

THE Spiritist MAGAZINE

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Reflections on Marriage

by Iris Sinoti Claudio Sinoti

**Microbial
Invasion**

by Andre Luiz

Catastrophes

by Brian Foster

**Balancing The
Masculine and The
Feminine**

by Joanna de Angelis



Regarding Mediums

Andre Luiz (Spirit) / Chico Xavier (Medium)

Avoid the assumption that you hold responsibilities or missions of great transcendence. Recognize yourself as a humble bearer of ordinary tasks, albeit as grave and important as those of any other person. The harvester of Christ is always a servant, a servant of love.

In your free time between family obligations and work that ensures your subsistence, conquer unforeseen events that may prevent you from attending meetings, such as unexpected visits, weather events, and other reasons, staying loyal to your own duties.

Without inner euphoria there is no productive mediumistic practice.

Prepare your own soul in prayer and meditation before mediumistic activity; avoid; however, being mentally focused on these practices during the Spiritist lectures, except when you have been concurrently assigned special tasks, so that you do not deprive yourself of the teachings.

Prayer is light shining into the soul reflecting the Divine Light.

Control the mediumistic manifestations that you are an instrument of, repressing as much as possible heavy breathing, moaning, screaming and contortions of the body, as well as slapping hands, stomping feet and any other violent gestures.

The medium is always directly responsible for the message that he or she carries.

Silence any pretentiousness as you engage in mediumistic phenomena.

Spontaneity is the seal of trust in our communications with the Spiritual Realm.

Do not take, even if indirectly, material gain from the mediumistic phenomenon. There is no sanctifying service in mediumship related to inferior interests.

Extinguish obstacles, concerns, and negative impressions related to the mediumistic exchange, be it from the vigilant consciousness or the somnambulistic unconsciousness during the trance. Let go of useless fears as well as debilitating susceptibilities, allowing yourself to be guided by rational faith and devotion toward others.

Those who intend to move forward in good faith should disregard all causes for disturbance.

Even when derived from well-intended circles, refuse the toxicity of flattery.

A proud attitude leads to ruin.

Escape from the dangers that threaten mediumship, such as ambition, lack of self-analysis, lack of perseverance in the good, and the vanity by which you judge yourself invulnerable.

The medium carries his or her biggest enemies within.

“But the manifestation of the Spirit is given to each one of us for the common good” – (Paul, 1st Corinthians, 12:7).

Source: From the book *Conduta Espirita* by Andre Luiz (Spirit) psychographed by Waldo Vieira, chapter 4, published by FEB. The English version of the book was provided by the Spiritist Society of Virginia's team. Its copyright was given to the publisher. We await its publication.

Spiritualized Mental Reflexes

Dear reader,

Welcome to the New Year! It is 2019 and we are almost completing two decades into the 21st century, a century that promises to register marked moral and intellectual advancements in our planet. Yet again we ask ourselves: "What are we supposed to focus upon?"

In the multitude of current stimuli, the focus on the imperishable and ever-lasting becomes fundamental. In our relationships lie the single opportunity of our ascension to God. And it all begins in the family.

"In our family group, we have both the links of happiness we have been able to build through the love we expressed, and the fetters of constraint and animosity. These chains come from the disturbing vices we fashioned in our destiny's memory and which we need to undo. This is a task that involves work and self-sacrifice as well as patience and humility. These are new resources for the production of **spiritualized mental reflexes** that are capable of erasing the effects of previous troubled and unfortunate conduct.¹"

To coach ourselves to create new mental reflexes,

conditionings, becomes imperative, or we are doomed to repeat the same old conditionings of the past. Emmanuel clearly explains about our need to spiritualize our mental reflexes. So let us change our thoughts and feelings in order to improve our lives. Let us then "seek the good, feel the good, visualize the good, and mold the good with all the resources that we can muster."²

To help us with the coaching of our minds to its spiritualization, we herein present to you articles that are immortal treasures for our immortal learning.

We hope that you read them and share this Good News with all of your loved ones.

May this year be a more spiritualized one for you!

Vanessa Anseloni, PsyD, PhD
Editor-in-Chief

¹ Emmanuel in Thought and Life, chapter 12.

² Emmanuel in Thought and Life, chapter 10.



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EDITOR-IN-CHIEF (ENGLISH EDITION):
Vanessa Anseloni, *PsyD, PhD*

COPY EDITOR
Chris Walney

DESIGN
Luis Hu Rivas

COLLABORATORS
Carlos Dias
Carolina Correa
Karina Wojcik
Luba Wojcik

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

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DIALOGUE BETWEEN SCIENCE AND SPIRITISM

Microbial Invasion

*Is the microbial
invasion linked
to spiritual
causes?*



Except in the case of infectious diseases that happen due to the absence of common hygiene, the depressions created in us - by our own selves – due to the abuse of our forces – either through adulterating the vital changes of the organic cosmos by surrendering to imbalance, or through establishing disturbances when harming others - form in the physiopsychosomatic tissues that constitute the vehicle of expression [perispirit] certain fields of rupture in the cellular harmony.

Once the dysfunction has been verified, the entire area affected by maladjustment becomes susceptible to microbial invasion, as is an area that is unguarded. This happens because the natural sentinels do not have the bases necessary for their regenerating action of their responsibility thus often remaining around the damaged site, seeking to restrict their presence quell their expansion.

Thus, the synergistic work of the cells in this or that tissue is disrupted. Morbid units appear like the ones in cancer. In such disease, they impose an accelerated growth rhythm to certain cell groupings between the healthy cells of the organ where they are installed, causing invading tumors and metastasis. We then understand that the mutation, at first, abided certain dystonia originated in the mind, whose vibrations on the disorganized cells had the effect of X-ray projections or ultraviolet irradiation in improper applications. Due to the secondary state, the disease emerges in the midst of extensive processes of attrition or devastation due to the disharmony that compels the organic plant to be exhausted and to be depleted, in vain, in the enormous task of rehabilitation in the carnal plane, when the patient, **without humility, patience, and spirit of service and devotion to the good**, cannot assimilate the beneficent currents of Divine Love that circulate, incessant, around all creatures, through different and innumerable agents, all stimulating to the maximum benefit of existence on Earth.

However, when the patient adopts favorable behavior to himself, by the sympathy that instills in the neighbor, the physical forces find solid support in the radiations of solidarity and recognition that absorbs from those who collect the direct or indirect help, being able to circumscribe the dysfunction to the benign neoplasms, which still respond to the organizing influence of adjacent tissues.

Under the same principle of relativity that functions

unequivocally between illness and the infirm, we have the incursion of tuberculosis and leprosy, brucellosis and amebiasis, bacterial endocarditis and Chagas heart disease, as well as many other diseases, without dwelling on the discrimination of all the morbid processes, whose relationship would lead us to a long technical study.

In general, we can say that, almost all of them appear as secondary phenomena over the zones of unhealthy predisposition that we form in our own body due to the imbalance of our mental forces that generate ruptures or solutions of continuity in the points of interaction between the spiritual body and the physical vehicle wherein the microbial assault is insinuated to which we are more particularly inclined by the nature of our karmic accounts.

Once the attack has been consolidated due to our vulnerability, symptomatic or asymptomatic illnesses appear, stabilizing or radiating, according to the dispositions of the mind itself. The mind may either work or not to redo the organic defense in a supreme effort of readjustment. By automatism, according to the position in which the principle of cause and effect is found, the mind either admits or refuses the intrusion of this or that pathogenic factor, destined to expunge, in suffering from the residues of evil, corresponding to the suffering implanted in the life or body of our neighbors.

However, we cannot forget that constant good generates constant good. Once we maintain a ceaseless movement in the good, all the evil that is piled up by us is gradually attenuated, disappearing to the impact of the vibrations of aid born to our favor in all those to whom we direct the message of pure love and understanding, without the express necessity of resorting to the help of disease to eliminate the remnants of darkness that may eventually be incorporated into our mental background.

Support for others creates protection for ourselves, which is why the principles of Jesus, banishing us from animality and pride, vanity and greed, cruelty and avarice, and exhorting us to simplicity and humility, to fraternity without limits and to unconditional forgiveness, establish, when observed, the **perfect immunology in our inner life**, strengthening the power of the mind in self-defense against all the destructive and degrading elements that surround us and articulating our possibilities essential to the evolution towards God.

Source: Source: Book Evolution in Two Worlds by Andre Luiz through Chico Xavier and Waldo Vieira. Translation by Kardec Radio's team. We recommend that the reader watches the study session on this book by Dr. Vanessa Anseloni, Dr. Sheyne Martin, and Dr. Marco Magalhães at Kardec Radio's YouTube channel.

Learning

> Meimei (Spirit) / Chico Xavier (Medium)

You study sciences and philosophy, arts and languages.

For this, you spend strength and time.

Listen.

The love that Jesus has given us through roads of redemption can also be acquired in disciplinary practice.

Let us strive to reach it.

Our companions are our instructors.

Some companions come to you. They are those who disregarded or attack you, sometimes unconsciously, from whom you can learn understanding and tolerance, detachment and forgiveness.

Other companions need to be sought by you. They are those companions to whom we owe protection, habitually domiciled in sickness or penury, in the cold lap of the night or in abandoned ruins. Go to them, give them something of your possession or the crumb that supports your existence, but leave them your gift, illuminated with your own love in the manner of the sun, whose light assures you of life without asking for your recognition.

Do not postpone the learning.

However, there is a condition for its accomplishment.

Help and forgive without saying this to anyone.

Silence is the foundation in the didactics of love, because in all lessons, you will be deeply in you and dialoguing with you in the presence of God, although sometimes around many people.

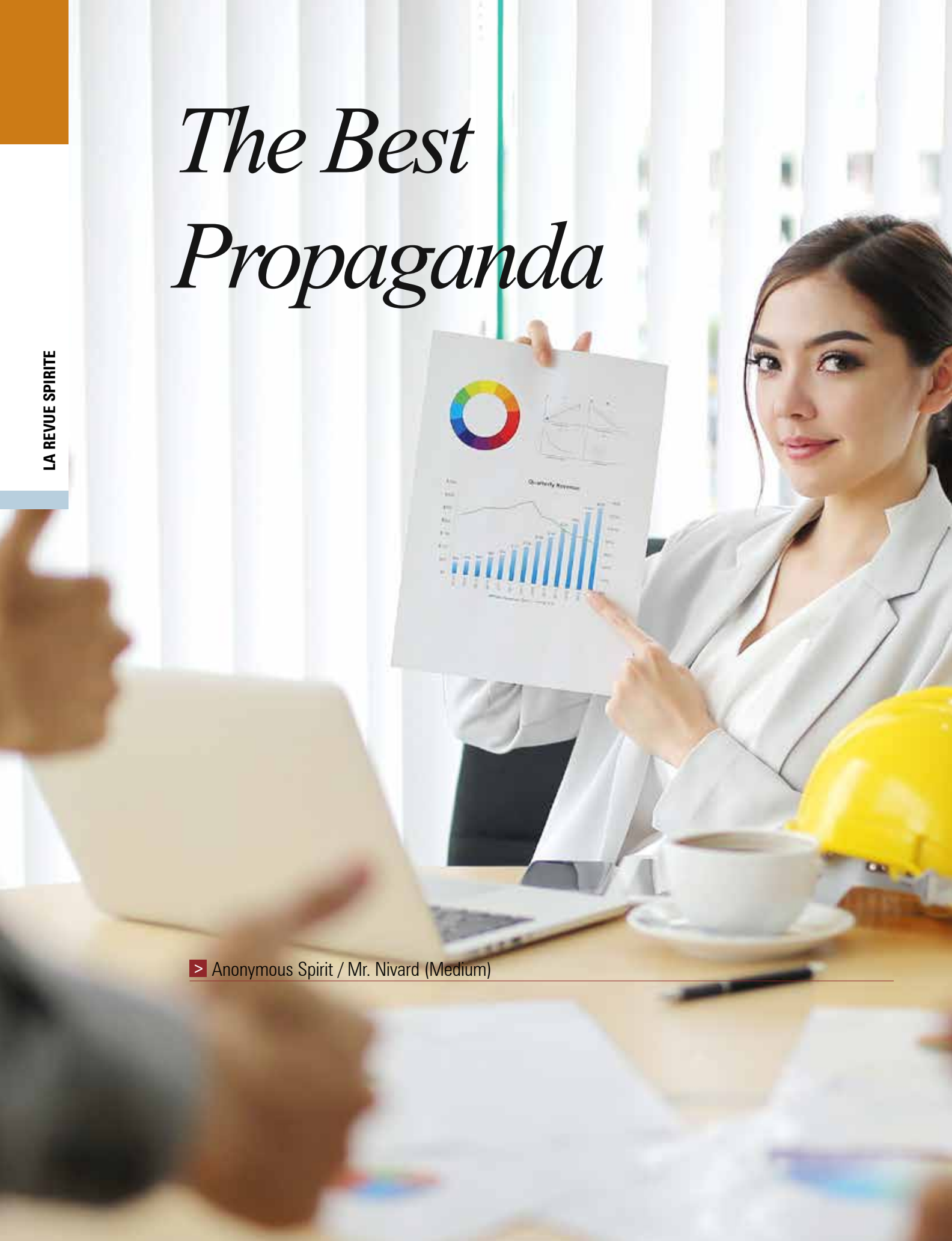
Give one minute of the time of that you have or something you have to reduce the cold of the hardship and the fever of affliction.

In this immense path, you will discover abandoned children to the which you will extend hope.

Source: Book Palavras do Coração (Hearty Words) by Meimei (Spirit) through the mediumship of Chico Xavier, chapter 1.

The Best Propaganda

LA REVUE SPIRITE



> Anonymous Spirit / Mr. Nivard (Medium)

If there are few mediums tonight, it is not that there are spirits missing; on the contrary, they are very numerous. Some are habitual, who come to instruct or to be instructed. Others, in great number, are newcomers to you. It is true that they came without a letter of entry, but they came with the consent and invitation of the usual Spirits. Many of these Spirits are happy to attend the session and that is so mainly because they see here several Spiritists, whom they love and direct, who have thought of coming among you.

There are many Spiritists in the world, but their degree of instruction on the Doctrine is far from sufficient to be classified among enlightened Spiritists. No doubt they are enlightened, but they lack the practice, or, if they practice, they need to be helped in order to bring, in their trying efforts, more persuasion and less enthusiasm. When I speak of the practice of Spiritism, I mean the part that concerns propaganda. Well! It is more difficult than one might think. In order to exercise effectively, it is essential to be well versed in the philosophy of Spiritism and also in its moral part. The moral part is easy to know; it requires little effort. However it is the most difficult to practice, because only example can make it well understood. You will better understand virtue by setting an example than by defining it. To be virtuous is to make one understand and love virtue. There is nothing to say to the one who does what he advises others to do. Thus, in regard to the moral part of Spiritism, there is no difficulty in theory, but much difficulty in its practice.

The philosophical part presents more difficulties to be

understood and, therefore, it requires more efforts. The person, who seek to be a Spiritist, must put themselves to the work to know it well, because it is the means through which they will deal with more success. It is helpful not to get caught up in material phenomena and to give their explanation without much development. They should reserve such developments for the analysis of the facts of intelligent order, without, however, saying too much, for the spirit of the novices in Spiritism should not be weary. Concise explanations, well chosen examples, adapting well to the issue under discussion, that is all that is needed. But I, to be concise, repeat that one should not know less; to give examples or explanations appropriate to the subject is necessary to know in depth the philosophy of Spiritism. This philosophy is summarized in The Spirits' Book, and the practical side in The Mediums' Book. If you are well acquainted with the substance of these two works, which are the work of the Spirits, you will certainly have the happiness of bringing many of your brethren to such a comforting belief, and many who believe will be placed on the true ground of love and charity.

So, my friends, those of you who wish - and all should desire to make your brothers share their beliefs - to call them to the banquet of consolation that Spiritism offers to all their children, must morally practice Spiritism practicing their morals, and intellectually spread around them the lights they have reaped or will reap in the communications of the Spirits. All this is easy. It only takes true will. Well, my dear friends, in the name of your happiness, of your tranquility, in the name of union and charity, I exhort you to love.

Source: Message received by medium Mr. Nivard on October 23, 1868 at the Society of Paris, France, as in the Revista Espírita by Allan Kardec, November 1868, published by FEB.

Catastrophes

ESSENTIAL

Brian Foster



Abstract

Why are there Catastrophes? If the spirit world loves us, why do so many innocents perish in such tragic circumstances? The answer is, that it is all part of a bigger picture.

Why Do We Have Catastrophes

When people question the existence of God, they (and I in the past) have always asked how could God kill innocent people.

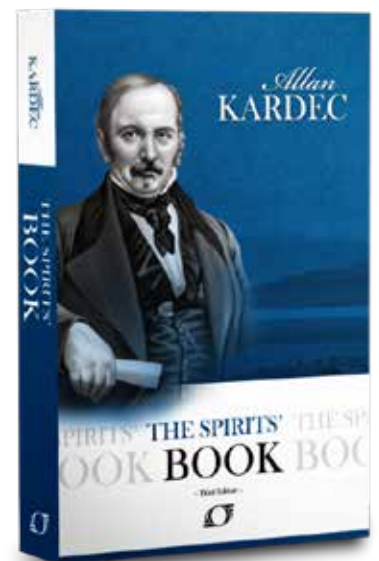
As an example, think of the tsunami in Japan. On March 11, 2011, a magnitude-9 earthquake hit northeastern Japan. A large tsunami, wiped the Fukushima Daiichi Nuclear Power Plant, which is still spewing small amounts of radiation today. It is estimated that more than 2,500 people are still missing or have died in the calamity. More than 250,000 people lost their homes¹.

The answer to this question is in *The Spirits Book*:

738. *Could not God employ other methods than destructive calamities for effecting the amelioration of mankind?*

"Yes; and He employs them every day, for He has given to each of you the means of progressing through the knowledge of good and evil. It is because man profits so little by those other means, that it becomes necessary to chastise his pride, and to make him feel his weakness²."

Why exactly did the tsunami occur? I am not sure, one could speculate it was about using nuclear energy and investing enough to make it safe in all circumstances, or about not using it at all. Or, it could have been a required rearrangement of the tectonic plates.





I do know that in the book, *On the Way to the Light*, the spirit Emmanuel, tells us that Vesuvius, the volcano which buried the Roman cities of Pompeii and Herculaneum in 79 AD occurred as a warning to Rome, foreshadowing the decline of Rome. Christianity was meant to modify the unbridled avarice and cruelty of the Roman elite. When its message was ignored and suppressed, a sign was delivered in unmistakable terms³.

Does this mean we return to bygone days when every event was a message from the gods and human sacrifices were made for appeasement? Not exactly. We do need to be cognizant that our earth, Mother Nature, will send us messages. The spirit realm won't stop this practice just because the majority of the planet doesn't believe it. The Spirituality is consistent and knows that at some time in the future we shall realize the interlocks between our conduct and major cataclysmic events.

In Spiritist literature there is a theme of the need to respect the planet and to put back what was taken. We are here to use the gifts presented to us (such as minerals, farm land, etc.), but we should repair what was damaged and clean up after ourselves. We are warned that our behavior toward our sphere is graded and currently the human race isn't passing.

Innocents

This still leaves us with the question of why must the good along with the bad be affected by these large events? Allan Kardec asked the same question and here is what he received:

— *But the good man succumbs under the action of these scourges, as does the wicked; is this just?*

“During his earthly sojourn, man measures everything by the standard of his bodily life; but, after death, he judges differently, and feels that the life of the body, as we have often told you, is a very small matter. A century in your world is but the length of a flash in eternity, and therefore the sufferings of what you call days, months, or years, are of no importance; let this be a lesson for your future use. Spirits are the real world, pre-existent to, and surviving, everything else; they are the children of God, and the object of all His solicitude; and bodies are only the disguises under which they make their appearances in the corporeal world. In the great calamities that decimate the human race, the sufferers are like an army that, in the course of a campaign, sees its clothing tattered, worn out, or lost. The general is more anxious about his soldiers than



about their coats.^{4"}

The paragraph above not only explains the transitory nature of our physical body, but gets to the root of the question for our very existence. While life for each of us is composed of long periods of boredom and small instances of excitement, we still see life as precious and we wish to hold onto it for as long as possible.

What the spirit world is telling us is that life is more like that old t-shirt you have stored away in your drawer. It served a purpose once, but if you throw it away, it won't be missed. In other words, it is completely unimportant.

What is vital is for our souls to continue their path to perfection and the accumulation of lessons, for us and the collective student body on earth at any one moment. The goal of the spirit world is to teach us to be civilized. We must be certain, in all circumstances, that following our conscience is the correct decision, no matter what the material sacrifice. We must be loving and supporting of all humans, not just our family and extended tribe. Putting some of us on the planet for a relatively short time, and having a few of us appear to prematurely expire as a demonstration of the primacy of our collective goal of perfection is just one of the

teaching tools utilized by the spirit realm.

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Brian Foster has a BSCS degree and a MBA. He has worked in R&D for medical device corporations and in IT for large financial institutions. Brian Foster has a blog at <http://www.nwspiritism.com>.

The apostle's illusion



> Humberto de Campos (Spirit) / Chico Xavier (Medium)

Jesus arrived at Jerusalem where he was greeted with a shower of flowers.

In the afternoon, after a public consecration, James and Judas walked side by side on an old road lined by olive trees that would take them to the humble but happy homes of Bethlehem.

Judas Iscariots' face showed deep unrest, while in the serene gaze of Zebedee's son flared the soft and mild light that consoles the faithful souls.

"James," exclaimed Judas, wavering between anxiety and torment, "don't you think that the Master is too humble and good to break the tyrannical subjugation that weighs upon Israel and to abolish the slavery that oppresses God's chosen people?"

"But," replied James, "would you envision the Master having the destructive predispositions of a worldly warrior?"

"Not quite. But, I have the impression that the Messiah does not consider the opportunities. Today, some religious scholars drew my attention and made me feel the futility of always preaching the gospel to the most ignorant and unqualified. Indeed, the needs of the people require a forceful and bold leader."

"Israel," retorted Zebedee's son with a serene gaze, "has always had revolutionary leaders. The Messiah, however, comes to perform the true revolution, building his Kingdom within the hearts and souls!"

Judas smiled with irony, and added, "But, can we expect such change without drawing the interest and attention of those in power?"

To which James responded, "And who is more powerful than God, of whom the Master is his Divine Envoy?"

Faced with this statement, Judas bit his lip, but proceeded: "I do not agree with the principles of inaction, and I believe the Gospel can only prevail with the patronage of Caesar's representatives or of the administrative authorities of Jerusalem, which determine our destiny. Following the Master in his preachings in Caesarea, in Sebastia, in Chorazin and Bethsaida, while being absent from Capernaum, I have never seen him

interested in gaining the attention of the upper classes. It is true that truth and love flowed from his divine lips wherever he went; but I have only seen the lepers and the blind, the poor and the illiterate, draw near our spring."

"Jesus, however, has already explained to us," replied James with mildness, "that his Kingdom is not of this world."

With an odd spark in his uneasy eyes, the impatient apostle replied forcefully:

"We saw today how the people of Jerusalem cover the Lord's path with palms due to their admiration and their affection; we need, however, to impose the figure of the Messiah on the authorities of the Provincial Court and Temple, so that we can take advantage of this outpouring of affection. Jesus received the popular tribute without taking part in the feverish enthusiasm of who surrounded him, which is a reason for us to multiply our efforts in his place, so that our position of superiority will be recognized in proper time. I observed, however, that the Master had asserted once that the greatest in the community will be the one that makes himself or herself the smallest."

"We cannot abide with such excess of theory. I will be questioned today by affluent friends from Jerusalem's political circles. I will do everything possible to establish agreements with the senior officials and important men to develop a new movement toward the Messiah's teachings."

"Judas, Judas!" observed his fellow apostle gently but firmly, "Careful what you do! Would not the use of transitory powers of this world, without a justification for using such resource, be disrespectful of Jesus' authority? Doesn't the Master have the vision to plumb and understand our hearts? The habit of the clergy and the robes of the Roman dignitaries are garments for the Earth. The teachings of the Master are from Heaven, and it would be a sacrilege to mix its purity with the corrupted organizations of this world! After all, we cannot be wiser or more loving than Jesus. He knows the best path and the best opportunity for humankind's conversion! Success in this world is full of traps for the spirit, and among them, it is possible that we become transformed into some outrageous version of the truth that the Master represents."

Judas became quiet, distressed.

In the firmament, the last sunrays hit the distant clouds, while the two disciples took different paths.

*

In spite of James' loving advice, Judas Iscariot spent the night overcome with distressing concerns. Wouldn't it be better to accelerate the triumph of Christianity in this world? Didn't Israel await a Messiah who would take all power into his hands? By making use of the Messiah's doctrine, he could take into his hands the reins of the movement of renewal, while Jesus, through his goodness and humility, would be remembered as living symbol of the new idea.

Recalling his first conversations with authorities from the Sanhedrim, Judas meditated on the execution of his somber plans.

Dawn found him decided, drunk with his illusory dreams. He would turn in the Master to those in power in exchange for his official nomination to direct the activity of his companions. He would have authority and political privileges. He would satisfy his ambitions, seemingly just, with the objective of organizing the Christian victory among his people. After he attained the high position he was counting on, he would free Jesus and use his spiritual gifts to convert his prestigious friends and protectors.

In his view, the Master was too humble and generous to win alone against wickedness and violence.

As dawn approached, the improvident apostle entered the center of the town, and after a while, he was received by the Sanhedrim, where he was offered the most relevant promises.

Although satisfied with his petty gratifications and crazed by his ambitions, Judas loved the Messiah and waited anxiously for the moment of triumph that would give him the joy of Christian victory through human political maneuvers.

The price of vanity, however, lay in wait for his excessive ambition.

Humiliated and mocked, his beloved Master was taken to the cross of shame, vilified and flogged.

Not a single complaint was heard from those lips that had taught about the truth and good, simplicity and love. Martyred on his pathway of anguish, the Messiah had only the utmost of forgiveness for his executioners.





Observing the events that contradicted his deepest assumptions, Judas Iscariot went to Caiaphas, demanding the fulfillment of his promises. The clergyman, however, listening to his belated words, smiled with sarcasm. Vainly, he appealed to his prestigious friends: he had to recognize the fallibility of human promises. Tormented and distressed, Judas searched for his companions in faith. He found them, beaten down and humiliated. It seemed, however, that he could recognize the same painful and silent disapproval in each gaze.

*

The sixth hour was long gone in which the Master expired at the cross, begging forgiveness for his executioners.

From far away, Judas contemplated all the distressing and humiliating scenes of the Calvary. Terrible remorse afflicted his torn conscience. Passionate tears streamed from his sad and deadened eyes. In spite of the vanity to which he became lost, he deeply loved the Messiah.

For one brief moment, the sky of the impious city was covered with dark and stormy clouds. With an ocean of pain in his conscience, the bad apostle left for the accursed villa with the purpose of deserting this world in a supreme treason to the most sacred commitments of his life.

Prior to executing his dark plans under the sinister fig tree, he could hear the bitter voice of his tremendous remorse.

Horrendous lightening could be seen in the firmament. Violent thunders seemed to bestow a curse of the heaven vilified and forgotten upon that criminal land.

However, above all the confused voices of Nature, the unhappy apostle heard the consoling and unforgettable Master's voice penetrating the deepest parts of his soul, "I am the Way, the Truth and the Life. No one comes to the Father except through me!"¹

¹ 1John 14:6 (NIV)

Source: Book "Boa Nova" (Good News) by Humberto de Campos (Spirit) through the psychography of Chico Xavier, chapter 24, published by FEB. The book was translated by the team of the Spiritist Society of Virginia. The copyrights of the translation were given to the Brazilian Spiritist Federation. We wait for its publication. Meanwhile, we recommend that the reader watches the study session on this book by Vanessa Anseloni at Kardec Radio's YouTube channel.

Seek Inner Renewal

> Euripedes Barsanulfo (Spirit) / Corina Novelino (Medium)





Brothers and Sisters,

The time has arrived. We enter the vertex of the road where two lines, that of the good and of evil, intersect forming a basic angle of transition necessary to the evolution of the planet.

In which side are you?

It is necessary to define your position before your conscience.

It is necessary to define the true sector in which are situated tendencies and vices.

Apart from this knowledge of yourselves, the foundation of spiritual progress will not be happen.

Therefore, there should be an accounting of thoughts and impulses that vibrate in the course of tasks, of entertainment, of fellowship with other individuals.

The result from this analysis will be the whole foundation of our evolutionary initiation.

My brethren, dedicate yourselves to the divine work of love, seeking your inner renewal.

The voices of the good are calling you in the path of light and love.

Open your ears to the message of the messengers of the Lord, who want nothing other than your ascension to the Father.

May God protect you now and forever!

Source: Source: Book Euripedes, o Espirito e o Compromisso by Corina Novelino through the medium Alira Bessa França Amui. The above message was psychographed by the medium Corina Novelino when she was incarnated on June 23, 1955, published by Editora Esperança e Caridade.

What does social drinking do to you?

> Deise Galan, Vanessa Anseloni and Carol Correa





Physical, psychological and spiritual consequences of alcohol consumption

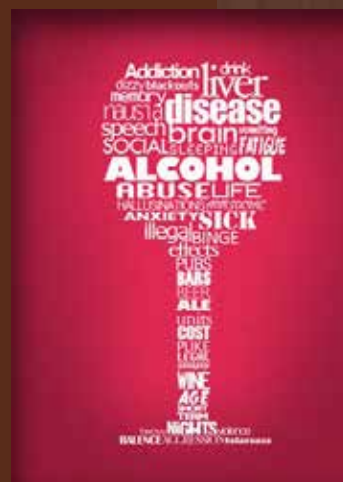
Alcohol use is:

The leading risk factor for global disease burden and causes substantial health loss¹.

Associated with a risk of developing mental health and behavioral disorders, major non-communicable diseases such as liver cirrhosis, some cancers and cardiovascular diseases, as well as injuries resulting from violence and road clashes and collisions².

Related to spiritual obsession and vampirism^{3, 4}.

A form of indirect suicide, creating deleterious lesions in the perispirit⁵.



There is no safe level of alcohol consumption!

You may also listen to the following program at Kardec Radio to understand more about it: https://soundcloud.com/kardecradio/spiritual_and_medical_view_on_social_drinking

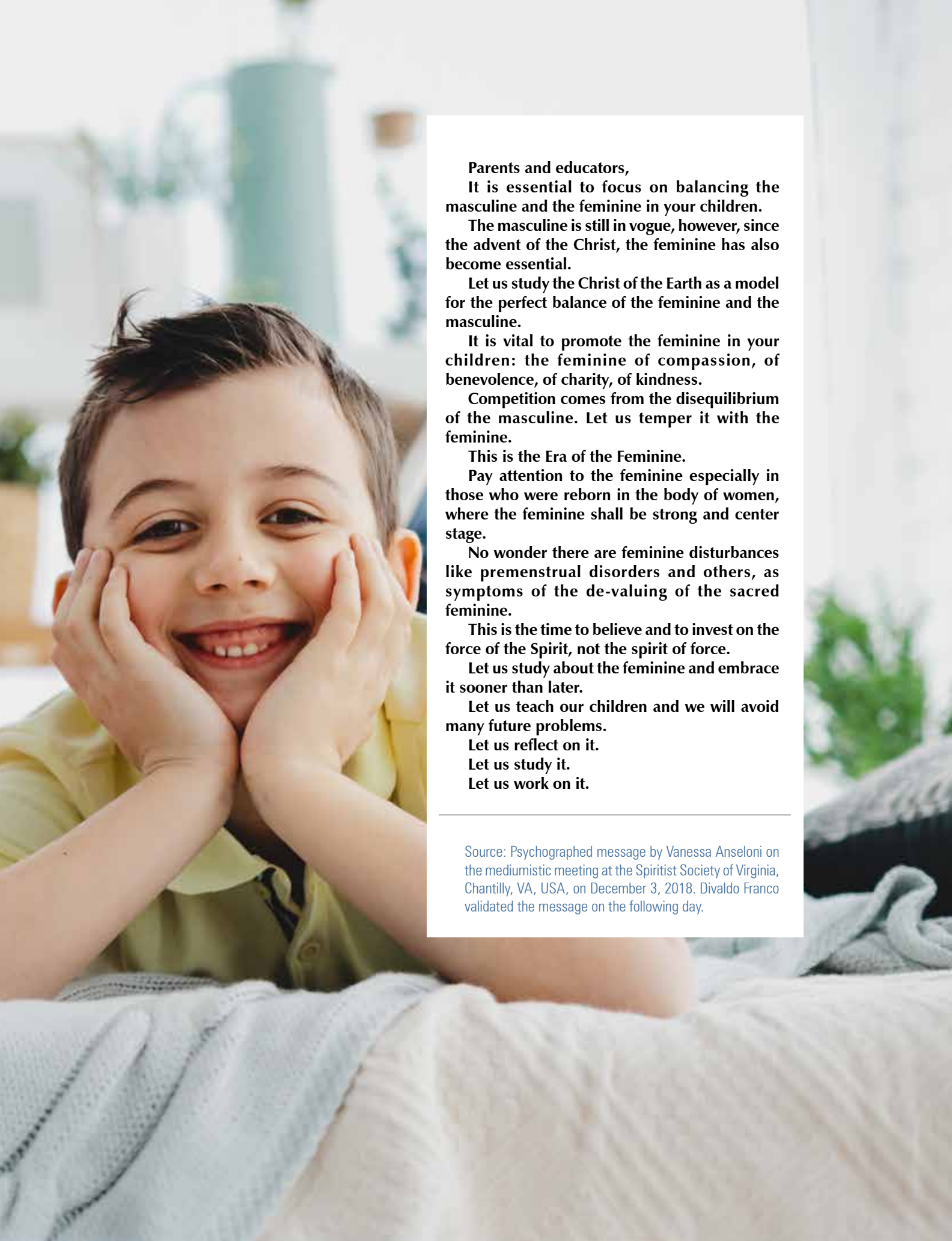
References:

- 1 The Lancet (2018). Alcohol use and burden for 195 countries and territories, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016.
- 2 World Health Organization (2018). Alcohol Fact Sheet. <http://www.who.int/en/news-room/fact-sheets/detail/alcohol>.
- 3 Francisco Cândido Xavier and J. Herculano Pires by several spirits (1974). *Diálogo dos Vivos* (in Portuguese).
- 4 Francisco Cândido Xavier by Andre Luis (1963). *Sex and Destiny*. 5 Francisco Cândido Xavier by Andre Luis (1944). *Nosso Lar*.

Source: The above information comes from an educational flyer created by the Spiritist Society of Virginia, especially compiled by Deise Galan, Vanessa Anseloni and Carol Correa.

Balancing the Masculine and the Feminine

> Joanna de Ângelis



Parents and educators,

It is essential to focus on balancing the masculine and the feminine in your children.

The masculine is still in vogue, however, since the advent of the Christ, the feminine has also become essential.

Let us study the Christ of the Earth as a model for the perfect balance of the feminine and the masculine.

It is vital to promote the feminine in your children: the feminine of compassion, of benevolence, of charity, of kindness.

Competition comes from the disequilibrium of the masculine. Let us temper it with the feminine.

This is the Era of the Feminine.

Pay attention to the feminine especially in those who were reborn in the body of women, where the feminine shall be strong and center stage.

No wonder there are feminine disturbances like premenstrual disorders and others, as symptoms of the de-valuing of the sacred feminine.

This is the time to believe and to invest on the force of the Spirit, not the spirit of force.

Let us study about the feminine and embrace it sooner than later.

Let us teach our children and we will avoid many future problems.

Let us reflect on it.

Let us study it.

Let us work on it.

Source: Psychographed message by Vanessa Anseloni on the mediumistic meeting at the Spiritist Society of Virginia, Chantilly, VA, USA, on December 3, 2018. Divaldo Franco validated the message on the following day.

> Emmanuel (Spirit) / Chico Xavier (Medium)

To Forgive

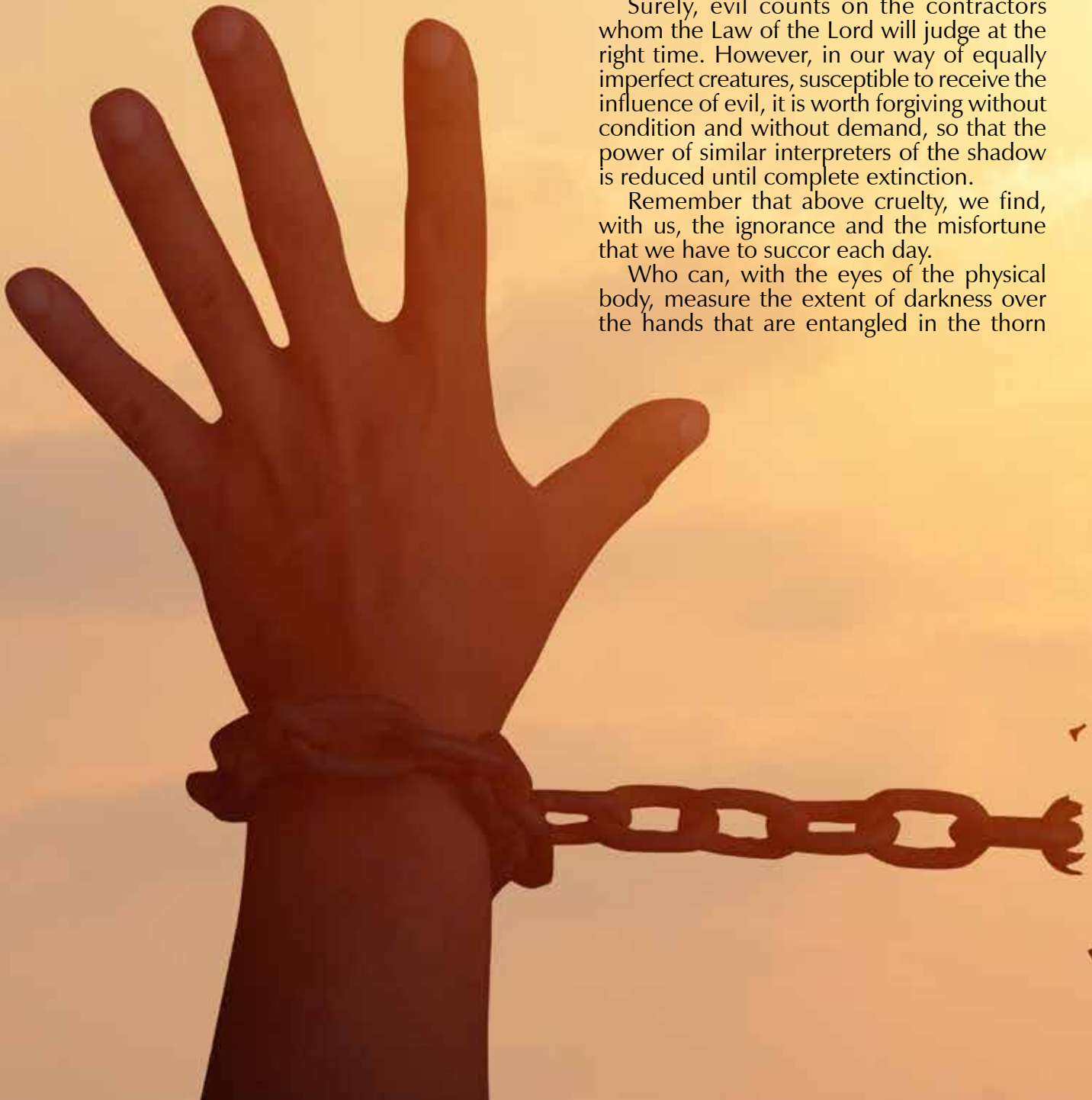
"Jesus said to him: I do not tell you until seven, but up to seventy times seven."(Matthew, 18:22)

Attend to your duty of indefatigable excuse before all the victims of evil so that the victory of the good does not become late.

Surely, evil counts on the contractors whom the Law of the Lord will judge at the right time. However, in our way of equally imperfect creatures, susceptible to receive the influence of evil, it is worth forgiving without condition and without demand, so that the power of similar interpreters of the shadow is reduced until complete extinction.

Remember that above cruelty, we find, with us, the ignorance and the misfortune that we have to succor each day.

Who can, with the eyes of the physical body, measure the extent of darkness over the hands that are entangled in the thorn



bush of crime? Who, in the earthly shadow, will distinguish all the percentage of pain and necessity that produces despair and revolt?

Be ready to infinitely forgive today so that tomorrow you will also be forgiven.

Observe the picture in which you breathe and you will recognize that nature is lavish in lessons in the chapter of goodness.

The Sun generously consents the excrement that injures it, turning it into fertilizer without fanfare.

The miasmatic odor of the swamp, for the one who understands the anguish of the soil, will not be a message of rottenness, but a moving supplication, so that the blessing of the readjustment may be given, and it may become productive ground.

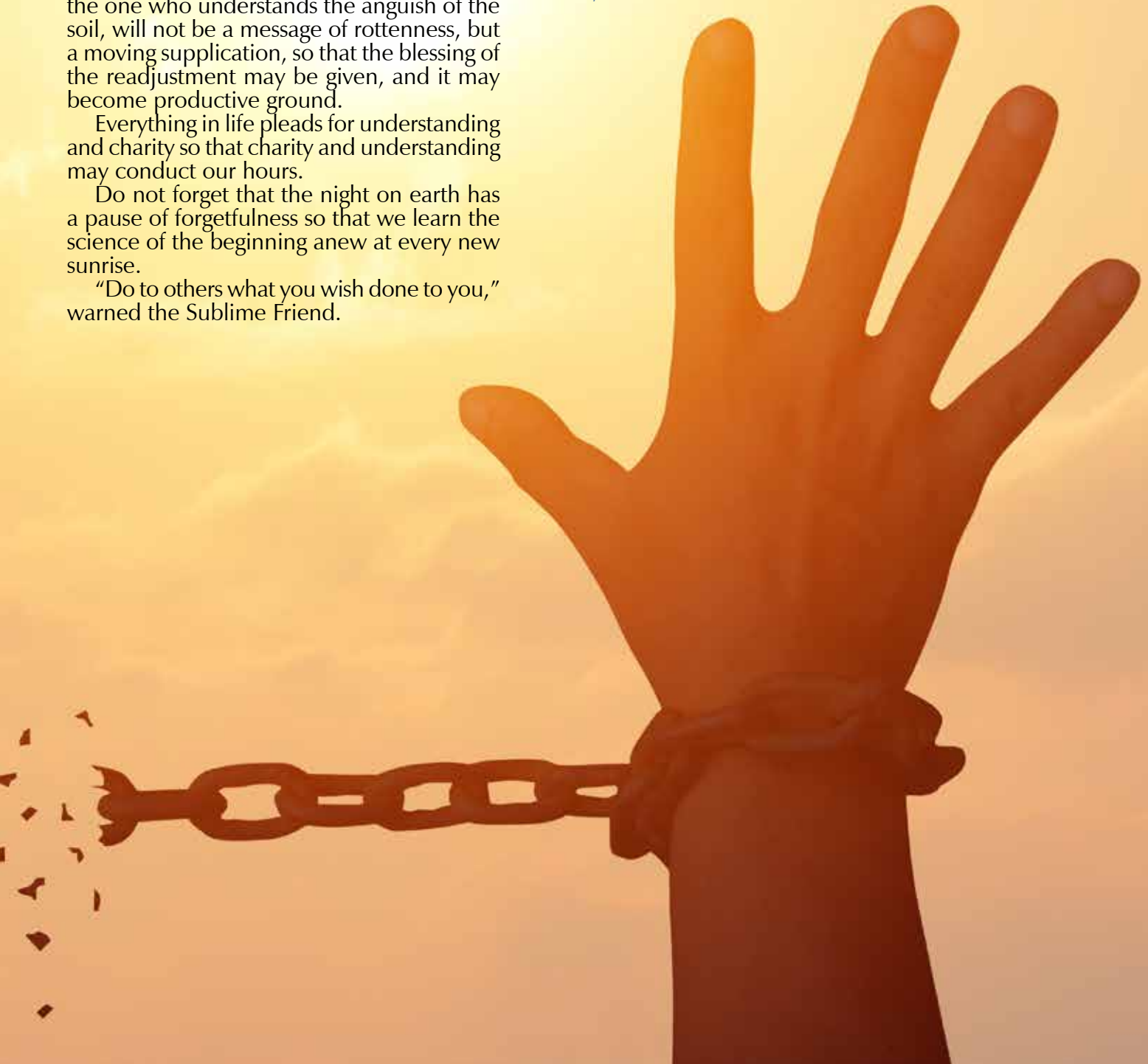
Everything in life pleads for understanding and charity so that charity and understanding may conduct our hours.

Do not forget that the night on earth has a pause of forgetfulness so that we learn the science of the beginning anew at every new sunrise.

"Do to others what you wish done to you," warned the Sublime Friend.

And, only with the incessant forgiveness of our reciprocal faults, with the protection of the silence and with the strength of humility is that we will reach, in successful steps, the kingdom of eternal goodness with the absence of all evil.

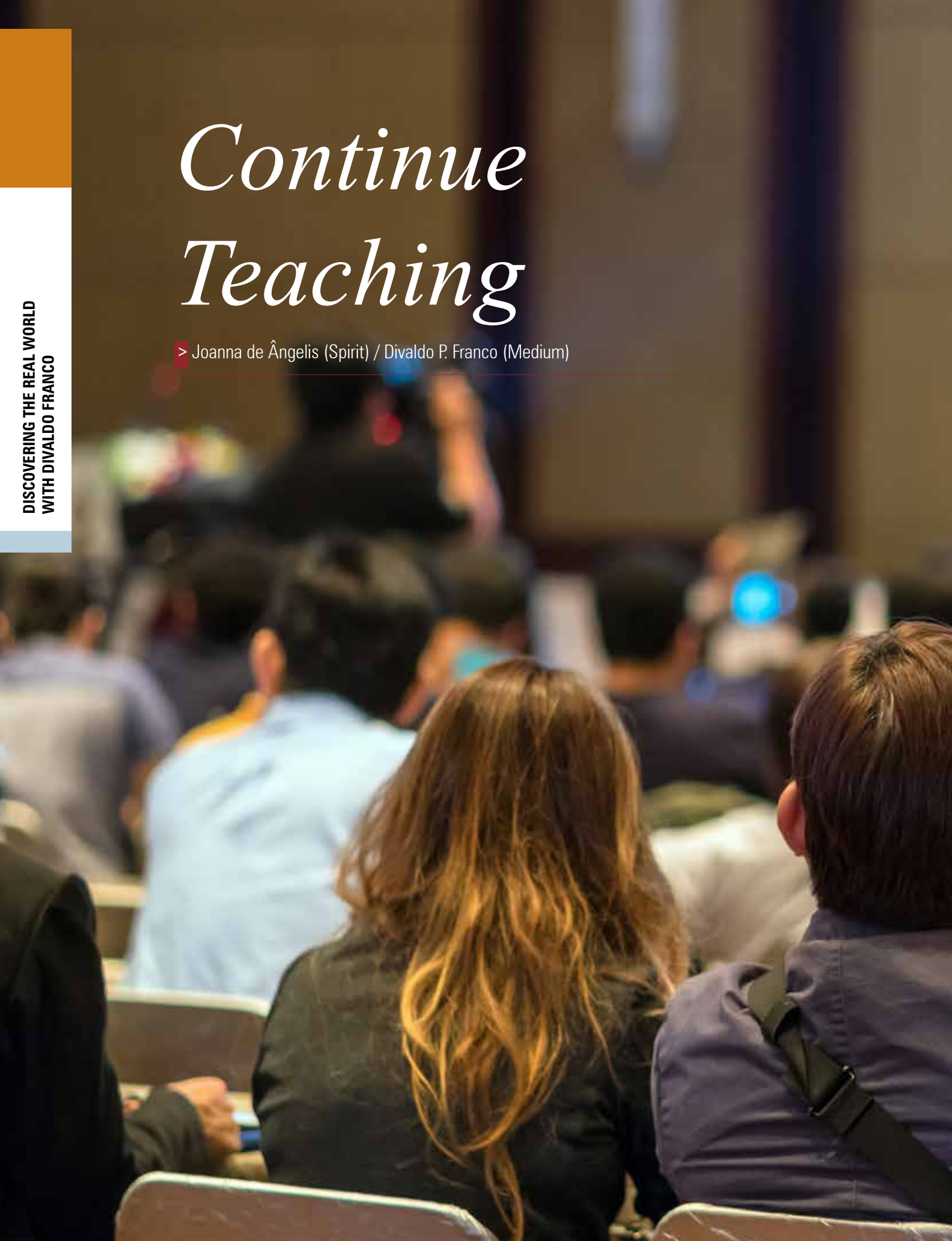
Source: Book *Ceifa de Luz* (Harvest of Light) by Emmanuel / Chico Xavier (Medium), FEB. The book was translated by the team of the Spiritist Society of Virginia and Kardec Radio. We recommend that the reader watches the study session on this book by Vanessa Anseloni at Kardec Radio's YouTube channel.

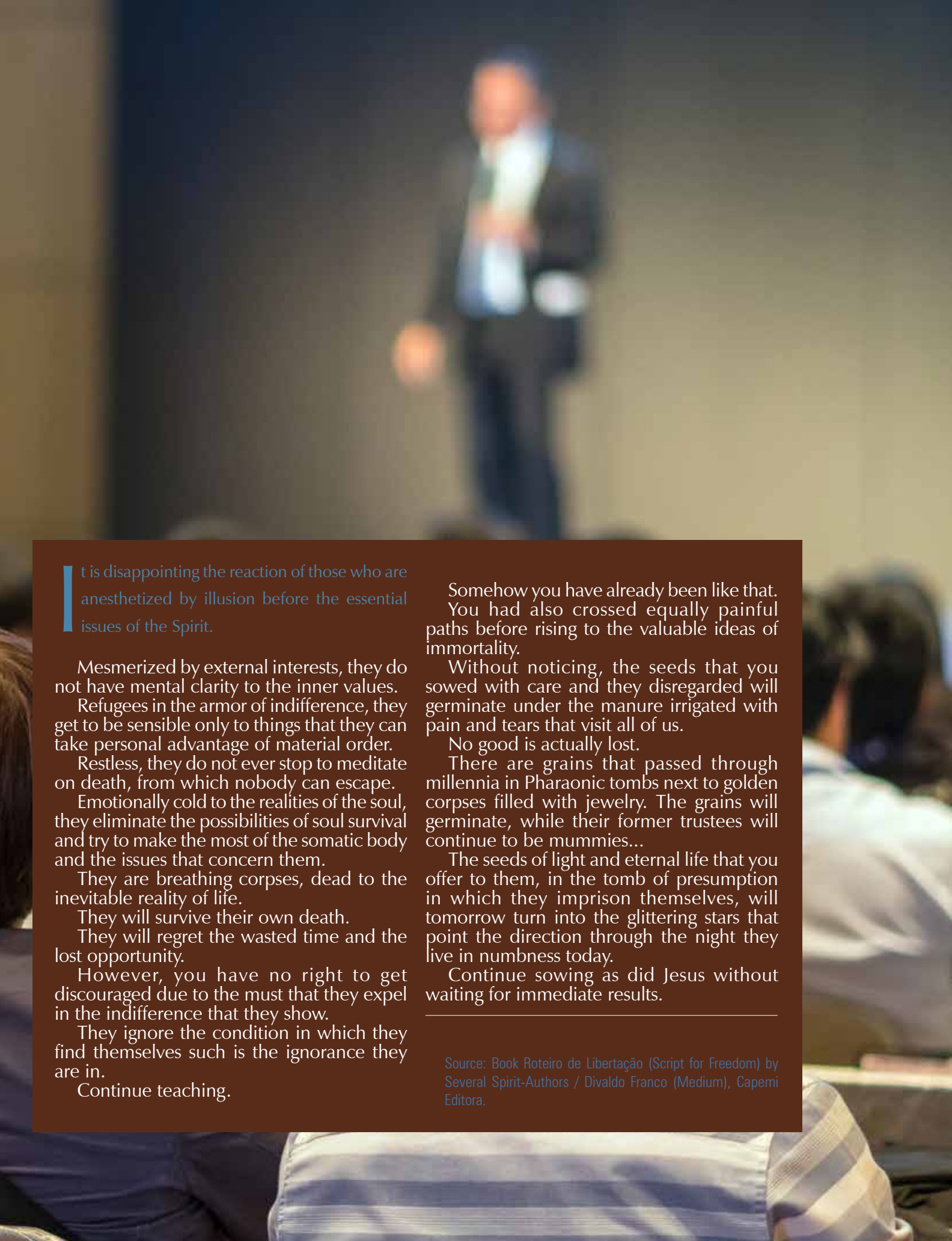


Continue Teaching

> Joanna de Ângelis (Spirit) / Divaldo P. Franco (Medium)

DISCOVERING THE REAL WORLD
WITH DIVALDO FRANCO





It is disappointing the reaction of those who are anesthetized by illusion before the essential issues of the Spirit.

Mesmerized by external interests, they do not have mental clarity to the inner values.

Refugees in the armor of indifference, they get to be sensible only to things that they can take personal advantage of material order.

Restless, they do not ever stop to meditate on death, from which nobody can escape.

Emotionally cold to the realities of the soul, they eliminate the possibilities of soul survival and try to make the most of the somatic body and the issues that concern them.

They are breathing corpses, dead to the inevitable reality of life.

They will survive their own death.

They will regret the wasted time and the lost opportunity.

However, you have no right to get discouraged due to the must that they expel in the indifference that they show.

They ignore the condition in which they find themselves such is the ignorance they are in.

Continue teaching.

Somehow you have already been like that. You had also crossed equally painful paths before rising to the valuable ideas of immortality.

Without noticing, the seeds that you sowed with care and they disregarded will germinate under the manure irrigated with pain and tears that visit all of us.

No good is actually lost.

There are grains that passed through millennia in Pharaonic tombs next to golden corpses filled with jewelry. The grains will germinate, while their former trustees will continue to be mummies...

The seeds of light and eternal life that you offer to them, in the tomb of presumption in which they imprison themselves, will tomorrow turn into the glittering stars that point the direction through the night they live in numbness today.


Continue sowing as did Jesus without waiting for immediate results.

Source: Book Roteiro de Libertação (Script for Freedom) by Several Spirit-Authors / Divaldo Franco (Medium), Capemi Editora.

Insights on the Science of Criminology

> Bezerra de Menezes





The problem of human moral behavior is related to their level of spiritual progress.

For this reason, Jesus emphasized that 'to whom is given much, of him much will be asked', considering the degree of personal responsibility, due to the predisposing factors and prevalent to the conduct. Individuals are the living history of their own past actions. The sum of their experiences shapes their character, their aspirations, their knowledge and their moral responsibility. Invariably, in spite of the significant achievements accomplished in each reincarnatory step, encumbrances and falls muddy the purity of their triumphs, constituting obstacles to more expressive progress.

Because of this attitude, those Spirits are reborn in the moral climate to which they are entitled such as in family groups compatible with their needs as they hold their own obligations necessary for the development of relevant ethical and moral values.

As they have not been able to avoid previous causes, they somehow are accompanied by affections or adversaries that remain linked to the economy of their evolution. Surely, divine support never lacks to anyone, as well as inspiration and the means to succeed. But, many of them, as soon as they awake in the body and reach the age of reason, they are attracted to return to sites that they should avoid and to the vices they should overcome.

The innate tendencies, which are reflections of lived commitments, impel us to the conduct that they feel more enjoyable and that do not require efforts to overcome. The psychic connections of affinity facilitate the exchange with the rivals of the past. And, without the necessary commitment that sometimes requires sacrifice and renunciation, those connections make us tumble on well established plots to beat them, defeating them in the venture that should be liberating.

Justice is within Nature, and the moral development of the being extends its sublime content in the conscience. The application of the codes of



Justice on the Earth is happening according to the degree of human responsibility and its moral improvement. Since the grotesque and merciless punishments of barbarism and medieval ages to the modern vision of the Science of Criminology, there has been a greater identification of the human mind with the divine justice, slowly incorporated into the terrestrial legal codes. We are still far from healthy and equal justice for all. Nevertheless, people already think about humanitarian guidelines to be used, dignifying the offender other than simply punishing him. It is so because the concept about God's justice through the evolution of thought and of conscience eliminates the arbitrariness and cruelty that were attributed to Him, in order to present God as mercy and love, by offering constructive rehabilitating methods for all problems, as it is detected in the current concepts of reincarnation.

"Almost always, when one thinks of Justice, one immediately thinks of the component of punishment, as if the purpose of justice would be punishment, instead of equanimity, preservation of order and duty. This way of thinking has been so prevalent that people confused its ministry of preserving the balance of the individual, peoples and Nations with coercive measures of freedom, alongside recessions of food and remedies, physical, psychological and moral lacerations, which are in fact destructive of the meaning of life.

A profound study in the light of Psychology identifies the delinquent as someone emotionally infirm, whose roots are imbalanced in past life experiences. As

experienced, guilt, remorse, inner disharmony, and hatred are reflected in form of perverted behaviors and unhappy attitudes that are expressed in a criminal way. Consequently, specific assistance on the same psychological area should be used to recover the miserable patient and grant him the right to rehabilitation, to the rescue of the error before his victim and society."

In addition to those psychological factors and others, there are other factors that may contribute to the error of the human individual when they are deficient such as home education and family life; social environment; financial resources and work; recreation and health, since all of them play a role of infinite importance in building personality and developing feelings. In a just society, there is predominance of values that government obeys, giving an account of its responsibilities that were committed before the people, being always vigilant in regard to the duties related to the masses. Unfortunately, this awareness is still not generally widespread, and is correlated to the high levels of violence and crime, with spectacular escapes through chemical drugs, anarchy, passions through which the morally weak individuals indulge. These factors provide them with the possibility of practicing the offense as can be seen in the literature of the past and the present. Fedor Dostoyevsky in his famous novel *Crime and Punishment* well describes the torments of the character Raskolnikov who, despite being an honorable man of noble sentiments, ended up committing atrocities without limits against his victims,

in order to take ownership of the values they had, particularly the tormented usurer woman who he came to detest. Several authors such as Victor Hugo, Charles Dickens, Arthur Müller and many others utilized this eventual factor and presented criminals who become friendly to their readers because they were driven to crime by occasional circumstances. While bearing elevated principles, they found themselves in contingency to err, getting in return perverse and unjust punishments.

Error is the shadow that accompanies the one who practices it until it is diluted in the soft light of reparation. Provided the means for the renewal of the one who made a mistake and reeducating him for social life, it is fair to grant him the opportunity to continue building the future, while feeling released from the practiced imbalance.

A day will come when scholars of the human criminal behavior will observe, in addition to these factors that lead to delinquency, another much more serious and subtle, which requires profound study so that new codes of Justice can be created for offenders subjected to this incidence. We here refer to obsession when rival Spirits, wishing to stop one's evolutionary path, induce them to commit crimes of all types, becoming co-authors of countless criminal aggressions, which often result in fatal, irreversible events. Slowly working in the mental field of their victims, with whom they stay tuned psychically, they end up inspiring them to vile feelings, arming against those who, in any event and with or without reason, become their enemies. They transform themselves into restless opponents, stubbornly persecuting or confronting others in battles of violence ending in tragedies...

On the other hand, these spirits utilize those which they mentally and morally attune with to rid of those

who harmed them previously, and now are not reached by their sordidness or perversity, practicing heinous spiritual homicides. In this field, obsessions are very expressive. It would be worthwhile examining the case of Dostoyevsky's character to evaluate whether he had been a victim of a discarnate personal rival or if he had been attuned with the ones who enjoyed hating all the ones that fell into his raw perversities!

In itself, error generates a nefarious psychic climate, which attracts similar Spirits to the morally compromised, maintaining systematic attunement and continuous emotional trade. The general punishment applied to all those who are victims of crime, without distinction of situation or spiritual content, becomes unjust and even hateful, transferring to the spiritual world the effects of these disastrous wedlock.

However, Divinity watches over us as Its Wise Laws inescapably reach all beings of Creation, providing the evolutionary process through which the happiness that we long is possible.

Let us all be aware and preserve ourselves from evil, begging the divine assistance as proposed by the Incomparable Master in His prayer by seeking God's help and inspiration so that we can transit with balance through the difficult paths of spiritual ascension.

Source: Book *Tormentos da Obsessão (Torments of Obsession)* by the Spirit Manoel Philomeno de Miranda by the medium Divaldo P. Franco, chapter 2, LEAL publisher. The book was translated by a team at the Spiritist Society of Baltimore in 2012 under the coordination of Vanessa Anseloni. We await its publication.



Self-Flagellation

> Dias da Cruz (Spirit) / Chico Xavier (Medium)

Francisco de Menezes Dias da Cruz, doctor, president of the Brazilian Spiritist Federation from 1890 to 1895, work colleague and friend of Dr. Bezerra de Menezes, dignified Spiritist and homeopathic doctor in Brazil.

After a long absence, the spirit Dias da Cruz appeared in our group on the night of September 29th, 1955. Controlling the medium's faculties, he pronounced a remarkable study on self-flagellation, a study that we now present to you.

My friends,

For now it is not possible to appreciate with you the physiology of the soul as would be desirable in order to give a more ample clarity to our study. So we share a brief commentary on the flagellation that we many times inadvertently impose upon ourselves.

Let us imagine the terrestrial body as being the machine of human life through which the mind manifests itself, using three dynamo generators, with specific functions, nevertheless extremely connected to each other by wires and conduits of varied nature.

The abdomen is the lower dynamo.

The thorax is the intermediary dynamo.

The cerebellum is the upper dynamo.

The first one collects the elements that are provided to it by the external means, expressed in the usual food, and produces an aqueous paste, suitable for the sustenance of the organism.

The second one receives this material and, combining it with the nutritive resources of the atmospheric air, transforms it into dynamic liquid.

The third one assimilates this liquid and generates currents of incessant energy.

In the abdomen-dynamo, we have the production of chyme.

In the thorax-dynamo, we witness the metamorphosis of chyme into blood globules.

In the cerebellum dynamo, we observe the transformation of the blood globules into nervous fluid.

In the upper part of the brain region, we have the encephalic cortex, representing the headquarters of the spirit, something similar to a control room, or a symbolic secretary, in which the "Self" coordinates its decisions and produces the mental energy with which it governs the dynamo generators to which we are referring.

The human being, therefore, in his physiological expression, considered superficially, can be compared to an intelligent plant (factory), operating in the field of life, in an exchange of emission and reception.

We thus concentrate mental force in a continuous action and disburse it in the smallest acts of existence, through the multiple phenomena of attention with which



we assimilate our daily activities, acting upon the individuals and things that surround us, and being constantly influenced by them.

However, every time we lose ourselves in rage or cruelty, contradicting the provisions of God's Laws, which is love, we externalize currents of sickness and death, which, whether they reach the target of our intemperance or not, turn fatally against us, through the inescapable principle of attraction that we can observe in the ordinary magnet.

In our crises of rebellion and despair, of slander and malice, we bring upon ourselves real magnetic storms that disorganize the vehicle of manifestation, either in the spiritual circles in which we find ourselves, or on Earth, while we wear the envelope of dense matter, upon which the effects of our mental, verbal or physical aggressions, take on the character of varied illnesses, according to the vulnerable point of our organic power plant, but particularly upon the cerebral world in which the frantic vibrations of our misdirected impulsivity create neuropsychic diseases, of complex diagnosis, from cephalalgia to meningitis, and from common melancholia

to untreatable insanity.

All violence committed by us against others means laceration in our own selves.

Let us therefore guard ourselves in humility and tolerance, fulfilling our duties towards our neighbors and towards our own souls, because the essential judgment of those around us, does not belong to us.


By peacefully carrying out our obligations, we shall avoid the deplorable occurrences of self-flagellation, in which we almost always submerge ourselves in the darkness of indirect suicide, with severe commitments.

Preserving ourselves, therefore, against such calamity, let us not forget the advertence of our Divine Master in verse 41, of chapter 26, of the apostolic notes of Matthew: "Watch and pray so that you will not enter into temptation."

Source: From the book *Vozes do Grande Além* by Several Spirits through Chico Xavier, lesson 16. This message was psychophonically received by Chico Xavier on September 29, 1955. This book is published by the Brazilian Spiritist Federation.

Reflections on Marriage

> Iris Sinoti and Claudio Sinoti



What we can't lose sight of is that marriage has an important function, both for society as well as for the psychological and spiritual development of being, and when we neglect important aspects of its experience, individuals and society as a whole are affected.

While we are still children, we begin to know the world from the miniature world of our family; there we also begin to learn how to relate, and especially how the relationship should be between a married couple. Believe me: we learn what marriage is all about with our parents, as Alberto Almeida reminds us: "We learn how to be husbands and wives in the everyday experience, especially with our parents, consciously or unconsciously..."

The family is our first model of the world and, consequently, there we learn to like or dislike, to act or react, to give of oneself or not, etc. For example, if we were fortunate enough to grow up in an environment where emotions were welcomed and respected, we will have better conditions to cope with them in a healthy manner. Or yet, if we were blessed with loving parents, who showed affection between themselves and we were able to grow up seeing them embracing, kissing and recognizing the values and qualities of each other, we will most likely seek to build a model within these patterns. Of course, we cannot annul the effect of our parents' emotional relationship with us, which also interferes directly in our love choices.

On the other hand, as long as we're trapped in our childhood wounds, we will maintain immature and childish relationships. This occurs because, while our relationship with ourselves is deficient, the quality of our relationships will be affected, and we will project our unresolved issues on people close to us; and who is closer to us than the spouse?

This leads us to the following conclusion: without a process of self-knowledge, sooner or later our relationships will suffer the consequences; either because they will be in crisis, or maybe because they will not even happen...

I once attended a patient who was celebrating sixty years of marriage, and I was amazed when she revealed: "Only I know the price I paid to get here". That was undoubtedly something that I was not expecting to hear. Had the whole marriage been bad? They were sixty years... But the answer came in the story itself, because that had been an "arranged" marriage by the families. It's not that it was bad, but it wasn't good either, in the sense of providing growth to both spouses. From this it is concluded that it is not the duration of a marriage that gives its true dimension, but how much those who are part of the relationship are improved as individuals. The

Amid so many crises that we live, individual, collective and planetary, relationships would not be exempt. We do not know whether by inability or incompatibility, if by "collective Karma" or by whim, the fact is that emotional bonds are not so tight anymore. Those who are single (especially women) want to get married, and those who are already married, complain! And we ask ourselves: where is the problem?



misunderstanding of the grandiosity of marriage causes important issues to be left aside, and to appreciate aspects that should not consume our energies. An example of this is how much one invests in wedding parties, often spending much more than the couple's income, and how little is invested in the relationship itself. Certainly marriage is a time of celebration, but the excesses on one side and the shortage on the other, show that appearance has been taken much more into account than the essence of relationships. The cost of this paradox has been too high.

Some ask: How can we succeed if we did not have role models to follow? Where did we lose ourselves and therefore lost the meeting time?

These are some of the questions that we hear in therapeutic care, whose answer must come from personal reflection, and the courage to find the "us" in the love foundation, the journey of each one as an individual and the couple as a partnership. And when we are watchful, there are very clear signs that are being given during the relationship that point out that something is not right, according to Joanna de Angelis.

-Unjustifiable silence or boredom in the company of the other;

-Anger, even if disguised, when the other spouse issues some opinion;

-Lack of dialogue and constant isolation for readings, internet, social networks, TV programs, etc.:

-Irritation when approaching the home;

-Too much friction, exaggerated criticism, and constant irritability;

These, among other aspects, cannot remain unnoticed and unattended to by the couple. The relationship should do good to those who share it, in order to allow and stimulate the growth of the various dimensions that are part of the individual. When one is not well, it is important to build an environment conducive to emotional readjustment. Crises are certainly natural, and to some extent important for us to always question how we can improve our relationships, yet dealing with the crisis requires maturity and developed moral values, which unfortunately doesn't always occur.

Unfortunately there are many mistaken beliefs about love; about the role of man, woman, or partner, that have been interfering with the natural flow of our feelings. Many have inherited the frustrated experiences of fathers and mothers, still bearing the brunt of destructive relationships. But this cannot serve as an excuse to keep following examples that did not work out. And to change this result, we need to begin to relate better to the person that we are.

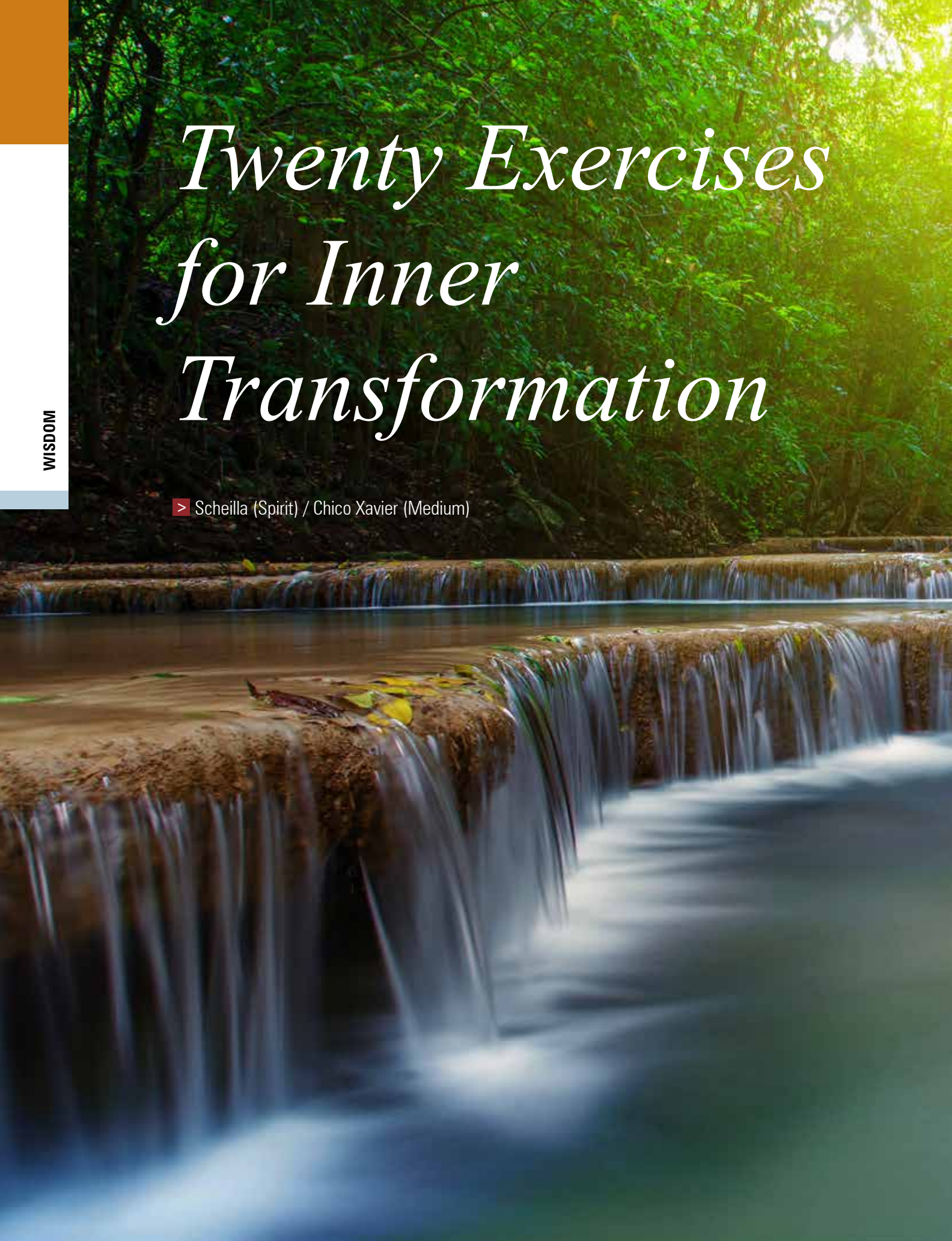


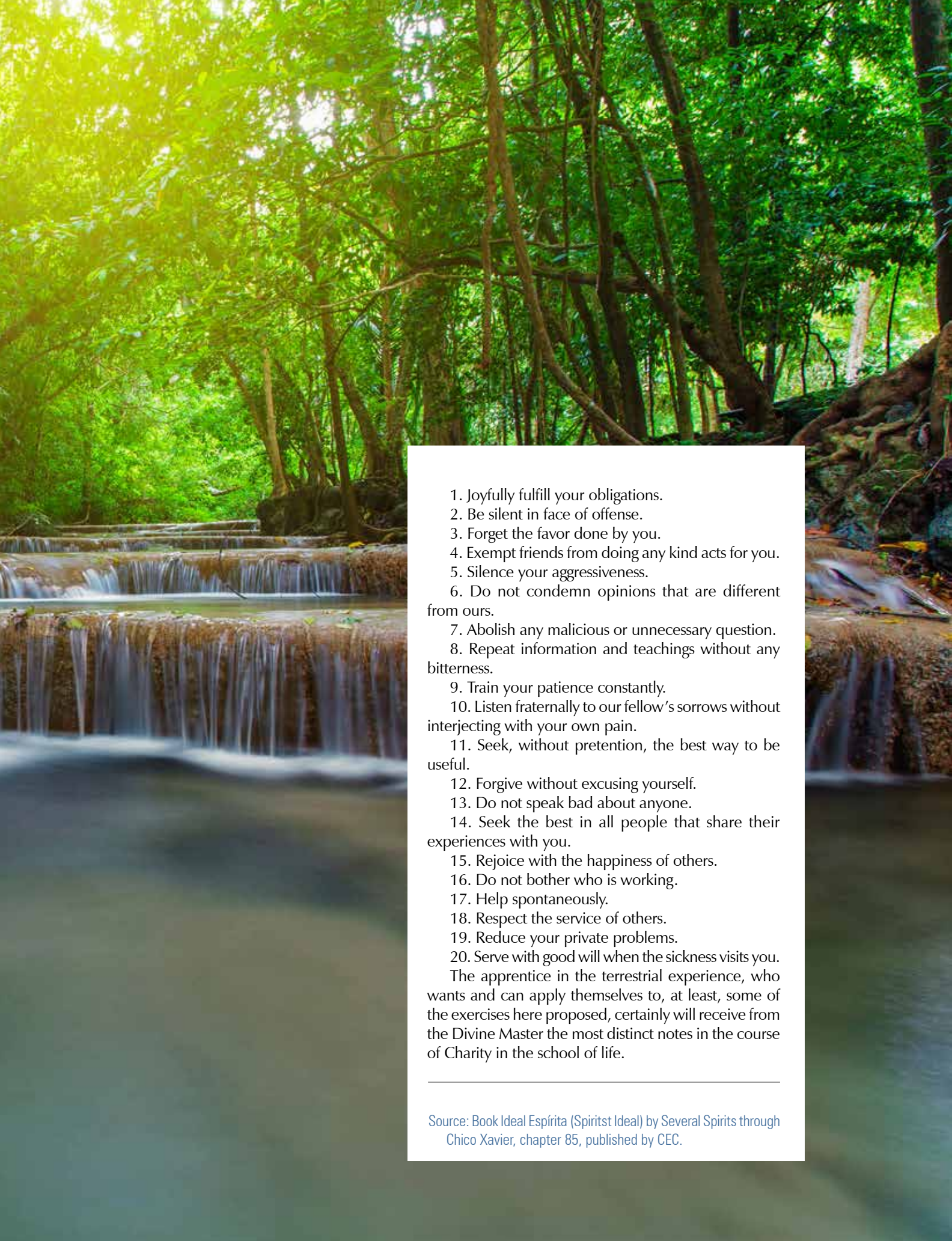
We need to build new foundations on which to support relationships. These bases should begin in the individual, who instilled with self-love, invests constantly in his own improvement, and gives due respect to the other person in relationships. Freed from the conflicts of our inner world, especially those that affect the manifestation of affection, relationships tend to be deeper and more real, fulfilling their primary function of promoting the development of individuals, companions, and the family, which would benefit society as a whole.

Iris Sinoti and Claudio Sinoti are clinical psychologists in Brazil. As Spiritists, they have been leading the psychological studies of the works by Joanna de Angelis through the books psychographed by Divaldo Franco.

Twenty Exercises for Inner Transformation

> Scheilla (Spirit) / Chico Xavier (Medium)





1. Joyfully fulfill your obligations.
2. Be silent in face of offense.
3. Forget the favor done by you.
4. Exempt friends from doing any kind acts for you.
5. Silence your aggressiveness.
6. Do not condemn opinions that are different from ours.
7. Abolish any malicious or unnecessary question.
8. Repeat information and teachings without any bitterness.
9. Train your patience constantly.
10. Listen fraternally to our fellow's sorrows without interjecting with your own pain.
11. Seek, without pretention, the best way to be useful.
12. Forgive without excusing yourself.
13. Do not speak bad about anyone.
14. Seek the best in all people that share their experiences with you.
15. Rejoice with the happiness of others.
16. Do not bother who is working.
17. Help spontaneously.
18. Respect the service of others.
19. Reduce your private problems.
20. Serve with good will when the sickness visits you.

The apprentice in the terrestrial experience, who wants and can apply themselves to, at least, some of the exercises here proposed, certainly will receive from the Divine Master the most distinct notes in the course of Charity in the school of life.

The Miserable Greedy Man

> Amalia Domingo Soler



Even though we are accustomed to seeing men whose peculiarities and eccentricities grab our attention, we are always surprised to see an unfortunate man be a victim of himself.

As the Spirits say, nobody should play the role of tormentor to punish the faults of others. Each individual is their own tormentor, because, in God's eternal justice, each individual harvests what they have sowed.

Scrolling through the newspapers, I have found some news and, as I read it, I asked: "What is the cause of this effect?"

"Greediness of one hundred centuries," said an inner voice.

The news was something like the following.

Report

The greedy man

At La Paloma Street, number 22, an indigent man was found having an attack. He was rescued and, arriving at the hospital, died.

This man lived in extreme poverty, sleeping on a ragged bed in a corner of the house. Under his bed, thirty thousand of Spanish Pesetas were found in bank accounts.

Psychography

That's it! Greediness was the torment of this unfortunate man. He suffered in this existence all the tortures that hunger brings.

He possessed a modest fortune, which would meet his basic needs, for he had could afford it.

He had little choice but to start paying for his past lives' debts, where he had been exposed for a long time.

On the spiritual plane, he finally became convinced that Earth's riches, with all their power of grandeur and luxury, represent nothing in the eternal life of the Spirit.

The man who today died of hunger was, for one hundred centuries, the king of gold. He had a natural talent for always pursuing profitable business.

The sands of deserts became, in his hands, the dust of gold. Worthless stones, precious stones and those from the East, became of incalculable value. He was fortune's favorite son.

As they say on Earth, of every business he started, luck smiled upon him. However, his thirst for wealth had no limits; the more gold he accumulated, the more he wanted.

And the gold, in his hands, became infertile sand, for it never served to comfort a bereaved. He never visited an orphan, never heard the cries of an abandoned old man or of a troubled widow. He did enjoy his wealth. He lived with the magnificence of the kings of the East.



He satisfied his smallest desires; the leftovers of his table, however, were not given to anyone, nor even to his dogs. He gave none of leftover bread loaves for this servants.

Poor was the servant who dared to be compassionate; he would soon be fired for his disobedience. And this way he lived one hundred centuries, until at last he heard the voice of his spiritual guide, who said to him:

- Unfortunate man! Are not you tired of living in the shadows? Your hands are not stained with the blood of his fellow men, but you have given the worst example that a man who is not a murderer can give. You had much water in the fountains of your properties and you denied it to the thirsty pilgrims. The fruit in your orchards rotted away, before you offered them to the little children, who asked with eager eyes.

You did not shed a drop of blood from your fellow men but, to increase your riches, you hoarded food. Hundreds of children and the elderly died of malnutrition and starvation. Acting in that way, what have you gained?

Gold on Earth and shadows in the spirit world? If you saw ray of light, it was one from the fires produced by the desperate and hungry crowds.

If you heard any voice, it must have told you:

- "Damn you, greedy executioner! I curse you!".

Wake up miserable, wake up! It's time for you to earn virtues, not coins.

The unfortunate miser listened to the voice of his spiritual guide and asked to suffer the anguish of poverty. Thus, in his last existence, he could not resist his old habit of accumulating riches, however his treasure offered him no pleasure.

You were strong enough to withstand earthly temptations and joys; You took a big step, respecting its purposes of rectification. When you reincarnate, you will begin to be generous, giving water to the thirsty and bread to the hungry.

And when you see those pictures of misery and suffering, and you can contemplate a lot of gold hidden

in dirty rags, do not say: What a miserable man! How strong can greed and stupidity be?

No! Bow down respectfully before this Spirit, who, with an explosion of will, has said to himself: *I want to see the light! I want to regenerate myself! I want to take the first step on the path of sacrifice! No more selfishness, no more exclusiveness, no more spiritual misery!*

Respect the poor in Spirit who are taking the first step in becoming enlightened, because, given the first step, the advance will become a model of altruism and generosity.

Good Bye.

The Spirit Guide

Reflection

I am very satisfied with the communication I have received. It is a good lesson for us not to criticize, or to make wrong calculations in regards to the actions of others, or about how to proceed with others.

"Each being is a chapter in the history of life. And each person develops their feelings, their aspirations and their purposes in the measure of the knowledge acquired in reincarnations."

We should not judge anyone's conduct by saying that this or that person gives the impression of acting like a fool or a Wiseman. As we do not know their past lives, we cannot make an accurate assessment of their way of being.

I am very grateful to good Spirits for the teachings I have received, because with them I will learn not to judge by appearances anymore. Actually, appearances are like the costumes some men use at parties held during the Carnival of our lives.

Source: Book 15 Vidas Passadas (Fifteen Past Lives) by Amalia Domingos Soler, chapter 8. The book was translated by the team of the Spiritist Society of Virginia and Kardec Radio. We recommend that the reader watches the study session on this book by Vanessa Anseloni at Kardec Radio's YouTube channel.



THE EXECUTIVE

UMBERTO FABBRI
MARIA LÚCIA



MasterBooks

Planet Pluto, a Prison Planet

> Geraldo Lemos Netto

The following text was written by Geraldo Lemos Netto based on his conversations with Chico Xavier:.

"(...) I asked Chico about Hitler. Where was Hitler's spirit? So Chico told me a very interesting story. Immediately after his discarnation, Hitler's spirit received from the High Spheres a sentence to remain for 1,000 earthly years in solitary regime in a spiritual prison situated on planet Pluto.

"Chico explained to me that this measure was necessary not only for the penalty aspect that had been imputed to him for the clamorous errors, but also due to the

Heavenly Mercy in protecting him from the horde of millions of souls who had not forgiven him for the regretful mistakes.

"During this period of ten centuries in absolute solitude, he would be called upon to meditate more deeply about the mistakes made and then would have a new chance to restart on the path of evolution.

"When Gandhi's spirit discarnated



one of the few entities that approach Hitler's spirit with compassion and love...

"Impressed, I asked Chico: "So Chico, is Planet Pluto a prison planet?"

and ascended to the Higher Earthly Planes through the natural enlightenment of his characteristic goodness, he heard about the sad destiny of the persecutor of humanity during the Second World War. Gandhi then requested a meeting with Jesus Christ, Earth's Spiritual Governor, and asked Christ about the possibility of guiding Hitler's spirit towards Goodness, Love, and Truth. Touched by Gandhi's sacrifice, our Lord authorized the difficult task. Since then Gandhi has been

"And he answered to me: "Yes it is, Geraldinho. In our Solar System, we have spiritual penitentiaries in Pluto, in Mercury, and on our Earth moon. For example, I found out that Lampião's spirit is imprisoned on the Moon. This is why some astronauts who stepped on the moon, perhaps feeling coldness in their souls, returned to Earth sort of disoriented and sad. I found out that one of them even became religious after being there."

Following

Jesus and Kardec

CHICO XAVIER

BY THE POWER OF GRAYSDOG! I HAVE THE POWER!!

WHAT ARE YOU UP TO?

I AM HE-LUPI, THE MOST POWERFUL DOG IN THE UNIVERSE.

HA, HA, HA! DID YOU KNOW THAT MEDIUMS...

ALSO HAVE A GREAT POWER?

NO WAY! REALLY? TELL ME ABOUT IT.

ONE FINE DAY, I MET CHICO AND TOLD HIM ABOUT THIS POWER.

IN THIS WAY, I GUIDED HIS MEDIUMSHIP.

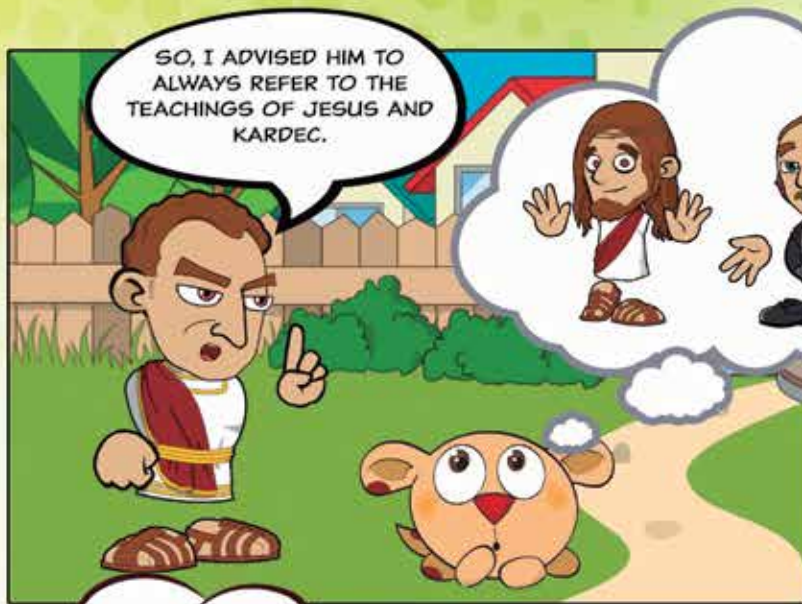
WE WORKED TOGETHER FOR MANY YEARS.

IT IS SOMETHING THAT ALLOWS YOU TO COMMUNICATE, SPEAK WITH SPIRITS...

HOLD ON EMMANUEL. WHAT IS MEDIUMSHIP?

A MEDIUM IS LIKE A POSTMAN OR WOMAN WHO DELIVERS MESSAGES BETWEEN THE TWO WORLDS.





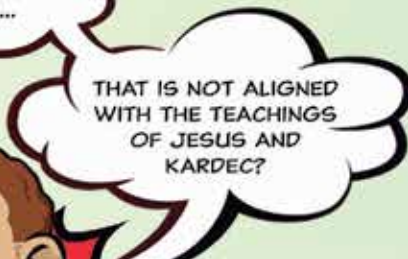
SO, I ADVISED HIM TO ALWAYS REFER TO THE TEACHINGS OF JESUS AND KARDEC.



CHICO, LISTEN CLOSELY!



YOU KNOW WHAT YOU NEED TO DO IF I EVER GIVE YOU ANY ADVICE...

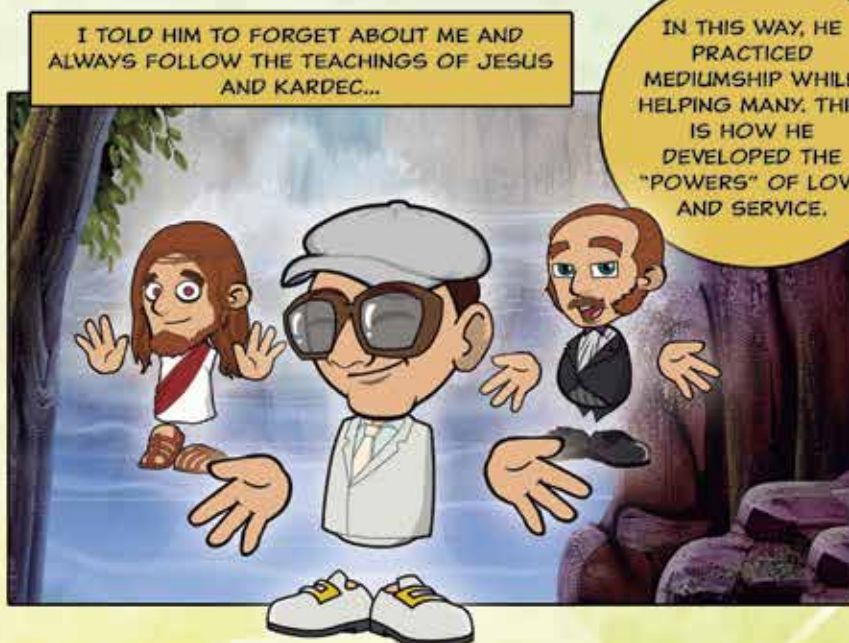


THAT IS NOT ALIGNED WITH THE TEACHINGS OF JESUS AND KARDEC?



WAIT! WAIT! I KNOW... I KNOW... HE SHOULD FOLLOW WHAT YOU TOLD HIM!

HA, HA, HA! NOT AT ALL! ALLOW ME TO GO ON...



I TOLD HIM TO FORGET ABOUT ME AND ALWAYS FOLLOW THE TEACHINGS OF JESUS AND KARDEC...

IN THIS WAY, HE PRACTICED MEDIUMSHIP WHILE HELPING MANY. THIS IS HOW HE DEVELOPED THE "POWERS" OF LOVE AND SERVICE.



HA, HA, HA! ONLY YOU, LUPU!

COOL! I WANT TO BE A LITTLE MEDIUM DOG.

END



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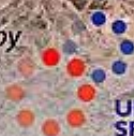
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