

THE **Spiritist** MAGAZINE

Volume 17, issue 69, January-March 2025
www.spiritistmagazine.org

Ten Steps to Overcome Jealousy and Envy

by Joseph



**Prayer of
Money**

by Meimei

**Apparently
Young**

by Prof. J.B. Garcia

**Neuropills on
Depression**

by Dr. Nubor Facure

ISSN 2072-8611



9 772072 861001

Regarding Grave Facts

Andre Luiz (Spirit) / Waldo Vieira (Medium)

Under no circumstances shall we get carried away by confused emotions before occurrences that inflame public opinion, such as crimes, disasters, epidemics, geological phenomena, and others.

To stay calm is to calm others.

In conversations and comments about terrifying news, refrain from sensationalism.

Charity silences delirious conversations.

Keep a serene attitude when faced with events which are considered to be scandalous, juxtaposing the influence of the good over the pestering of evil.

The cruel word increases the power of crime.

Protect yourself under the shelter of prayers during all distressing circumstances of life.

Expiations gravitate toward the sphere of Divine Justice.

Accept that during greater or lesser disappointments of human life, however

strange or disconcerting they may be, the manifestation of the Superior Designs acts in favor of spiritual improvement.

God does not make mistakes.

Even when faced with sacrifice amid unexpected accidents that wound your hopes, never give up constructing the good which you must accomplish.

Each Spirit has to account for themselves before Perfect Justice.

“See that none render evil for evil, but always pursue the good, both towards one another, as toward all” – Paul (1st Thessalonians, 5:15).

Source: From the book *Conduta Espirita* by Andre Luiz (Spirit) psychographed by Waldo Vieira, chapter 39, 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.

Effort, Repetition... Mastery!



Our “resources are slowly acquired, in millennia and millennia of effort and recapitulation, in the multiple sectors of the soul’s evolution¹.” However, many people mistakenly equate ease with the right path, when in fact, the true direction is often the challenging one. Just as muscles cannot be developed through repetition of the same routine, the soul requires “weightlifting”—consistent, intentional effort—to reach its highest potential.

Consider this: throughout our lives, many of us have operated in survival mode. We exchange peace for material possessions, marriage for fleeting pleasure, friendship for fame, and health for momentary sensations. Now, we are reaping the consequences of these misguided choices.

So, how do we alter this trajectory? The key is counterconditioning. Rather than pursuing instant gratification, we must focus on enduring, transformative achievements—goals that span millennia.

In Spiritist Science, we understand that true evolution, mastery, requires effort and repetition. There is no progress without deliberate action. Therefore, when faced with the difficulty of overcoming vices or learning new habits, applying

genuine effort and willpower opens the door to healthier, more enlightened practices.

Since the core of our inner growth lies in the quality of our relationships, we often encounter obstacles such as jealousy and envy—true scourges in our world today. These negative emotions hinder our progress and cause unnecessary suffering. Therefore, let us begin this new year with a transformative resolution: to cultivate healthier, more harmonious relationships that nurture our souls and align with our higher purpose.

We trust that the resources shared in this edition of the Spiritist Magazine will serve as valuable support in your journey toward spiritual mastery. May they inspire and guide you as you work towards achieving lasting, immortal growth in all areas of your life.

Happy and Healthy New Year!

Vanessa Anseloni, PsyD, PhD
Editor-in-Chief

¹ Evolution in Two Worlds by Andre Luiz through the mediums Chico Xavier and Waldo Vieira, chapter 2, published by FEB.



EDITOR-IN-CHIEF:

Vanessa Anseloni, *PsyD, PhD*

COPY EDITOR

Chris Walney

COLLABORATORS

Carlos Dias
Carol Correa

DESIGN

Luis Hu Rivas

ADDRESS:

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

PHOTO CREDIT:

Shutterstock, freeimages.

“Let us readjust ourselves
and harmonize with the
plan of On High.”

- Joseph / Vanessa
Anseloni



The Spiritist Magazine N. 68
January - March, 2025

TABLE OF CONTENTS



06

DIALOGUE BETWEEN SCIENCE AND SPIRITISM

Neuropills by Dr. Nubor Facure

08

PARENTING

The Undertaking of Family Formation
by Americo Canhoto

12

LA REVUE SPIRITE

Evocation of and Incarnate Deaf and
Mute by Allan Kardec

16

ESSENTIAL

Comforting Hearts by Carlos Torres
Pastorino

18

GOSPEL

Malebel's Disdain by Humberto de
Campos



22

BARSANULFO

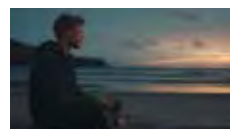
To Love Jesus by Mother Mary



24

SPIRITIST TIP

Prayer of Money by Meimei



26

CURRENT

Ten Steps to Overcome Jealousy and Envy by
Joseph



28

INSIGHT

Very Distressed by Valerium



30

DISCOVERING THE REAL WORLD WITH DIVALDO FRANCO

Legal Crime by Divaldo Franco



32

NOWADAYS

The Spiritist Book by Emmanuel



34

TEACHINGS

Martha and Mary by Joseph



36

WISDOM

The Silent Angel by Euripedes Barsanulfo



38

CHILDHOOD

Apparently Young by J. B. Garcia



40

PREVENTION

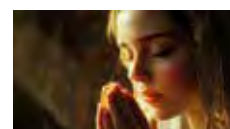
Good and Evil by Scheilla



42

GUIDANCE

Hail Mary by Amaral Ornelas



44

CHICO XAVIER

Roberto Carlos' Music



Neuropills on Depression

> Dr. Nubor Facure





Every physical or mental activity has its corresponding neuron activity in some area of the brain.

It has been proven that during phases of severe depression, the hippocampus loses neurons and, when antidepressants correct the chemistry of neurotransmitters, the hippocampus builds other neurons that will act to cure the depressive process.

We, Spiritists, have in neurology a magnificent field of study to understand much of what the Spiritist Doctrine teaches us.

Fixed ideas that imprison us in persistent hurts and resentments have a deleterious effect on our brain and it is not good for us to maintain them for a long time.

Negative thoughts that immobilize us due to depression can cause irreparable damage to the brain, compromising our mental life forever.

Persistent thinking or imagining will create neuron patterns that can help or harm us.

Prayer is not only an immaterial message. It also modifies the chemistry and functional structure of our neurons.

Learning new things, acquiring talents, practicing goodness, all of this expands the networks of connections between neurons.

Surrendering ourselves to vices, consolidating crimes or revenge, demanding undue possessions, imposing opinions, leave marked impulses that neurons fixate on forever.

The distance between imagining and desiring is very small. Thinking and acting are closer than they seem. We need to review our hidden desires, our unfulfilled intentions, the small, disguised evils, the gestures of good intentions that never come to fruition, the forgiveness that we insist on postponing, the help to others that is always put off. All of these attitudes are already imprinted on neurons in our brain and compromise us until they are resolved. Meditation signals a new pattern of connections in neurons that can be very beneficial for our mental life. We should encourage its practice combined with prayers.

Dr. Nubor Facure is a Spiritist physician and faculty at the School of Medicine at UNICAMP, SP, Brazil.

The Undertaking of Family Formation

> Dr. Americo Canhoto, MD

Forming a family is an undertaking like any other.

If we adopt a business vision of the family, conscious of our commitment to the Law of Action and Reaction, the possibility of success of our family enterprise is even higher. The home resembles a company that demands administration, planning, and management. Just like a business, it cannot be left to chance or in unskilled hands, in which case it will be condemned to failure.

When a company goes bankrupt, all those who are a part of it suffer the consequences. When a family wrecks in the sea of life, it contributes to increase the number of depression and of those who drug themselves to sleep or to wake up, besides the vices of smoking,

alcoholism, and sex without love.

The biggest victims of these disasters are the orphans of living but separated parents, that many times suffer in the crossfire shot by their family members... This kind of environment, depressive and oppressive, is very prejudicial to the new generation's development.

The companies that plan out the enterprise before starting their activities and try to adjust themselves to the challenges when faced with difficulties almost always achieve relative success. It is common, many times, to jump from loss to profitability. They deserve the profit they gain, the fruit of teamwork.

On the other hand, the structured families that adapt themselves when faced with difficulties, and confront those with disposition, win peace, harmony, relative happiness, health, spiritual growth of its



members, and the improvement of the psychological maturity pattern of the family, as well as the continuity of life together.

How do the majority of family enterprises begin?

The force of basic attraction is the magnetism of sexual energy or the instinct of perpetuation of the species. Social pressure also exerts a considerable action in the decision of forming a family, besides the fear of being alone, being known as a problematic, solitary, and frustrated person. Everything indicates that the majority of families are started due to these reasons.

The family incubation phase is the dating and engagement periods. Nowadays, problems usually appear in this stage, when we make our choices randomly, at the mercy of fleeting passions. Until a few years ago, the stronger crises, capable of ending a relationship, emerged around the fifth year of the relationship.

I am not suggesting that we be cold and calculating when choosing a partner with whom we will share our family responsibilities, but that we try to analyze what will be our chances of success next to this or that person.

Rarely, though, at this time of life, do we come together to elaborate plans or develop goals for married life and how to raise children, if the option is to have them. Our encounters are aimed only at enjoying the pleasant moments, when it would be most appropriate to plan the family enterprise during this phase. How much

pain and disillusion will be spared if we discuss tomorrow based in reality, without losing sight of the practical needs of a life together.

It is necessary the logical and rational study of the possible difficulties that we will confront, and to institute a program of goals to remedy setbacks and avoid problems before they appear in the horizon of our lives.

Several factors contribute to the family not being consolidated or not progressing according to our expectations.

Some factors, isolated or combined with others, may frustrate the wish to find family happiness. Let's see some of them:

- Lack of clarity on the couple's objectives, that are not sure of the reasons why they were attracted to each other, of the expectations of the marriage, and much less of the desire to teamwork in this enterprise.
- Absence of the couple's psychological maturity (mental, affective, emotional).
- Romantic vision of what family life is: putting on the partner the expectation of satisfying their personal needs.
- Lack of transparency and personality dissimulation.
- Little honesty regarding purpose and lack of dialogue.
- Camouflage of personal interests.
- External interferences: collision course between family members.
- Excessive emotional and financial dependence of family.

(In the upcoming issue of the Spiritist Magazine, Dr. Canhoto will continue talking about how to manage difficulties in the family.)

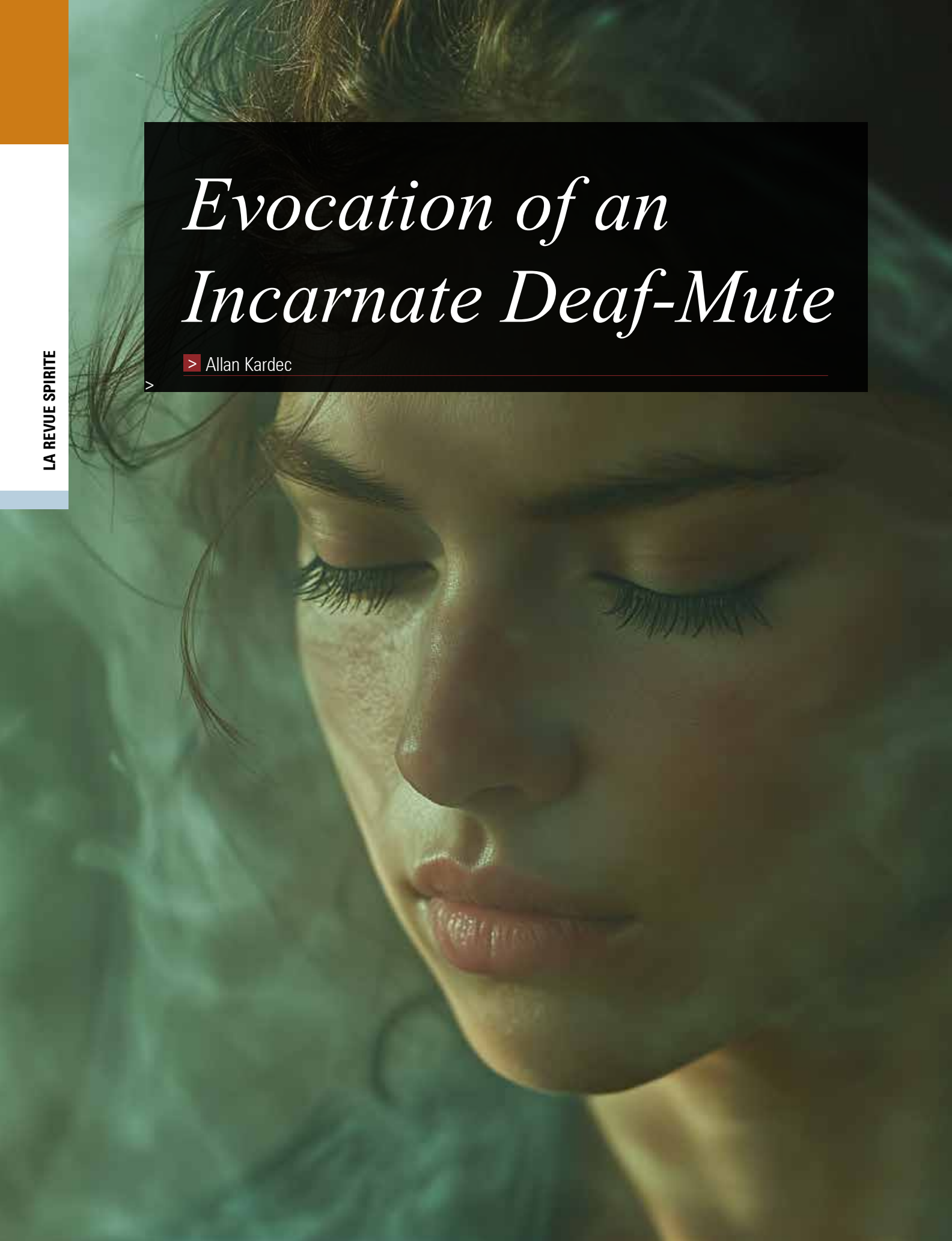
*Dr. Americo Canhoto is a physician and a Spiritist who has written several books, especially the one from which we extracted the text above: *Pequenos Deslizes, Grandes Problemas*. The book was fully translated by Camila Tufts from the Spiritist Society of Virginia and is gradually being shared in this column of the Spiritist Magazine.*





Evocation of an Incarnate Deaf-Mute

> Allan Kardec





Mr. Rul, member of the Parisian Society of Spiritist Studies sent us the following:

"In 1862 I knew a deaf-mute young man of twelve to thirteen years old. Wishing to make an observation, I asked the protector Spirits if it would be possible to evoke him. After having a positive answer, I invited the young man to my office and made him sit on an armchair with a plate of grapes that he promptly devoured. As for myself, I sat at a table, prayed and made the evocation as I customarily did. After a few moments my hand trembled and I wrote: I am here.

I looked at the boy and he was silent, eyes closed, calm and asleep with the plate on his knees. He was done with eating. I then addressed the following questions to him:

Q. – Where are you now? A. – In your bedroom, on your armchair.

Q. – Can you tell us why you were born deaf-mute?
A. – An atonement of my past crimes.

Q. – Which crimes were that? A. – I was a parricide.

Q. – Can you tell us if your beloved mother had been your mother or your father in the existence that you mentioned, the object of our crime? I waited for the answer that did not come. My hand remained still. I looked at the boy again and he had just woken up and ate the grapes with appetite. I then asked the guides what had just happened; they responded: He gave you the teachings that you wanted and God did not allow him to give others.

I don't know how the proponents of the exclusive communication of the devil would explain that fact. I came to my own conclusion that God sometimes allows us to evoke an incarnate Spirit and equally allows with respect to the discarnate when we do that with a spirit of charity."

Observation: From our side we will make another observation about that. The proof of identity here results from the sleep provoked by the evocation and to the interruption of the writing at the moment of waking up. As for the silence that remained after the last question, it demonstrates the utility of the veil that is cast upon the past. In fact, suppose that the present mother of the boy had been his victim in another existence and that he wanted to repair his mistakes through the love that he dedicated to her. Wouldn't the mother be strongly affected if she knew that her son had been her murderer?



Wouldn't her feelings be affected? He was allowed to reveal the cause of his disability as a matter of study and in order to give us another proof that the sufferings here have a previous cause when it is not in the present life and that everything is therefore established according to the justice. But the rest would have been useless and could have reached the mother's ears and for that reason the Spirits woke him up at the very moment when he would likely respond. Later, we will explain the difference between the position of this boy and that of Valentina in our preceding report.

Besides, the fact demonstrates a point of capital importance: It is not only after death that the Spirit recovers the memory of the past. It may be said that it is never lost, even as incarnate, because during the sleep of the body, when the Spirit enjoys certain freedom, it is

conscious of previous actions. The Spirit knows the reason for suffering and that suffers deservedly; the memory is only faded during the life of relationships. But, in the absence of a precise memory that could be painful and damaging to social relationships, the Spirit acquires new forces at the times of emancipation of the soul if she knows how to take advantage of them. Must it follow that every deaf-mute is a parricide? That would be an absurd consequence because God's justice is not circumscribed to absolute limits like human justice.

Other examples demonstrate that the disability may sometimes result from the bad use that was made of the spoken word. But how come, some will ask. The same atonement to two different faults in their seriousness? Is that fair?



However, those that reason in that manner ignore the fact that the same fault may present infinite degrees of culpability, and that God measures the responsibility by the circumstances? Besides, who knows that the boy, supposing an inexcusable crime, has not been severely punished in the spiritual world and if his regret and his desire for reparation have not reduced the earthly atonement to a simple disease?

Admitting hypothetically, since we do not know, that his present mother was his victim, if he did not maintain his resolution to repair the fault with her through his love it is certain that a terrible punishment would wait for him, be it in the world of the Spirits or in another existence.

God's justice never fails and if it is sometimes late it loses nothing for the wait. But God in his infinite

benevolence never condemns in an irremissible way and always leaves the door of regret open. If the guilty person takes a long time to take advantage of that suffering will last longer. Thus, it is always up to oneself to abbreviate her sufferings. The duration of punishment is proportional to the duration of the hardening. That is how God's justice conciliates with his love and benevolence to his creatures.

Source: The message was published in the *Revue Spirite* by Allan Kardec in January, 1865. The English version is published by Kardecpedia.com.



Comforting Hearts

Carlos Torres Pastorino

Visit the poor and the sick.

At least once a week, dedicate a few hours to comforting a sorrowful heart.

The comfort you bring to them, even if it means sacrifice on your part, is the guarantee that you are fulfilling your duty as a Christ-conscious and as human being.

Do not wait for people to seek you out so that you can act fraternally, supporting the weak and comforting the sad.

~~Do not think that you are giving more than you receive:~~ those who comfort a sad heart actually receive much more than they give.

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

Malebel's Disdain

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

Before the hungry crowd, Jesus multiplied the loaves and the fish, attending to the need of the bystanders.

The phenomenon wondered everyone.

The people lay between ecstatic and in untranslatable jubilation.

They had been granted a sign from Heaven, greater than those of Moses and Joshua.

The compact mass was in a thrill of admiration and awe.

There were people from the most diverse regions.

In addition to the pilgrims in large numbers, who were constantly crowding around the Lord, seeking consolation and healing, merchants from Idumea, merchants from Syria, Roman soldiers, and camel drivers from the desert gathered there in multitude, in which the exclamations of women And the crying of little children.

The people, conveniently seated on the grass, received, with gracious interjections, the tasty bread that resulted from the sublime miracle.

Pure water in large vessels was served, after the substantial repast, by the robust and happy hands of the apostles.

And Jesus, after renewing the promises of the Kingdom of God, with a melancholy and serene countenance contemplated the followers of the eminence of the mountain.

He was like a prince, suddenly materialized on earth by the softness of His subtle forehead, touched by the wind that was blowing, lightly ...

Expressions of jubilation were heard, here and there.

Hadn't He provided proofs of sovereign power? Wasn't He the greatest of all the prophets? Wouldn't He be the liberator of the chosen race?

The disciples gathered the abundant remnant of the





unexpected banquet, when Malebel, the strong court advisor to the Justice in Jerusalem, approached the Master and claimed to the crowd to have found the restorer of Israel. He clarified that it would be wise to receive His instructions from that unforgettable hour, and the hearers rose in haste, thickening rows around the Messiah of Nazareth.

Jesus silently waited for someone to address Him, and indeed Malebel did not hesitate.

"Lord," he said exultantly, "are You really the herald of the new Kingdom?"

"Yes," replied the Christ without hesitation.

- On what basis will the new order be established?
"Continued the Sanhedrin officer, dilating the dialogue.

- In work obligations for all.

The interlocutor rubbed his brow with his right hand, evidently uneasy, and continued:

- But will a hierarchical organization be instituted?

"Why not?" Said the Master, smiling.

- What is the function of the best?

- Improve the worst.

- And the occupation of the most intelligent?

- To instruct the ignorant.

"Lord, and the good ones?" What will good men do within the new system?

They will help the wicked, so they may become just as good.

"And the obligation of the rich?"

- Support the poorest so that they also enrich themselves with resources and knowledge.



"Master," said Malebel, in disappointment, "who will dictate such standards?"

- The love of sacrifice, which will flourish in works of peace in the path of all.

- And who will oversee the functioning of the new regime?

- The understanding of responsibility in each of us.

"Lord, how strange this is!" Said the novice, alarmed, "Do You wish to say that the different kingdom will dispense with palaces, armies, prisons, taxes and punishments?"

"Yes," said Jesus openly, "it will dispense with all this and demand the spirit of renunciation, of service, of humility, of patience, of brotherhood, of sincerity, and above all, of the love of which we are creditors, And our victory will remain much more in the ceaseless action of good with the detachment of possession, in the sphere of each one, than in the very foundations of Justice, hitherto known in the world.

At that moment, just as the sick and the crippled, the poor and the afflicted descended from the hill with great joy, Malebel, the distinguished servant of Jerusalem, displaying a terrible mask of sarcasm on his formerly respectful face, turned his back to the Lord, accompanied by a few hundred well socially positioned people, he hurried to withdraw, uttering phrases of insult and mockery ...

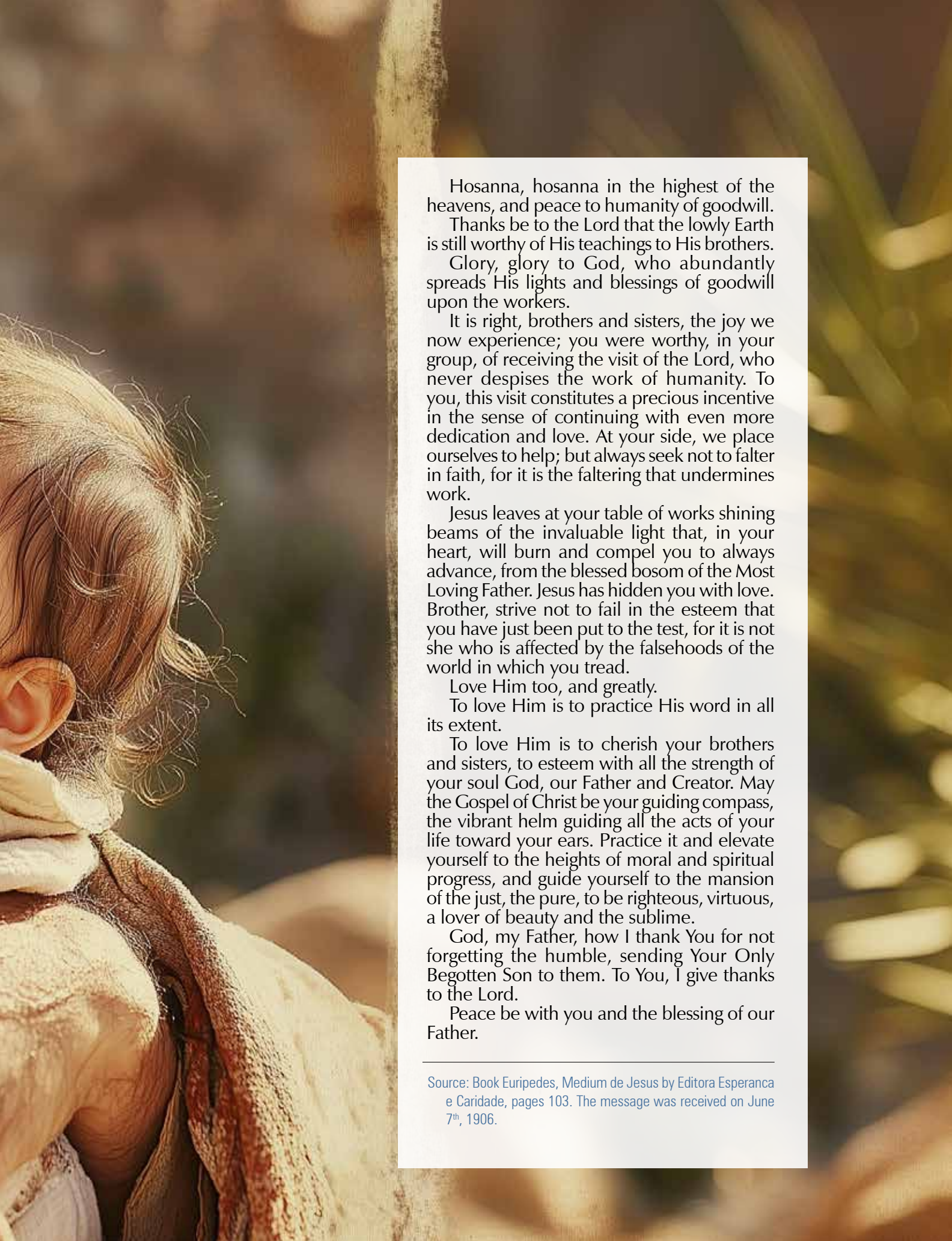
The miracle of the loaves had been quickly forgotten, implying that the memory hardly worked on the full stomachs, and if Jesus did not want to lose contact with the crowd, at that celebrated hour, he was obliged to come down as well.

Source: Book "Pontos e Contos" by Humberto de Campos (Spirit) through the psychography of Chico Xavier, chapter 1, published by FEB. This message can also be found in the compilation book "No Roteiro de Jesus". This book was translated by Kardec Radio's team though it has not been published yet. Meanwhile, we recommend that the reader watches the study session in this book by Vanessa Anseloni at Kardec Radio's platforms under the playlist Forty Nights with the Promised Consoler.

To Love Jesus

BARSANULFO

> Mary, Servant of God (Spirit) / Euripedes Barsanulfo (Medium)



Hosanna, hosanna in the highest of the heavens, and peace to humanity of goodwill.

Thanks be to the Lord that the lowly Earth is still worthy of His teachings to His brothers.

Glory, glory to God, who abundantly spreads His lights and blessings of goodwill upon the workers.

It is right, brothers and sisters, the joy we now experience; you were worthy, in your group, of receiving the visit of the Lord, who never despises the work of humanity. To you, this visit constitutes a precious incentive in the sense of continuing with even more dedication and love. At your side, we place ourselves to help; but always seek not to falter in faith, for it is the faltering that undermines work.

Jesus leaves at your table of works shining beams of the invaluable light that, in your heart, will burn and compel you to always advance, from the blessed bosom of the Most Loving Father. Jesus has hidden you with love. Brother, strive not to fail in the esteem that you have just been put to the test, for it is not she who is affected by the falsehoods of the world in which you tread.

Love Him too, and greatly.

To love Him is to practice His word in all its extent.

To love Him is to cherish your brothers and sisters, to esteem with all the strength of your soul God, our Father and Creator. May the Gospel of Christ be your guiding compass, the vibrant helm guiding all the acts of your life toward your ears. Practice it and elevate yourself to the heights of moral and spiritual progress, and guide yourself to the mansion of the just, the pure, to be righteous, virtuous, a lover of beauty and the sublime.

God, my Father, how I thank You for not forgetting the humble, sending Your Only Begotten Son to them. To You, I give thanks to the Lord.

Peace be with you and the blessing of our Father.

Source: Book Euripedes, *Medium de Jesus* by Editora Esperança e Caridade, pages 103. The message was received on June 7th, 1906.

Prayer of Money

Lord!

In the concert of forces that wish to honor You, I am also Your servant.

Since You have attributed to me the duty of rewarding the sweat and sustaining the good, as neutral resource of acquisition, I walk, among the creatures, frequently, in captive regime.

Many of them enslave me, so that I buy them illusions and lies, pleasures and consciences.

I see with more clearness my own task, every time that I hear somebody crying on the way; however, I am usually imprisoned...

* * *

Master, what have I done to live imprisoned in the shady enclosure of the safe, as if I were an important corpse in the locked coffin of inertia?

Teach those that keep me without advantage, that I am the blood of work and progress, of charity and the culture, and help them to set me free.

Almost all of them try to be with me, through the prayer, in the temples that they attend.

Tell them in the prayer that I am the hope of the home without fire. Speak to them that I can be the comfort of the forgotten mothers; the support of the companions fallen in probation; the milk to the toddlers with the tormented stomach; the medicine to the patient and the sheet, generous and clean, to the ones that approach the grave.

One day, somebody presented You a humble coin destined to the public tax, in the desire of Your answer, and You recommended that it should be given to Caesar what belongs to Caesar.

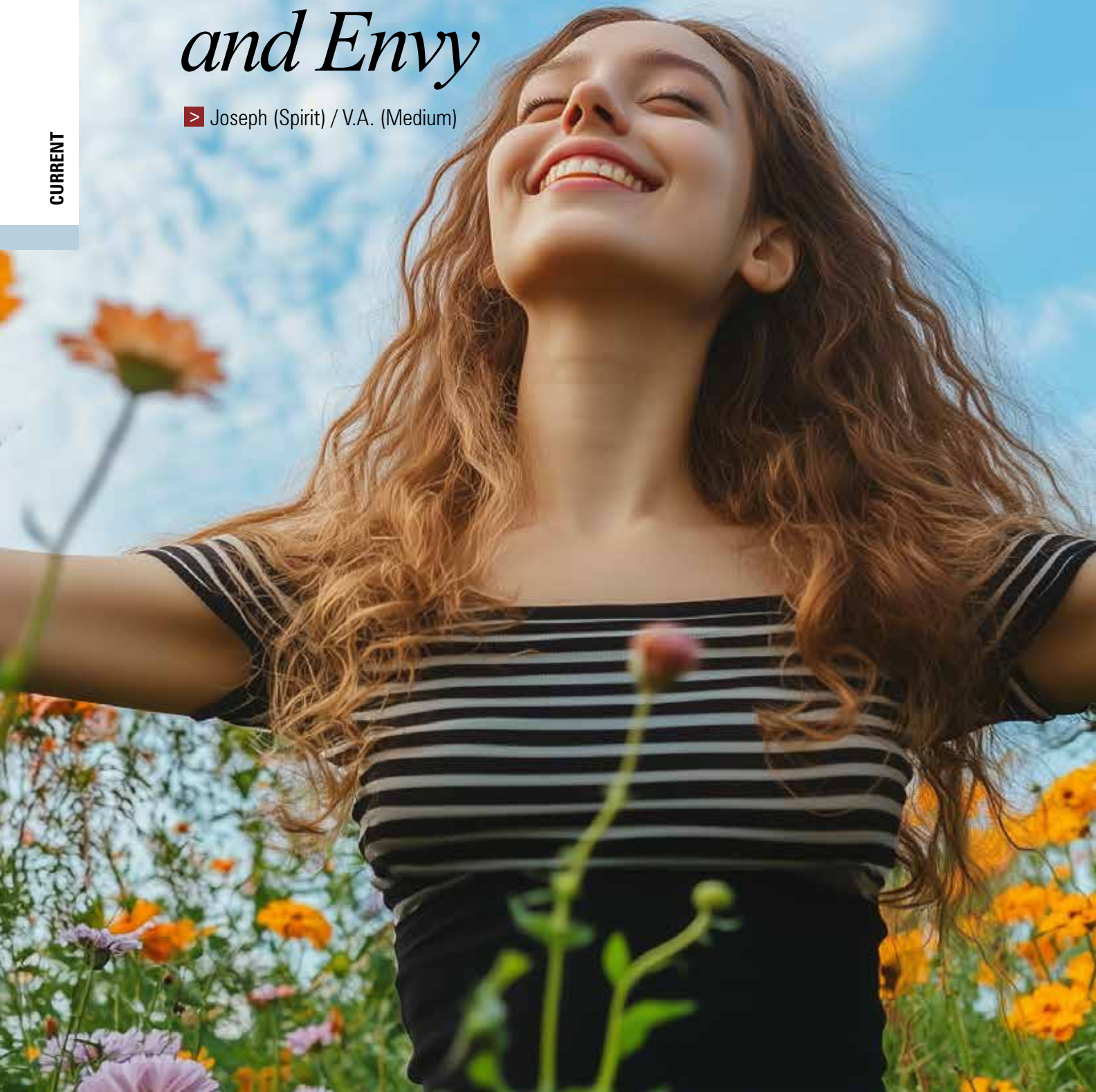
Nonetheless, many did not notice that You reported to the tribute, and not to me, and judging that Your word condemned me, they threw me to contempt...

You do not ignore, though, that I was born to do the best, both dressed in gold or in simple paper, you know, Master, that I also belong to God.

Source: From the book (Spiritist Ideal) Ideal Espírita by several Spirit-authors through Francisco Cândido Xavier, chapter 45, published by FEB. 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, as well as in its podcast version at Kardec Radio station in SoundCloud.

Ten Steps to Overcome Jealousy and Envy

> Joseph (Spirit) / V.A. (Medium)



How Much Misery Can Be Overcome by Simply Conquering Jealousy and Envy?

Throughout human history, jealousy and envy have left deep scars on both individuals and societies. These destructive emotions, often rooted in egotism, fuel personal desires and create conflicts of interest among people. However, the ability to overcome jealousy and envy is not only a personal triumph but a key element in fostering a more harmonious society. As humanity moves toward a new era, it is vital that we support one another in overcoming these barriers to healthy and peaceful relationships.

To begin this transformation, we must:

1. Recognize God as the Loving Creator

– Trust that God, as the ultimate source of all, will never neglect our true needs. Our lives are shaped by divine providence, and this knowledge provides comfort in the face of challenges.

2. Embrace Our Shared Humanity

– Understand that we are all brothers and sisters in God, interconnected by the same divine love. This recognition fosters empathy, reducing the tendency to compare or covet.

3. Accept What We Have as Part of Our Spiritual Journey – Acknowledge that the circumstances of our lives—our body, family, and wealth—are not arbitrary. They are the tools we need to evolve spiritually. No one has anything by mere chance or personal merit; these are opportunities to grow, not gifts to possess.

4. Cultivate Positive Thinking – Embrace the mindset that everything in life serves our highest good, even when it appears difficult. Each experience is an opportunity for personal development and transformation.

5. Resist the Temptation to Compare – Avoid the illusion that the “grass is always

greener” elsewhere. Every person on Earth faces struggles, even if they are not immediately visible. Our own challenges are part of our unique journey.

6. Rejoice in the Success of Others

– Rather than feeling threatened by the happiness of others, learn to celebrate their victories. When we genuinely rejoice in the success of others, we expand our own capacity for joy.

7. Understand the Effort Behind Achievements

– Recognize that happiness, success, and fulfillment are not born of luck but of effort and perseverance. A fulfilling family life, a strong body, or a prosperous career are the results of hard work and dedication.

8. Practice Gratitude – Be thankful for everything you have, from material blessings to your own personal growth. Gratitude is the antidote to envy, helping us to see the abundance in our own lives.

9. Emulate the Example of Jesus Christ

– Jesus, the master of all masters, showed us the path of selflessness and humility. He never succumbed to jealousy or envy, embodying divine love and compassion for all.

10. Follow the Golden Rule – “Do to others what you would have them do to you.” By practicing this simple yet profound principle, we refrain from coveting what is not ours. After all, we wouldn’t want others to harbor jealousy or envy toward us, would we?

Overcoming jealousy and envy is not merely an individual endeavor—it is a collective necessity for building a peaceful and prosperous society. By embracing these principles, we take steps toward healing the wounds of the soul, allowing us to live in harmony with ourselves and others.

Very Distressed

> Valerium (Spirit) / Waldo Vieira (Spirit)

The woman was very distressed.
She was shaking.
She cried.
She cursed.
She said she was unhappy.
It seemed that she had conquered all the sufferings of the Earth. In this state, she presented herself to the leader of the Spiritist meeting, who had extolled the beauty of patience and resignation.
When asked to explain the reason for the pain that was tormenting her, she declared that she had come there to ask for the help of the good Spirits because she was very distressed after losing one of her beautiful rings, worth two hundred thousand dollars. The director of the institution began to comfort her. And, as her hope was revived, the woman, who had been in despair before, calmed down, her face flushed, for she realized that the person speaking to her with kindness and affection was a man without arms.

Source: Book Bem-Aventurados os Simples (Blessed are the Simple) by Valerium through Emmanuel, FEB. This book is under translation though it has not been published yet.



Legal Crime

DISCOVERING THE REAL WORLD
WITH DIVALDO FRANCO

> Divaldo Franco





Among the unfortunate events that marked the year 2020, in the short time in which the narratives of its misfortunes were coming to an end, a terribly unfortunate piece of news struck us all: Argentina, through its Senate, legalized abortion up to the fourteenth week of pregnancy.

The joy that invaded the country in the early hours of the morning, in which a large crowd screamed wildly through the streets of Buenos Aires – captured by social media cameras –, without masks or preventive distancing, in a hellish rush for pleasure, supported the crime of murder to the detriment of the greatness of life.

The cries of exaltation of infanticide were followed by a great silence, and a cloud representing collective barbarity descended upon the great country, which from now on is committed to killing human embryos and fetuses up to the fourteenth week.

At this rate in which the comfort of the woman demands the elimination of the child she does not want while she was allowed to be born. Currently, there are many moral and legal resources that prevent fertilization. Also, in the not distant future, insensitive people will legalize euthanasia, killing the parents who come to depend on them or simply elderly people, whose

existence weighs on the economy or the futilities of society. In fact, there have already been some attempts in this regard, which are waiting for the savage moment for homicide. Those who think that youth is followed by old age forget, no matter how many aesthetic disguises and resources are used for longevity...

The defiant act produced by the Argentines highlights the moral decadence of this cultural and spiritual period of humanity, in which life, especially human life, has lost its meaning, returning to the ancient standards of ferocity and violence. The several millennia of culture, ethics and civilization are disappearing, succeeded by the brutality and fierce passions of barbaric rulers.

In every and single aspect, this step, supposedly legal, in the Constitution of the neighboring country is regrettable. However, repeating Martin Luther King Jr., "The worst thing is not the audacity of the wicked, but the silence of the good."

This is exactly what is happening in relation to legal and perversely always immoral abortion.

There have been few reactions from individuals and religious groups, who technically respect life.

Living in a society where unborn children are killed, just for pleasure, we should feel great embarrassment.

Killing is a nefarious crime, and we must do everything we can to ensure that love and its laws replace its heinousness.

Source: Article published in the newspaper A Tarde, column Opinião, on January 7th, 2021

The Spiritist Book

> Emmanuel (Spirit) / Chico Xavier (Medium)



Every edifying book is a door to liberation.

The Spiritist book emancipates the soul in the foundations of life.

The scientific book frees us from ignorance; the Spiritist book us frees from cruelty, so that intellectual laurels do not become delinquent.

The philosophical book frees us from prejudice; the Spiritist book frees us from delirious rambling, so that elucidation does not become useless words.

The pious book frees us from despair; the Spiritist book frees us from superstition, so that faith does not become fanaticism.

The legal book frees us from injustice; the Spiritist book frees us from partiality, so that law does not become an instrument of oppression.

The technical book frees us from ignorance; the Spiritist book frees us from vanity, so that specialization is not used to the detriment of others.

The book on agriculture frees us from primitivism; the Spiritist book frees us from unbridled ambition,

so that the work of the land is not debased.

The book on social rules frees us from rudeness in daily dealings; the Spiritist book frees us from the irresponsibility that often transforms the home into a tormented refuge of suffering.

The book of consolation frees us from affliction; the Spiritist book frees us from inert ecstasy, so that comfort does not become a place of laziness.

The book of information frees us from hindrance; the Spiritist book frees us from wasted time, so that the empty hour does not drag us into terrible debt.

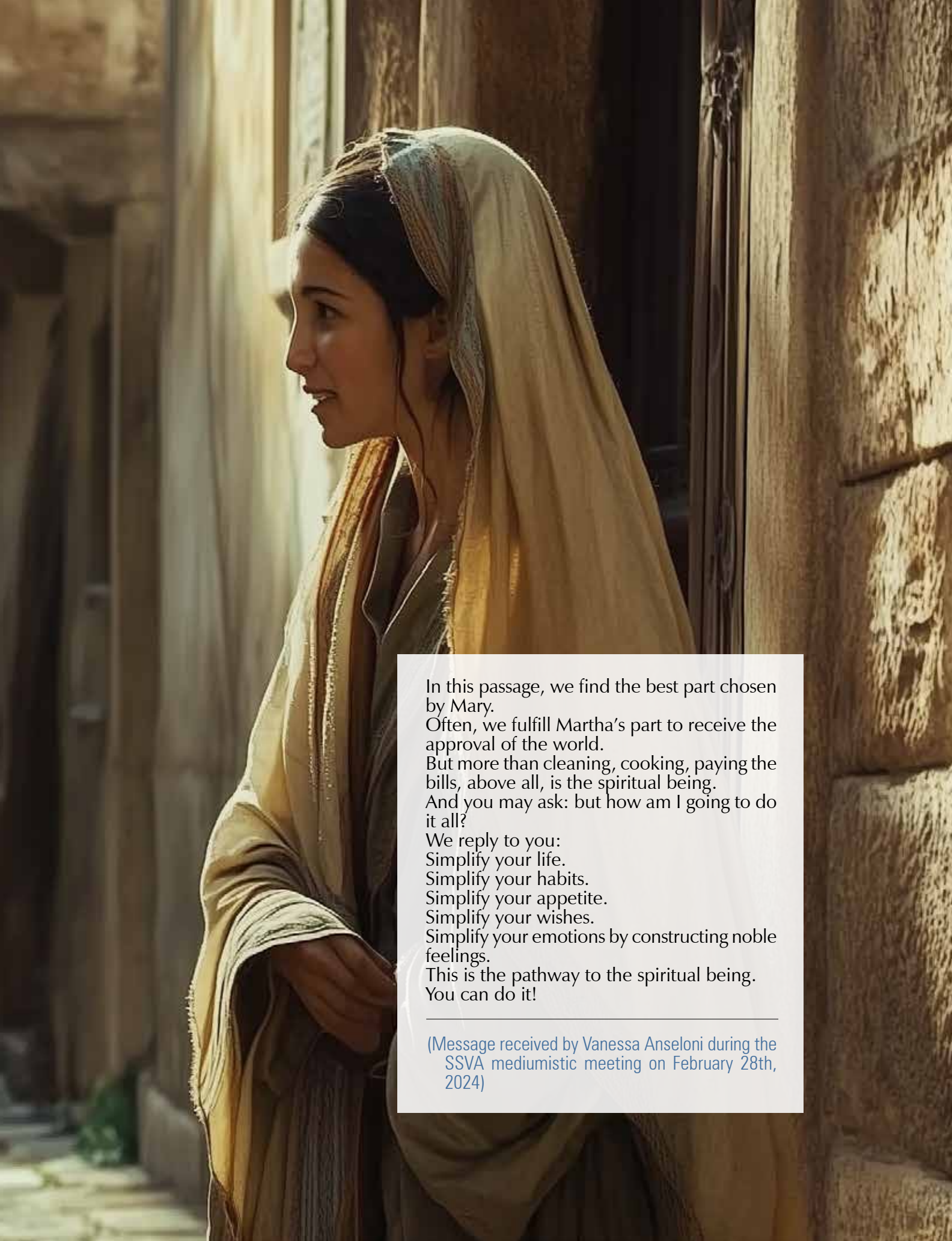
Let us support the respectable book, which is the light of today. However, let us help and spread, as much as possible, the Spiritist book, which is light for today, tomorrow and always.

The noble book frees us from ignorance, but the Spiritist book frees us from ignorance and evil.

Source: *Book Doutrina e Vida (Doctrine and Life)*, a mediumistic work psychographed by the medium Francisco Cândido Xavier.

Martha and Mary

> Joseph (Spirit) / V.A. (Medium)



In this passage, we find the best part chosen by Mary.

Often, we fulfill Martha's part to receive the approval of the world.

But more than cleaning, cooking, paying the bills, above all, is the spiritual being.

And you may ask: but how am I going to do it all?

We reply to you:

Simplify your life.

Simplify your habits.

Simplify your appetite.

Simplify your wishes.

Simplify your emotions by constructing noble feelings.

This is the pathway to the spiritual being.

You can do it!

(Message received by Vanessa Anseloni during the
SSVA mediumistic meeting on February 28th,
2024)

The Silent Angel

WISDOM

> Euripedes Barsanulfo (Spirit) / Chico Xavier (Medium)



At the top of the cross, the Lord recognized that, in truth, there was no place for Him in the world...

Without shelter to be born, He had been forced to avail Himself of the nest of animals and, without a place to die, they hoisted Him onto the wood of evildoers.

Now, however, that He had mentally isolated Himself in the clamor around Him, His vision expanded...

He gazed, in spirit, at the great palaces of the Earth, occupied by the powerful who dressed in purple and gold, surrounded by slave women and unhappy servants, and He noticed that they dominated the four corners of the globe, giving prestige to the executioners of human blood and the false prophets who numbed their consciences... But, within the high walls that separated them, the Lord also saw those who lived in disharmony with Himself...

He pointed out the martyrs of justice, imprisoned in prisons; the victims of slander, flogged in public squares; the heroes of fraternity, on martyrdom posts; the workers of good, given over to the beasts as pasture; the friends of popular education, under the knife of unconscious executioners; the persecuted, condemned to irons in inhospitable regions; the helpless mothers, whose tears fell like dew of bile on the dry earth; the old without hope; the caravanners of nakedness and hunger; the sick without a bed and the children without a home...

Among men, there was also no place for them.

As before, before the dead Lazarus, Jesus wept...

He wept and begged God for someone to come to represent Him at the feet of the afflicted... Someone who would soothe wounds without recompense, who would wipe away tears without complaint and serve without asking...

And the Merciful Father sent Him a whole cohort of angels who praised Him happily, transforming the wood into an apotheosis of light, with the exception of one of them who, instead of worshiping Him, looked respectfully towards Him, his lips trembling, as if seeking His final orders. The frenzied crowd did not notice what happened between the dying Christ and the sublime messenger; However, immediately, the celestial god, serene and compassionate, descended from the mountain to the human valleys, where, from then until today, he converts hatred into love, atonement into teaching, pain into joy, despair into consolation and groaning into prayer...

This silent angel is the Angel of Charity.

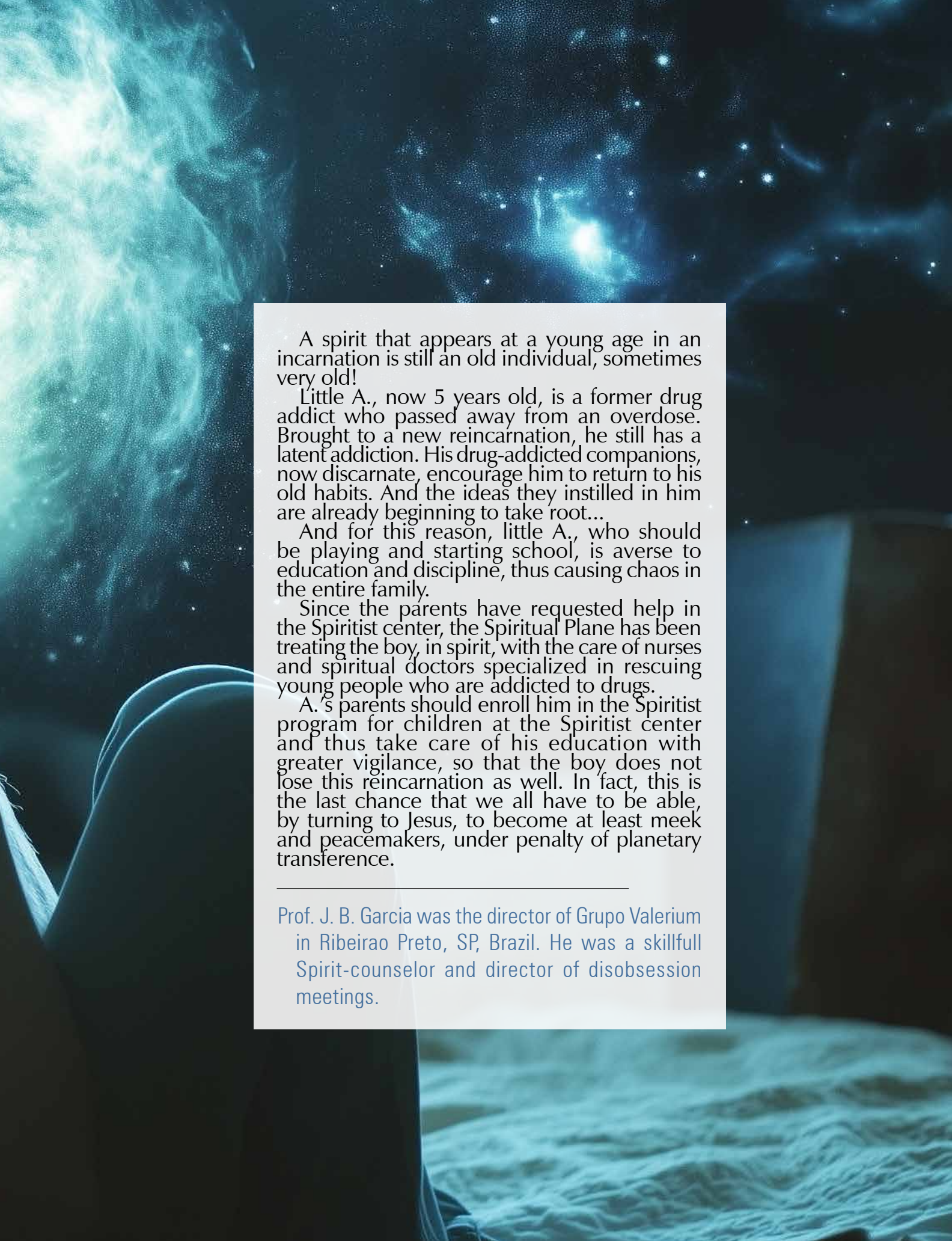
Therefore, every time you hear the divine inspiration, embracing the suffering or supporting the needy, even through the slightest crumb of bread or understanding, it is to Jesus that you do it.

Source: From the book *Através do Tempo (Throughout Time)* by several Spirit-authors through Chico Xavier, FEB. This book is not published in English yet.

Apparently Young

CHILDHOOD

> Prof. J. B. Garcia



A spirit that appears at a young age in an incarnation is still an old individual, sometimes very old!

Little A., now 5 years old, is a former drug addict who passed away from an overdose. Brought to a new reincarnation, he still has a latent addiction. His drug-addicted companions, now discarnate, encourage him to return to his old habits. And the ideas they instilled in him are already beginning to take root...

And for this reason, little A., who should be playing and starting school, is averse to education and discipline, thus causing chaos in the entire family.

Since the parents have requested help in the Spiritist center, the Spiritual Plane has been treating the boy, in spirit, with the care of nurses and spiritual doctors specialized in rescuing young people who are addicted to drugs.

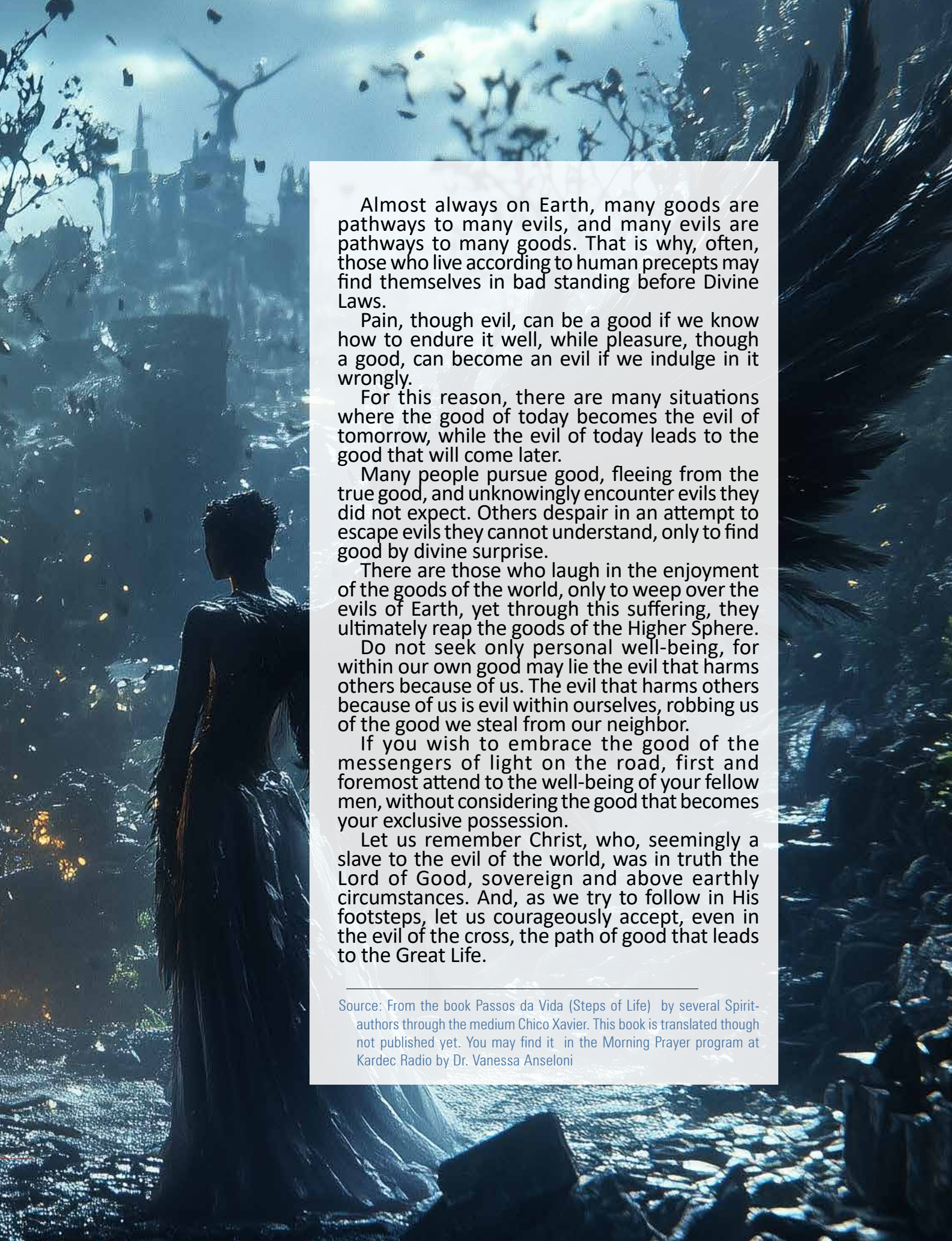
A.'s parents should enroll him in the Spiritist program for children at the Spiritist center and thus take care of his education with greater vigilance, so that the boy does not lose this reincarnation as well. In fact, this is the last chance that we all have to be able, by turning to Jesus, to become at least meek and peacemakers, under penalty of planetary transference.

Prof. J. B. Garcia was the director of Grupo Valerium in Ribeirao Preto, SP, Brazil. He was a skillfull Spirit-counselor and director of disobsession meetings.

Good and Evil



Scheilla (Spirit) / Chico Xavier (Medium)

A woman in a white, flowing dress stands in the foreground, her back to the camera, looking out over a dark, desolate landscape. In the background, a city with tall, spire-like buildings is visible, partially obscured by smoke and debris. The sky is dark and cloudy, with some light breaking through. The overall mood is somber and contemplative.

Almost always on Earth, many goods are pathways to many evils, and many evils are pathways to many goods. That is why, often, those who live according to human precepts may find themselves in bad standing before Divine Laws.

Pain, though evil, can be a good if we know how to endure it well, while pleasure, though a good, can become an evil if we indulge in it wrongly.

For this reason, there are many situations where the good of today becomes the evil of tomorrow, while the evil of today leads to the good that will come later.

Many people pursue good, fleeing from the true good, and unknowingly encounter evils they did not expect. Others despair in an attempt to escape evils they cannot understand, only to find good by divine surprise.

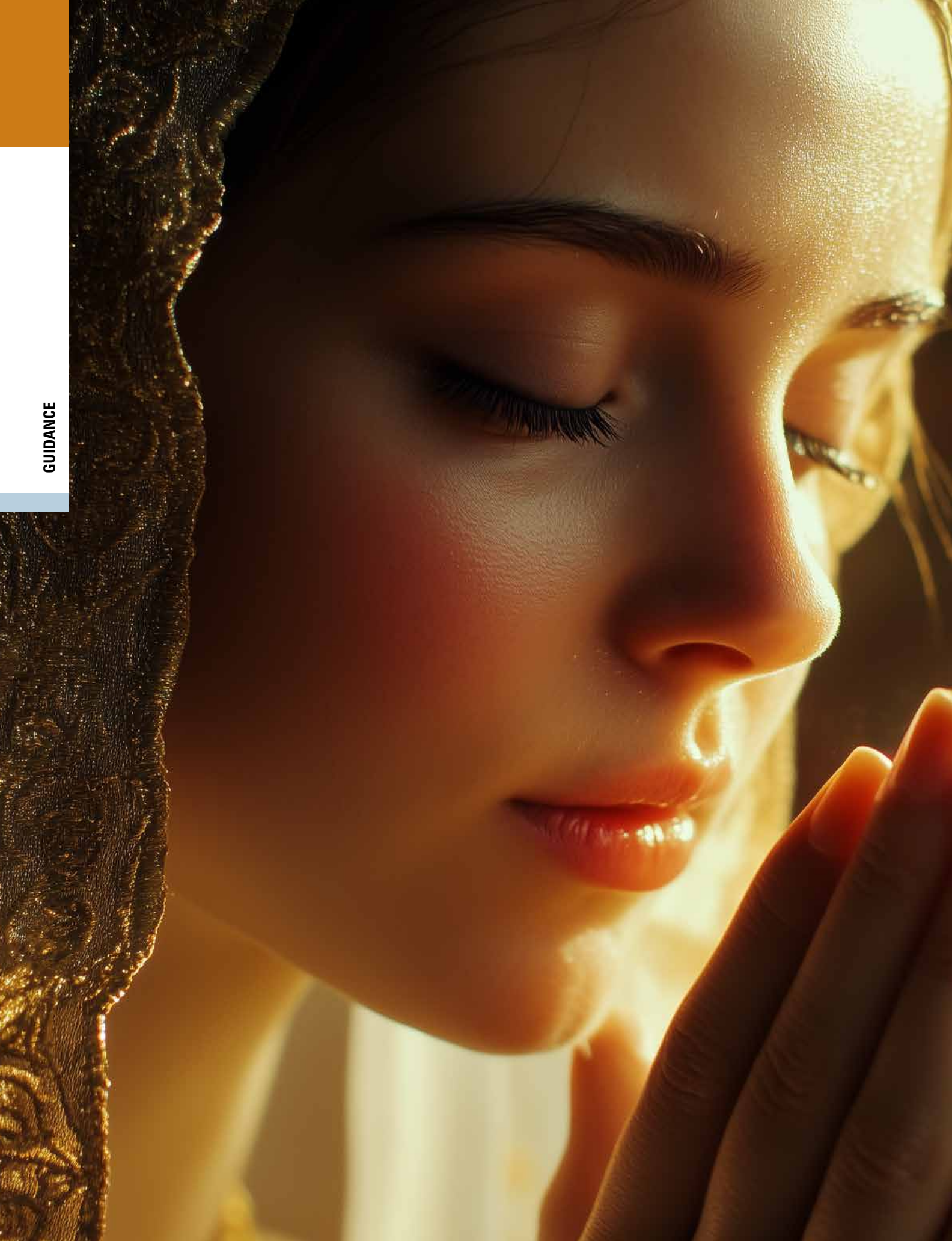
There are those who laugh in the enjoyment of the goods of the world, only to weep over the evils of Earth, yet through this suffering, they ultimately reap the goods of the Higher Sphere.

Do not seek only personal well-being, for within our own good may lie the evil that harms others because of us. The evil that harms others because of us is evil within ourselves, robbing us of the good we steal from our neighbor.

If you wish to embrace the good of the messengers of light on the road, first and foremost attend to the well-being of your fellow men, without considering the good that becomes your exclusive possession.

Let us remember Christ, who, seemingly a slave to the evil of the world, was in truth the Lord of Good, sovereign and above earthly circumstances. And, as we try to follow in His footsteps, let us courageously accept, even in the evil of the cross, the path of good that leads to the Great Life.

Source: From the book *Passos da Vida* (Steps of Life) by several Spirit-authors through the medium Chico Xavier. This book is translated though not published yet. You may find it in the Morning Prayer program at Kardec Radio by Dr. Vanessa Anseloni



Hail Mary

> Amaral Ornellas (Spirit) / Chico Xavier (Medium)

Hail Mary! Lady
Of the love that protects and redeems,
Woe to the world if it were not
Your sublime mission!

Full of grace and goodness,
It is through you that we know
The eternal revelation
Of life in its supreme gifts.

The Lord is always with you,
Messenger of tenderness,
Providence of those who weep
In the shadows of misfortune.

Blessed are you, Queen!
Star of Humanity,
Mystical Rose of faith,
Pure Lily of humility!

Among women, you are
The Mother of helpless mothers,
Our door of hope,
And Angel of our lives!

Blessed is the immortal fruit
Of your mission of light,
From the peace of the Manger,
To the pains, beyond the Cross.

So be it forever,
Oh! Divine Sovereign,
Refuge of those who suffer
In the pains of human struggle.

Hail Mary! Lady
Of the love that protects and redeems,
woe to the world if it were not for,
Your sublime mission!

The Man



> Emmanuel / Chico Xavier



The lyrics of this song were psychographed by Chico Xavier. The Spirit-author is Emmanuel. This lyrics were given to Roberto Carlos in the "70s" during a visit to Chico Xavier in the city of Uberaba, Minas Gerais, Brazil (MG). Together with Erasmo Carlos, in 1973, Roberto Carlos, the music king in Brazil, transformed it into this magnificent song that moves us by speaking with simplicity, but extreme beauty, of the Master's passage among us.

The Man (R. Carlos and E. Carlos)

One day a man came here
He had the most beautiful look that ever existed
He sang a prayer.
And in his speech the most beautiful song that has ever
been heard.

His voice spoke only of love
Every gesture of his was of love
And peace, He carried in His heart.

He walked through the fields
He climbed the mountains and spoke of the greatest love.
He made the light shine in the darkness
The sun rise in each heart that understood

That beyond the life we have
There is another life beyond and so...
Being reborn, dying is not the end.

Everything He left here
Didn't pass and will always exist
Flowers in the places He stepped
And the right path to follow
I know that He will return one day
And in the same fields look for what He planted.
And harvest the good that was born
Cry for the seed that died without blooming.
But there is still time to plant
Make the flower of goodness grow inside you
To give it to Him
When He arrives here
Everything He left here
Didn't pass and will always exist
Flowers in the places He stepped
And the right path to follow...

This Man is Jesus

Past News

Unique Christmas Campaign – The Spiritist Book at the Virginia-Washington-Maryland Metro

On December 14th, 2024, a team of 22 dedicated volunteers from Kardec Radio, the Spiritist Society of Virginia, and the Spiritist Society of Washington, D.C., joined together for a unique and heartwarming mission.

They shared the light and love of Spiritism with our community by distributing 150 Spiritist books across the D.C., Virginia, and Maryland area—covering the entire metro system, with its six lines and 100 stations.

The volunteers carefully placed four timeless Spiritist classics throughout the DMV metro complex:

- Two Thousand Years Ago by Emmanuel through Chico Xavier
- Action and Reaction by André Luiz through Chico Xavier
- In the Greater World by André Luiz through Chico Xavier
- In the Realms of Mediumship by André Luiz through Chico Xavier

Each book, a seed of love and enlightenment, was left to inspire and uplift those who found it, offering wisdom, comfort, and hope during this special time of year.

This unique Christmas campaign was a resounding success—a success of love! Thanks to the efforts of our amazing volunteers, the Christmas spirit touched countless lives.







Luna ditou a primeira mensagem, que dizia mais ou menos assim:

"Mamãe, eu te amo! Não brigue com o papai. Todos nós somos crianças de Deus. Eu estou bem... Eu abraço agora sua cintura, você pode me sentir? Estou viva para te amar. Te amooo."

No final, a pequena desenhou seu brinquedo preferido, um ursinho de pelúcia, e assinou a cartinha.



Luna dictó el primer mensaje, que decía algo así:

"¡Mamá yo te amo! No pelees con papá. Todos somos hijos de Dios. Estoy bien... te abrazo por la cintura, ¿me sientes? Estoy viva para amarte. Te amooo."

Al final, la niña dibujó su juguete favorito, un oso de peluche, y escribió su firma en la cartita.

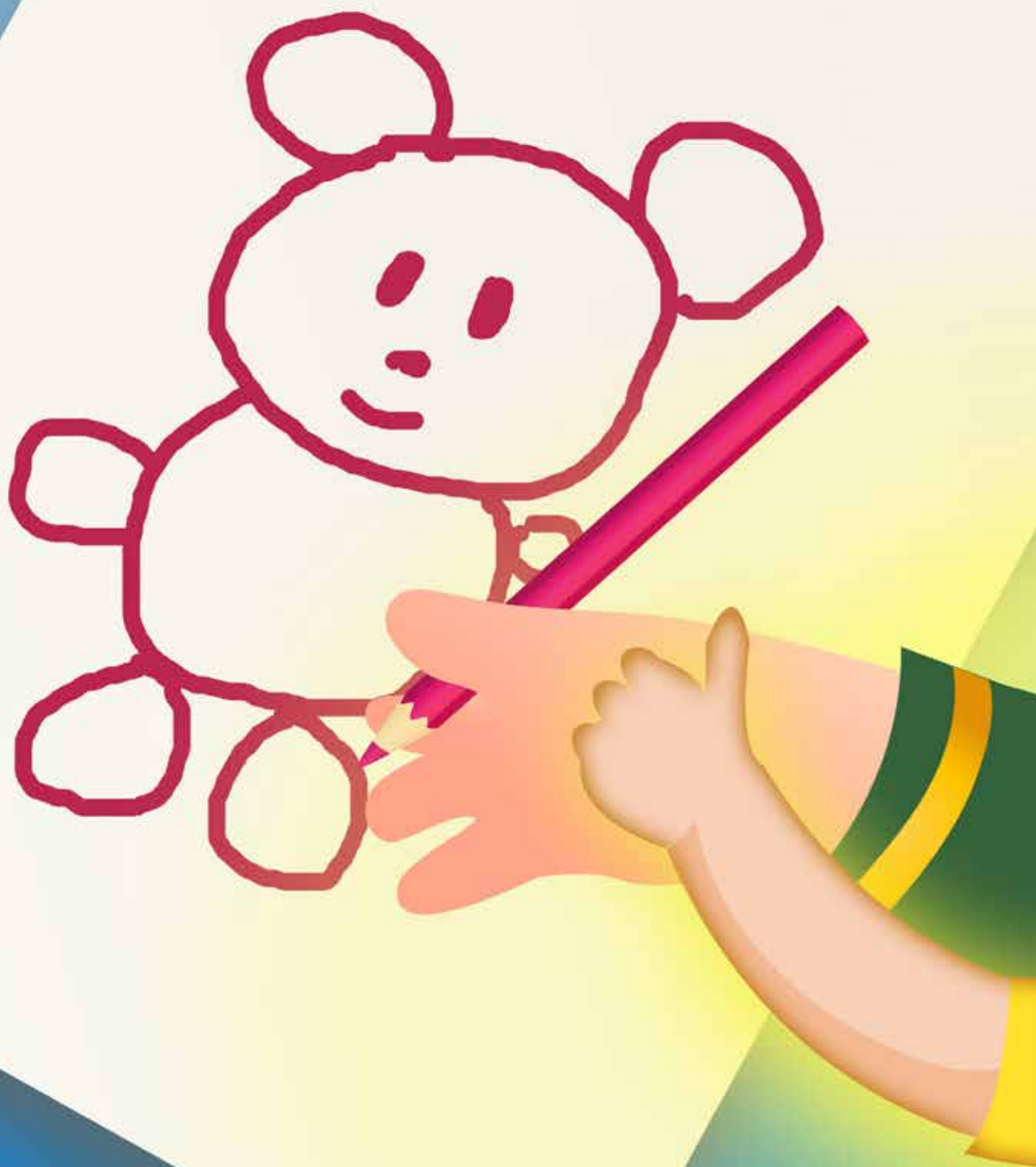


Luna dictated the first message, which read more or less as follows:

"Mommy, I love you! Don't fight with Daddy. We are all children of God. I am doing well..."

I'm hugging your waist now, can you feel me? I'm still alive to love you!"

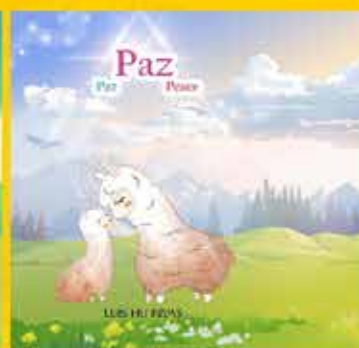
At the end, the little girl drew her favorite toy, a teddy bear, and signed the letter.



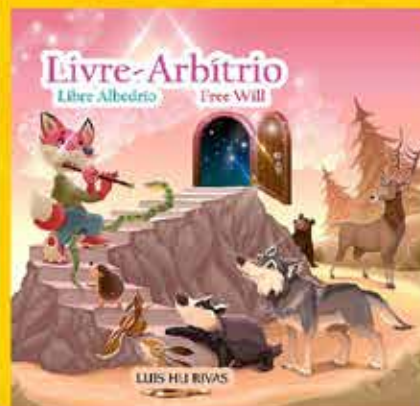
Source: From the book *Immortality of the soul* (Luis Hu Rivas)

www.kitevangelho.com

Children's Spiritist books in English



www.kitevangelho.com

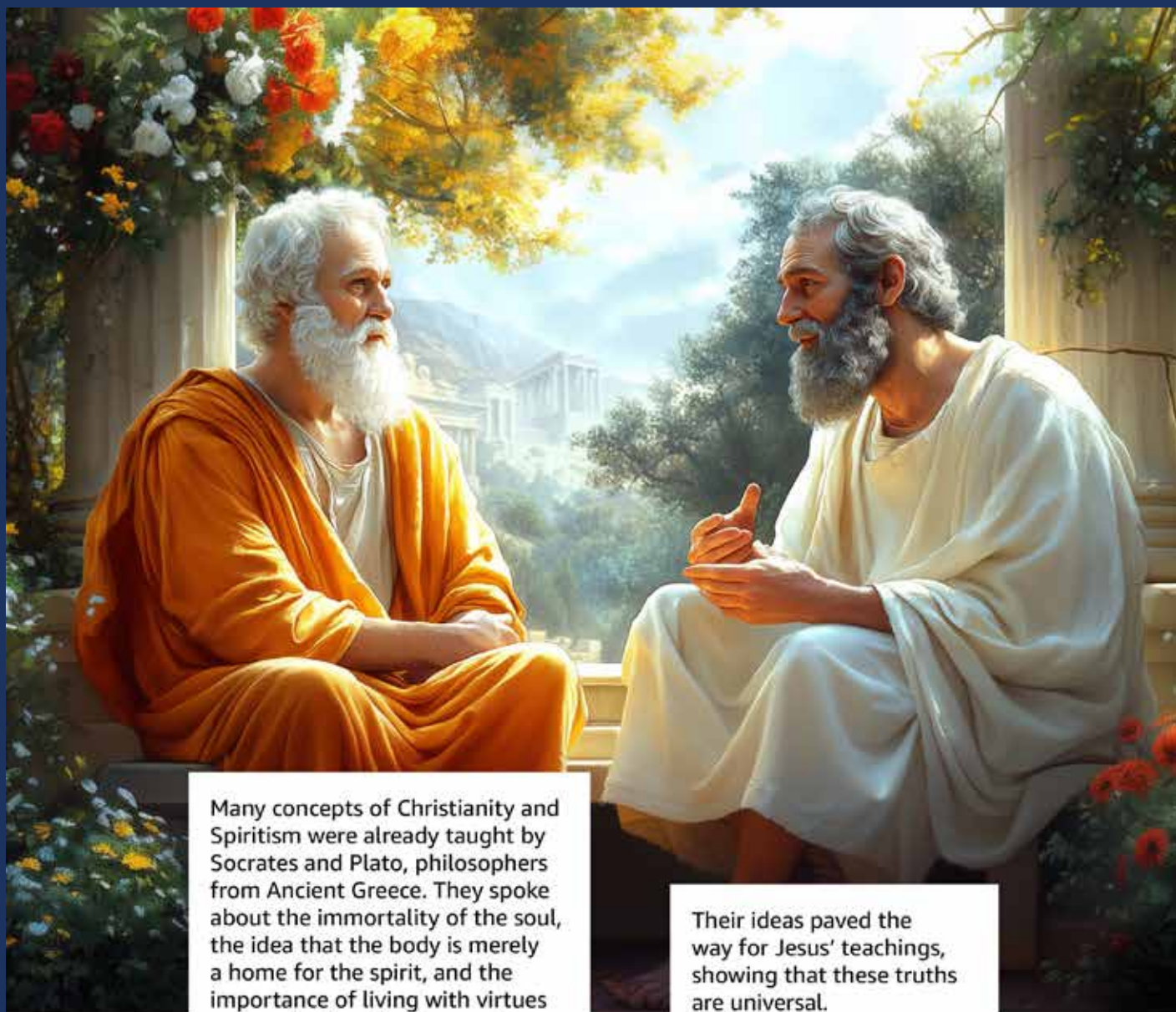


🌀 Vamos conhecer ensinamentos de luz que trazem paz e felicidade aos nossos corações.

🌈 Vamos a conocer enseñanzas de luz que traen paz y felicidad a nuestros corazones

🇺🇸 Let's get to know enlightening teachings that bring peace and happiness to our hearts.





Many concepts of Christianity and Spiritism were already taught by Socrates and Plato, philosophers from Ancient Greece. They spoke about the immortality of the soul, the idea that the body is merely a home for the spirit, and the importance of living with virtues such as justice, kindness, and moderation.

Their ideas paved the way for Jesus' teachings, showing that these truths are universal.



The Gospels talk about the life of Jesus, his miracles, predictions, dogmas, and lessons on how to live. What is never questioned are the moral teachings because they are based on love.

The Parts of the Gospels

1



1. The common acts of Jesus' life:

These are everyday events that show how Jesus lived and interacted with people.

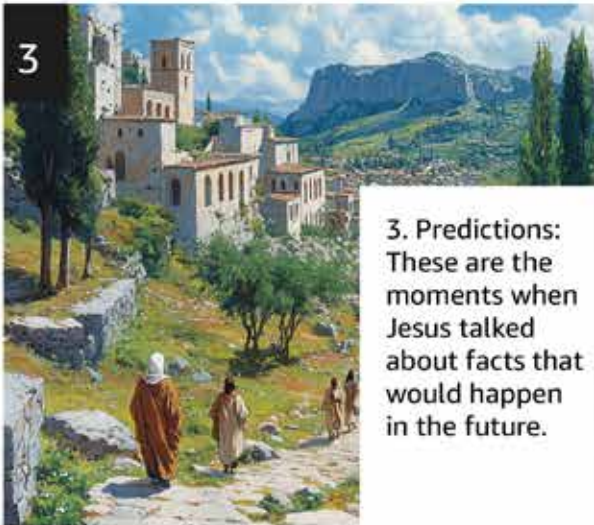
2



2. The miracles:

These are the extraordinary events performed by Jesus.

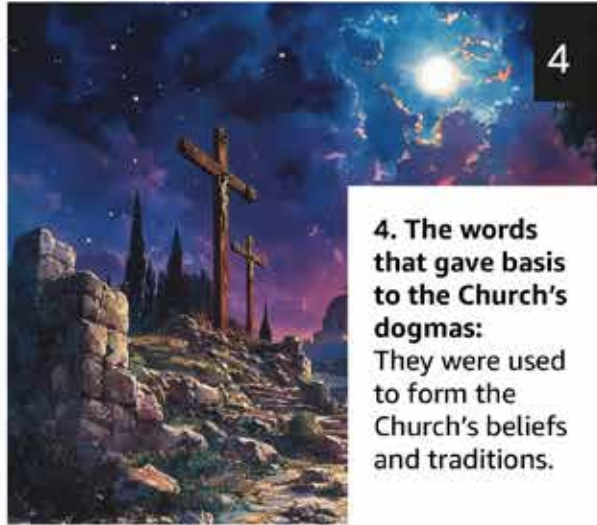
3



3. Predictions:

These are the moments when Jesus talked about facts that would happen in the future.

4



4. The words that gave basis to the Church's dogmas:

They were used to form the Church's beliefs and traditions.

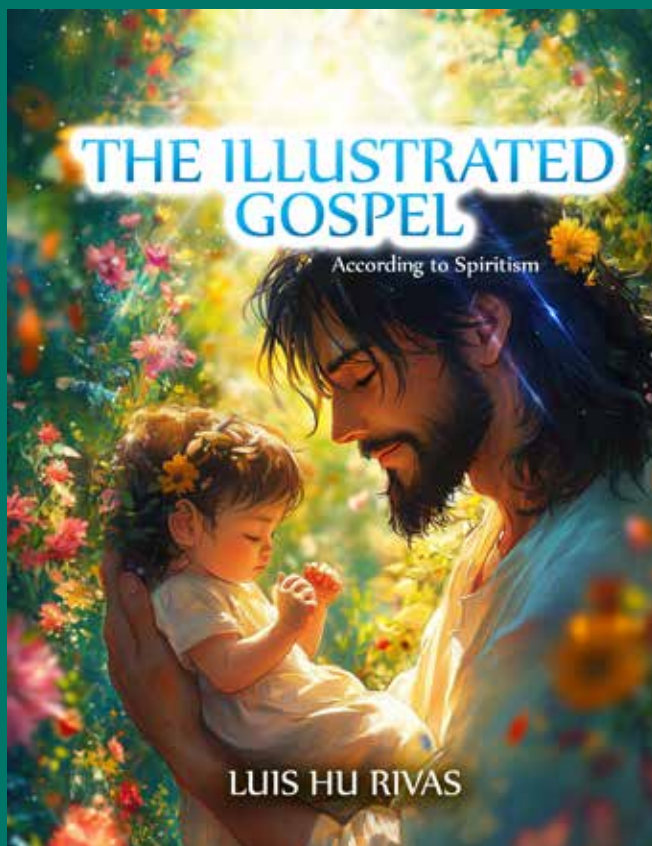
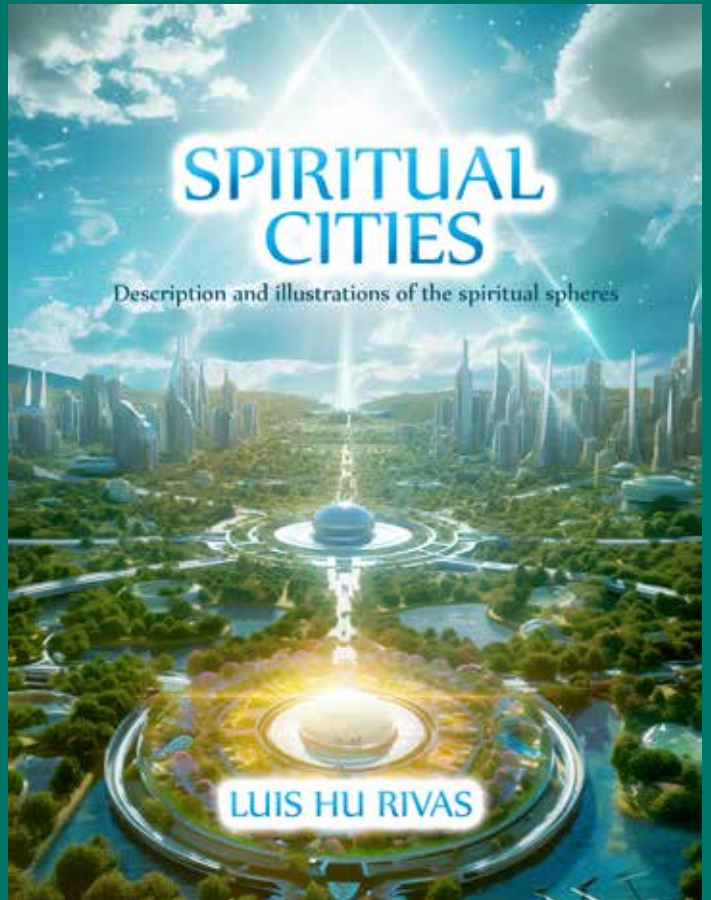
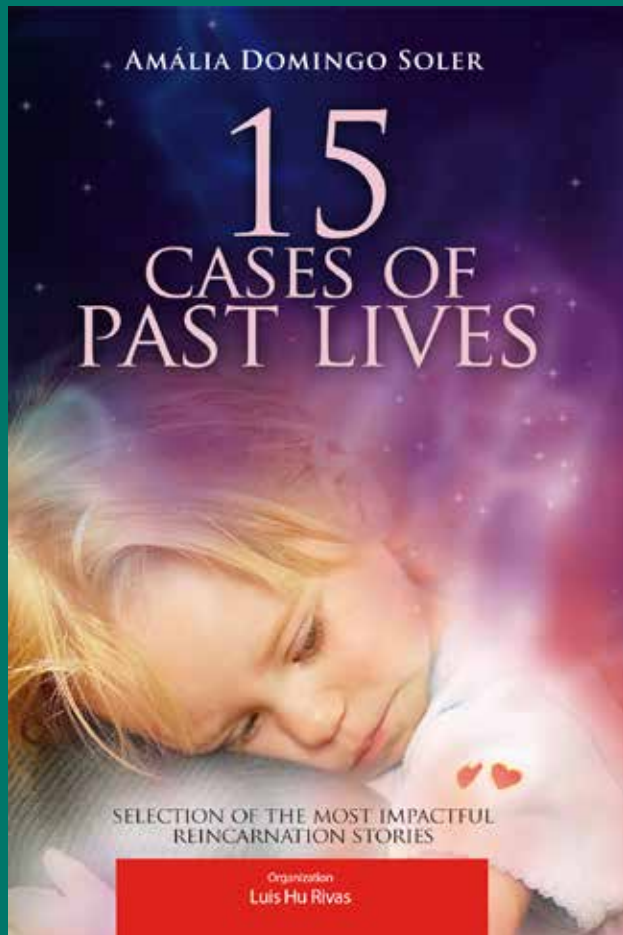
5



5. Moral teachings:

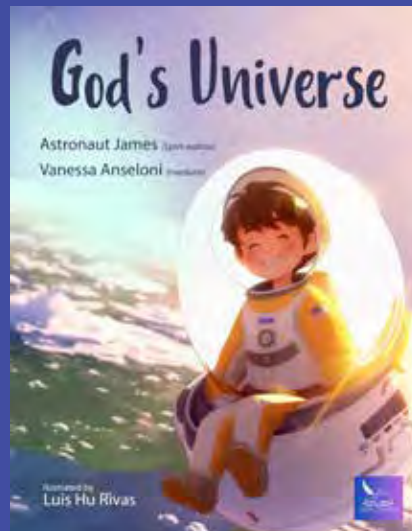
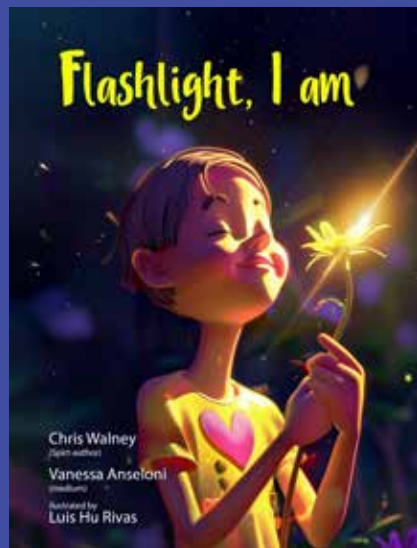
This is the part that talks about how we should live with love, kindness, and respect for others.





*Book available
at Amazon*



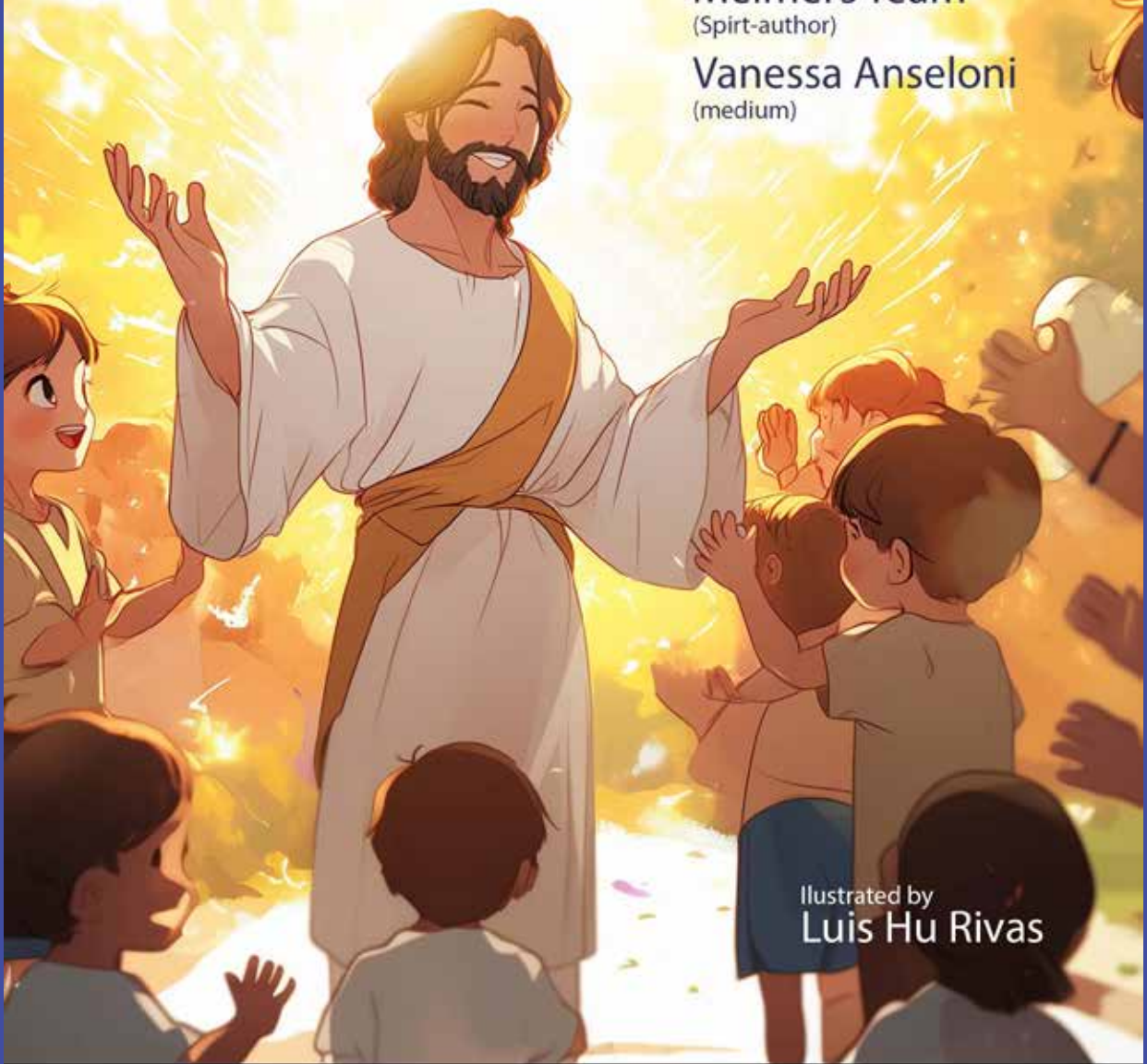


*Book available
at Amazon*

Christmas and the Beatitudes

Meimei's Team
(Spiri-author)

Vanessa Anseloni
(medium)



Illustrated by
Luis Hu Rivas



Book available at Amazon