

# THE Spiritist MAGAZINE

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## Immigrants... We All Are!

*by Mr. Casy*

**"Chico Xavier", the  
beautiful journey**

*by Elsa Rossi*

**Healing Prayer**

*by Eustaquio*

**Cycles of  
Progress**

*by Brian Foster*



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# Regarding the homeland

Andre Luiz (Spirit) / Chico Xavier (Medium)

Be useful and reverent to the nation that accepts you as a son or daughter, fulfilling rigorously the duties that concern your life as a citizen.

We are forever indebted to the cradle that welcomes us.

\*\*\*\*\*

In the development of doctrinal tasks and in the protecting of the Doctrine's moral patrimony, only appeal to the human tribunals in special and pressing cases.

While honoring human justice, we cannot forget the incorruptibility of Divine Justice.

\*\*\*\*\*

Place individual privileges below collective requests, in all sectors.

Raise the imperishable happiness for all onto the pedestal of the renunciation of each and every one of us.

\*\*\*\*\*

Cooperate with the institutional powers and official organizations, committing without interest to the betterment of the conditions of the governmental machine within one's own means.

A simple act of personal help speaks louder than any criticism.

\*\*\*\*\*

When called to witness in the terrestrial courts, guide yourself in harmony with the principles of the Gospel. Understand, however, that the brothers immersed in great levels of delinquency need, at times, to be justly segregated for moral treatment, as much as the sick

require hospitalization for their proper treatment. Before the Divine Laws, we are the judges of ourselves.

\*\*\*\*\*

Never postpone the fulfillment of obligations towards the State, referring to the elevated principles that it espouses, seeking fulfillment of military service, even when you are called to serve in the active forces of war.

The trials of life appear to each Spirit in accordance with the demands of one's own debts.

\*\*\*\*\*

Express patriotism, above all, in constant and disinterested service towards the people and towards the soil on which you were born.

The homeland is air and bread, temple and school, the home and the mother's breast.

\*\*\*\*\*

Substantiate your personal contributions to the State by means of rigorously executing the obligations that are assigned to you in the common spheres.

A genuine love for the homeland, far from being demagoguery, is fruitful and incessant service.

\*\*\*\*\*

**"Give to Caesar what is Caesar's, and to God what is God's" – Jesus (Luke, 20:25).**

Source: From the book *Conduta Espirita* by Andre Luiz (Spirit) psychographed by Waldo Vieira, chapter 31, 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.

## New Decade for the Universal Citizen of the Earth

"The universe is my pathway."<sup>1</sup> This is a wonderful resolution for a new decade in this third millennium on Earth.

Dear reader, we would like to welcome you to this new beginning given by God. Let us then briefly outline the dispositions we are given to enter this new moment in synchronicity with our Creator:

1. As co-creators in God, we are universal citizens to expand in endless abilities cooperating with the Sustainer of Life.

Our temporary terrestrial citizenship status shall be relatively valued as learning opportunities. Though the world is enveloped by diverse prejudiced points of view, we, Spiritists, are called to open ourselves to new understanding, a new way of feeling.

2. New decade, new frontiers.

Certainly the high governance of the earth has plans of wonderful manifestations of the good onto the planet. However it is up to us, its inhabitants, to facilitate its manifestations. Are we ready to reinvent ourselves?

3. New year, new opportunity.

Time is the asset given by God. However, we are held accountable for its management. Anything we can do to value time and increase our efficiency in its management pay off in immortality.

Pressing on to the goal of self-improvement always, we here recall our Master, Guide and Model, Jesus Christ in his essential recommendations of the Good News for the Good Year, the Good Decade:

- Let us rejoice as we cultivate the awareness of the precious time we are living on earth: a time of transition to a world of regeneration, when good shall prevail over evil.

- May we also renew our hope in the good, being fully aware that hope is the divine stimulus pointing us to the inevitable progress

- Let us boost our courage to learn the new and transform our daily habits for the better... a better us, better universal citizens!

Contemplating our continuing progress, we renew our commitment to expanding our divine faculties to universal limits.

May this be a new beginning to you and your loved ones!

In Christ, always!

Vanessa Anseloni, PsyD, PhD  
Editor-in-Chief

<sup>1</sup> Aulas da Vida (Lessons of Life) by several Spirits through Chico Xavier.





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may we accomplish it with joy. Let us remember that  
each day is a trip to the unknown. For this reason,  
Paul of Tarsus declared, “the just shall live by faith.” -  
Emmanuel

——— (Source: Book Illuminuras by Emmanuel through Chico-  
Xavier, published by Vinha de Luz Editora)

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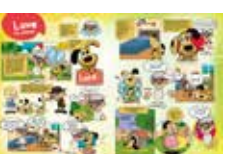
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# Speaking English Raises Immigrant Self-Esteem

Vanessa Anseloni, PsyD, PhD

*Being an immigrant is really complex. In our contemporary society, there are no preparatory courses to overcome the psycho-social challenges that immigrants face. Generally, one resolves to change one's life and live in another country, whether for economic, social, psychological, and / or professional reasons, without realizing that the proposed change inevitably implies profound changes to one's individual and collective being.*

Sociologists and psychologists note that immigration necessarily involves changes in the way an immigrant views life. At the same time, it imposes new challenges on the host people. It is, in fact, a dual process in which immigrants are redefined by others as well as by themselves.

The biggest conflict of the immigrant is to face the process called acculturation, which can trigger anxiety, stress and depression. And thus, the immigration process can affect mental

health factors such as self esteem.

In a research project we have been developing with the Brazilian immigrant community in the USA, we found that the great barriers of immigrants lie in being away from Brazil, the family and the language barrier. If the first two obstacles seem insurmountable, the third is likely to be overcome, as English language courses may be the solution to raise the level of fluency in communication.


Recently, researcher Jason Schnittker published in the journal *Social Psychology Quarterly* that "US immigrants who frequently use the English language have higher self-esteem than others who do not."

Investing in becoming fluent in the English language thus becomes more than a communication resource, but an essential acquisition for immigrant self-esteem in the US. In other words, we encourage you to practice the English language so that we are happier in this new land we inhabit.



> Maria Dolores (Spirit) / Chico Xavier (Medium)

# Confession



Reviewing the flaws I have  
Of the most diverse and ugly,  
So much effort I make  
In seeing the faults of others.  
So many times I am wrong!...  
Lord, keep me in the Good.  
I also fall on the road,  
I cannot judge anyone.

Source: Book *Esperança e Luz* (Hope and Light) by Several Spirits / Chico Xavier (Medium).  
The book is not available in English yet. The book was translated by the team of the  
Spiritist Society of Virginia. Its study session was coordinated by Vanessa Anseloni at  
Kardec Radio's Facebook Page and YouTube channel.



# *In the air*

## *Dr. Demure (Spirit) / Mr. Tail (Medium)*

Question: When something is sensed by the masses, it is generally said to be in the air. What is the origin of this expression?

Answer - Its origin, as that of a lot of things of that we do not realize and that Spiritism comes to explain, is in the

intimate and intuitive sense of reality. The expression is more truthful than what you might think.

This general feeling for the approach of some serious event has two causes. The first comes from the innumerable masses of spirits who ceaselessly roam the space and that have knowledge of the things, which are under preparation; as a result of their dematerialization, they are better able to follow the due course (of events) and predict the outcome. These spirits brush with humankind ceaselessly, transmitting their thoughts to it by means of the fluidic currents that connect the physical world to the spiritual world. Although you do not see them, their thoughts reach you like the aroma of the flowers hidden in the foliage, and you assimilate them without realizing it. The air is literally torn by these fluidic currents, which sow ideas everywhere, in such a way that the expression, which is in the air, is not only a figure but positively true. Certain spirits are more especially in charge by Providence to transmit to humankind the

premonition of the inevitable things in order to give them a secret warning, and they accomplish this mission by spreading themselves among all. They are like intimate voices clanging within you.

The second cause of this phenomenon is in the detachment of the incarnate Spirit during the rest of the body. In these moments of freedom, it mixes itself with spirits similar to those with which it has more affinity. Spirits penetrate your thoughts. They see what you cannot see with the eyes of the body, reporting their intuition to you. Upon awakening, it seems as though this is an idea that is of your own personal nature. This explains how the same idea arises at the same time in a hundred different places and in thousands of brains.

As you know, certain individuals are more apt than others to receive the spiritual influx be it by direct communication with unfamiliar spirits, or by more easily detaching one's own Spirit. Many enjoy, to varying degrees, the second sight, or spiritual insight, much more common faculty than you think, and which is revealed in a thousand ways; others retain a more or less clear memory of what they saw in the moments of emancipation of the soul. As a result of this aptitude, they have a more accurate understanding of things; it is not

a mere foreboding, which is vague, but intuition, and in some knowledge of the event itself, whose realization they foresee and advertise. If you ask them how you know, most could not explain; some will say a voice spoke to them, others had a revealing vision, and

others, at last, felt it without knowing how. In times of ignorance, and in the eyes of superstitious people, they are seen as fortune tellers and wizards when they are just people with spontaneous and unconscious mediumship, a faculty inherent in human nature, and consisting of nothing supernatural, but that, for those who admit to nothing beyond matter, are unable to comprehend.

This faculty has existed at all times, but it is worth noting that it develops and multiplies under the influence of circumstances that increase the activity of the spirit in the moments of crisis and when approaching great events. The revolutions, the wars, the persecutions of parties and sects have always given birth to a large number

of clairvoyants and those who were seen as inspired, having been classified as enlightened.

Observation - The relations of the physical world with the spiritual world are not surprising, if one considers that these two worlds are made up of the same elements, that is, of the same individuals, who alternately pass

from one to

other. As it just so happens, today one may be among the incarnates of the earth, and tomorrow one may be among the discarnates of space, and vice versa.

The world of Spirits, therefore, is not a world apart. It is itself Humanity stripped of its material envelope, and that continues their existence in a new form and with more freedom.

The relations of these two worlds, in incessant contact, are therefore part of natural laws. Ignorance of the law that governs them was the stumbling block of all philosophies; it's for lack of awareness that so many problems became insoluble. Spiritism, which is the science of these relationships, gives us the only key that can solve them. Thanks to it, many things are no longer mysteries!

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Source: Mediumistic message received in Paris, France. The report was published in the *Revista Espírita* by Allan Kardec, June 1866, published by FEB.



# Healing Prayer

Eustaquio (Spirit) / Chico Xavier (Medium)

**T**he evening meeting of November 11, 1954 brought us the comforting visit of the Spirit of Father Eustaquio.

Priest extremely devoted to the good, our friend resided, for some years, in Belo Horizonte, where, through his noble heart and his healing mediumship, countless sufferers found relief.

Always surrounded by a multitude of needy people, Father Eustaquio was the apostle of the cures, of whom the newspapers of our country were largely occupied. And, in continuing his sublime ministry after his tomb, according to the observation of the clairvoyant mediums of our group, he attended our prayers accompanied by a small crowd of troubled and unhappy spirits who ask for his help.

The dear visitor mastered the psychophonic faculties of the medium with all the characteristics of his personality, including the oratory mime and the voice that were peculiar to him when incarnated.

His speech, which is of great beauty to us, in view

of the simplicity in which it was poured, is the bearer of expressive notes concerning prayer.

\*\*\*\*\*

My friends,

May the peace of Christ remain in our hearts, leading us to the light.

I was a Roman Catholic priest, naturally confined to the conceptions of my environment, but not so much that I could not understand all individuals as cared for by Our Lord.

The death of the body has widened the horizons of my understanding, and I now see with greater clarity the necessity of the joint effort of all our schools of interpretation of the Gospel, so that we fraternize with fervor and sincerity before the Eternal Friend.

With this new discernment, I visit your core of Christianizing action, taking as theme the prayer as healing power and defining our faith as a providential gift.

The world remains covered with evils of all sorts.

There are epidemics of hatred, imbalance, perversity and ignorance, as in another time we knew

the infestation of bubonic plague and yellow fever.

Everywhere we see sickness, afflictions, discontent, disharmony ...

Everything is sickness of body and soul.

All is the absence of the Spirit of the Lord.

We are not unaware, however, that we all have prayer at our disposal as a force for recovery and healing.

It is necessary to guide our activities in order to adapt ourselves to the Law of the Good, soothing our feelings and quieting our impulses, and then raising our thoughts to the source of all blessings, placing our life in connection with the Divine Will.

We know today that other vibrations beyond ultraviolet and infra-red escape terrestrial science.

As humanity develops in the realms of intelligence, it more strongly understands that all matter is condensation of energy.

The Lord said, "Shine your light. And, today, positive experimentation reveals that the human body is a generator of dynamic forces, constituted as a beam of radiant energies, in which the fragmentary consciousness of the creature evolves to the impact of the most diverse rays in order to treasure the Divine Light and grow to the Cosmic Consciousness.

Light vibrates everywhere, and through it we are informed that the Universe is traversed by the divine flow of Infinite Love at very high frequency, through ultra-short waves that can be transmitted from Spirit to Spirit, more easily assimilated through prayer.

Therefore, each apprentice of the Gospel needs to become take a liking to the worship of prayer in the inner world itself, valuing the opportunity that is given for communion with the Infinite Power.

For this, however, it is indispensable that the mind and the heart of the individual be in tune with the love that dominates all angles of life, because the law of love is as mathematical as the law of gravitation.

Think of electricity, for example, in the illumination network. If there is any hiatus in the current, no one will remember to accuse the power plant, as if the electric flow ceased to exist. We will surely detect that there is a defect in the lamp or power take-off.

The love of Our Lord Jesus Christ pours onto all hearts. However, it is imperative that the lamp of our soul shows itself capable of receiving the Sublime Touch.

The materials that make up the light bulb are exterior lighting fixtures, but the electricity is invisible. Likewise, we see the love of God in our lives through the Great Mediator, Jesus Christ, in the form of joy, peace, health, concord, progress and happiness; however, above all these manifestations, amenable to our examination, remains the invisible source of Unlimited Love and Unlimited Wisdom.

Using simpler images, let us remember the service of water in the domestic shelter.

Of course, the springs are fed by living reserves of Nature, but, in order for the water to reach the recesses of the home, we will not dispense with the proper installation. Plumbing should be well disposed and well cleaned.

In view of this, it is necessary that all attitudes in disagreement with the Law of Love be extirpated from our existence, so that the Inexhaustible Power penetrates through our humble resources.

The channel of our mind and heart must be free from all reasoning and feelings that do not conform to Our Lord's standards.

After this preparatory phase, it is possible to use prayer for readjustment for ourselves and for others, including how many are near or far from us.

In the world, no one can calculate the value of a prayer born from the humble and sincere heart before the All-Merciful.

Certainly dyes and salts, vitamins and radioactivity are elements that Divine Providence placed at the service of humanity on Earth.

It is also understandable that the doctor is often indispensable at the head of the patient, because in many situations, just as the teacher needs the disciple and the disciple of the teacher, the patient needs the doctor, as much as the doctor needs the patient, in the exchange of experience.

However, this does not prevent us from using the resources we have in ourselves. And let us be convinced that, by connecting the thread of our faith to the mill of the Infinite Good, the living sources of Eternal Love will pour forth through us, spreading health and joy.

Just as there are lamps for various voltages, each creature has its own ability in the aiding tasks. There are those who receive more or less strength.

In this way, let us conduct our goodwill to our suffering companions, pleading for Infinite Goodness on our behalf.

It is indispensable to understand that prayer operates a true transfusion of spiritual plasma in the lifting of our energies.

If we feel weak, let us ask for the help of a companion, of two companions or of more brothers, because the forces gathered together multiply the forces and, in this way, we will have greater possibilities for the outbreak of the Divine Support that is simply hoping that our capacity of transmission and of tuning to magnify and elevate in our own favor.

Let us visualize the diseased organ, the person in need or the difficult situation in the manner of fields in which the Divine Love will manifest itself. Let us offer our hearts and hands to them as aiding vehicles, and

we will see flow through us the springs of Eternal Life, because the All-Compassionate Father and Jesus Our Lord never become impoverished in goodness.

Indigence is always ours.

Many say, "I cannot help because I am not good," but if we were already masters of virtue, we would be in other conditions and in other spheres.

It comforts us to know that we are disciples of the good and, in this position, we must exercise it.

Let us move our goodwill.

We do not yet have the trees of generosity and understanding, blameless faith and perfect charity, but we possess the seeds that correspond to them. And every well-planted seed gathers from the OnHigh the grace of growth.

Therefore, in order for us to have ensured the success of our planting of superior qualities, we must make ourselves ready to make our lives a channel for the manifestation of Constant Help.

We all have trials, difficulties, troubles, afflictions, and impediments, yet, day by day, we put our spirit

at the disposal of the Divine Love that flows from the center of the Universe to all the corners of life, thus developing ourselves in understanding, elevation and sanctification.

Let us, therefore, work on extending healing prayer.

Your assembly to help the troubled brothers in the shadows is an exaltation of the prayer of this content, because you bring to your circle of service your very best and you simply rely on the Divine Power, since, of ourselves, we still have nothing of good but the crumb of our confidence and our goodwill.

In the name of the Gospel, let us serve and help. May our Lord Jesus Christ assist and bless us.

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Source: This message was psychophonically transmitted through Chico Xavier on November 11, 1954 at the Meimei Group in Pedro Leopoldo, Minas Gerais. From the book *Instruções Psicofônicas* (Psychophonic Instructions) by several Spirits through Chico Xavier, published by the Brazilian Spiritist Federation.





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

# Jesus in Samaria

Jesus came down from Jerusalem to Capernaum followed by a few disciples as usual on his journeys on foot. He reached Samaria when dusk was already casting its shadow.

Philip, Andrew and James were hungry. They left the Master resting beside a small homestead and went to the nearest village in search of food.

Looking around Himself, the Messiah recognized that he stood beside the Fountain of Jacob. Enveloped in the splendor of the Sun that would give way to the shadows of the approaching night, a woman drew near the ancient well. She noted that the Master came to meet her with the beautiful and usual tranquility on his face. He asked her for a drink of water.

“You are Jewish. How do you ask me such a favor, since I am Samaritan?” asked her in shock.

Jesus rested his gaze on the speaker with a peaceful look and replied, “Have the Jews and the Samaritans, perhaps, such different needs? It is clear that you do not know the gifts of God, for if you had kept the commandments of God, you would understand that I can give you the living water.”

“What is this living water?” the amazed Samaritan inquired. “Where is it, if the existing water here is just in this well? Are you, by chance, greater than our father Jacob, who gave us the well since the beginning?”

“Woman, the living water is that which quenches all thirst. It comes from the infinite love of God and sanctifies the all living beings.”

And, enveloping the Samaritan in the sweet magnetism of his gaze, he continued:

“This Fountain of Jacob will run dry one day. In the bed of the land where its clear waters lie now, the snake can build its nest. Do you not feel the truth of my claims before your everyday thirst? Despite the fact that you take a full pitcher from this well, you will soon return, thirsty again. However, those who drink from the living water will be eternally satiated. For those, there will no longer be material needs that must be renewed in every moment of life. Perennial comfort will refresh their hearts along the roughest roads under the burning sun of the deserts of the world.”

Deeply impressed, the woman listened to those words that entered the temple of her spirit with the solemnity of a revelation.

“Lord, give me this water!” she exclaimed.

“Then listen!” Jesus told her. And the Master proceeded to enlighten her about intimate details and circumstances of her private life, explaining what was necessary for that sacred emotion of divine love to illuminate her soul, sparing her from all the unpleasant circumstances of material existence.

Realizing that no secrets could be kept from Jesus, the Samaritan woman cried and said, “Lord, I see that you are indeed a prophet of God. My mind is full of good will and, since long ago, I have pondered the best way to purify my life and sanctify my actions. However, I see so much confusion around me that I do not know how to worship God. My family and neighbors say that it is essential to celebrate faith to the Almighty on this mountain. The Jews fight us, asserting that no act of worship outside the walls of Jerusalem will be valid. Disagreements in this region have reached a peak. Not long ago, a Jew hurt one of us because of his views about what is impure food. Since I am blessed to hear your words, teach me the best way.”

The Master watched her with compassion and exclaimed, “You are right. Religious differences have generated much disunity among the members of the great human family. However, the Shepherd comes to the sheepfold to gather the sheep that the wolves have scattered. Truly, I say to you that there will come a time that people will not worship God either on this mountain or in the magnificent temple of Jerusalem, because the Father is Spirit and he should only be worshiped in spirit. That is why I come to open the temple of sincere hearts so that all forms of worship to God become an intimate communion between the human individual and his Creator.”

A peaceful silence fell between them. While Jesus seemed to probe the invisible with his bright eyes, the Samaritan meditated.

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A few moments later, the disciples arrived, accompanied by a large group of people, and were surprised to find the Messiah in deep conversation with a woman. However, none of them ventured any undignified or harsh remark. Noting that the Messiah was about to leave in search of the nearest village,





the Samaritan woman, eminently amazed with his revelations, requested the presence of her family and neighbors to hear his word.

James and Andrew had brought bread and fruit, urging Jesus to eat. The Master, however, seized the moment to teach once again the way to his Kingdom with friendly words, through unpretentious parables.

Many people had gathered to listen to him. They were travelers from different regions, alongside groups of Samaritans with firmly held opinions. The huge assembly milled about the path, but the Messiah continued spreading his promises of hope and consolation.

Meanwhile, Philip consulted his companions and, approaching Jesus, pleaded affectionately, “Master, please, accept some bread. It is essential that you take care of yourself! Rest and eat!”

“Do not worry, Philip,” the Messiah said in agreement. “I am not hungry. Furthermore, I receive sustenance that perhaps my own disciples do not know.”

“What is it?” The apostle interrupted with interest.

“First of all, my sustenance is to do the will of the merciful and righteous Father who sent me to this world in order to teach his love and his truth. My sustenance is doing his work.”

“That is true,” the disciple remarked, looking at the crowd that followed them. “You see more clearly into their hearts and we cannot miss this opportunity to disseminate the Good News. We will take this new triumph over to Capernaum, because you have undeniably achieved one of our greatest successes here among the Samaritans.”

James and Andrew listened quietly to the dialogue.

To the enthusiastic words of the apostle, the Master smiled and added, “That is not exactly what interests me. Worldly success can be a ripple on the surface. In all circumstance, all we need is to understand what the Father wants us to do. As his whole appeal is for the good, I work, but I do not concern myself with immediate victories.”

And turning his gaze at the dense crowd of his followers, he said to his companions, “Could we possibly say that we are understood? Let us keep silent for a few moments in order to hear the opinion of those who follow our steps.”

There was silence between him and the three disciples, so that they could distinctly hear the conversations among those who accompanied them.

“Can you believe this man is the promised Christ?” a good-looking Samaritan asked his friends. “I do not accept similar impostors. This Nazarene is an exploiter of popular piety.”

“I agree,” replied the other, “Because, anyway, in his own land, he is not worth a penny. He is regarded by his relatives as someone who is against work and there are those who doubt his lazy mind.”

“He is a crazy, attractive man,” exclaimed an elderly woman to her daughter. “At least, that is the opinion I’ve heard from people in Capernaum. However, I believe he is a great fool. Why did he get together with fishermen when he claims to be so wise? Why does he not move to Jerusalem or Tiberias? Well, you know why. There, he would find educated men who would challenge his assertions.”

Closer to Jesus, a young man spoke discretely, “When

we arrived, he was found alone with a woman. What do you think of such circumstance?” he asked someone nearby.

“He certainly wanted to save her in his own way,” the other replied with a malicious laugh.

A neighboring group spoke heatedly. “This man is slick and egotistical,” an old man said with conviction. “He only performs miracles around large crowds so that people feel supernatural virtues in his magic.”

“And he is not charitable,” another one added, “because not long ago, they sought for him in Capernaum for a sign from heaven and he fled to the hill under the pretext of praying.”

The night began to fall. The first stars twinkled overhead. Jesus sat with his disciples by the wayside for a moment of rest. Andrew, James and Philip were shocked by what they had seen and heard.

It had seemed to them that the Master had been haloed with immense success. However, they discovered a profound misunderstanding among the people. It was then that Jesus, with the serenity he demonstrated

in all moments, clarified to them with his unshakable graciousness:

“You should not be surprised by the lesson of this day. When the Baptist came, he went to the desert, feeding himself with wild honey. Some claimed that he was in company of the spirit of Satan. They call me a glutton and a drunkard just because I take part in the joys of the Gospel. This is the landscape in which we have to operate. Everywhere we will find arguing Samaritans mindful of the achievements and situations of this world. Observe the road so that you may not fall, because the disciple of the Gospel must only concern himself with the will of God, with his work under the watchful eye of the Father, and with the approval of his conscience.”

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Source: Book “Boa Nova” (Good News) by Humberto de Campos (Spirit) through the psychography of Chico Xavier, chapter 17, 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.





# Blessed Spiritism

Peace in our hearts!

The consecration of the saving principles of love must be solidified in the active practice of the good.

In the dust of the millennia lie the shadows of ignorance of the eternal lessons of life and light. Time has passed, old times, when individuals were fighting in the name of the Lord. The old hatred belongs to the past, which led individuals to the bruising of the mind and the heart, putting themselves as brute beasts before their own brothers and sisters.

Behold, the shadows gradually wither away the glow of the eternal truths. Souls, who were still trapped in error, enveloped in darkness, today are able to achieve the divine miracle of deliverance from the terrible chains of evil. Hearts immersed, for some time, in the crude fluids of animality, seek firmly the old bonds with the shadows.

On the face of the planet there is unanimous movement around the ideal of elevation to the Christ.

More than ever, individuals feel moved to the divine clarity, bringing inside the sublime desire to overcome their own personality through the desire to improve continuously and always.

This is the sacred fruit of a century of gifts brought to the world of shadows through the lights of Spiritism.

Blessed Spiritism that brings the Restoration of Christianity in the revival of the simple lessons of the Carpenter of Galilee!

Blessed light that the Master brings to all souls for edification of all!

Actually, the Divine Shepherd moves his flock of luminous sheep to collaborate in lifting up the spirits fallen in the mud of their own iniquities.

Blessed Spiritism that brings Christ back to humanity!

Praise Thee, Doctrine of Salvation and comfort!

Brethren, let us kneel before the altar of our conscience, begging for help and energy to understand the new responsibilities and, above all, for the accomplishment of redemptive tasks.

May Jesus be with you!

Source: Book Euripedes, o Espírito e o Compromisso by Corina Novelino through the medium Alira Bessa França Amui. The above message was psychographed by the medium Corina Novelino and published by Editora Esperança e Caridade. we recommend that the reader watches the study session on this book by Vanessa Anseloni at Kardec Radio's Facebook Page and YouTube channel.



# *The Unexpected Renewal*

> Meimei (Spirit) / Chico Xavier (Medium)

In those moments when he recognized himself disconnected from the physical body, the discouraged man felt light and happy ...

Ecstatic in the excursion that seemed to him a prodigious dream, he reached the luminescent quiet place where he noticed the presence of the Christ. Reverent, he approached him and implored:

“Lord! ... Hear me out of mercy! I love you and I want to serve you ... For a long time, I aspire to enroll in the assembly of those who collaborate with you in the redemption of individuals ... I long to help others, however, Beloved Friend, I am bound! ... Deliver me from the home where I see myself in the condition of imprisoned bird ... I live in a nest of aversions. My father, perhaps, tired of sterile conflicts, relegated us to fate ... My mother exercises cruel despotism onto us.

“She treats us, her children, in the manner of objects of private use, flogging us with the demands of terrifying possessive affection ... My two brothers detest me ... They unduly want what I have and humiliate me at every moment. If I agree with them, they ridicule me and if I complain, they threaten me with persecution and beatings! ...

“Release me, Lord, from the prison that inhibits my movements ... I want to act in your principles, love and service, which you have taught us ...”

Before the slight pause that was made, Jesus looked at the visitor compassionately and claimed:

“I remember your previous requests ... You were passing right here, in the direction of the terrestrial cradle, accompanied by prestigious friends, when you declared yourself thirsting for action in the good and your companions endorsed your requests.

“... You said you were anxious to share our tasks ...

“Yes, I understand you ... The construction of love is inevitable ...”

“Lord,” the consulting man said respectfully, “if you understand my ideal and my petitions are already registered here, who placed me in the terrible home, in which I recognize myself, like a sick person, thrown to a cage of serpents?”

The master smiled and considered:

“Believing in your intentions to collaborate with us, I was the one who sent you to the family with whom you are...”

Surprised by the unexpected revelation, the visitor to the Spiritual World felt a strange sensation of falling and awoke in his own body.

Outside, his brothers blundered against life, reporting to him with insulting words.

He, however, noted the insults that were addressed to him with new ears in the silence of who had won the trophy of profound renewal.

Source: From the book *Deus Aguarda* by Meimei through Francisco Cândido Xavier, published by GEEM in 1980. We recommend that the reader watches the study session on this book by Vanessa Anseloni at Kardec Radio's Facebook Page and/or YouTube channel.



# Cycles of Progress – Material and Spiritual

> Brian Foster

**The spirit realm guides us individually and collectively. Unbeknownst to us, there is a grand plan for all of humanity. But it is not a straight line, or an upward curved line of progress. We move forward on a spiral. We who live in the present, and see our path behind us from a narrow perspective; we see progress, decline, and progress again. We see movement ahead and at times, whole cultures declining into dark ages. We believe that a span of thousands of years is practically an eternity.**

We must broaden our field of view and see that what we take as sliding into chaos is a form of progress and renewal. A gathering point to make humanity ready for the next great leap forward.

To peer into the future, we must analyze the past. But our analysis is flawed, for we aren't able to peer into the entire past of humanity, for such destruction was wrought to cultures long ago, that we have only distant myths to enlighten us.

And we must realize the earth is but one point in the universe. That our destiny and trajectory is connected to the entire physical universe and the will of the spirit universe.

All of this was contained in the message to the Rev. G Vale Owen from the spirit Arnel on Friday, March 22, 1918, concerning progress on earth, in the universe, and how the Great Lords of Creation had attempted to shorten the path to perfection:

"There were at that time, so long ago, some who had in mind to take a shorter path to perfection and others

who chose a longer one. These two groups did not clash exactly, but the variety of their endeavors overlapped somewhat, and the confusion which ensued has caused all that men today call evil. All things are working towards perfection, but so great is the field of activity that the period must necessarily be long, if you count it in days and years. As viewed by those who stand in God His Presence it is neither short nor long, but one continuous event, as a river when considered as a unit embraces the whole from source to sea."<sup>1</sup>

Arnel tells us that the earth's evolution has told the story of the remnants of quick evolutionary species which proved, in the end, to be inadequate manifestations. On the other hand, they were useful in setting the stage for the next great leap. Therefore, the spiral shape of progress, one species or an entire ecology progresses and dominates, but can only reach a certain plateau, whereupon, they must be discarded.

Arnel supplies the examples of the growth of dinosaurs and even the extremely large mammals that we uncover as ancient fossils, as proof of the destruction and subsequent rise of a superior replacement.

We, as humans stand upon the platform of all animals that have come before us. Only by experimentation, learning through failures and successes, were we able to be thusly constructed.

Darwin, in his book *Origins of the Species*, saw this struggle and deemed nature to be the guiding hand. But, there is also the invisible orchestration by the spirit realm, in facilitating our planets major periods and making subtle changes in DNA to push natural selection to perform its duty.







### Twofold Paths

Arnel didn't limit his thesis to attempts to shorten the evolutionary ladder of intelligent animals; he included the grueling climb of our spiritual perfection as well. He tells us:

"Now, the further principle of which I speak is this: The course of development shall take a twofold line of direction. That direction shall be first outward, from unity into diversity of expression, as we have already explained. But also along with this line of movement shall go its twin, which is, that progress shall take the direction from the spiritual ever toward the material. It is like two runners running their course side by side. The one is named 'From Unity into Diversity,' and the other is named 'From Spirit into Matter.' These two must keep pace together. Neither must be allowed to outstrip the other; for they run not to win except they win the outward goal together."<sup>2</sup>

Hence, from the seed of a microbe, the diverse life of the planet was hatched. Different insects, plants, wild animals, and higher intelligent mammals were

constructed. As these soul bearing dominate humans progressed in form, so should they progress in spiritual progress.

"From Spirit into Matter" isn't the final objective – it is an important goal. One that must be reached when the level of the body and civilization is ready. It is the connection of mankind's fascination with materialism with the expansion of the spirit willed physical universe.

Arnel explains further:

"There were those who schemed to shorten this course by arresting the tendency untimely, before the whole outward course had been run, and turning again the urge of creative life inward toward spirit before the outermost post had been reached and rounded. That post is the material expression of an inner manifestation of a still deeper cycle of development behind which there are those Lords of Creation who by their willful energizing guide the great fleet of sun-systems in their constellations on its voyage through the space of matter towards the port where they shall bend their course round and homeward once again."<sup>3</sup>

This is where the logic and speech of high spirits becomes difficult to penetrate. Arnel speaks of the general universe, yet at the same time, he is speaking of our progress on earth.

In the spirit realm, everything is tied into everything else. As we make progress as an individual spirit, so does humanity progress, so does our solar system, so does our galaxy, and our universe. There are spirals within spirals within spirals, and so on.

To those learned and wise spirits in the upper reaches of heaven circling the earth, they see us as one small part of an intricate mechanical pocket watch. With small gears gating larger ones, and hands spinning at different speeds, but when looked upon from the front – all makes sense. While we, humans locked in our bulky physical bodies, are imprisoned in one of the gears, peering out observing an indescribable complexity.

Arnel explains that providing material progress to humankind and human-like souls in other planets too early in their progress has unforeseen consequences and that civilizations have had to be reset to put in harmony the physical and spiritual journeys of immature spirits.

Arnel tells us that we have been too technically advanced in relation to our spiritual progress in the past. The destruction of Atlantis and Lemuria attests to that. He implies that at some point in the far and distant past humans reached a material plateau, but they weren't ready to embark on the road to reclaim their spirituality. But now we may be ready.

"To clear my meaning for you: The Ocean is the realm of Being expressed in outward expansion of the Mind of the Infinite and Ultimate One. The fleet is that Universe which was brought into existence at His command and by the Creative Lords of whom I spoke. The port to which the outward course is that to which you find yourself today. The homeward course is that to which you are now tending; for the outermost point has been reached and is just being rounded. It is the rounding of that point, it is the turning of the vessels out of the harbor of material inertia towards the more active element of the open sea, which is the cause of much unrest in all directions at the present time. Soon the sails will fill and set steadily athwart the hulls, the vessels will settle down to their homeward course, and both officers and crews, now homeward bound, will be of cheery disposition, and ever, as the fleet ploughs through the ocean of being, nearer and nearer will it come to the port from which it

set out so many ages ago, and gladness and peace will gather about them as they go for the welcome which awaits them a port far away ahead into the east where the light is already breaking and the smile of God is seen."<sup>4</sup>

This message was sent to us in 1918. The First World War was ending, the Second World War, was only twenty-one years in the future, the beginnings of the age of the internet was only a little more than sixty years ahead.

The entire collective humanity on earth went through massive destruction, illustrating the capacity of the dark side of technology, then one more push, starting in the fifties, of invention and material wealth. All the while, a large portion of humanity have had a sense of something lacking. A hole, a missing spiritual component to our lives. The sixties were a reaction to the consumer tidal wave, but, being based upon no firm foundation, other than freedom from everything, it eventually succumbed.

Parallel to material growth, our culture has rejected even the tiniest demonstration of faith, of a set of Divine Laws from God that should govern our moral compass to always point to love, charity, fraternity, and honor. Instead, we have relative morality, based upon a wholly material world, with no sense of an immortal spirit. Hence, we only live to seek pleasure.

Counterintuitively, our very advances carries the seeds of shaking our materialistic platform and awakening the world to the existence of another plane – the spirit world. The internet, that device which spreads opportunities to buy instant gratification, also serves to gather together like-minded people to discuss: their faith, their spirituality, their near death experiences, their stories of unexplained phenomena, and the ability to plan collective efforts to help others in need.

The great Brazilian medium, Francisco (Chico) C. Xavier, told his acquaintances that the World Wide Web will open up the Doctrine of Spiritism to the planet. People will discover Allan Kardec and other Spiritist writers, so they may fully understand their place on earth and the meaning of life.

If you would like to learn more about Spiritism, please read Spiritism 101 – The Third Revelation, to discover for yourself, why we are here and what is our goal.

Arnel is placing us at the apogee of materialism. He believes we are leaving that port – that place of buying and selling goods – and embarking onto a different ship which will lead us to balance our material with the spiritual.





### Examples of Spiral Progress

While the sinking of the continent of Atlantis provides a good example of a culture with advanced technology, but not the spiritual maturity to manage it, there are more recent demonstrations of entire societies allowed to practically disappear in order to rise up once again, but with a different perspective.

One can detect the hand of the spirit realm in the collapse of civilization in the thirteenth to twelfth century B.C., also known as the Late Bronze Age Collapse or the Invasion of the Sea People. Entire cultures were wiped out – Minoans, Mycenaeans, Trojans, Hittites, and Babylonians. Only the Egyptians survived intact, but even it declined after the experience.

Historians are still attempting to piece together what could have caused such a general rout of ancient empires. The simple explanation of an outside invasion doesn't do the practical erasure of long living society's justice.

The spirit world also took a hand in the destruction of Rome, as reported in a book, psychographed by Francisco (Chico) C. Xavier in 1939. Emmanuel, Chico's spirit mentor and author of the book, *On the Way to the Light*, explained what happened to Rome:

"The Roman Empire could have affected the founding of a sole State on the planet due to the marvelous unity it achieved and thanks to the efforts and watch-care from On High; but instead, it disappeared in a sea of ruins after its wars, aberrations and circuses filled with wild beasts and gladiators.

The enormous organism began rotting away in the open sores opened by the negligence and impiety of its children, and when the palliative of mercy from selfless and compassionate spirits was no longer possible due to the galvanization of the overall sentiment on the broad table of earthly excesses and pleasure, suffering was called in to reestablish the fundamentals of the truth in souls.

Nothing was left of the proud city of the emperors except piles of stone. Under the lash of expiation and suffering, guilty spirits changed their garments in order to evolve and redeem themselves in the infinite scenery of life; and while many of them continue to weep in redemptive suffering, the sad and lamenting winds of the night mourn over the ruins of Vespasian's Colosseum."<sup>5</sup>

The theme of the above paragraphs is that raw power, with the backing of technology and superior organization can and will dominate other groups, but that power without kindness and compassion for conquered subjects or allies will – eventually – cause the spirit world to withdraw its support, thereby initiating a decline. That advanced technology without the guidance of spiritual maturity in its use will result in tragedy.

But tragedy can be looked at as but one curve of the spiral. A society climbs to the pinnacle of civilization, proves inadequate in softening its approach to all humans – chaos commences – out of the ashes are chastised spirits who will make a better attempt the next time.

While history can be viewed as invention and loss of intellectual property, the intermediate growth of spirituality by the waves of reincarnations by spirits, who

once led great empires, now toiling on a farm, sets up a subsequent growth, better grounded in morality.

One can see from Rome, where slaves outnumbered freemen, to the rise of European powers; where slavery was eventually abolished. Certainly, there were still cruelties and injustices, but on the whole the successive government organizations were more inclusive and just to its citizens.

In the nineteenth century, Europe made great strides in governments and institutions, but their history of colonization was a black mark. Emmanuel, again in the book, *On the Way to the Light*, states:

"Condemned to irreversible sentences for its social and political crimes, European dominance will disappear forever like the Roman Empire, handing over to the Americas the fruit of its experiences with a view to the civilization of the future."<sup>6</sup>

The spirit realm had already planned the destruction of European power even before World War II had begun. The spiral of history continues on.

Find out how the spirit world has guided our destiny and where we have spent our time waiting for another incarnation on earth, read *Explore Your Destiny – Your Path to Perfection*.

### Eusebio's Lecture

Arnel told the Rev. G Vale Owen that we are headed back to a renewed spirituality that is in harmony with our progress. It won't be done under the leadership of Europe. Emmanuel has told us the baton has been passed to the Americas.

In a book psychographed in 1947, by Chico Xavier, written by the spirit Andre Luiz, Andre reports on a lecture by a learned spirit Eusebio. He tells us of our collective path to become better souls:

"How long have we done and undone, finished and started over on the reparative journey, only to return, perplexed, once more to the beginning? On the terrestrial stage, we are the same actors of the evolutionary drama. Each millennium is a short act; each century, a brief scene. Even though we inhabit sacred bodies, we act like carefree children who are entertained only by child's play and we lose the sanctifying opportunities of our existences. Thus, we become reprobates of the sovereign laws, ensnared in the ruins of death like shipwrecked pirates, who, for a long time, are unworthy of sailing the seas once again. While millions of souls enjoy good opportunities of correction and readjustment, once more involved in regenerative efforts in earth's cities, millions of others mourn their defeat, lost in dismal disillusionment and suffering."<sup>7</sup>

Hence, the entire student body of the campus called

earth has had to take and retake the same courses. Each time the expectation is that we are to learn to become a bit more empathetic, a little more loving, and expanding our caring and fraternal instincts.

Eusebio asks the audience:

"How long will we be masterminds of destruction and wickedness? Instead of loyal servants of the Lord of Life, we have been soldiers of the armies of illusion, leaving behind millions of tombs opened under a torrent of ash and smoke. In vain, Christ has exhorted us to seek the manifestations of the Father within us. We nurture and expand only selfishness and ambition, vanity and fantasy. We continue to incur onerous moral debts and enslave ourselves to the sad outcomes of our deeds, lingering indefinitely in a crop of thorns.

In such a state we have reached the modern era, in which madness is widespread and men and women's mental stability is on the verge of disaster. With an evolved brain and an immature heart, we hone our art of wrecking our spiritual progress."<sup>8</sup>

Eusebio has notified us that we shall stay on this merry-go-round until we deserve our way off. We go in an elliptical orbit in life after life, on a spiral upward trend ... it is up to us when we make the decision to exit. We just have to earn it.

But, we can't do it alone and not think of the multitude that would be left behind. We must do our part to improve our culture; to bring the knowledge that we never die, that we exist again and again in a great endeavor – to become a perfect spirit.

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

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# Greatness

> Emmanuel (Spirit) / Chico Xavier (Medium)

The more Time advances in the paths of History, departing from the sublime figure, broader splendor signals his presence.

He was not a legislator and his word placed the principles of Mercy in the arms of Justice.

He was not an administrator but he established in Charity the field of fraternal assistance in which the most favored can support the siblings in poverty.

He was not a writer but he inspired, and still inspires, the most beautiful pages of humanity.

He was not a lawyer but, even today, he is the defender of all the unfortunates.

He was not an engineer but he continues to build the strongest bridges, designed for rapprochement and relationship amongst individuals.

He was not a doctor but he goes on healing the ills of the spirit, as well as rising the constant lifting of more hospitals and more extensive works of beneficence, capable of extending relief and help to the sick.

He taught the practice of love, renouncing

the happiness of being loved.

He preached the extinction of hatred, unconditionally apologizing to all those who outraged his existence.

He did not have this or that possession in the human material order but he enriched the Earth with hope and joy.

He did not travel the continents of the Planet, but he constantly elevated the destiny of community life by talking with some needy and destitute people in the limited region where he lived.

Although crucified and regarded as an evildoer, nearly twenty centuries ago, when peoples tried to erase his teachings, Civilization trembles at its foundations.

This man who kept the wisdom and beauty of angels with Him is named Jesus Christ.

His immense love is God's presence on Earth and his life is and will always be the light of the nations.

Source: Book *Esperança e Luz* (Hope and Light) by Several Spirits / Chico Xavier (Medium). The book is not available in English yet. The book was translated by the team of the Spiritist Society of Virginia. Its study session was coordinated by Vanessa Anseloni at Kardec Radio's Facebook Page and YouTube channel.



# Pollution and Psychosphere

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

Ecologists all over the world are worded about how to cope with the increased disposal of pollutants in rivers, lakes, and landfills surrounding cities. This is the price humanity pays for technological progress. From the necessary commodities for human survival to the manufacturing of armaments and certain quite dispensable practices of industrial explorations, all this is pouring millions of tons of trash, oils, and other residues everywhere.

In addition to this type of pollution, we should mention the continuous city noises and their damaging effect...

To the more pessimistic observers, humans run the risk of destroying vegetation, animal life, and even the human race as a result of this excessive disposal of waste which is the product of human's industrial activities that will soon smother themselves and throw the Earth into chaos.

According to experts, however, what is still of greater concern is the atmospheric pollution with poisonous substances expelled by industries, the ever increasing number of motor vehicles, and the insecticides used in farming ...

With human's insatiable appetite for profit, machines move blindly over forests and other resources, upsetting the natural balance and climate of the devastated regions ...

There is an ominous threat of calamity in many areas of the environment that have become barren ....

The figures show how much is being wasted everywhere - regardless of the high numbers of the extremely poor, who search through the garbage dumps for bits of food. This proves that modern humanity, like Narcissus, is still looking at their own reflection in the waters of vanity and selfishness which may, in the end, drown themselves. Yet, they continue enslaving

themselves with unnecessary demands, complicating their own life and that of the other inhabitants of Mother Earth.

In face of this depressing situation, and to solve some of the present and future evils that pollution will bring, world leaders have offered suggestions and programs. Some of these measures have been put into practice, such as reforestation, prohibition from using internal combustion engines one day a week in some cities; recycling of garbage to obtain energy, fertilizers, and other products; controlling the use of pesticides; producing non-polluting means to generate power, increasing vegetation inside the cities; providing more safety in areas of nuclear experiments to avoid contamination, and so on.

It has been said that wherever humanity and civilization tread, the signs of barrenness, devastation, and death follow.

Some nations of the world, great in material power, placed all their faith in the future wonders that the human genius and computers would do for them. They caused people to become presumptuous and vain. Soon, however, they were to face the results of their hasty concepts in the aftermath of the Middle Eastern War. Many of them had to stop and alter previsions in regard to the demands of petroleum, the god-like source of their frustrated power and glory ...

Some of these nations suffered economical crises and had to change their political stands, which shows how unsafe and precarious it is to rely on human power alone.

This resulted in hurried activity of international diplomatic negotiations and the entering into political-economical pacts.

But hunger prevailed in many regions, thus confirming the failure of materialistic fantasies and calculations. Leaders tried their best to handle these social convulsions and bring back control of disturbed, if not entirely lost, governments ....

To have power for one day is a short-lived glory, for power always shifts to other



hands and places, and alters the direction of interests and the so-called pacts of protection. This is undoubtedly due to a pollution thus far neglected, namely, that of moral nature!

The power and greatness of some nations, until recently supreme on Earth, have now yielded to the ones really more powerful and which had not been taken seriously as yet. The threat of famine to many nations, due to lack of oil, has placed the supposedly weak among the truly powerful, for these nations are in great need of rice, wheat, corn and sorghum of which the world's surplus is almost non-existent.

Humans, however, are creating an even more terrible pollution, which is as poisonous as it is uncontrollable due to the unfortunate attitudes in which they complacently dwell: we refer to **mental pollution. It is an interference in the psychospheric ecology of intelligent life, intoxicating the minds from the inside outwardly and disrupting them from the outside inwardly.**

The Earth is a theater of vibratory clashes; of minds in disarray. It is the product of lack of affection, unbridled ambitions, and hatred. The consequences are not limited to the waging of wars, but also to aggression in the home, at work, and in the streets. Dazed with anger, and overcome by despair, people turn to the lower pleasures. They seek, through them, a measure of relaxation, only to fall into greater doses of derangement and suffering.

Mental pollution thrives unhindered preparing the ground for the visible and frightening pollution of morals.

A program for correcting such a dangerous state of things, however, was already presented by Jesus, the Supreme Ecologist. He preserved and blessed Nature, and through it, demonstrated the methods by

which to attain happiness. This He did in His incomparable teachings and examples, abundantly recorded in history. Through them, He established the foundation of the kingdom of love and endless harmony where there is no pain or fears ....

The Master never reacted--but always acted in wisdom. He never hurt anyone--but He let Himself be crucified.

No aggression ever came from Him--yet He let himself be attacked.

Wherever He walked He stimulated hope, brought consolation, tranquility and peace. His paths were adorned with happiness and blessed by the fruits of restored health.

A King in Heaven, He became the humble servant of all, unaffected by the environment where He was to build the new life of future centuries ....

Re-live His passage in your thoughts.

Seek Him!

Pause a little in your difficult days and remember Him.

For every ill, He has the right treatment; and for all present calamities, He has the solution.

Love and serve, therefore, as well as you can, as much as you can, and whenever you can.

The Earth will come out of the chaos in which it is involved; the pure air will return, and so will the clear water, the dormant grass, the singing birds, the shiny rays of the sun, the twinkling of the stars, in the name of the Heavenly Father and Jesus, the Ever present Savior of us all.

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Source: Book After The Storm by the Spirit Joanna de Angelis by the medium Divaldo P. Franco, chapter 3, LEAL publisher. The book is out of print.





# *Immigrants... we all are!*

> Mr. Casy

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Created for greatness... we all are!  
Godly in the making  
Let us not shy away  
When co-creating

Born, and reborn yet again  
One life in a nation  
But there we won't remain  
Inevitably then reborn in another population

Today in Jerusalem  
Next in Pakistan  
Tomorrow in Syria  
And then in Bolivia

Speaking different languages  
Growing in ability  
Expanding faculties  
What are nationalities?

Temporary connections  
For learning, and learning only  
Let us not get lost in the smallness  
Thinking that there are foreigners

Foreigner no one is  
Immortal Spirits, yes it is  
Travelling from nation to nation  
At each reincarnation

Immortal migrants of the universe...  
Immigrants... we all are!





# *Tolerance and Coherence*

➤ Emmanuel (Spirit) / Chico Xavier (Medium)

Always understand and forgive, because we all need understanding and forgiveness in the hours of uncertainty, but observe coherence so that the dikes of tolerance do not collide, eroded by systematic carelessness, sponsoring disorder.

Jesus said, "Love your enemies." And the Lord taught us to truly love them through His own examples of humility without servility and loyalty without arrogance.

He knew that Judas, the unwary disciple, was gradually shifting into the realm of the adversaries who were fighting against His renewing message...

On the pretext of loving one's enemies, He could have been allowed to remove him away from the small village in order to preserve it, but He preferred to extend fraternal hands to him until the last crisis of abandonment, teaching us the duty to help our fellow workers who are doing good as long as it is possible for us to do so.

He was not unaware that the supervisors of the Sanhedrin were plotting against Him...

On the pretext of loving His enemies, He could have asked them for cordial meetings to discuss domestic policy, promoting setbacks and compromises in order to spare His own friends trouble, but He preferred to endure the senseless persecution, teaching us that one should not contend in the matter of spiritual guidance, with educated

and conscientious people, fully informed of the obligations imposed on them by the responsibility that the higher knowledge they possess prescribes them.

He found out that Pilate, the dubious judge, acted inconsiderately...

On the pretext of loving His enemies, it would not have been difficult for Him to appeal to the higher court, but He preferred to bear the unjust sentence, teaching us that the attitude of all those who sincerely seek the truth should not be evasive.

He realized, in the supreme sacrifice, that the crowd went wild...

On the pretext of loving His enemies, it was perfectly fitting for Him to claim the extension of services rendered by asking commiseration from the public so that His nascent work be spared, but He preferred to silence and depart, invoking forgiveness of the Divine Providence for the executioners themselves, teaching us that we must bless those who hurt us and pray for them, without, however, rewarding them with carelessness so that carelessness does not claim growth with our support.

Jesus understood everyone, benefited everyone, helped and enlightened everyone, showing us that charity, expressing pure love, is similar to the sun that embraces all, but did not compromise with evil.

This means that outside of charity there is no tolerance and that there is no tolerance without coherence.

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Source: Book "Opinião Espírita", psychographed by Chico Xavier and Waldo Vieira.

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# *New Year's Letter*

> Casimiro Cunha (Spirit) / Chico Xavier (Medium)

Between a year that goes  
And a new one that begins  
There is always a new hope  
Promises of a New Day

If the year that passed  
Was of dark bitterness  
Our Father was never low  
On the bread of joy's light

Be in the workshop of the world  
The most perfect apprentice  
For only in work  
Will your year be happy

Those who truly make an effort  
Know how to practice the good  
Know their own duties  
Without criticizing anyone

New Year!.... Ask that the heavens  
Protect your work  
Provide you with faith  
The most sublime coat

Good Year!...  
Good bless you in the effort  
That leads you from the saddened shadows  
of the Earth  
To the blessings of Jesus.

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Source: From the book *Cartas do Evangelho* by Casimiro Cunha  
through Francisco Cândido Xavier, LAKE publisher.



# *Love and Giving up on it*

> Claudio Sinoti

It is not uncommon to hear in therapy sessions, statements and questions such as “I have given up believing in love”; “I cannot bear to love so much and for it not to be reciprocated”; “Why is it so hard to love?” ... among other issues that bring to light the various conflicts in the experience of affectivity. But is it possible to give up on loving?

Remember that the human being is fated to wholeness, but this is achieved gradually through a laborious process of individuation, in which the individual develops all the functions and abilities that are innate. However, these characteristics that are intrinsic to human nature, do not come readymade, but are in a latent state, just like a seed that is developed by internal impulses and environmental conditions.

For this reason, love, considered the feeling par excellence, is expressed in the various phases of the individual's consciousness, and it is natural that initially, it is a feature of innumerable conflicts in their experience. In its infantile phase, it presents itself as dependent, insecure and controlling. Enveloped in the power complex, the ego tries to defend itself from everything it cannot control. And love, placing itself in the opposite polarity of power,

as Carl G. Jung emphasized, is one of those forces. Thus, it is usually at this stage that one tries to give up on love.

However, as no one can live without an affective bond, the Self impels the being to live new experiences, as well as to the process of self-awareness, through which one can come to realize one's own immaturity, as well as the innumerable possibilities of expressing love.

Not only through relationships in a couple, but in all human dimensions, through a love of life, of living beings, of Nature, of one's neighbor and at its peak, the love of God. Nevertheless, this development requires the commitment of the individual to him or herself, i.e. self-love, so that he or she develops strength and the ability to with-stand all challenges. Therefore, love can express itself in its totality.

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Source: This article is reproduced from the excellent *The Journal of Psychological Studies*, issue 62. More issues and information, please go to: <http://www.spiritistps.org/en/the-journal-of-psychological-studies/>

Claudio Sinoti is a clinical psychologist in Brazil. As Spiritist, he has been leading the psychological studies of the works by Joanna de Angelis through the books psychographed by Divaldo Franco.



# *You are never alone!*

> Anonymous Spirit / Yvonne Crespo Limoges (Medium)

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**T**he effects of war, violence, natural disasters, sicknesses of mind, body and soul...afflict all the inhabitants of your world, one way or another.

Yet, in the midst of all your heartbreak, sorrow, fear, pain and anguish – you are never alone.

Your spirit protector is ever by your side instilling, within and about you, their beneficial spiritual vibrations of calmness, goodness, inspiration and courage; and, emitting the special Love that comes from that Divine Source to help uphold you through all of your many struggles, pains, tribulations, traumas and the daily drudgery widespread on your material world.

Also, from the spirit world are the spirits of your families and dear friends, from present and past lives, doing their part to help ease your distress, anxieties, doubts and loneliness; trying hard to comfort and console you; their empathy allows them to know your pain, and they see your tears!

In addition, when your physical body sleeps, these spirits directly interact with yours, when it returns to the spirit world each night. They reach out to provide guidance, counseling and healing, as well as to remind you of the just cause (the why) of what you are going through, the kind of life you chose; the one you pledged

to undergo with strong determination in your present existence.

Knowing all this, please try to open up your hearts to all these loving spirits who care so very much for you personally and for your spiritual progress!

They reach out to help you, although you may not see them – they are there! At moments of pure desperation - you may feel their loving sweet impressions! So, try your best to be emotionally and mentally receptive to receive their loving, valuable and productive influences.

Be reminded that pain in all its forms suffered upon the earth washes away the impurities of your soul; all the trials, tests and atonements elevate your spirit. In this way, sentiments can be awakened in order for it to have more of an inner appreciation and further comprehension of compassion, forgiveness, sympathy, empathy, benevolence, charity and fraternal love.

Dear ones, as you advance, your suffering will be less and you will eventually reach true happiness.

The Divine evolutionary process provides for your spirit's enlightenment, enhancing your intellectual and moral elevation. So be strong!

The Creator is All Love and you are always provided with spiritual assistance to fulfill your soul's journey!

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*Source: Spiritist Society of Florida, September Newsletter 2019.*



# “Brazilian Medium Chico Xavier, the beautiful journey”.

> Elsa Rossi



**M**y dear friend Guy Lyon Playfair, a spiritual researcher that wrote several books, about Spirituality, Mediumship, Telepathy, Poltergeist and much more... One of your books, is so relevant for the Spiritist Movement for over the world – “CHICO XAVIER, MEDIUM OF THE CENTURY”.

I used to visit Guy each 2 months, day and time previously agreed, as he was a busy man. TVs, Radios,

always was calling him for interviews, etc...

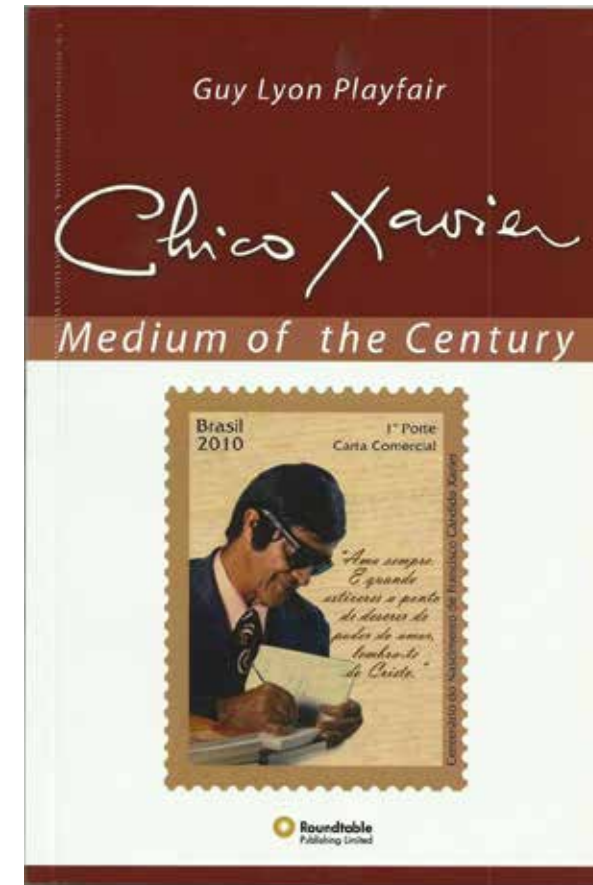
Unfortunately, our dear friend Guy returned to the Spiritual World, on 8th April 2018, at the age of 83.

He told me about his life in Rio de Janeiro, Brazil, for more than 10 years. He learned and was speaking a beautiful Portuguese, and at the same time, in our meetings, He was teaching me to speak and write better English. Guy introduced to be a member of the Society of Psychical Research where I found a new world, regarding Spiritism and Spirituality, Psychic Phenomena in the UK, and in the world.

For me, this friendship with Guy, led us to prepare a book about Chico Xavier. Guy used to meet Chico, speak and learn about Chico mediumship faculties that were amazing. I remember one day, when I meet Guy to choose the title for the book, and he said CHICO XAVIER MEDIUM OF THE CENTURY, I start crying. It was the first biography in English about Chico, and I was so happy to be involved, telling my experience with Chico, in a very nice conversation... Oh! Such happiness enveloped me. Chico mention, that he had a conversation with Dr Stanley Krippner, from USA, that knew about Chico mediumship faculties, and said to me, what Dr Krippner said to him. The book should have the title CHICO XAVIER, MEDIUM OF ALL CENTURIES. So, we laugh and had a nice cup of tea, prepared by Guy.

When the book was ready, I published the first impression in 2010, and the second impression, 2011, in the UK.

Asking permission to my dear friend Guy in Spirit, I am given to the Psychic World subscribers and reader, this taste of who Chico was, according to our dear Guy.



Extract from the book:

## Chapter 1 - Medium of the Century

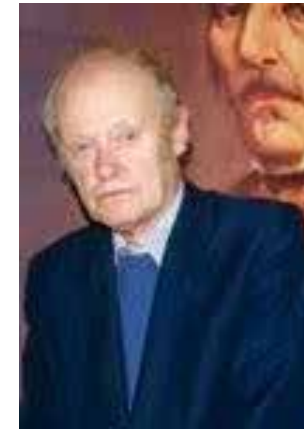
In the year 2000, a newspaper in the Brazilian state of Minas Gerais asked its readers to vote for the mineiro (as that state's inhabitants are known) of the century. The front runners included Alberto Santos-Dumont, revered in Brazil as the 'father of aviation'; the popular former president Juscelino Kubitschek, who inspired the building of the country's brand new capital Brasília, and Edson Arantes do Nascimento, better known around the world as the legendary footballer Pelé. And the winner was...

None of the above.

Voted into first place, by over 700,000 readers, was a ninety-year-old retired civil servant named Francisco Cândido Xavier, the son of an illiterate lottery ticket seller, who had dropped out of school at the age of thirteen and gone to work as a shop assistant. When he died in 2002, 120,000 people lined up in a queue more than two miles long to file past his coffin, and 30,000 of them joined the funeral procession.

The state governor declared three days of mourning. Tributes poured in from numerous politicians and show business stars.

Even President Fernando Henrique Cardoso paid his



respects, describing Chico (as he was known to all) as 'a great spiritual leader loved by the whole of Brazil', adding that 'he touched the hearts of all Brazilians who over the years have learned to respect his deep commitment to the well-being of his neighbours.' In 2010 the Brazilian post office issued a special stamp to mark the centenary of his birth, and a feature film entitled simply Chico Xavier went on general release following extensive advance publicity. Within a month, two million people had paid to see it.

Chico did not win all this acclaim and affection – and a nomination for the Nobel Peace Prize - because of his day job as an office worker at a model farm run by the Ministry of Agriculture, but for what he did after hours – write. As a teenager he found he had the ability to produce what is known as automatic writing, in which you just take a pen or pencil, rest it on a sheet of paper, and let your hand write whatever it likes.

This may be no more than a few squiggles and doodles, but on occasions you get words, sentences, and even whole books.

He worked unceasingly as a medium and became known as the most devoted worker in the Spiritist Field in the area of mediumistic activity, in addition to his devotion to the social and spiritual assistance and evolution of the human being.

His psychographic production entailed 412 books, 87 of which have been published by the Brazilian Spiritist Federation.

On account of his devotion to the free assistance of those in need, Chico Xavier was paid homage countless times both by the general public and by public agencies, and was awarded the title "The Minas Citizen of the 20th Century" in 2000 as a result of a poll taken in that state. He was also nominated by **more than 10 million people in 1981** for the **Nobel Peace Prize**.

Chico disincarnated on June 30, 2002, leaving behind an exemplary life of love for his fellow beings.





For me, Chico Xavier, a saint man, the most important Spiritist Medium, humble and wise, gave to the world, all the complementary books from Spiritism, that, even if we study/read one book per month, it would take 37 years to read all of them.

BUSS now has the right to continue to publish this so important Biography. "Chico Xavier Medium of the Century" can be order to [bookshop@buss.org.uk](mailto:bookshop@buss.org.uk)

One of our assiduous customers, readers, members of the Psychic World, is Janet Duncan. I took a special time to interview Janet and prepared this article full of "secrets passages", that our PW reads may like to read, and see the courage of a English lady had in her twenties, to cross the ocean to a new land, and brought back good examples, sharing with all of us today.

In our informal conversation, I asked Janet: "What's represents for you, being a Spiritist Medium? Answer: *In the first place as a Spiritist medium, I am conscious that this natural faculty, being God-given, should never be commercialized in any shape or form.*"

On 6<sup>th</sup> of August 2019 Jean Annette Duncan, her full name, completed 91 years of a special life on Mediumship and Spiritism, by Allan Kardec, the Codifier of the Spiritist Teachings .

During these years, she answer almost fifty interviews, recorded many videos, gave a hundred lectures on Spirituality and Spiritism, translate several books into English, introduced many people interested in know about Reincarnation and Mediumship, under Spiritist View.

So, Janet is worldwide known as one of the most influential person in bringing the reality of life eternal, in a freedom of conscience and knowledge that there is no death, there is no heaven and hell, but our conscience respond according our acts in this life, it will resonate in the next reincarnation.

As wrote our dear Adam Osborne, one of the Directors of the Windsor & Maidenhead Spiritist – "Society: "Janet Duncan is an important figure in the British Spiritist Movement. Having lived for 30 years in Brazil, where she attended the infamous TV Program Pinga-Fogo interviews with Brazilian medium Francisco 'Chico' Xavier, Janet studied Spiritism in Brazil, before returning to the UK in the 1980's.

She has been a friend to both famous mediums Chico Xavier and Divaldo Franco, and has worked extensively in building the Spiritist Movement in the UK, as well as being a founding member of the International Spiritist Council.

A charming, witty and marvelous person, Janet has also translated various Spiritist books from Portuguese into English, including The Gospel According to Spiritism and Christian Agenda.

Janet is the founder and Director of the Allan Kardec Study Group-UK, Centre for Spiritist Teachings, where



many group directors in the UK and abroad have studied.

There are so many videos about Janet, and this one, produced by iSpirit in coordination with BUSS, is a tribute to Janet, as part of the celebrations of her 90th Birthday in 2018. (<https://youtu.be/EJkddMuMZsc> )

About Janet Duncan, as I said before, many people wrote articles, interviews published in magazines, newspapers in several countries, as she is a legend for Spiritism in the world Spiritist movement. One in particular, caught so much my attention that is our dear Guy Lyon Playfair wrote in his book, about Janet. Guy described a passage about Janet and Chico Xavier so our dear friends readers can benefit of it. I prefer to copy the entire subject here, to make a justice to his book Chico Xavier Medium of the Century.

Write Guy:-

"Janet Duncan, an Englishwoman who spent many years in Brazil, has given a vivid account of the impact her meeting with Chico in 1971 had on her. A year or so earlier she had become

interested in Spiritism, the doctrine 'codified' by Allan Kardec in the mid-nineteenth century (which should not be confused with Spiritualism, as it often is) and wanted to learn more about it.

She began to receive an impression which she interpreted as an order from her 'spirit guide' that she should go to Uberaba, an eleven-hour bus journey from her home in São Paulo, and speak to Chico Xavier, who would have a message for her.

She had heard of him, but had no idea how to contact him – in the 1970s postal and telephone communications in Brazil were far from reliable – yet her impressions became more and more insistent, to the point of telling her what day to travel and even which bus to be on. Although she was very hard up at the time and could barely afford the fare, she obeyed her invisible instructor and bought a ticket.

The early morning bus was almost empty, and at one point a woman came and sat beside her, evidently wanting to have a chat to while away the time. Janet told her she was on her way to see Chico, although she wasn't sure how since she didn't even know where his Spiritist Centre was. Her new companion didn't know either, but when the bus stopped for a break at a service station she got talking with a couple who, as it happened, were also on their way to see Chico, knew exactly where he was and offered to take Janet with them. So that problem was solved. If Janet had been on any other bus it might well not have been.

When she finally came face to face with Chico, he greeted her with his usual warmth and asked what her name was and where she had come from.

'Janet', she replied. 'From São Paulo'.

Chico looked puzzled, as if he did not believe her. Then he asked her the same question again, getting the same reply, which left him still looking puzzled. He then offered to write her name in the special notebook in which he listed those he wanted to pray for. He showed her the book and asked if he had spelled her name correctly.

When she saw what he had written, Janet nearly passed out. There on the page was the name 'Jeanne Annette Duncan', which was indeed her real name.

'Nobody knew that', she assured me, explaining that since Brazilians found it difficult to pronounce her full name correctly, she had shortened it to 'Janet'. As for the question of how Chico knew it, she could only assume that he, like her, received messages from a voice in his head. It is hard to think of any other plausible explanation.

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Elsa Rossi is the chairperson of the British Union of Spiritist Societies - [www.buss.org.uk](http://www.buss.org.uk)



# Love for animals

SPRITISM FOR KIDS

SOURCE: CHICO XAVIER—THE MAN, THE MEDIUM, THE MISSIONARY. EME PUBLISHER. WRITTEN BY ANTONIO MATTE NOROEFE

THE MEDIUM HAD A DOG NAMED LORD.

CHICO HAD A UNIQUE LOVE FOR ANIMALS. THOSE WHO USED TO VISIT HIM IN HIS HUMBLE HOME KNEW THAT THE MEDIUM WOULD BE SURROUNDED BY PETS.

LORD KNEW THOSE WHO VISITED HIS OWNER. HE KNEW WHEN SOMEONE WAS FRIENDLY OR HAD BAD INTENTIONS.

I WAS VERY SAD BECAUSE OF HIS PASSING.

I MISSED HIM VERY MUCH.

HE WAS MY INSEPARABLE PRAYER COMPANION.

EVERY MORNING AND NIGHT AT A SET TIME, I WENT TO MY ROOM TO PRAY.

LORD WOULD COME TO MY ROOM SHORTLY AFTER.

LORD PLACED HIS PAWS TOGETHER ON THE BED SO AS TO PREPARE HIMSELF TO PRAY WITH CHICO.

DURING THE MOST HEARTFELT PRAYERS, LORD USED TO RAISE HIS HEAD AND SEND CHICO A MOST LOVING AND SWEET GAZE TOWARDS CHICO WITH HIS EYES FILLED WITH TEARS.

IT WAS AS IF LORD KNEW MY MOST INTIMATE THOUGHTS CONNECTED TO MY HEART.

WHEN I FINISHED PRAYING, LORD FINISHED TOO...

AND, HE WOULD GO LAY DOWN IN A CORNER OF THE ROOM.

LORD DISCARNATED AND WAS BURIED IN THE BACKYARD.

ONE DAY, A VISITOR ASKED CHICO IF ANIMALS HAVE SOULS.

OH YES! ANIMALS DO HAVE SOULS AND ARE OUR BEST FRIENDS....

THE END



## 9th International Spiritist Congress in Mexico

On October 4-6, 2019, the International Spiritist Council (ISC) organized and promoted its meeting in Mexico City, Mexico. The central theme was Constructing the Spiritual Being of the Future. Several speakers from different countries were able to share the Spiritist teachings and its empowering way of supporting humanity in the planetary transition.

During those days, the International Spiritist Council gathered together to deliberate on the new bylaws and also the election of the new executive board of directors. Twenty two out of twenty four countries (members of the ISC) were present at the meeting. Amongst them, their representatives were: Germany - Maria Gekeler; Belgium - Jean-Paul Evard; Bolivia - Fabricio Delgadillo; Brazil: Jorge Godinho Barreto Nery; Canada: Erick Meneghini Martins; Colombia: Jorge Berrio Bustillo; Cuba – Presidente: Servando Agramonte; El Salvador - Walter Velasquez; Spain – Jesus Santos Rodriguez; USA - Jussara Pretti Korngold; France - Richard Buono; Guatemala -

Edwin Bravo; Holland – Maria Moraes; Ireland – Stevan Bertozzo; Mexico - Jorge Camargo; Peru - Isabel Loo Fernandes; Portugal - Vitor Mora Feria; UK - Elsa Rossi; Sweden - Eliane Dahre; Switzerland - Silvana Elia; Uruguay - Angela Nunes and Venezuela - José Vazques. Other members of the ISC Executive board participated without the right to vote: Marta Antunes (Brazil); Fábio Villarraga (Colombia); Manuel de la Cruz (Cuba); Carlos Campetti (Spain) as well as other assisting friends from several countries.

The new ISC board of directors is as follows: Jussara Korngold (Secretary-General); Jesus Sanchez (First Secretary); Vitor Feria (Second Secretary); Helio Blume (First Treasurer); Manuel De La Cruz (Second Treasurer); Fabio Vilarraga; Eduardo dos Santos; Martha Antunes; Silvana Elias; Richard Buono; Walter Velasquez.

For more information, please go to <https://cei-spiritistcouncil.com/>



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*What changes when we go to the Spiritual dimension?*

*The central character of our story, Maria Lúcia, took a long time to realize and accept her new reality, continuing her mistakes and misunderstandings despite the constant help and support of friendly relatives, who sought to awaken her from her selfish dream to power, fame and illusory success.*

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