benefit of forgiveness is actually for the forgiver. When we choose to forgive someone who has offended us we are releasing ourselves from the self imposed punishment of resentment. This brings healing to our own souls.

Resentment is the emotion we feel when we have been demeaned by another. It is personal and it can run deep. This feeling of being "put down" sparks in us the desire to even the scales so we cling to our resentment as a way of fueling our hatred for the offending person in hopes of seeing him or her punished. Our own worth has been called into question, and here is the important part, it has been called into question in our own minds. This is why we want to take acts of revenge, to blot out the seeds of doubt about our own worth in our own minds. This, of course, does not work. We cannot "even the scales" when we have been personally demeaned and caused to doubt our own self worth. Even if we could hurt the other person in some way, our relief would be only temporary. We would still have to deal with the doubts about our own self worth that have been stimulated and now even deepened because of our own acts of revenge.

The solution to self doubt and resentment is not revenge, it is forgiveness. It is the choice to not return hurt for hurt. It is the decision to be the kind of person that does not get even based upon painful feeling of doubt about our self worth. Forgiveness is freeing ourselves from the self destructive force of resentment. Forgiveness is accepting God's view of us as having profound worth and value, which removes any need to engage in acts of revenge.

Mercy goes one step further. Mercy is the choice to not punish someone who deserves it. There is a retribution that is not based upon resentment. This is punishment that is deserved but not based upon hatred. Parents punish their children in this way, and good societies punish wrongdoers in the same fashion. Retribution is punishment that has nothing to do with

doubts about self worth, but it solely exists to correct acts that are immoral, wrong. But just as justice is a virtue, so is mercy. Mercy comes from the character of the one offering it. It is not based upon the mitigating circumstance surrounding the wrongdoer's actions; it is purely an act of compassion, freely given. To show mercy is to choose to not punish a wrongdoer simply based on love. This is one of the greatest acts of humanitarianism and will always be a virtue we need to display in the world.

TSM - WHAT WERE YOUR IMPRESSIONS ON YOUR FIRST CONTACT WITH THE SPIRITIST COMMUNITY?

MB - As I mentioned, this was my first experience with the Spiritist community. I was moved by the kindness and depth of spiritual awareness of so many people. Everyone I spoke with had a genuine desire to understand the world we live in as completely as possible. The spiritual commitment, intelligent approach to life and awareness of God left an impression upon me. Some of the ideas within Spiritism are new to me, but I was impressed with the reasonable approach to spirituality that I experienced in the community. I am also impressed by the openness of the Spiritist community to ideas from more traditional Christian thinkers like myself. I have found our conversations stimulating and I hope beneficial for everyone involved.

TSM - ANY FINAL COMMENT?

MB - I am honored to be recognized by the Spiritist community for my work in the area of spiritual and emotional healing. I know the power of pursuing a life modeled after Jesus Christ. My academic studies in the area of Psychology have only confirmed this for me. I believe the core of both spiritual and psychological problems is a desperate attempt to preserve one's self without any regard for anyone else. The healing of this core disease is a healthy relationship, first with God and then with others. I am encouraged to learn that many others are attempting to heal broken relationships both spiritually and psychologically. We are partnering with God when we do this work and bringing a great blessing to our world.

> Dr. Mark Baker has received a Ph.D. in Clinical Psychology and a Masters degree in Theology, as well as a certificate in Psychodynamic Psychotherapy. He is the author of the internationally best-selling book *Jesus, The Greatest Therapist Who Ever Lived*. He has co-authored with New York Times best-seller author Carmen Renee Berry the book *Who's to Blame?: Escape the Victim Trap & Gain Personal Power in Your Relationships*, which was released by Pinon Press. Dr. Baker is the Executive Director of the La Vie Counseling Centers with offices in Pasadena and Santa Monica, CA



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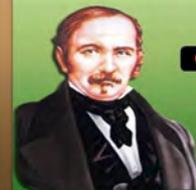
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## > Elsa Rossi

In the first moment, it seems incoherent to mention the phase in which we are in. With Allan Kardec bringing forward the light of reason with faith, we are able to attest to the beautiful understanding found under Chapter 6 of Part 3 in *The Spirits' Book*, "The Law of Destruction", opening a new window in the horizon of the Spirit Life.

In nature, when we read about the great torments that "destroy" cities, we can say that fluidic clouds of bacteria and mental viruses were banned from the area, all of which contributed for pollution in the atmosphere, deviances of all sorts, where progress of life is concerned, strengthened and fed by the human minds that still find themselves in the "chaos" of the moral inferiority.

These clouds move about, where "destruction" should take place, fired up by the "spiritual moral force" and are impacted in the form of tsunamis, in the form of any other phenomena found in nature.

Once the "storm" has passed, we see the effort of renewal, the formation of fraternal groups and unification, the growth of solidarity, of mutual help, touching the hearts of cities, countries and continents.

In the same manner, this too should touch our hearts, the overwhelmingly destructive cloud that touched England, should be considered under the Studies of Philosophical Spiritism, that "there are no victims".

Everything that happens in nature follows its own course of Action, Reaction, Cause and Effect, and the "tsunamis" or "wave of agitation of the peace of the Spirit", only happens collectively when necessary for the "awakening of souls and of hearts" so they may start paying attention to one another, in a supportive, understanding and strengthened manner within the greatest law of "Love and Charity", forgiveness of offenses" acting as signatures found in our moral contract that we have to execute before God.

> Elsa Rossi is the chair of the British Union of The Spiritist Societies and executive member of the International Spiritist Council. She is the founder of Roundtable Publishing in the UK.



# *Mediumship in Children*

➤ Allan Kardec

**A**fter being prepared by the guardian angel, the Spirit who incarnates, that is, she undergoes further tests in order to advance, then begins to establish the mysterious ties that unite the body to express her terrestrial action. Here would lie a great study over which I will not extend myself. I would rather speak about the role and provision of the Spirit during the period of childhood in the cradle.



www.sxc.hu/Benjamin\_Earwicker

The Spirit's action onto matter at this time of the development of the body is less sensitive. Also, the Spirit-guides take advantage of these moments, when the physical body does not require much intelligent participation of the incarnated spirit, to prepare the latter, to encourage her in his good resolutions through which the soul is impregnated.

It is in those moments of liberation that the spirit, leaving the whole state of confusion that she had to go through during the beginning of her present incarnation, she understands and remembers the commitments contracted for her moral advancement. It is then that the Protecting Spirits assist you and help you to recognize yourself.

Also, study the characteristics of the child who sleeps. You often see her "smile to the angels," as the saying goes – a greater truth than you think. Indeed, she smiles to the Spirits that surround her and should guide her.

Observe her when awake. You now see this dear child stare at something: she seems to recognize the friendly beings. Sometimes she babbles, and her gestures seem happily addressing the loved faces she sees.

And, because God never abandons his creatures, these same Protecting Spirits later give her, good and wholesome instruction, either during sleep or by inspiration in the waking state.

Hence you can see that all human beings have, at least in the germinal state, the gift of mediumship.

Childhood itself is a long succession of medianimic effects. And if older children, when the spirit acquired more strength, were not afraid of the images of the first years, we would be able to see these effects much more clearly.

Continue to study and every day, as older children, your instruction will grow, if you persist in not closing your eyes to what surrounds you.

- A Protective Spirit.

> Source: "Revue Spirite", published in January 1865. Received by the medium Mr. Delanne at the Parisian Spiritist Society.



# Zohara, Mediumship and Divaldo Franco

➤ Zohara Meyerhoff Hieronimus

**T**SM - THIS YEAR, WE CELEBRATE 150 YEARS OF THE PUBLISHING OF THE MEDIUMS' BOOK BY ALLAN KARDEC. TALKING ABOUT MEDIUMSHIP, WOULD YOU SAY YOU ARE A MEDIUM? HOW DO YOU SEE MEDIUMSHIP?

ZM - I have certainly been called a medium, psychic, or intuitive channel in my life. Medium is a good word, for it implies one is both the vehicle for multi-dimensional communication, but also, that the medium itself in which the person operates, is the field of life where transference of knowledge and wisdom takes place. So, I like the double meaning in the English word. Mediumship is the use of the medium of life, for as I like to say, "all of life talks."

Mediumship is assumed to mean that the channel, the person or sometimes group of people receiving information, are unconscious or in a slightly suggestive state or in a deeper hypnotic trance, where they may not remember what they have heard, said, or written. I am, however, like many other practitioners fully conscious, a wide-awake receiver. My eyes are open, I move into this state in a second, processing what I see and hear no differently than one does in normal conversational activity. I am conscious of what is being said, and most of the time, of who or what is speaking, and for whom the information is intended. The capacity for hearing what is being communicated from human



souls no longer in physical bodies, from angels and guardians who seek to guide us, and from animals living or deceased, as well as from nature herself, is a talent every human being is designed to develop. I have made a practice of various arts that rely upon non-local consciousness in some manner all of my life. I think this is why the art of listening to "life talk" is for me a gentle process of seeing, hearing, writing, and speaking.

In esoteric Judaism, it is said that the prophet (Mediums), the person who speaks for and with God, must be humble, have courage. Humility makes it possible to set one's own ego and desire aside, in order to make room for others to contact; and courage, to deliver the message regardless of consequence to oneself, is the final stage of the process.

Of course every human has free will and we are responsible for what we do, or choose not to do. Sometimes a message is for the Medium and no one else, and other times, the information imparted is to assist an individual, a family, a community, or an entire nation. The Medium is responsible for utilizing the knowledge in the most helpful way possible.

To me, mediumship means that a person is able to listen, with a clear heart, a clear mind, and in a state of balance him or herself, in the joy of service. The 'medium-ship' is where all life interconnects and continues outside of the boundaries of time and space,



as we experience them in the mundane world of daily activities. Contacting the 'every where and every when,' as my dowsing teacher, the later Terry Edward Ross would say, is the goal and the gift of human beings. As immortal souls in temporary bodies – kabbalah teaches that all of our senses are faculties of the soul: eyes, ears, nose, mouth and sense of touch. It is for this reason that some mediums hear (clairaudience), some see (clairvoyance), still others smell or even taste things when they are in an active state of reception. Some people are clairsentient, getting information by touching something related to the target. Objects, clothing, and the places they have made contact with hold a person's energetic imprint. In the case of missing people, the physical object of that person acts like a honing beacon, and helps the Medium to tune in, to where the person is.

My own style of mediumship is primarily clairaudient and clairvoyant, most of the time they occur in tandem, though on occasion I have been clairsentient (through scent), able to smell for instance the perfume of a deceased person, or the smell of their favorite flowers, or even a brand of cigar. After decades of practice I find the easiest way for me to speak with those not in my physical presence, is through a picture of the subject, person or animal, though most of the time, I work with the name of the subject and nothing more. Of course, there are also times when a spirit being will contact me, and I am sure they do not have a picture of me on their heavenly refrigerator, in order to locate where I am.

The reason a medium can work without anything other than the name of a person, place or thing, is that the intention of the medium to listen and/or to speak with that source, is what makes the connection between the receiver and the speaker. The universe listens to what we say, records it and plays it out again, just like an answering machine. When the Medium brings their focus to someone's name, it is not much different than the way we dial up a person directly on the phone to speak with them. We call their number. A person's name or the name of an animal, a place or object is their number.

There are many methods that can be learned and each person will find over time, which works best for them. The fundamental process I use is first to pray for divine guidance and ask that the highest good be revealed. I make clear in my heart that I intend to serve the situation with my full attention and to the best of my ability. I ask permission of the subject to have the conversation and ask if sharing what I learn is allowed. Sometimes what a medium is told or shown, cannot be shared in its entirety, but helps the Medium understand the currents of life behind a present situation they have been called to assist in.

The process itself, whether at a distance or in the presence of the subject, requires a deeper form of listening than we do with the casual hearing of our ears. (I sometimes wonder if my diminished physical hearing, due to decades as a radio broadcaster, has not helped my inner hearing, because there is less noise interfering in my brain.) But most importantly, in any type of mediumship practice, is not to judge or analyze what is being said, but simply to make a record of the communication. I actually type the information as I receive it, as I could never recall it all and if I were to speak into a recording device, my own voice would interfere with what I am hearing and seeing. So this is a long answer to your question. I am a medium, and meeting Divaldo Franco inspired me to say this openly, after a lifetime of keeping it somewhat vague publically.

TSM - IN YOUR BOOK KABBALISTIC TEACHINGS OF THE FEMALE PROPHETS: THE SEVEN HOLY WOMEN OF ISRAEL, INNER TRADITIONS, AND INTL. (2008), YOU DISCUSS THE ROLE OF THE FEMININE IN HUMANITY'S DEVELOPMENT. IN THAT REGARD, WE ALSO NOTE THAT THE MEDIUMS WHO WERE THE INSTRUMENTS FOR THE COMING OF SPIRITISM WERE ALSO WOMEN. WOULD YOU SAY THAT THE FEMININE IS THE KEY ELEMENT FOR THE NEW SPIRITUALITY OF OUR PLANET?

ZM - Every human being is partially male and partially female. The female aspect of our make up is related to our intuition, to understanding, to listening, to knowing what each situation benefits from. Our male aspect is rational, analytic, but also has flashes of wisdom. Together, wisdom and understanding produce knowledge. Women or the mother aspect in human beings, are born with extra 'Binah', the Hebrew word used in Kabbalah that means understanding, making a woman a better vessel in general for the intuitive arts overall. But every human being has spent life times as a man, and others as a female. The work of each person is to achieve self-mastery, which means to combine the male and female, rational and intuitive, giving and receiving aspects of our selves. That our polar nature is made of male and female tells us, that a person at

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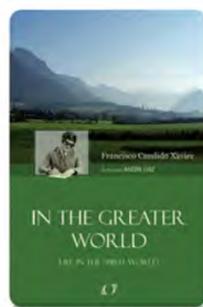
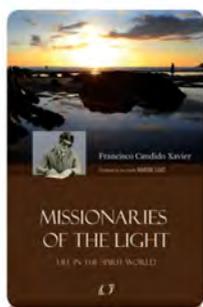
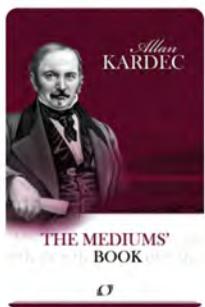
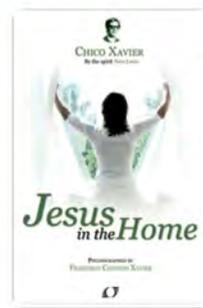
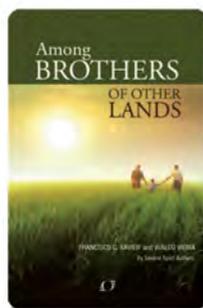
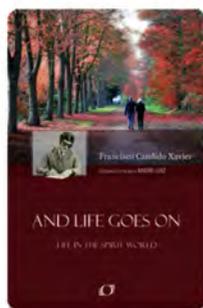
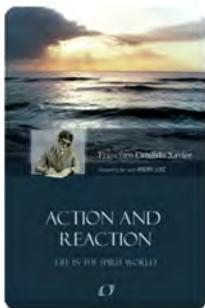
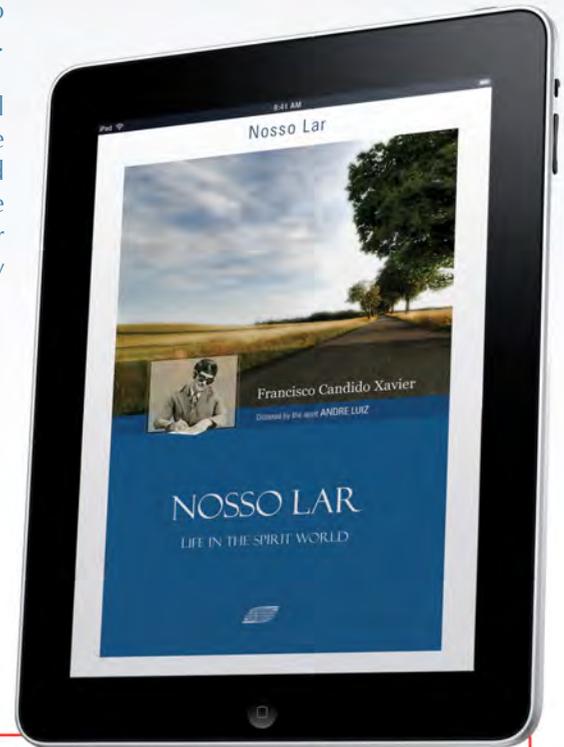
The International Spiritist Council (ISC) and the Brazilian Spiritist Federation (BSF) established a collaboration to consolidate pioneering efforts in the world market to launch the Spiritist books in digital format (eBook). This year we plan convert more than 500 titles copyrighted by The BSF. Amongst 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.

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peace is one in balance between their male and female qualities, between giving and receiving.

In the framework of historical time, we are moving into the age of prophecy, which in Kabbalah is said will come primarily through women and children. A woman is designed to make room for new life in her womb. In the same manner, it is easier for a woman to surrender her own needs and ego, than it is for a man. It is this natural surrender, that a vessel designed to receive, (a woman), is made suitable for mediumship and all other levels of prophecy. Mediums and sensitive people in general, can help midwife a shift in collective awareness. So, women in general and people who cultivate their intuitive talents, will be vital in addressing the many challenges we face in our world.

TSM - IN 2008, YOU RECEIVED THE PEACE AND YOU AWARD FROM DIVALDO FRANCO, AMBASSADOR OF PEACE. WOULD YOU KINDLY SHARE YOUR THOUGHTS REGARDING THAT EXPERIENCE?

ZM - In our lives, we go about living them to the best of our ability never knowing the extent to which even the simplest act of kindness to another person will have. When we act with devotion, knowing that our lives are on loan from God, we tend to meet other souls like our own. Meeting Divaldo Franco, and being included as an Ambassador of Peace, was a very deep, heart felt joy for me. Not only was I given the pleasure of sharing the wisdom and teachings of the female prophets of ancient Israel, whose lives I have studied, but being among a few hundred like minded and like hearted men and women, gave me a certain sense of belonging, that I do not often experience among groups of people. The fact that many of us are of different faiths, added another dimension to be thankful for. To be among people who have reverence for divinity, who know we are all here to help in the divine plan, and make room in our lives for devotional service to others, simply reaffirmed the holy teachings of all traditions we each represent. Meeting a man of God,

who has devoted his life to helping those in need, is inspiring. To see the amazing spiritual beings standing beside him, and having an opportunity to speak with Divaldo about these guardians, was also another unique detail in our first introduction. But most of all was the sweet love that emanates from Divaldo Franco, his apparent compassion and desire and practice of helping others. There is a visible shining light in his physical countenance, which is testimony to the spirit of God inhabiting the human heart.

TSM - THIS YEAR, AT THE THIRD PEACE AND YOU EVENT IN COLUMBIA, MD, YOU WERE INVITED TO BE THE SPOKESPERSON AT A SPECIAL CEREMONY IN GRATITUDE TO DIVALDO FRANCO FOR MORE THAN 25 YEARS OF CONTINUING PRESENCE IN THE MD-DC-VA AREA. IT WAS A TRULY MOVING MOMENT FOR YOU AND ALL PRESENT. WOULD YOU SHARE WITH OUR TSM READER YOUR AMAZING THOUGHTS MENTIONED THAT EVENING?

ZM - I was given the opportunity of awarding Divaldo, a lovely plaque made for the occasion by Dr. Vanessa Anseloni and the Spiritist Society of Baltimore, who invited me for this evening event. After a lovely evening of ballet, true life stories by Divaldo, whose translated talks feel more like a song of the heart than a speech, and a presentation by Dr. Mark Baker and Dr. Anseloni, I was asked to come to the podium and give Divaldo an award for his 25 years of helping steward the Spiritist movement in MD. It was the closing moment of the evening and I had so much to share, but knew I had only a few minutes. I had planned on simply reading the words on the plaque out loud, but I was so overcome by emotion and the exceptional situation of having several hundred mediums present, that I asked for permission to tell a brief story. This is the story that I shared.

I had recently been to a retreat center, to learn to play the harmonica. On the final day of the five-day workshop, I heard a voice tell me to come into the





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hallway. The hallway referred to, was a long tunnel like connection between the property's two large buildings, which were connected through their basements. When I had first arrived at the retreat center, I had gone through there and said to myself, Boy, this place is haunted. I won't be coming down here again. But then, on the last day of my visit, I heard a voice say, "Come into the hallway." I walked out of class, through the two big doors and instantly was surrounded by 30 monks, 15 on each side of the hall. Of course they were not in the physical world, but clearly present. I don't know Latin but recalled a few words from High School chorus, and said in a sing-song fashion, "Sanctus Benedictus," to which I attached to a few other Latin words, "In Spiritus Nominus". The hallway is cavernous. Arched ceilings with white painted cement walls and floor, I had found the best place to sing or maybe even play harmonica. The monks laughed at my improvisational Latin, but they got the message, that I could hear and see them.

The retreat center is now devoted to many eastern paths of mysticism and disciplines, including yoga. Yoga as taught in the East is a way of life, but it is also a spiritual path of service. In the West, we tend to diminish beautiful holy paths, to personal indulgences. The priests expressed to me, that they felt that their prior lives on the property, before it changed ownership, and the work they did as a devotion to God, was not appreciated by the current practices of the thousands of visitors, who came to the facility each year. In essence, they were asking to be honored for their presence in their work currently at the facility, elevating the prayers of all the men, women and children that come and enjoy the wonderful programming and facilities at the center. It was clear they wanted this to be shared with people who worked there as well. After understanding this, I was about to leave the hall when a 'thirty-something' man who obviously worked there, came through the opposite end of the hallway. He was big, like a former high school tackle, wearing heavy construction work boots, a flannel shirt and jeans. But I was inspired by the timing and a hunch to ask him if he saw the priests in the tunnel. He gasped a little puff of air. Looked straight at me and said, "Yeah. I feel them. Sometimes I feel someone looking over my shoulder. Weird things happen down here all of the time." Not only was he aware of them, but he admitted to being a psychic child whose maternal lineage had the 'gift', who at the age of 17, shut his talents down, as many people do, wanting to have a normal life that others can relate to. As a result of our conversation, he later wrote to me saying that he was going to open up that part of his life for his own son, and that he had looked at the old blue prints of the property. He wrote, "The current underground tunnel and the rooms [which

are now a furnace room, a laundry room and other storage spaces], used to be the priests classrooms." It is only logical that they would have been gathered in the hallway.

There is more to the story but the basic message I had to share was telling everyone present, is that we are here to listen, to talk with life, all of life and that there are so many souls wanting to help us, to speak to the living. They work with us and we work with them, and this is the holy work intuitives, mediums, and sensitive people can do, to help bring earth into divine right order. Also, and just as important, was that my own experience with this young man, was that by talking about the reality I was experiencing, gave him the courage to reconsider using his God given talent, which he said, came from the women on his Mother's side of the family.



The story is connected to my meeting Divaldo Franco, in 2008 and seeing how he has used his gifts for establishing education, health care, spiritual guidance for hundreds of thousands of others. What I was moved to say was "thank you" for motivating me to be public about my own experiences. Meeting Divaldo Franco, and seeing the life he is leading in service, gave me the desire to 'come out of the closet' as a medium. For this I am grateful. In a sense, he did for me, what I did for this young man. We remind each other that many human beings, world wide have these natural God given abilities and are using them for the community's benefit.

In closing, Divaldo Franco is clearly the beloved of the Blessed Mother and the two words I was told to tell





him on the occasion of his award were, "Ave Maria." And I did.

TSM - REGARDING THE SPIRITIST COMMUNITY, YOU WERE TRULY INSTRUMENTAL IN CONVEYING SPACE FOR THE SPIRITIST SOCIETY OF BALTIMORE IN 2001 TO LAUNCH ITS PIONEERING EFFORTS IN THE DISSEMINATION OF THE SPIRITIST TEACHINGS IN THE USA. HOW WOULD YOU DESCRIBE YOUR EXPERIENCE WITH THE SPIRITIST COMMUNITY?

ZM - From our very first conversation to our on going relationship, service was and remains the key word we share in common. To me, gifts of the Holy Spirit are for helping others and Dr. Anseloni made it clear from the start that she and the Spiritist fellowship are people who intend on helping the world, and the living dynamic between the living and disincarnate souls who are helping us make good choices. Members of the Society are serious professional men and women who take time in their lives to listen to the spiritual worlds and the guidance being shared with those in need. This is the purpose of all mediumistic talents, to be of service in the world.

TSM - WE HAVE HEARD THAT YOU HAVE A NEW BOOK COMING THIS YEAR. WOULD YOU LIKE TO TALK A LITTLE ABOUT IT?

ZM - It's called Sanctuary of the Divine Presence, Hebraic Rituals in Initiation and Revelation, Inner Traditions, 2011. In 2008 I had momentary vision that showed me how the ancient Hebrews' Tent of Meeting and Tabernacle is a description of our own physical and spiritual anatomy, and how each person can create an inner sanctuary for God's Presence, for the Holy Spirit to rest in. The Divine presence in turn, enables prophecy and peace.

The book is based in classical, Judaic teachings, and uses a multi-layered system of esoteric correspondances that include ten specific Bible Texts sung by the prophets and the ancient Hebrew people. Each song and each

story are a part of our own soulful journey from Adam singing of Sabbaths' delight, to King Solomon's love song at dedication of the First Temple. Also, there are five different stages the person experiences in the Holy Sanctuary of life; initiation, consecration, elevation, illumination and revelation. Each of these stages is also represented in the Tent of Meeting and its parts: the tent, the outer courtyard, the Holy Place, the Holy of Holies, and the Cherubim on the Ark. Each stage and location of development represents different aspects of our bodies, our soul and our natures. For instance we learn that prayer and song are the foundation for our spiritual ascension. They represent the material world of action and invigorate the aspect of the soul that is in our blood. All together, the reader learns how The Tree of Life in Kabbalah, a ten-part cosmo-genesis, and the Tent of Meeting and the Tabernacle, a five-part system, preserve deeper mystery teachings applicable to our own lives today.

Each person is designed to revel in the divine. This book shows how each of us is the holy Tabernacle, a High Priest, who makes their lives an offering, whose work in the world becomes like the rituals. By learning how to ascend the Tree of Life, we refine ourselves so that we can each create a Sanctuary for the divine presence.

> J. Zohara Meyerhoff Hieronimus is an award winning radio broadcaster, author, social justice and environmental activist, and pioneer in Holistic Health Care. She is as well the Founder and Executive Director of the Ruscombe Mansion Community Health Center, which has since 1984 served east coast clients with holistic health care services and programs.

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# The Importance of Therapeutic Visualizations

> Divaldo Franco

**T**SM - CURRENTLY, NEUROSCIENCE HAS INVESTIGATED THE IMPORTANCE OF THE TECHNIQUES OF THERAPEUTIC VISUALIZATIONS FOR HUMAN HEALTH. DR. SANJOY PILAY AT HARVARD MCLEAN HOSPITAL IN BOSTON PROVED THAT THE BRAIN RESPONDS TO SUCH TECHNIQUES EFFECTIVELY PROMOTING PHYSICAL AND MENTAL HEALTH. HOWEVER, LONG BEFORE SCIENCE, SPECIFICALLY IN THE 80'S, JOANNA DE ANGELIS IMPLEMENTED HER THERAPEUTIC VISUALIZATIONS. COULD YOU SHARE WITH US THE VISION OF THE MENTOR ABOUT THIS?

DF - When the spiritual Benefactor Joanna de Angelis recommended to me this technique, due to a serious problem of prostate cancer with metastasis in Nilson de Souza Pereira (my cousin), she explained to me that the mind is able to reconstitute the cellular organization. This happens because the mind focuses

its vibrations onto the perispirit (organizing biological model), then it can change its constitution which will be reflected in the construction of cells. Because the cells - not all - however, live on average 30 days, leading to mitosis, the mental field powerfully influences the biological phenomenon, helping its memory, which will produce one that is compatible with the psychic content that is cultivated in the mind.

In the case herein mentioned, the healthy and uplifting visualization elaborates the balance and ideoplastically produces fields conducive to the emergence of healthy cells without the disorders that they may be carriers.

She further explained that the mind affects the central nervous system, which transfers vibrations to the endocrine system and is transmitted to the immune system.

Thus, we are what we think, what we cultivate in our inner world, in the immortal Spirit that we are.

TSM - ALLAN KARDEC IN THE SPIRITS' BOOK PREDICTED THAT THERE WOULD COME A TIME IN WHICH SCIENCE WOULD WORK MORE EFFECTIVELY WHEN IT CONSIDERED OTHER MECHANISMS OF THE HUMAN MIND. WOULD IT BE POSSIBLE TO CREATE A DIAGRAM OF THE



MECHANISMS OF THERAPEUTIC VISUALIZATIONS? WOULD THEY WORK DIRECTLY IN THE MENTAL BODY AND CONSEQUENTLY IN THE PERISPIRIT?

DF - Exactly! The subtle mental wave, consisting of photon waves in its energetic state, provide the reconstruction of the area in the perispirit that is affected by any type of disorder that comes from negative commitments from past existences or unhappy ones from the present one.

Changing the vibratory field (perispiritual body), the emotional and the physical adapt to it, producing health and well-being.

TSM - WHAT ARE THE IDEAL CONDITIONS TO DO THERAPEUTIC VISUALIZATION? DO OUR GUARDIAN ANGELS PARTICIPATE IN THEIR PROCESS? ANDRE LUIZ (SPIRIT) COMMENTS IN THE BOOK EVOLUTION IN TWO WORLDS THAT THE SPIRIT-DOCTORS CAN OPERATE IN OUR VITAL CENTERS DURING THE HOURS OF DETACHMENT FROM SLEEP. DOES THE SAME HAPPEN WITH THERAPEUTIC VISUALIZATIONS?

DF - Considering that therapeutic visualization is an edifying process usually began in a prayer or in the elevation of our thought to the Supreme Goodness, the guardian angels use this mental climate to assist the patient, telling her fluidic energy, that may help in the faster recovery of the health.

Whenever human beings focus on edifying purposes any sector of activity, through the mechanism of the laws of vibrational affinities, she attracts Good Spirits who are her spiritual guides. The latter help her in achieving noble values, especially with regard to health, welfare, or individuation or numinous state, as per the concept of Karl Gustav Jung.

TSM - WOULD THERE BE AN SPECIFIC CARE TO BE OBSERVED IN THE PRACTICE OF THERAPEUTIC VISUALIZATION? WOULD THERE BE SIDE EFFECTS?

DF - The application of the therapeutic visualization should be practiced by individuals who want to achieve serenity, when it comes to helping others. There should be no hurry in obtaining results. It is important to use the feelings of love and solidarity for the externalization of wholesome energies that come from visualizations. When performed by the patient, it is important to keep in mind that what matters is not the conquest of what she brings in her thought, but the inner harmony, so that the individual manages the somatization of health

onto the psychophysical balance.

I think the only side effect comes from selfishness, when the patient wishes to achieve goals that are not compatible with the purpose of this psychotherapeutic process.

TSM - THE CD THERAPEUTIC VISUALIZATION - HEALTH ESSENTIALLY DISPLAYS TWO TRACKS: ENCOUNTER WITH JESUS AND THE DIVINE LIGHT THAT HEALS. WHAT IS THE CENTRAL PROPOSAL OF THE SAME?

DF - As a central proposal of the CD Health, we have the internalization of the patient in the ocean of light and love representing Jesus and the Divine Light, the one that comes from God.

Nowadays, people live in torment in the play of passions, the cultivation of pessimistic ideas, suspicious, disturbing ideas, and, consequently, in low vibratory emotional state, attracting maladjustments, inconveniences, traumas... Jesus and the Divine Light are high mental and moral models of harmony and love that must be transformed into permanent practice.

TSM - THE CD THERAPEUTIC VISUALIZATION - INNER JOURNEY HAS TRACKS ON INNER LIBERATION AND INNER BALANCE. ONE OF THEM WAS INSPIRED BY THE PRACTICE OF THE RENOWNED WRITER AND HUMANIST VICTOR HUGO. COULD YOU SHARE THE FACT WITH US THE FACT?

DF - When the great French novelist was in exile in Jersey, a small island in the English Channel, dominated by peculiar nostalgia before the suffered injustice, Victor Hugo established the habit of going up a hill where he could see the country he loved. Therein, he would linger thinking and lamenting the distance and the circumstances that prevented him from returning home where he was born.

In due course, looking at the ground, he found many stones of varying sizes. It occurred to him, so the idea of holding one or the other which apparently corresponded to the volume of his anguish. He then impregnated it with his pain and then threw it in the sea.

One day, a child who used to watch him, asked why he proceeded that way. He then replied that it was the liberation of the problems that disturbed him...

Thus, the Joanna de Angelis put together her special visualization on throwing off the ill concern avoiding to cultivate it, because it had been thrown away into the surmounting sea...



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# Emotional Choices, Afterlife Outcome

> Vanessa Anseloni, PsyD, PhD

Clara Rivier<sup>1</sup> was only 6 when she became paralyzed. She spent four years in pain without complaining. Despite her condition, Clara used to console her family. At age 10, feeling that death was approaching, she called her whole family to her bedside and mentioned to her father that she would be back. After her departure, she was evoked by Kardec in a mediumistic meeting when she disclosed that her pain used to constantly be soothed by her guardian angel – the reason why she felt little or no pain. Also, she used to see and talk to her guardian angel often – characterizing her mediumship. Then, Kardec asked her why she had to undergo that paralysis in her childhood. Clara explained that in a previous life she misused health, beauty and wealth. Then, she was prepared to reincarnate to be humble and compassionate.

Clara's case demonstrates the continuity of life. There is life before life! And our emotional choices make up for our afterlife outcome and future lives as well. It is all about the law of action and reaction. Therefore it is very important to be aware of our emotions for they give direction, as Leon Denis mentioned, to our life, our immortal life.

What happens to us before this life we are living now? Will we go to heaven, hell or purgatory after death? Will our emotions define our life before, during and after each reincarnation?

Heaven actually is this vibratory frequency in which Countess Paula<sup>2</sup> felt after she died at age 36. She used to be good, gentle and indulgent towards everyone, a true model of the noblest qualities of mind and heart. In the afterlife, she was in 'heaven'. In this heaven of enjoying the bliss of one who fulfilled God's will on Earth by caring for others. She said, "I am happy beyond the power of words to express, and yet I am still a long way from the top of the ladder! I am incomparably happier than



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I was upon the Earth. Each of us has a mission to fulfill, wards to assist, friends to visit upon the Earth, some portion of the wheelwork of nature to direct, suffering spirits of lower degree to console; we come and go, not from one street to another, but from one world to another.” Her description matches the description of Heaven in *The Spirits’ Book* by Allan Kardec in which “spirits exercise and enjoy all their abilities without the trials of the material world or the pain common to undeveloped states.”<sup>3</sup>

[1] Heaven and Hell by Allan Kardec, part 2, chapter 8  
[2] Heaven and Hell by Allan Kardec, part 2, chapter 2  
[3] *The Spirits’ Book* by Allan Kardec, Q/A 1016

On the other hand, Lemaire<sup>4</sup> who died as a criminal in 1857 is the example of one who feels like in hell after death. He described his state of mind as “I felt my pain too strongly to heed it; I was lost in suffering. For our great misery! Our sight of one another is a perpetual torture; each of us reproaches the others as the causes of my crimes. Pray that my expiation may soon begin.” This is hell, a state of mind and vibratory condition that, according to the *Loving Spirits of the Spiritist Codification*, is a “a life of extreme harsh trials marked by uncertainty of an end to it.”<sup>5</sup> This is the reason why Spiritism is the best antidote to the feeling of “living in hell”, because it destroys all uncertainties in life. The Spiritist philosophy presents to us all the laws of God with so much certainty that even in extreme cases of difficulty and hardship, we are assured that for every effect there is a cause and the all-Loving Creator will never abandon us in endless tests and trials. “Everything shall pass!” – said Emmanuel to Chico Xavier in a moment of great difficulty.

Then, where is our purgatory? Purgatory is “physical and mental suffering, a time for re-evaluation and the beginning of rehabilitation.” The enlightened spirits of the *Codification* said that “it is almost always on Earth that you create your own purgatory and where you make up for your faults” - just as Clara Rivier described about her reincarnation.

Thus, the judge is within... In our conscience.

As our planet transitions to its regenerative state, we are invited to revisit our emotional choices and responses to more gentle, affable, and resigned states. After all, our planet’s governor, Jesus Christ, proposed “Blessed are the meek, for they shall inherit the Earth.”

At each emotional choice in life, like Clara, Countess Paula or Lemaire, we are sowing seeds for immortality. Let us then receive the invitation of Jesus to align our emotional choices in moderation and serenity before life’s tribulations, because life really goes on!

[4] Heaven and Hell by Allan Kardec, part 2, chapter 6  
[5] *The Spirits’ Book* by Allan Kardec, Q/A 1014  
[6] *The Spirits’ Book* by Allan Kardec, Q/A 1013  
[7] *The Spirits’ Book* by Allan Kardec, Q/A 621

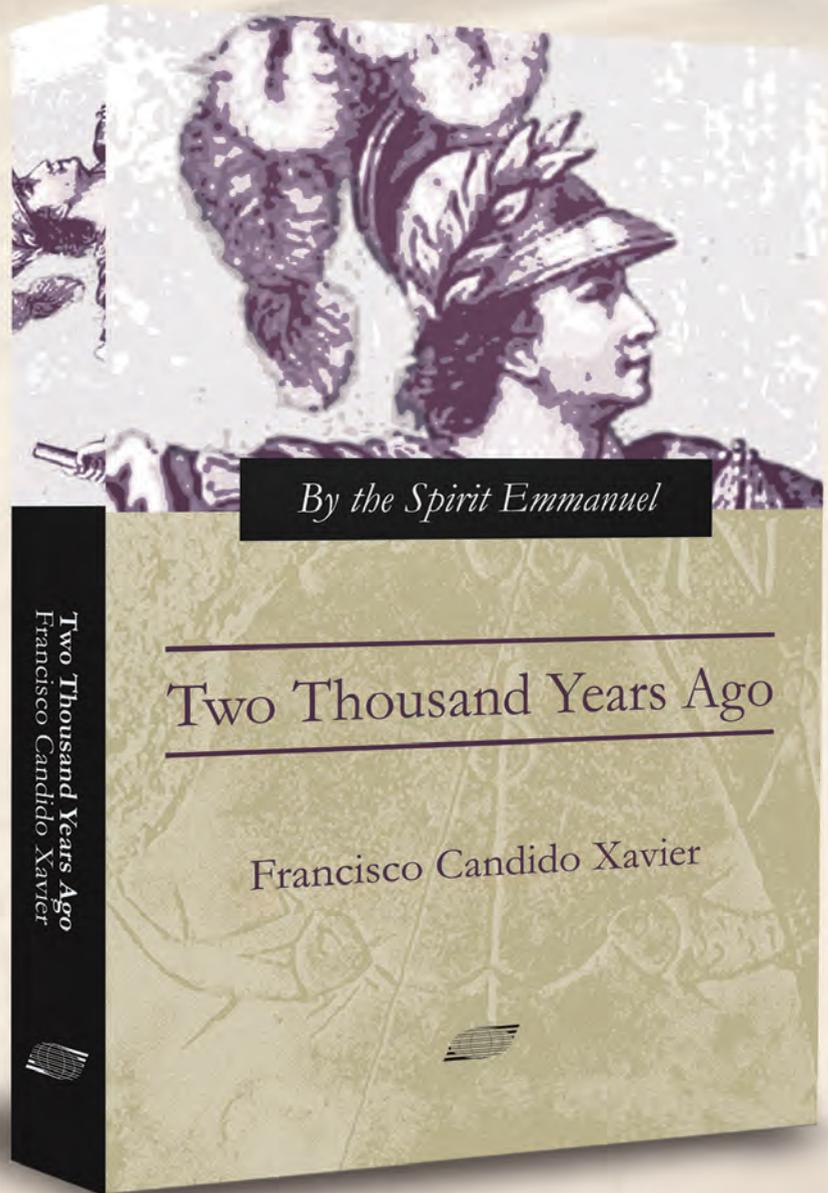
- > Source: This article was published in the magazine *Revista Espirita de la FEE* issue 3.
- > Vanessa Anseloni, PsyD, is a neuroscientist, psychologist and assistant professor at the University of Maryland. Fifth generation Spiritist, Dr. Anseloni is also the president and founder of the Spiritist Society of Baltimore and the Spiritist Society of Virginia. Vanessa Anseloni is a Spiritist medium, fraternal counselor and coordinates spiritual treatments and workshops in the U.S. and worldwide. She is also the co-author of the book *The New Generation* with Divaldo Franco and the editor-in-chief of *The Spiritist Magazine*. Dr. Anseloni is the founder of Kardec Radio.

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# *Narrowing Our Ties*

## *with Our Guardian Angel*

> Raul Teixeira

**T**SM - IN THE SPIRITS ' BOOK, THE SPIRIT ST. AUGUSTINE DEVELOPED INSPIRATIONAL THESIS ON THE THEORY OF GUARDIAN ANGELS. AND IN THE GOSPEL ACCORDING TO SPIRITISM, ALLAN KARDEC SUGGESTS PRAYERS TO OUR GUARDIAN ANGEL. WHAT IS THE IMPORTANCE OF NARROWING OUR TIES WITH GUARDIAN ANGEL TO THE SUCCESS OF OUR REINCARNATION?

RT - Being the Guardian Angel the one who took responsibility to accompany us on the reincarnatory

path, helping us to realize the commitments brought to the planetary life, it is very important to learn to maintain good psychic relationship with this entity.

When the person is unaware of the existence of this Spirit Benefactor or cannot establish psychic contact with him, surely the individual loses great opportunity to get his inspiration, aware of the importance of walking the right path, under the good suggestions of the Spiritual Benefactor we all have.

When Allan Kardec teaches us to pray to our guardian angel, it is certainly not due to the need of our Benefactor. But, through this practice, we will learn to set bright mental bridge between the guardian angel and us, which will greatly facilitate our performance in the earthly life.

TSM - WHAT WOULD BE YOUR SUGGESTIONS TO LEARN TO LISTEN TO THE GUARDIAN ANGEL?



### DO WE NEED TO BE OSTENSIBLE MEDIUMS?

RT - There is no need for anyone to be an ostensible medium to be able to contact the Guardian Angel and listen to his instructions or record his inspirations.

In order to establish this closer relationship between the guardian angel and its protégée it becomes indispensable that the latter adjust herself to the suggested discipline. It is well known the disposition of the Western mind in continued agitation, thus we here consider the tendency of the East to the practices of silence and meditation.

The fact that we keep an excited mind - thinking too many things at once - certainly complicates our greater interaction with more subtle psychic frequencies as the ones of our Guardian Angel. For this reason, to register our Spiritual Benefactor in the depths of our soul requires a disciplinary regimen in which we predispose ourselves to train inner silence. We need to train our concentration away from any disturbance, away from everything that scatters our attention, so we turn completely inside of ourselves, or focus on one type of thought and keep us tied to this thought for the longest period possible.

In order to realize this conscious contact with our guardian angel, we must also be careful with the style of the inner life we lead, with the kind of mental food we eat, so we disengage from the greatest amount of psychic pollutants possible. Over time, with regular and persevering exercise, the person will be able, little by little, to identify the closest inspirations of the mind, the voices of her guardian angel.

### 3. MOST PEOPLE COMPLAINT THAT THEY DO NOT TO KNOW THE NAME OF THEIR GUARDIAN ANGELS. WOULD THAT BE RELEVANT FOR THE EFFICACY OF THEIR RELATIONSHIP WITH THE GUARDIAN ANGEL?

RT - Knowing the fact that our guardian angel is a spirit who, throughout their evolution, had innumerable reincarnations in the physical worlds, being the bearer of different names in each one of them, it is not logical that we want "a" name for them. That's why Allan Kardec suggests calling them "my angel", "my good genius" or simply we identify "the name that inspires in us greatest sympathy and inspiration."

It is not important to know the name by which we call our guardian Angel, since he goes by our call or mental appeal, not by the name with which we identify him.

### 4. IN THE INTERACTION WITH SPIRITS, THERE IS ALWAYS A RISK OF BEING IN CONTACT WITH MYSTIFYING SPIRITS. HOW CAN WE PREVENT OR REMEDY THE CONTACT OF A SPIRIT WHO DESGUISES AS OUR GUARDIAN ANGEL?

RT - We learn in the Gospel of Jesus Christ that

we know a tree by its fruits. If we are attentive to the inspirations that come to us in the depths of our mind by analyzing the quality of the content. If they are noble or not, if they guide us to progress, to do good and to love our neighbor, we have no doubt that it will be a good Spirit, which may be our guardian Angel.

However, if we receive negative, anti-fraternal or discouraging inspirations, fueling us discouragement or pessimism in the face of life's struggles, surely this spirit will not be our guardian angel. If this spirit is presented as such, she will be bluffing in an attempt to mislead us.

Only a respectful way of life, filled with discipline and open to carry out the good in us and around us, becomes the proper vaccinations to prevent oneself against any impostor spirit, who wants to disguise into our Spiritual Benefactor.

### 5. WOULD THERE BE CONDITIONS TO TALK WITH OUR GUARDIAN ANGEL?

RT - Yes there are. As long as we are willing to adjust to discipline. We can surely accomplish it over time.

### 6. HOW DID YOU FIRST PERCEIVED THE PRESENCE OF CAMILO, YOUR GUARDIAN ANGEL? HOW IS YOUR RELATIONSHIP WITH HIM?

RT - My personal relationship with Spirit Camilo, in this current reincarnation, dates back to 1974 on a Monday of the month of March, when he appeared to me clairvoyantly during a meeting. He stated his proposal to help in the progress of goodness by my side.

Until then, Luiz was the Spirit that guided me in the mediumistic practice, and who accompanied me on various occasions, as if to prepare me for more mature activities in the near future, which came to happen. Luiz was then a sort of assistant to Camilo, developing my mediumistic possibilities before my true mentor could come into play.

My relationship with the Benefactor is intense, as if we were linked to one another by an invisible thread. He inspires me, guides my spiritual activities; he makes suggestions for improved performance before complex situations that I must face.

If I allow some form of continued disturbance in my mind, keeping me somewhat in a state of inattention to my duties, I fail to register him. It is as if I had lost contact with the energy source that he represents to me. It is as if I had disconnected from his influence. At such times, I feel very uncomfortable inside, which compels me to see that I need to restore my previous psychic harmony.





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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.

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- Implementation of Promotional Methodology
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- Social and Family Orientation Program
- Social Impact Evaluation
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- Winner of the CETS/FGV award "**WE PULL OUR WEIGHT**" (eradicate hunger / basic education /



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**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.**

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# *The Leadership of Florence Nightingale*

> Adriano Barbo

**W**hat does leadership mean? “Leadership is a particular kind of power relationship” (p. 84). Spiritually, it is the process of awakening the spiritual resources that lie within all of us, and use them for a noble purpose. The greatest leader of our history, Jesus, gives us the best definition of leadership. In the book of Mathew and Luke he makes a definitive declaration about leadership. Many people have interpreted the passages in many ways; however the essential is that Jesus says that anyone who wants to be a leader must first serve. So if we want to be an effective leader

we should serve, self sacrifice, and work for the higher well being of those who are under our influence. That influence should be acquired with great effort and hard work. There are no shortcuts.

Martin Luther King once said, “You do not need a University diploma for serving.” We just need generous sentiments moved by love, respect, honesty, compromise, patience, humility, and forgiveness. James C. Hunter wrote that in the position of serving we can be at risk of being rejected, mal interpreted and even used in certain occasion. The great news of all is that anyone can serve even more if we are in position of leadership.

Francis of Assisi brought us another beautiful example of leadership. Once he told his followers,



Florence Nightingale





“Teach the Gospel in all occasions, but only use words when necessary”. So the meaning seems very clear: one leads more through his work and example than through his words. So this is the measure stick for the success of a great leader.

### SOCIAL TRANSFORMATION AND FLORENCE

With her revolutionary views of society and work, Florence Nightingale was a visionary and a precursor of huge social changes in her time. Florence believed that both men and women could achieve the maximum of their potential, that both genders had the right to have meaningful goals, as well as plan to achieve those goals through meaningful employment. At a time when women were thought of as too delicate to work and not regarded as an individual who could have higher aspirations, Florence’s life and teachings brought about new and more compassionate cultural values.

Throughout her life she was a living example of the values that she believed in, and taught accordingly to them.

“And how are we to ‘teach,’ every one of us? How are we to teach the poor Patients, and ourselves, and each other? Not by preaching; by example, by being it ourselves. ...How much less can we teach goodness, unselfishness, which is the essence of goodness, except by being it ourselves! ...To sum up: we teach unconsciously that which we are, whether this be good, indifferent, bad. We do not teach what we preach, but what we are.<sup>1</sup>”

As one can see in the above passage, Florence used her higher social and moral insights as a guideline for her nurses. She gave them a different view, more dynamic and more compassionate, of how health care should be. Florence also believed that health was “not only to be well, but to be able to use every power we have to use.<sup>2</sup>” In other words, she regarded the individual as a biologic, social, psychological, and spiritual being. This view “is consistent with the modern perception of health as a relative state, with ultimate health being the best a person can be at any given time.<sup>3</sup>”

In *The Spirits’ Book*<sup>4</sup>, Kardec stated that “For the improvement of society one must work hard to increase the number of those who are enlightened, just and humble, so that their actions can prevail over those of the evil ones”. As one can see, Florence’s view is aligned with the teachings of Spiritism. According to Florence and to Spiritism, it is fundamental for the construction of a better society to amplify the unity of life. This unity should

be revealed through affective solidarity with a great sense of sensibility, fraternity, moral ethic, empathy and care. These are attitudes and behaviors that depend on our inner transformation. So therefore, there is not a single system or a political economic institution that could, by itself, guarantee social transformation. The transformation of society is going to take place only when we decide to feed our lives with solidarity, fraternity, and spirituality which agrees with Christ’s thought of charity.



Florence Nightingale’s Monument - London

#### References:

In book *Florence Nightingale Today: Healing Leadership and Global Action* by Barbara Montgomery Dossey, Louise C. Selanders, and Deva-Marie Beck (2005):

[1] Pages 10-12

[2] Page 26

[3] Page 103

[4] *The Spirits’ Book*, Allan Kardec, Q/A 923

> Adriano Barbo is the founder and president of the Mount Vernon Spiritist Center in NY.





## 3<sup>rd</sup> British Congress on Medicine and Spirituality

Bridging Medicine and Spirituality  
5th - 6th November 2011 - London - UK

Venue: Rich Mix - 35-47 Bethnal Green Rd London E1 6LA



**ANDREW POWELL MA,**  
MB.Bchir, MCRP,  
FRCPsych

Lecture: Listening to  
the Heart.



**PETER FENWICK, MD**

Lecture: Dropping  
subject/object  
consciousness and  
moving to the divine.



**MARLENE NOBRE, MD**

Lecture: Will science  
ever embrace the  
power of love?



**ALEXANDER MOREIRA  
ALMEIDA, MBBS, PhD**  
Lecture: Implications of  
Mediumistic Experiences for  
the Mind-Brain Relationship.



**GIANCARLO LUCCHETTI,  
MD, PhD**  
Lecture: Spiritist hospitals in  
Brazil: conventional  
psychiatric and spiritual  
therapy.



**MARIO PERES, MD,  
PhD**  
Lecture: Spirituality in  
clinical practice



**DÉCIO IANDOLI JR., MD**  
Lecture: The basis of a  
transdimensional  
physiology.



**JOÃO ASCENSO, B.SC, MSc**  
Lecture: The role of  
self-transcendence in moral  
evolution and its relation  
to the parietal cortex.



**IRVÊNIA PRADA, MD**  
Lecture: The integration  
of mind, brain and  
cytoplasm.



**VANESSA ANSELONI, PsyD, PhD**  
Lecture: Neuroscience of  
emotions and healing

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### Organizing Institutions



You can book online at [www.medspiritcongress.org](http://www.medspiritcongress.org)



POETRY

# *September 11*



## > Marion Adams

---

A sight of sorrow  
Of tears and despair  
Unlived tomorrow  
No way to repair.

Wondering souls  
Filling the empty place  
massive, yet so tiny  
Lost hopes in a confined space.

One can see the unfinished  
And feel the dreams that once were  
A part of each one's life  
Shattered and temporarily buried.

Why should we be living  
And witnessing such horror?  
The wheel is moving and moving  
In preparation for an atoned tomorrow.

Cleansed by the dust  
Surrounded and scorched by the flames  
Purified by the restoring fire  
Released by the tumble and fall.

A new beginning will soon arise  
Hopes and dreams will be restored  
Happiness and consolation will be the prize  
Renewed souls forever upraised.

Psychographed by Jussara Korngold

SGNY – Sept/11/2006



# 3rd Spiritist Forum of New York

September  
2011

**"It is good to be Good!"**

Date: September 25, 2011 From 2pm to 6pm.

Location: HELEN MILLS - 137-139 West 26th Street NYC 10001 - [www.helenmills.com](http://www.helenmills.com)

- Admission: 10 dollars - LOVE DONATION
- Doors will be open at 1pm

**Speakers:**

- Stephen G Post PhD (keynote speaker)
- Vanessa Anseloni PsyD, PhD
- Adriano Barbo
- Claudio Petrillo MDD

**Program:**

- 2:00 pm - 2:10 pm - Opening
- 2:10 pm - 3:10 pm - Keynote - The Joy of Giving by Stephen Post
- 3:10 pm - 3:50 pm - Raising an Altruistic Generation by Vanessa Anseloni, PsyD, PhD
- 3:50 pm - 4:15 pm - Coffee Break
- 4:15 pm - 4:35 pm - Do Little Good and Get Great Results by Adriano Barbo
- 4:35 pm - 5:25 pm - Grief-triggered Compassion by Claudio Petrillo, MD
- 5:25 pm - 5:45 pm - Round Table Discussion with speakers
- 5:45 pm - 6:00 pm - Closing
- Final Prayer.



**Stephen G. Post PhD**, is a best selling author of *The Hidden Gifts of Helping: How the Power of Giving, Compassion, and Hope Can Get Us Through Hard Times* (2011), as listed on the nonfiction best seller list with the Wall Street Journal.

**Stephen G. Post** is Professor of Preventive Medicine, Head of the Division of Medicine in Society, and Director of the Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University ([www.sunysb.edu/bioethics](http://www.sunysb.edu/bioethics)). He was previously (1988-2008) Professor of Bioethics, Religion and Philosophy, School of Medicine, Case Western Reserve University, and Senior Research Scholar at the Becket Institute of St. Hugh's College, Oxford University. Post is a Senior Fellow in the Center for the Study of Law and Religion at Emory University.



**Vanessa Anseloni, PsyD**, is a neuroscientist and assistant professor at the University of Maryland. Vanessa is also the president and founder of the Spiritist Society of Baltimore and the Spiritist Society of Virginia. Vanessa Anseloni is a medium, and trains and coordinates mediumship meetings, spiritual treatments and workshops in the U.S. and worldwide. She is also a co-author of the book *The New Generation* with Divaldo Franco and the editor-in-chief of *The Spiritist Magazine*.



**Adriano Barbo**, is the president and one of the founders of the Mount Vernon Spiritist Center. He has been studying Spiritism for the past 8 years. At the Mount Vernon Spiritist Center, he develops and coordinates spiritist study groups and is a fraternal counselor. **Adriano** also gives lectures on Spiritism in the New York and Tri-state area.



**Dr. Petrillo**, has been a practicing physician for 36 years. He is the Director of Rehabilitation Program at the Norwalk Hospital in Connecticut. He is committed to Integrative Medicine and a new medical paradigm. Co-Authors of three books, amongst them *Eternal Bonds of Love*.

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## 5<sup>th</sup> US SPIRITIST SYMPOSIUM

The United States Spiritist Council (USSC) organized the 5th US Spiritist Symposium. The event was sponsored by 35 Spiritist organizations. San Francisco, CA, was the actual location of the event which happened in the Herbst Theatre and counted on an average of 200 participants. Speakers and posters presenters from several Spiritist organizations in the USA beautifully conducted the event. It also counted on the opening speech of the director of the International Spiritist Council, Dr. Cesar Perri. More info please go to <http://www.spiritistsymposium.org/sympCA2011/>

## SPIRITIST MATERIALS FOR CHILDREN AND YOUTH PROGRAM

The USSC released its first workbook with educational lessons for children and youth. Workbook 1 is entitled Loving God and comes with a teacher's guide. The material is a national effort lead by the coordinator Bernadete Leal, M.S. More information please go to [www.spiritist.us](http://www.spiritist.us)

## TVCEI TRANSMITS LIVE UNIQUE COURSE

Every Thursday TVCEI transmits the course Evolution in Two Worlds through the efforts of the Spiritist Society of Baltimore. Watch it live at [www.tvcei.com](http://www.tvcei.com) channel 2, 7 pm (EST-USA).

EVENTS



## FIRST SPIRITIST RADIO IN ENGLISH

On July 4, 2011 at 12 pm , Vanessa Anseloni and Carlos Dias founded the first Spiritist radio in the English language, KARDEC RADIO. The new radio is web based and counts on the partnership of BlogTalkRadio. More info [www.kardecradio.com](http://www.kardecradio.com)

### EVENTS

## DIVALDO FRANCO RECEIVES RECOGNITION BY USA SENATOR

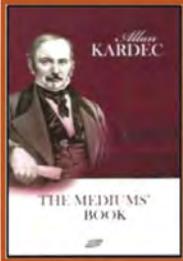
On March 25th of 2011, the Allan Kardec Spiritist Society of Massachusetts (AKSSMA) promoted a Fundraising Dinner in benefit of the New Center of Low-Risk Births of the Mansion of the Way to celebrate the 20 years of Divaldo Pereira Franco in the State. In the occasion, Massachusetts State Senator Sal DiDomenico awarded Mr. Franco with a Certificate of Gratitude for the services and support rendered to the immigrant population of Massachusetts during these 20 years. The AKSSMA also presented Nilson Pereira and Divaldo Franco with awards of recognition for their unwavering support in the dissemination of Spiritism in the State of Massachusetts. Approximately one hundred and fifty people were present at the dinner, including renowned Brazilian artist Nando Cordel. The ceremony was beautiful and sowed many seeds of friendship and gratitude in the hearts of everyone present.





# Mediumship

## III Toronto Spiritist Weekend October 29 & 30, 2011



Celebrating  
150 years  
of  
The Mediums' Book

Theme:

# MEDIUMSHIP

## DEBATES OF CONCEPTS AND PRACTICES

### BOOSTING YOUR EMOTIONAL INTELLIGENCE FOR A BALANCED SIXTH SENSE

Vanessa Anseloni - Psy.D., Ph.D - USA

#### Program

##### Saturday – October 29

5:00 to 6:00pm – Registration and opening ceremony

6:00 to 8:00pm – **Boosting your Emotional Intelligence for a  
Balanced Sixth Sense** (English/Portuguese)  
*Vanessa Anseloni, Baltimore, USA*

##### Sunday – October 30

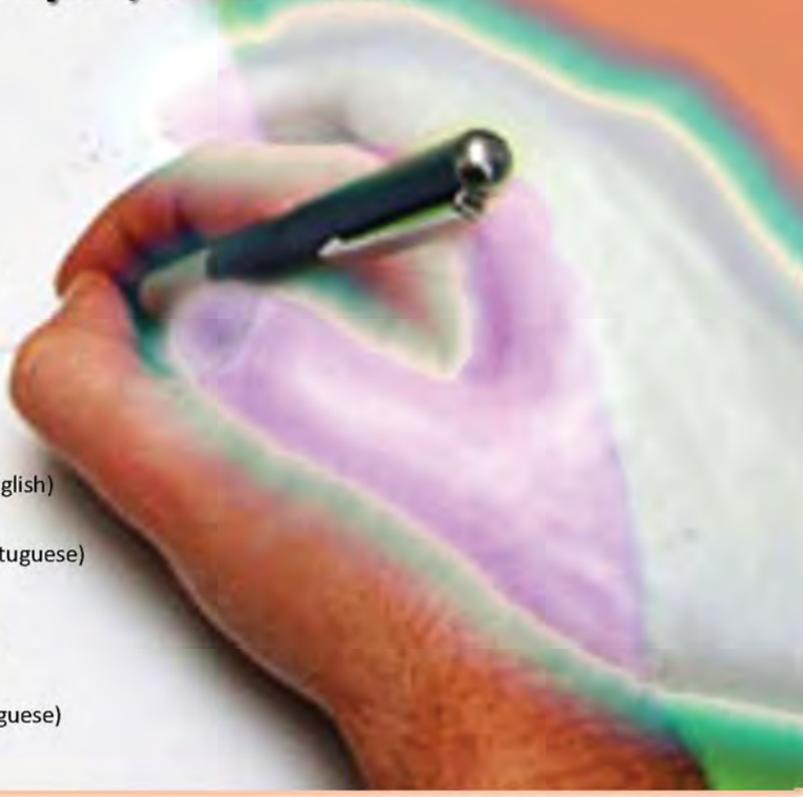
9:30 to 10:00am – Registration

10:00 to 12:00am – Room A: **Demystifying the Mediumship** (English)  
*Jose Mussi, Toronto*

Room B: **Mechanisms of Mediumship** (Portuguese)  
*Alexis Sestini, Montreal*

1:00 to 3:00pm – Room A: **Is it Mediumship or not?** (English)  
*Paul Murphy, Mississauga*

Room B: **Mediums and Mediumship** (Portuguese)  
*Sobek Alcantara, Toronto*



**Local: 248 Ossington Ave. – Toronto, On**  
(St. Christopher House)  
**Informações e Inscrições:**  
[torontospiritistweekend@gmail.com](mailto:torentospiritistweekend@gmail.com)

Promotores :

Christian  
Spiritist Centre





# Wait and Love Always

> Meimei

Much affliction will be cut at the root if you learn how to smile in silence.

Many grudges will be forgotten if you forgive the inequity.

You implore for the peace of the Lord, but the Lord equally awaits your participation in the peace of others.

Reflect on the needs of your brother before you criticize his thoughtless deeds.

Often times, the aggressiveness with which he hurts you is only his anguish and the rude word, which he uses to return your care is nothing but the wound in his heart poisoning his mouth.

Aid a thousand times before you disapprove only once.

The swamp emits ailing currents for it did not find hands to dry it out. And the desert brings on thirst and suffering for it did not receive the morning dew.

Allow mercy to develop into silent help in your heart so that pain may fade away.

Do not fuel the fire of evil with the dry log of irritation and hate.

Wait and love always.

In silence, the pruned tree multiplies its own fruits and the sky overtaken by the nocturnal shadows reveals the glory of the stars.

Think of Christ, our silent friend.

Without demands or self-acclaim.

He wrote the immortal poems of forgiveness and love, hope and happiness in the heart of the Earth.

Let's make Him our model in our daily struggles and by tolerating and helping today, in the short human existence, we will reap, tomorrow, the blessings of the silent light, which will show us the ways to eternal life.

> Source: Enlightening Messages (CD and Book) by Several Spirits through the mediumship of Francisco C. Xavier, published by the Spiritist Society of Baltimore.

TOOLS





# Portrait of the Spiritual Body

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

In order to define, in some way, the spiritual body, it is necessary to consider that, above all, it is not a reflex of the physical body, because, in reality, the physical body reflects it as much as the spiritual body reflects in itself the mental body<sup>1</sup>, which molds its formation.

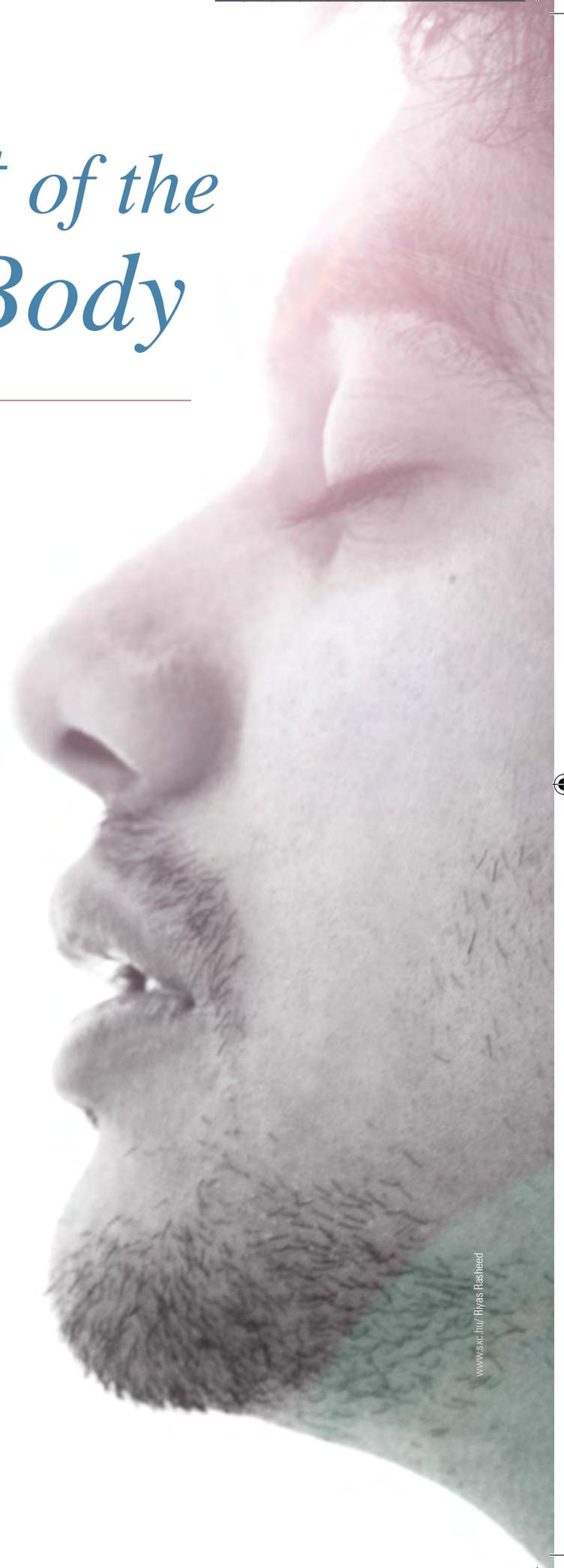
From the view of constitution and function in the spiritual realm, the spiritual body is the physical vehicle par excellence with its electromagnetic structure, somewhat modified in regard to the reproductive and nutritive phenomena according to the acquisitions of the mind that manages it.

All of the alterations that happen in the spiritual body after the cradle-grave internship depend on the spiritual conduct of the individual who dismisses the terrestrial skeleton to continue the evolutionary journey in the fields of experience.

Therefore, it is clear that the spiritual body is a living shrine in which the immortal conscience continues in constant manifestation beyond the grave. The spiritual body is a subtle formation woven into dynamic resources. It is extremely porous and plastic, in which the texture of the cells, in another range of vibration, in the face of the system of exchange viscerally renovated, are more or less distributed in the face of the colloidal particles with their respective electrical charge. These cells behaving in space according to their specific condition and show morphological states according to the mental field that it fits in.

[1] As mentioned by several scholars, the mental body is the subtle envelope of the mind that, due to lack of adequate terminology in the terrestrial dictionary, we cannot define it more thoroughly but to keep its definition to the one that has been presented by incarnated researchers. (Spirit Author's Note)

> Source: *Evolução em Dois Mundos (Evolution in Two Worlds)* by Andre Luiz (Spirit) psychographed by Francisco C. Xavier and Waldo Vieira (Mediums), chapter 2, published by the Brazilian Spiritist Federation (FEB).





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# The Assisted

> Emmanuel

Before those whom you aid, do not think that charity is a prerogative solely on your part. Count the blessings that you collect from those whom you support. Usually we give to the needy fellows something of our surplus. And we receive from them the much that we lack.

We must not forget that we receive the following substantial benefits from the ones we help:

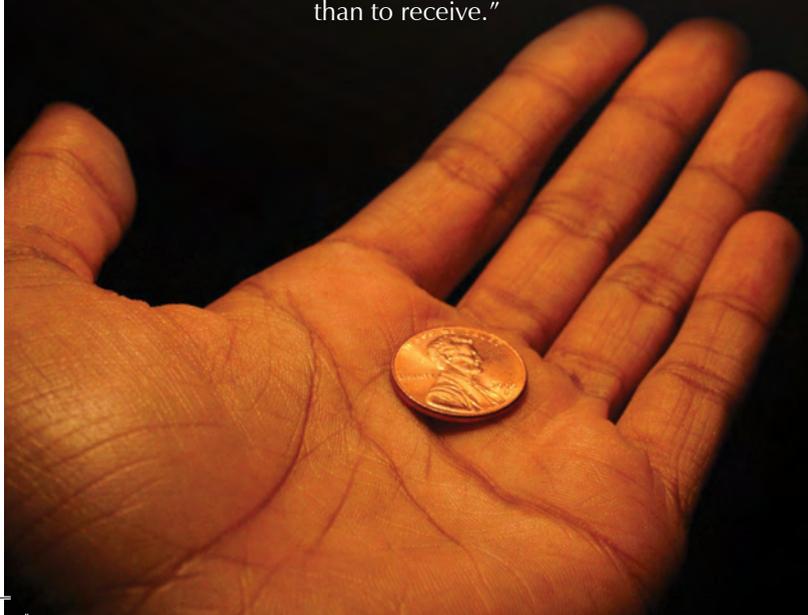
- The realization of our own advantages;
- The awareness of our responsibilities before others;
- A healthy warning in relation to the duties that fit us in preserving the assets of life;
- Patience with our obstacles and minor ailments;
- The lesson on the trial that we are faced with;
- The acquisition of experience;
- Vibrations of sympathy;
- The assistance we receive to a wider support in the service to others;
- Comfort in the suffering imposed on us;
- Moral credit that is registered in our favor by the discarnate and incarnate spirits who support the person who is in greater crisis and hurdles than ours.

Serve others as much as you can on the basis of a tranquil conscience, when you find someone in need of balance, or one stripped of hope, thirsty of peace or tired of anguish on the trails of everyday life.

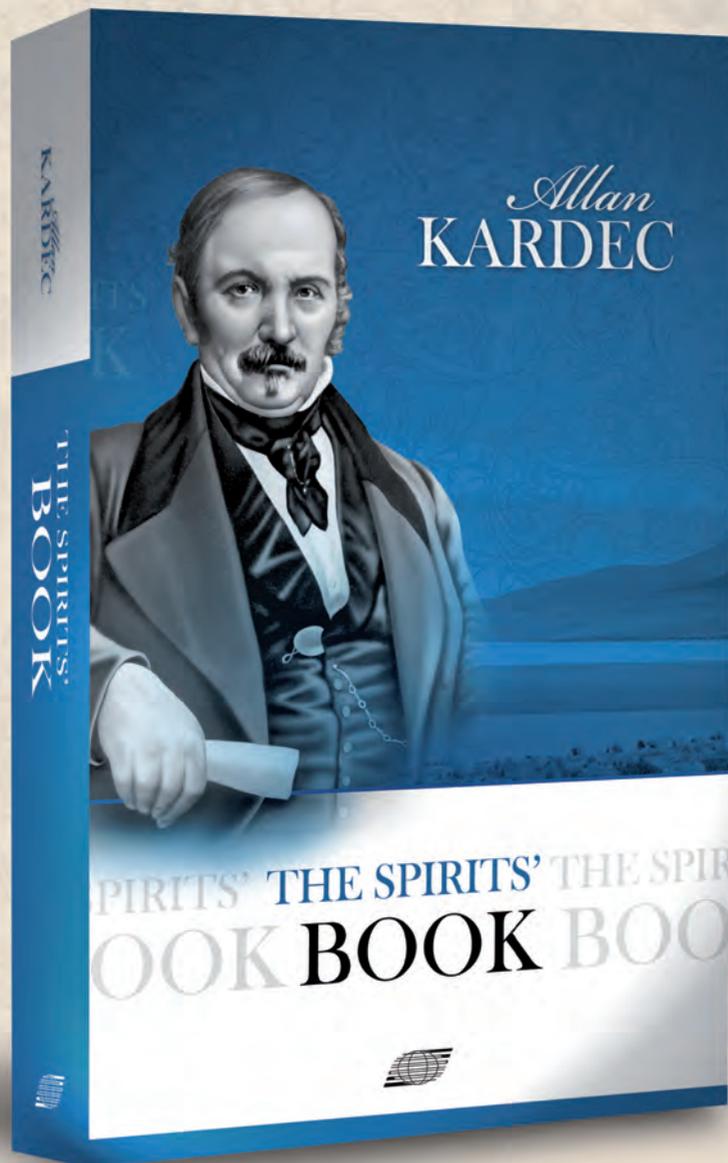
Charity is always more in dividends to the giver.

Therefore, we have the unforgettable reminder in the Gospel of Jesus, "It is always better to give than to receive."

> Source: Book Caridade (Charity) by Several Spirits through the mediumship of Francisco C. Xavier.



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FRANCISCO C. XAVIER and WALDO VIEIRA

By Several Spirit Authors

