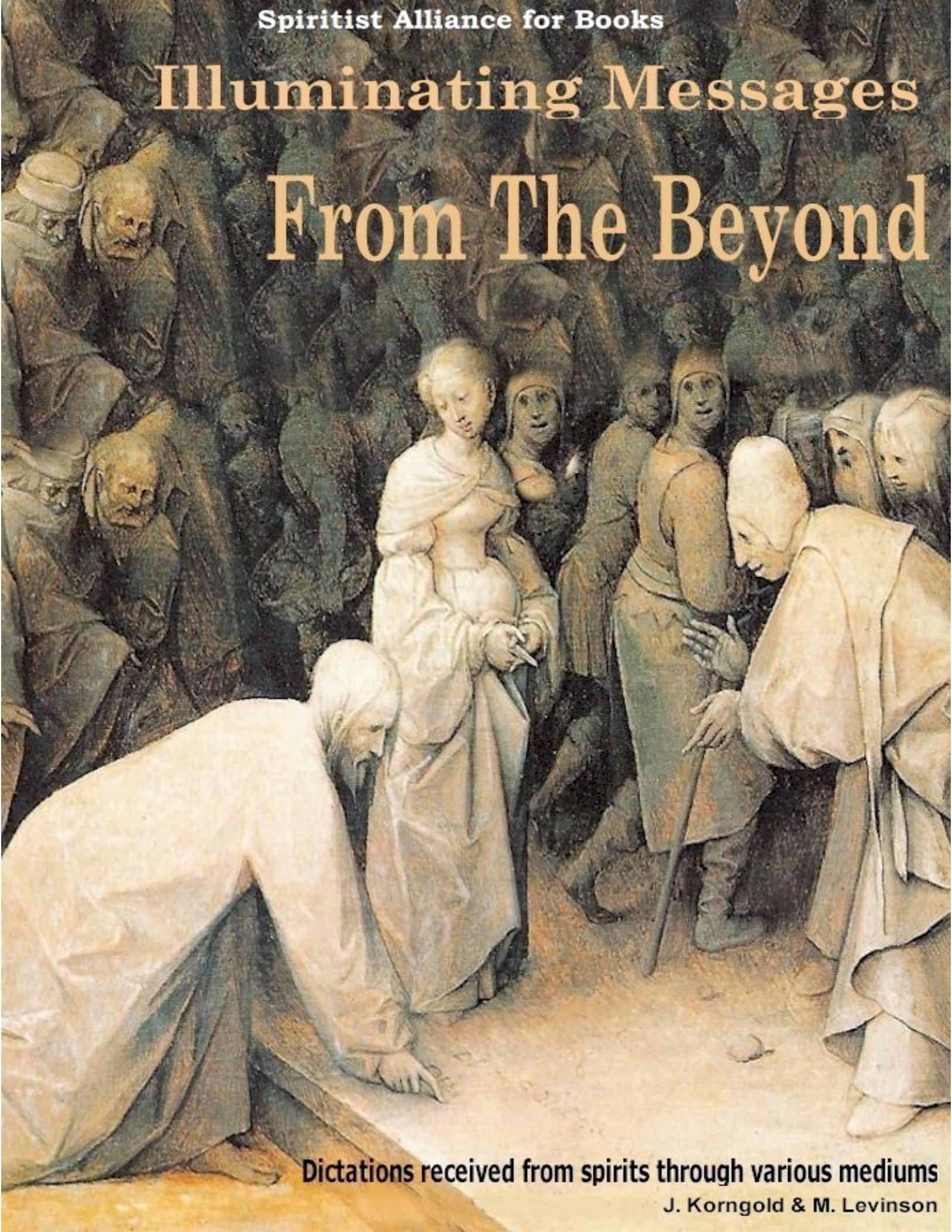


Spiritist Alliance for Books

Illuminating Messages From The Beyond



Dictations received from spirits through various mediums

J. Korngold & M. Levinson

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ILLUMINATING MESSAGES FROM THE BEYOND

Dictation received from spirits through various mediums

Compiled and Translated by Jussara Korngold & Maria Levinson

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TABLE OF CONTENTS

Maintain Yourself in Peace	4
Message of Faith	5
Let There be More Light	6
Christmas	7
A Christmas Message	8
Reciprocal Tasks	9
Prayer	10
Moments of Light	11
Spiritual Healing	12
The Act of Imposing Hands	13
Charitable Thoughts	14
The Spiritist Character	15
A Good Book	16
The Spiritist Book	17
Small Course in Self-Observation	18
Intimate Life	19
Difficulties and Problems	20
On the Road of Life	21
Decalogue for Improvement	22
Eradicating Evil	23
Doing Our Own Thinking	24
Disguised Spiritual Influences in our Daily Lives	25
Spiritual Immunization	27
Spiritism and Us	28
Obsession and Healing (Albino Teixeira)	29
Jesus in the Home	30
In Disobsession	31
Anti-Obsession	32
Disobsession Always	33
Assistance in Disobsession	34
Avoiding the Obsessors	35
The Process of Obsession	36
The Progress Test On Disobsession	37
Subtle Spiritual Influences	38
Right Now	39
Friendly Note	40
Obsession and Healing (Emmanuel)	41
Obsessors	42
Problems of the World	43
Unification	44
Gradual Unification, Immediate Union, Incessant Work	46
Kardec and Napoleon	48
The Spiritist Conscience	51
Charity	53
According to Spiritism	54
Words to the Wise	55
Only in this Manner	56

MAINTAIN YOURSELF IN PEACE

In spite of the agitations that mark the world, remember that you can follow your own course maintaining peace within you.

Proceed with serenity and courage as you confront the duties that are assigned to you.

At your side you will possibly hear insults from the disgruntled.

Ahead perhaps you will register the complaints of those that surrender in despair.

And from the margins of the path that life compels you to traverse, disturbances appear born from many companions that invite pessimism and disbelief.

Protect yourself in peace and continue responding with kindness to everyone.

There is no one that does not have a message to transmit.

Whether thinking or speaking, communicate tranquility and safety to those that hear you.

Do not feel superior. The evolutionary highway is open to everybody.

Many will accompany you from the rearguard; however, many others will advance to the front line.

Maintain the position that belongs to you, being active and serving.

Dedicate yourself lovingly for the good of those that the Lord has entrusted to you, but if one day a beloved one must part from your surroundings do not feel sad.

Each one of us, on certain occasions in our existence, is called upon to travel different paths.

Do not cultivate too much attachment. Serve lovingly and love without either being controlled or controlling others.

Aid your fellow beings as much as you can so that other's assistance will not be denied to you when needed.

Proceed in peace on the pathway that life has charted for you with the certainty that, in spite of all the iniquities we are submitted to, the world is a Divine Creation given to the human service and that within our individual hearts any person can achieve happiness working and serving in peace.

Improve yourself every day; accomplish the best within your individual reach.

Work and serve.

Francisco C. Xavier

MESSAGE OF FAITH

In facing a tombstone or while standing in front of the open sepulcher, man desperately clamors: Damned be death, which imposes upon us separation forever...

He is unaware that his loved ones, in the vanguard of the beyond, continue their evolvment through happiness and through pain sharing with him their hopes and anxieties.

Afflicted and frightened he does not suspect that he as well, will one day be crossing through the hall of ash and powder, reaping what he sowed.

However, at the present, we spiritualists and Spirits are the frontline proponents of the New Era and servants of the New Light.

United we are constructing the tunnel of the great revelation through which, at long last, a rich, full and victorious life will be aired.

We clearly perceive at close hand your struggle, your task and exhaustion...

The Truth, that called for the martyrdom of the pioneers of the Christian faith, at this time solicits your sacrifice as a pre-requisite to achieving victory.

Formerly, it was the visible persecution by way of the circuses of blood or through the torturous burnings at the stake.

Now, it is the intimate battle with the shadowy monsters that subtlety nestles in our own heart, declaring a hidden war against our higher idealism.

Previously, it would have been easier to die instantly through physical flagellation.

However, today it is very difficult to withstand the constant annoyance of assaults from the dark evil shadows, and yet still sustain absolute fidelity to the glory of the spirit.

Notwithstanding, we cannot betray the sublimity of the mandate that we were assigned.

We are the laborers for renewal and proclaimers of the light. We have been assigned the obligation of lighting it in our own soul, thereby, raising our world toward the sky to reach the splendors of Heaven.

It is imperative not to fear the hurdles on the road, nor fear the phantoms of the night.

Our essential project in the struggle is our own self-improvement, so that the world around us is also improved.

During our learning and teaching, it is important to remember that our tomorrow will be a projection of our today. Therefore, let us choose in goodness the invariable system of our correct thought and of our correct conduct. Let us continue united in the crusade against death, making an effort so that man understands that love and justice govern life in the Universe, and that work and fraternity are the forces that generate happiness and imperishable beauty through eternity.

Celia Xavier¹

¹ This message was received through trance communication prior to the conclusion of a meeting on August 19, 1954.

LET THERE BE MORE LIGHT

Let there be more light!!!

Truthfully, long is the night in which the soul of the world struggles.

Along various traveled roads we encounter the fog of incomprehension pleading for the Lights' blessing.

Do not condemn, nor complain. Be charitable and proceed forth; today's seed will yield tomorrows harvest.

A flickering flash today will surge as a bright torch tomorrow.

Immense is the cloud of ignorance that so often shrouds the Earth.

Listen to your mind attentively, but don't overlook the heart.

Wisdom is the way!!!

Love is Light!!!

A palace in the dark might be inhabited by monsters.

A simple field in the morning brightness is like an open temple to the solar beauty.

Assist others and you will convert pain into happiness.

Love and you will make life sparkle!

Let us close our eyes and let us give thanks!!!!

Francisco C. Xavier, in celebration of his 90th birthday – April 2000.

CHRISTMAS

*“Glory to God in the Highest, and on Earth, peace to men on whom his favor rests.”
(Lucas, 2:14)*

The angelic legions, around the manger, announcing the arrival of the Great Reformer, did not create any disquieting motion.

Glory to God in the Divine Universe.

Peace on Earth.

Goodwill toward men.

The Supreme Father, on bestowing upon the world the new era of security and peace, was not declaring Himself the Celestial Ambassador empowered to injure or destroy.

He did not punish the greedy wealthy; nor punish the desperately poor; nor belittle the weak.

He did not condemn the sinners; nor display hostility toward the proud Pharisee; nor curse the irresponsible Heathen.

The Divine Treasure overflowed from the hands of Jesus in service toward Good Will.

The justice of “an eye for an eye” and “a tooth for a tooth” finally encountered the Love of sublime renunciation before the cross.

Men and animals, astonished by the glowing light in the stable, rejoiced in inexplicable awe...

From that unforgettable moment forth, Earth would be renewed.

The cruel and heartless would be worthy of pity.

The enemy would be transformed into misguided brothers.

The criminal would now be considered sick.

The people of Rome would gradually halt the slaughter in the circuses. In Sidon, the slaves would no longer have their eyes burned and blinded by their cruel owners. In Jerusalem, the sick would no longer be relegated and abandoned to the Valleys of Filth.

Jesus had brought us a true fraternal message and upon its revelation He would rise victoriously from the straw cradle onto the bloody wooden cross.

Comrades, who at Christmas listen to the soft echoing of the miraculous songs of the angels, bear in mind that the Master came upon us so that we love one another.

Christmas! Glad Tidings! Good Will!

Let us be sympathetic to everyone and let us truly begin to live the splendors of the new day with Jesus.

Emmanuel / Francisco C. Xavier
Siga-me (Follow me)

A CHRISTMAS MESSAGE

*“Glory to God in the Highest, and on Earth, peace to men on whom his favor rests.”
(Lucas, 2:14)*

The hymn of the angelic legions in the Divine Night manifests the Father's devised plan regarding the apostleship that would be designated for the newborn Master.

The celestial praise synthesized in three little statements the platform for the whole of Christianity.

Glory to God in the highest, meaning our indispensable consecration to the Supreme Lord, from the bottom of our heart and soul.

Peace on Earth, translating into the brotherhood that must compel and motivate us in our every day life towards everyone.

Goodwill toward men, defines our obligations regarding spontaneous service to others, some ahead of others, in Humanity's great journey.

Christmas expresses renewal of the soul and of the world, comprised in Love, Solidarity and Work.

Formerly, those that declared themselves to be in service to God presented the winners' purple color piled over cadavers and spoils from the vanquished.

With the arrival of the Celestial Messenger, born in the manger, we have the Divine Victor gathering the weak, the sufferer, the poor, and the humble, for the revelation of Universal Goodness.

In the past, armies and entrapments, calamities and daggers, rains of mud and mire for the bloody conquests were utilized.

Now, however, a heart armed with Love opens to the understanding of all the pain encountering the souls.

It does not curse.

It does not condemn.

It does not cause pain.

It fortifies the good deeds.

It teaches and passes.

It aids and proceeds forth.

It consoles the afflicted ones without forgetting to consecrate the joyous marriage of Cana in Galilee.

It is comfortable with the disciples in the domestic garden; yet, it does not abandon the crowds in the public square.

It exalts feminine virtues in Peter's home; however, it does not belittle the misguided Magdalene.

It shares the plain bread with the fishermen; yet, it does not overlook the publicans' banquet.

It cures Bartimeu, the forgotten blind man; however, it does not disregard the deluded wealthy Zacchaeus.

It is grateful for the nobility of its friends; on the other hand, it does not scorn the cross among the thieves.

Christ in the Manger was a representation of the Father on this Earth.

The Christian in the world is Christ in life.

Christmas! Glory to God! Peace on Earth! Good Will toward Men!

If you can already hear the message of that Unforgettable Night, remember that Good Will to all is always our primary duty.

Emmanuel / Francisco C. Xavier
Siga-me (Follow me)

RECIPROCAL TASKS

Just because we call on the spirits to help us it does not mean that they do not require our assistance as well. Hearts meet each other and lives touch like roads and fountains seeking similar objectives. Here we see someone almost succumbing in his overbearing trials, seriously considering suicide.

In this same area, the invisible devoted workers await our assistance in order that we commence the rescuing work with humanitarian and encouraging words that they will inspire in us. There we encounter a dedicated worker that becomes disheartened; Benefactors from the Beyond wait for us as we go to the rescue and pull him up from the ashes of sadness and raise him to the fountain of hope. Desperate mothers feel discouraged facing hopelessness and poverty; once again, the Benefactors rely on us to display our love and fraternity, and somehow assist in seeking a solution or the resources to aid these mothers.

Unhappy children are being drawn into delinquency; Messengers of the Superior Life are spurring us on and calling us to help, to enable them to watch over and care for the children. Charitable friends are assisting the sick and the needy in homes and hospitals, beseeching any possible assistance that we can provide, no matter how little it is. Love is solidarity. Progress is an interchange. Help and you will be helping yourself. Illuminate someone's path, and you will be illuminating your own self. Bless your fellow beings and your paths will be blessed. Help yourself always by giving of yourself to others and Heaven will help you.

Emmanuel / Francisco C. Xavier
Busca e Acharás (Search and You Will Find)

P R A Y E R

For those who accept the light of true faith in any circumstance the prayer is:

A TEMPLE: where we can find peace and refuge.

A SPRING: where we can relieve our oppressed souls.

A TOWER: from which we see new horizons.

A STATION: which transmits our messages of suffering or happiness to Heaven.

A FIELD: where we sow the blessings of intervention and love.

A PASSAGE: which leads us to the higher peaks of life.

A BALM: which heals our inner wounds.

A LAMP: which enlightens our way.

A SENTRY: which protects us against evil.

A FLOWER: whose perfume permeates our hopes.

AN ALTAR: where we hear the Divine voice through our consciences.

A TUNING FORK: which tunes our desires in the sublime Celestial Will.

Jesus always prayed. Let prayer be the light on the itinerary of our destinies.

Andre Luiz / Francisco C. Xavier

MOMENTS OF LIGHT

If you are happy, pray and ask the Lord to help you maintain balance in your life. If you are suffering, pray for patience and understanding. If you are already on the right path, pray that you do not deviate from it.

If you are a delinquent soul, liable to fall off the cliffs or fall into dangerous ravines from depression, pray so that you recover your ability to reason and return to the right path. If you are sick, pray in order to restore your health. If you have a robust body, pray so that you do not lose your strength. If you are working, pray and ask God to permit you to maintain in your life the privilege of serving. If you are idle, pray and ask the Messengers of the Lord to help you find or regain happiness.

If you have already learned how to forgive the offenses from others, pray that you may continue cultivating similar virtues. If you reproach or dislike someone, pray and ask the Divine Providence to help you learn discernment and tolerance. Pray, also, to gain an understanding of what you would do if you were in the place of that person who fell strayed.

If you possess superior knowledge, pray that you do not lack the good will to transmit it to others without being courteous. Pray that you recognize that the light of your intelligence comes from God. He has granted it to you so that you can make better use of your time and life experiences, but has also given you responsibility for your own actions. If you still ignore the truths of life, pray that your soul can assimilate the lessons that you are receiving from the Higher Plane. Pray always! A prayer is a moment of light in the darkness and trials of this journey. Pray, as you proceed on the way to an intimate encounter with God's love.

Andre Luiz / Francisco C. Xavier
Tempo de Luz (At Times of Light)

PASSES

Jesus imposed His hands over the sick and transmitted health to them. His loving power knew the slightest imbalances of Nature and the resources to restore the indispensable harmony to it. No one of Divine Master's actions lacked significance. Recognizing this fact, His disciples began to lay their fraternal hands in the name of the Master and became instruments of His Divine Mercy.

Now, in revived Christianity, we once again benefit from a rescue effort from the invisible plane through passes. The administration of passes as psychic transfusions of energy represents a continuation of the Master's work to alleviate suffering in the world. This is how precious spiritual energies flow from Christ's Messengers to donors and beneficiaries

It would be audacity on the part of the new disciples, to expect results as sublime as the ones obtained by Jesus when He healed the disabled, the disturbed or dying persons. The Master knows, while we are merely learning. It is necessary, however, not to neglect His lesson, and continue the Masters' work through use of fraternal hands.

Jesus' providential service can be extended wherever there may be a sincere mental disposition for the good; the external method is not important. It is up to us to recognize that good can and should be done in His name.

Emmanuel / Francisco C. Xavier
Caminho, Verdade e Vida (Path, Truth and Life)

THE ACT OF LAYING ON OF HANDS

The act of laying on of hands is not just for a transfusion of psychic energies. It is the ideal tool to balance the mind, and an effective aid to all kinds of treatments. Discouragement and sadness, as much as dissatisfaction and revolt, are syndromes of the soul; they establish imbalances and promote diseases in the body. Where there is health, these states of mind bring about organic disasters; when there is disease, they are equivalent to predispositions for premature death; but this is not all. In every mental unbalance, negative forces enter more easily into action, starting obsessive processes of unpredictable duration. If we use antibiotics as a substance to frustrate the development of microorganisms in the physical body, why not adopt passes as an agent capable of impeding depressive hallucinations of the soul?

If we tend to asepsis, in relation to the body, why neglect, asepsis in the spirit? The application of healing forces in magnetism is present in the fluid-therapy with the same importance as the use of providential emanations from electricity. Spirits and mediums help us cultivate passes, by means of prayer, and with the respect that is due to one of the most legitimate complements to ordinary therapy.

Certainly, abuses of hypnosis are responsible for the regrettable flightiness in showroom treacheries, all done in the name of science. These are new disturbances in the world; however, the passes and the dignity of prayer have always been a Divine aid to human needs. It is enough to remember the Gospel, which depicts Jesus by the sufferers' side, imposing His hands.

Andre Luiz / Francisco C. Xavier
Opinião Espírita (Spiritist Opinion)

CHARITABLE THOUGHTS

We know that thought is a wave of creative life, attracting and emitting forces, in accordance with its nature. In lieu of that, it is reasonable to understand that we are all moving in an ocean of mental energy. Each one of us is a center of active principles or radiation that we release consciously or unconsciously. Without a doubt, the act of speaking is the natural vehicle of expression of our ideas and intentions. However, the thought itself (even though the mental force is neutral like electricity) is the genuine instrument of either beneficial or negative vibrations that we emit, without the immediate awareness of others.

Meditate over this thought and eliminate from your inner-self any expression of resentment, complaint, jealousy, and hatred, which are always capable of bringing about destruction. If you have faith in God, you already know that love is the presence of Light that dissolves the darkness. Cultivate the charity of thought. Give whatever you can to help others; however, envelope sympathy and understanding in everything you give.

In the exercise of compassion, that is the beneficence of the soul, revise your feelings, your desires, your beliefs and whatever you express. Effect the choice of the more hidden purposes that inspire you so that they become acts of goodness and understanding. Because, sooner or later, our inner manifestations will become apparent or will inevitably reveal themselves. Everything we pour into the ocean of life will return to us.

Emmanuel / Francisco C. Xavier
Paciência (Patience)

THE SPIRITIST CHARACTER

The worker of Spiritism cannot live differently from others. He will be influenced by his own conscience to live in accordance with his spiritist convictions, which will give him a special awareness for each of his actions.

WORK – not as the unconscious worker led by his uncontrolled ambitions, destroying himself without any benefit. He acts constructively.

EARN – not to hoard money or other resources as a miser. He possesses to assist others.

STUDY – not to transform himself into a hanger full of academic medals of no value to humanity. He learns by serving.

PREACH – not to participate in a lecture seeking acknowledgment or aggrandizement. He speaks uplifting words.

MANAGE – not for the sake of ostentation without assuming responsibilities. He directs by being obedient.

TEACH – not to transform others into slaves guarantying social and economic benefits. He teaches through his examples.

WRITE – not to display the pomposity of the dictionary or exalt the extravagances of the writers who utilize the literature to indulge their pride. He writes nobly.

CULTIVATE FAITH – not with the pretentious intent of escalating the steps to Heaven with the erroneous idea that God can be compared to a tender tyrant full of whims and privileges. He believes by working.

The true spiritist lives his life as others do, but he will always be called upon to serve others through his attitudes.

Emmanuel-Andre Luiz / Francisco C. Xavier
Opinião Espírita (Spiritist Opinion)

A GOOD BOOK

The spiritually elevated book sows the Divine Light that clarifies the past, guides the present and prepares the future...

An Instructor of the Spirit	explains without demanding
A Doctor of the Soul	heals without fanfare
A Priest of the Heart	consoles without external rites
A Watchful Friend	assists in silence
A Devoted Companion	never abandons
An Efficient Collaborator	does not ask for compensation
An Infinite Sower	fertilizes the sentiment
A Tireless Benefactor	remains loyal
An Architect of Goodness	builds in the immortal soul
An Altar of Simplicity	reveals wisdom
An Inexhaustible Fountain	spouts out blessings of peace
A Good Field	prepares for eternal life
A Shining Light	shines without dazzling
A Compassionate Tree	yields fruits unconditionally
An Abundant Silo	feeds without waste

Andre Luiz / Francisco C. Xavier
Relicário de Luz (Reliquary of Light)

THE SPIRITIST BOOK

When altering moral values the Spiritist book may be considered:

Read	important business
Cultivated	permanent credit
Given	an open check
Sustained	constant growth
Lost	remuneration without a return address
Found	indirect assistance
Disseminated	public wealth
Sold	unexpected assistance
Preserved	safe reserve

To support and distribute the Spiritist Book means to participate in the designs of the Divine Providence, making investments of Light, Truth, Love and Renewal among human beings.

AlbinoTeixeira
Caminho Espírita (Spiritist Path)

SMALL COURSE IN SELF-OBSERVATION

Upon encountering evil, sanctify your eyes. When facing righteousness, liberate your word. Upon dealing with ignorance, use understanding. When dealing with superiors, watch your manners. When dealing with subordinates, have good ears. In happiness, exercise moderation. In pain, be mindful to the lesson. In abundance, do not forget to give. In shortages, do not forget to put forth your own efforts. In party, avoid celebrated places. In a situation of suffering, extend a fraternal hand. In worldly business, mind your step. In the interests of your soul, do not neglect your own renouncement. At work, observe time. When praying, be aware of your attitude. On the road, be of assistance to a fellow traveler. When blessed, do not forget others. In public, balance your temperament. With your family, hold your tongue. When alone, observe your thoughts.

Each star has a particular brilliance. Each flower has a distinct perfume. Each human being, center of sovereign intelligence, emits live energy. They are rays representing their feelings and purposes; they adapt themselves and reproduce, in the intimacy of the person's being. For this reason, vigilance is required of the disciples of the Gospel, not only to eliminate the temptations resulting from our own inferiority, but also, so that we may be illuminated beacons of the immortal light.

Andre Luiz / Francisco C. Xavier

INTIMATE LIFE

When you think about pain, you are evoking the presence of the misfortune. When you meditate about evil, you intensify its continuation. When you think about sadness, you increase the sorrow. When you harbor distrustful thoughts, you weaken your own faith. When you stop to acknowledge the suffering of others, the world transforms itself into a hospital in your eyes. When you allow yourself to enjoy pleasures of a lower standard, you invite negative forces that will serve you in a deplorable manner. When you allow yourself to become exasperated and rebel, the Earth transforms itself into an unhappy prison.

When you think, however, of the pleasure of the work, the work will become joyous to you. When you meditate about goodness, goodness will come to your aid. When you think about the Divine Benevolence, the struggle will seem like a blessing. When you have an understanding of faith, optimism and security will protect your struggling soul. When you recognize the merits in your brothers, the fraternity will illuminate your eyes towards your life's goal. When you exert effort in improving yourself, Heaven will manifest itself in your favor. When you cultivate humility, the Law of God will recognize your spiritual evolvment.

Do not abandon your inner evolvment.

Your desire = your goal.

Your conscience = your guide.

The currents that lead us either to the resplendent summits of life or to the darkest precipices of death are born in our own heart.

Ismael Souto/ Francisco C. Xavier
Relicário de Luz (Reliquary of Light)

DIFFICULTIES AND PROBLEMS

No single individual can construct something great without encountering difficulty. Think about the problems that a simple seed must endure to germinate in order to grow. Show me a person that stays on top without facing obstacles. Many times it is in the exercise of trying to accomplish something unpleasant to you that you will come across the best ingredients for the solution of your problems. Do not pray for an easy existence. Let's pray to God not only that we may be strong enough to withstand the blessed load of our obligations, but also to be useful to others.

Andre Luiz /Francisco C. Xavier
Endereços de Paz (Addresses of Peace)

ON THE ROAD OF LIFE

Exemplify goodness without ostentation. Our actions demonstrate how far away or how close we are from the Divine Law.

Live happily. The present is part of our immortal life.

Reflect upon each one of your attitudes. It is as difficult to know how to do something, as it is not know how to do it.

Do not isolate yourself. We are integral parts of the environment in which we live.

Try to understand the function of ephemeral riches. Neither wealth nor poverty expresses virtue.

Do not try to avoid a new beginning. Charity rectifies any mistake.

Study feverishly. To achieve new knowledge is to formulate new questions.

Cultivate confidence. With fear there can be no progress. Try to maintain patience when in pain. Crises, quite often is the name applied to the transformation of evil into goodness. Follow the teachings of the Gospel. In essence, our world today remains in practically the same state as during the era of Jesus.

Andre Luiz / Francisco C. Xavier
Ideal Espírita (Spiritist Ideal)

DECALOGUE FOR IMPROVEMENT

1. Lessen your needs and further your concessions.
2. Intensify your work and minimize your spare time.
3. Elevate your thoughts and have full control of your quick impulses.
4. Free “the present self” on the path of Jesus, and imprison “the old soul” that still lives within you.
5. Be vigilant with your gestures, understanding the gesture of others.
6. Persevere in the noble study, recognizing that life is the sacred school that leads us in our ascension to God.
7. Be critical of yourself, but readily forgiving to others.
8. Speak with humility, and listen attentively.
9. Meditate as you work, and pray as you serve.
10. Trust in Eternal Love, and fulfill the daily obligations that He bestowed upon us.

Andre Luiz / Francisco C. Xavier
Ideal Espírita (Spiritist Ideal)

ERADICATING EVIL

Except for those persons that are living on this Earth with special tasks of love and evolvment, all other spirits have incarnated here with distinct purposes, such as: the need for spiritual evolvment, the need for expiation, or the need to eliminate prior personal conflicts. For this reason, the most erroneous things that could occur in our life time are: not to know obstacles, to ignore our limitations, to sail through life without experiencing the great disappointment of failure, not to have opponents, not to experience disillusionment, or never to sense the longing and emptiness of solitude. The reason being that only in times of crisis and sufferings we can realize the changes that our spirit requires, and it is only through change that we can be renewed and eradicate the evil that still lies within our inner recesses.

Albino Teixeira / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

DOING OUR OWN THINKING

As a rule we believe that we are thinking with our own thoughts, but this is not always the case. It is necessary to develop our capacity of reasoning in order to ascertain if we are not actually receiving someone else's ideas that come to us through systems of indirect suggestions. When incarnated, we are automatically directed by hypnosis throughout the day. Early in the morning, as a rule, we receive information from our family. They talk to us expressing opinions about different occurrences. Soon after, we frequently go through the induction of the press and the radio, embracing their concepts when we pay attention to them. Then, the public way is a stage of several callings, drawing us to perform a certain role. It may be traveling or walking, taking note of the latest news or mentally registering the advertisements. To exercise our profession, we assume the proper personality for the circumstance, as also occurs with the clothes that a person is impelled to use according to the place of business. At night, normally, we read books and publications according to our interests, we watch shows, we search for entertainment or we listen to friends, thereby assimilating multiple suggestions that will influence us during our sleep.

Almost all individuals on Earth, live connected to one another under the vigorous pressure of mental suggestions that give rise to words and attitudes, without our knowing it. For this reason we are obliged to get to know ourselves. The Spiritist Doctrine recommends a rationalized faith so that, during our current terrestrial existence, we can understand that we are allowed to admire and to follow other ideas, if we decide to do so. However, we have to discern for ourselves, in order not to fall inattentively into the precipice of error or into the mire of obsession.

Andre Luiz / Francisco C. Xavier
Sol nas Almas (Sun in the Souls)

DISGUISED SPIRITUAL INFLUENCES IN OUR DAILY LIVES

When I once again encountered my friend Stuart² in the spiritual plane, and we had affectionately greeted each other, in lieu of our long separation, our conversation logically turned to appraising our newfound situation.

I was aware that Stuart had previously belonged to a spiritist family and certainly, because of this, would have taken maximum advantage of his past existence. Along those lines, I risked posing a question, imagining that this background would favor his re-entry, upon returning, into a superior plane. Stuart, however, informed me with a faint smile and the self-critical expression that I had been familiar with in our previous existence:

“ Well, my dear friend, you cannot make any judgments about a hidden obsession, where no visible signs are present. Earth returned me here, but as the saying goes “He won but he couldn’t take it with him”. I accumulated money and respect; however, I returned here much poorer than when I had departed for reincarnation...”

Being aware that I had no intention of interrupting him, he continued:

“ You do not ignore that I was reborn into a Spiritist family, but as usually occurs to most of those who have reincarnated, I brought with me, associated with my psychic inclination, some former companions with addictions and extravagances of the past. Without a physical body they utilized me as a conduit to perceive the sensations of the terrestrial plane, as if I were a cow, able to cooperate in the feeding and guidance of a small family... Believe me, I had re-entered the physical life with an excellent work program scheduled. If I had succeeded, I would have achieved much needed progress in the path toward the vanguard of Light. However, the spiritual parasites were astute and intelligent, secretly inducing and controlling me. I did not have the slightest idea or awareness of their strong influence over me. Do you know how it happened?”

“Through simple intimate reflections.” Stuart then, continued disenchanted. “Soon after my adolescence, now being able to reason logically, the friendly instructors through my family exhorted me to cultivate the kingdom of the spirit, through self-denial, self-improvement, and study, but the voices from within me, from my former companions appeared in my mind, like threads of water flowing through a spring, propitiating in me erroneous ideas as if I were the one speaking: ‘Things of the soul, Stuart? None of that. Your time now belongs to your youth, happiness, the Sun... Leave philosophy for later...’ After some time, I received my bachelor degree. The warnings from home continued each time more insistent, calling me to pursue my spiritual duties; however, my associates, until then invisible to me, replied also with inarticulate mockery: ‘Now? It is not the opportune occasion. How can you harmonize the beginning of your career with religious subjects? Stuart, Stuart! Hear the opinion of the majority, don’t be a fool!’ Soon thereafter, I entered into matrimony as the calls to reaffirm my spiritual goal renewed around me. My exploiters however, intensified their suggestions:

² Note: The name “Custodio Saquarema”, as it appears in the original Portuguese text has been changed to “Stuart” to make it more appealing to the English reader.

‘Don’t give up, Stuart! Think about your responsibilities to your family. It is imperative that you work, earn money, and achieve a responsible position for the care of your wife and children...’

In time, death overtook my parents; by then I had become an attorney and financier, already more mature. I could still perceive the voices of the Good Spirits, through the dedication of dear friends exhorting me to dedicate myself to a higher moral spiritual level, by fulfilling my prior commitments. The internal arguments from those inflexible obsessing spirits persisted incessantly: “Stuart, you still have more things to accomplish... How to reduce your business? What about your social life? Think about your social obligations... You are not predisposed to pursue a religious faith...” Shortly thereafter, old age and illness came upon me, those two nurses of the soul, hand in hand on Earth. The suffering and the disillusionment commenced. A few dear friends would visit me and would transmit invitations from the Superior Spiritual World. They would try to insist that I consecrate my life to sacred affairs of the soul. Even then the shrieks and calls from those former parasites were more intense, more ironic. They utilized sarcasm as well, as if I were actually the one ridiculing myself: ‘You, old Stuart! What are you going to achieve with Spiritism at this stage? It is late, too late to profess messages of faith from another world... What are they going to say about you old man? Your best friends will speak of madness, senility...No doubt, your own children are going to deprive you of your wealth as though you were mentally incompetent, incapable of managing any financial affairs... The time for that has passed you by...’

Stuart stared at me meaningfully and concluded:

“My enemies pursued me, yet did not mistreat my physical body nor disturb my mind. They maintained my comfort, thereby, impeding my initiative toward spiritual evolvement. I now return from Earth, dear friend, similar to the laborer who returns empty handed, from a fertile field, in which he could have accumulated unimaginable treasures. I am aware that you still write for our brother human beings. Please, inform them of my unfortunate experiences. Please, alert them to the dangerous, silent, masked obsession. Make them aware of the immeasurable importance of time, the vast potential in each fleeting moment in man’s trajectory through life! “

I embraced Stuart, who was now filled with hope inspired by the forthcoming opportunity. I promised and assured him that I would fulfill his request. I herein transcribed his personal teaching, which will be of great aid to many. Although, I feel certain that if I were reincarnated on Earth and was the recipient of such a lesson, I would be lightly disposed to take advantage of it.

Irmão X / Francisco C. Xavier
Cartas e Crônicas (Letters and Chronicles)

SPIRITUAL IMMUNIZATION

If you have really and truly decided to immunize your heart and soul against evil influences, you have to be fully convinced of the following: every minute represents a call from God for our spiritual evolvment and renewal; every person is special and is of specific importance in the scheme of things; the best avenue to receive assistance is through helping others; patience is the main ingredient in the solution of any problem; without love no solid ground in the spiritual reconstruction can exist; time wasted in complaining is time stolen from work; to rebuff the sympathy of others in our tasks is similar to intending to sow a field without first cultivating it; there are no evil persons, but rather, sick people requiring support and compassion from us; resentment is always a sign of illness and imbalance; no one is born knowledgeable nor progresses in learning without diligent study; to summarize, it is not enough to beg of the Heavens, through prayer, to hail down to Earth, we must cooperate by serving our neighbors, so that the Earth can be raised to the Heavens.

Emmanuel / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

SPIRITISM AND US

If the sick ask for a prescription but do not take their medication; if the student who is in trouble in school does not attend classes; if the traveler that is required to arrive at the train station with his ticket does not board the train; if the worker commences the plantation but leaves the work drifting in the wind...Do not blame the doctor, nor accuse the teacher, nor fault the train, nor condemn the soil. The same situation exists with Spiritism and us if we understand its sacred purposes, under the direct guidance of Jesus. If we realize that we need to improve, if we aim for the Light, if we are thirsty for peace, and if we want to achieve happiness but are not making use of Spiritism as an instrument for our renewal, we cannot blame others, but only ourselves.

Albino Teixeira
Caminho Espírita (Spiritist Path)

OBSESSION AND HEALING

The undertaking of the reincarnation process involves a nine-month period that is the time needed for the spiritual control of the body. Then, during the seven years thereafter, follows the training learning and effort of the spirit to consolidate itself with the physical experience. To achieve a diploma requires at least four years of tireless study and dedication by the student. A fruit-tree has to wait many seasons to offer its fruits. The oak and peroba trees require several decades of silent work in the development of their own structure. Coal requires many centuries of Nature's processing to develop into a diamond. It is essential to include patience, love, knowledge and work during any kind of development or acquisition process in our world. How do you, brothers and sisters from Earth, expect that the obsession, which is most of the time a chronic illness of the soul, disappear without patience, love, study, and work, from one day to the next?

Albino Teixeira / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

JESUS IN THE HOME

The practice of reading the Gospel at home improves man. The improved man illuminates the family. An illuminated family betters the community. A better community raises the nation. An enlightened man acquires comprehension and love. An enlightened family gains understanding and harmony. A better community produces work and fraternity. An elevated nation guides itself under justice, goodness and righteousness. Spiritism without the Gospel is only a phenomenon or reasoning. The phenomenon dazzles, the reasoning questions. It is not enough to know that life continues to infinity after death. It is necessary to illuminate our way. The evolved person and a better world depend on the practice of the Gospel at home.

Emmanuel / Francisco C. Xavier
Nosso Livro (Our Book)

IN DISOBSESSION

Those companions on Earth: that destroy our best intentions; that betray our confidence; that create problems; that abandon us in our most difficult hours; that lead us to temptation; that cause us loss; that criticize our actions; that discourage our hopes; that defy our anger; that make our work more difficult; that increase our obstacles; that persecute and defame us, are generally the examiners utilized by the Superior Spirits, through the mechanism of trials, to analyze our progress when confronting the tasks that will free us from our obsession. When in their presence, calm yourself, taking advantage of the situation, be thankful and bless this opportunity.

Albino Teixeira / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

ANTI-OBSESSION

Any attitude or action that increases the hatred of our adversaries is bad for us. We have to transform them to goodness through humbleness and love. It is not worth continuing to feel hurt. It is advisable to forget the heavy weight of the offenses. There is no use in lamenting over our own debts. We have to examine them with serenity in order to achieve the most concrete way of compensating them. It does not help to feel irritated towards the obstacles on the path. The best solution is to scrutinize them, in order to overcome them successfully. It is negative and absolutely unreasonable to rebel against our imprisonment; however, it is advisable to analyze the motives for our imprisonment in order to eliminate them. Friends, let us be convinced that antipathies, animosities, conflicts and resentments will connect us with obsessors, and every obsession comes from the shadows. There is no point in blaspheming against the shadows; the only way to be rid of them is to turn on a Light.

Albino Teixeira / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

DISOBSESSION ALWAYS

If you wish to receive, you have to give. If you want others to like you, you have to demonstrate sincerity in your affection towards them. If you want to be helped, be helpful. If you expect to be understood, be understanding. If any one of us observes an outward presence of evil, we should look within ourselves to verify if we are not in condition to understand it. If you are expecting forgiveness for your faults, be forgiving, but forgive the faults of others from the bottom of your heart. If you are irritated, remain silent until you feel in control again. If you do not like unkind answers, do not ask insolent questions. If you dream about improving yourself, also try to improve your companions. If you have spare time, use it to study or to work. To be freed from an obsession is to be freed from the shadow, and nobody gets rid of a shadow without the light.

Andre Luiz / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

ASSISTANCE IN DISOBSESSION

The process of disobsession originates from the enlightenment received through studies. However, in many cases, we also have several other avenues through the trials we must undergo, that assist us in this disobsession process, such as:

- UNRESPONDED AFFECTIONS – subdue and avoid passionate dramas of unexpected results.
- DOMESTIC UNHAPPINESS – an effective way to contain incorrect and immoral behavior.
- UNHAPPY RELATIVE – a constant reminder, to control possible destructive criticism.
- PROBLEM CHILD - a blessing from the Divine Providence bringing into the family a creditor from past incarnations, who would cause more harm if not incarnated in the family.
- IRREVERSIBLE ILLNESS – a way of ridding the person of morbid agents, who is still susceptible to being lured to criminal entities.
- COMMON ILLNESS – assistance to disconnect the link of mental attitudes that may attach us with the subtle maneuver from the darkness.
- ORGANIC IMBALANCE - support against reentering into unhappy experiences.
- DECEPTION – an awakening shock for spiritual enlightenment.
- IDIOCY – spirits’ long pause, in order to re-evaluate its adjustment in face of a superior existence.

Reincarnation is always evolution, recapitulation, rehearsal, apprenticeship and reapprenticeship, and all of that requires effort. In many circumstances, however, reincarnation is expiation, regeneration or a healing process. Therefore, for those who are in the process of paying their debts, still immersed in guilt, their place here on Earth can be comparable to a hospital and their bodies the treatment cage, with their relatives and friends also involved in the group therapy. Let us love, study, serve, forgive and help others, and disobsession will always be our liberation by the precious Light shining in our path.

Andre Luiz / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

AVOIDING THE OBSESSORS

Do not stop dreaming; however, face the reality of your daily existence. Complain as little as possible, if you cannot avoid it at all. Always speak comforting words to those who are listening to you. Let others live their own life, just as you want to live yours. Do not lose your faith in the effectiveness of work. Never believe that good can be achieved without difficulties. Cultivate perseverance for your evolvment and do not be stubborn with your point of view. Accept your disillusion with realism, learning through them the value of experience, and do not hold on to useless regrets. Be convinced that the only way to solve your problems is by facing them directly, not by running away from them. Remember that disappointments, troubles, and trials are present in everyone's path. For this reason, in order to avoid being obsessed the important is not the suffering we endure, but rather our personal reaction toward it.

Andre Luiz / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

THE PROCESS OF AN OBSESSION

We are not always aware of the development of the process of an obsession. Many times it commences with minor incidents: a look of distrust, raising your voice in anger, a negative comment from someone, a sarcastic remark, momentary irritation, unaccountable sadness, impatience, and an uncontrolled indisposition.

Once the link with the shadows is established due to lack of vigilance, the gaps of carelessness commence to appear in our everyday living or in our innermost soul, such as: a conflict at home, discord at work, flare-ups of criticism, poisonous complaints, imaginary illnesses, a net of intrigue, darkness of resentment, an unhappy discussion, avoidance of friends and an unreasonable and unprovoked quarrel.

Most of the time the obsessions that involve individuals and groups arise from a simple misunderstanding that must be avoided from the beginning just as we combat a minute infection. To counteract this, we all have infallible resources such as: the diet of silence, the vaccine of tolerance, the detergent of work and the antiseptic of prayer.

Emmanuel / Francisco C. Xavier
Segue-me (Follow Me)

THE PROGRESS TEST ON DISOBSESSION

Verify: if you treat people the way you would like them to treat you; if you postpone or put off your tasks; if you have come to realize that everyone is not perfect and therefore it is unfair to expect someone to be a “saint;” if you are faithful to your commitments; if you avoided committing new mistakes; if you try to control a conversation with unnecessary questions; if you accept constructive criticism; if you are helping or hurting the person you are speaking to; if you hold resentments; if you know how to attract friends and cultivate friendships; if you maintain self-control in your relationships as a basis of your mental harmony.

To some degree, we are all more or less obsessed while on this Earth plane; however, we are striving for our freedom. For this reason, every now and then, we must test ourselves to verify how the process of disobsession is going.

Andre Luiz / Francisco C. Xavier
Paz e Renovação (Peace and Renovation)

SUBTLE SPIRITUAL INFLUENCES

Whenever you feel a defeatist state of mind, which persists for hours with no relevant organic or moral cause, consider the hypothesis of a subtle spiritual influence.

Be sincere with yourself in order to make it possible for the Spiritual Benefactors to assist you. That is the precise moment for humility, prayer and healing.

Some of the ways that reveal or demonstrate subtle spiritual influences in our soul are:

- The difficulty in concentrating on optimistic thoughts and ideas. The absence of our inner capacity to raise our sentiment toward prayer or to indulge in uplifting reading material, an inexplicable indisposition, sadness for no apparent reason and an eerie feeling of eminent danger.
- Negative evil impulses controlled as there is no one around to strike against, pessimism, deep anger, complaints, excessive sensitivity, tendency to condemn one who is guiltless.
- Complete misunderstanding or distortion of the facts or attitudes either yours or from others that you know are not real, hyper-emotional or depression and weeping.
- Quick to feel victimized, uncalled for and absurd self-pity, stubbornness in refusing to accept the possibility of spiritual interference acting upon you, and soon thereafter, regretting the occurrence of the incident, as you regain the mental harmony and acknowledging that it is too late to undo the mistake.
- Subtle spiritual influences are discreet and unnoticed by us incarnates due to the subtleties of the process. The spirit can actually be so unaware of its influence over the incarnate that it might believe that the negative manifestations actually originates from the incarnate himself.
- When the obsessing spirit is conscious, the spiritual interference is premeditated and prepared meticulously in advance, sometimes days and weeks before the full attack, which could be programmed to occur during a conversation, a business climax or an unexpected job crisis.

We cannot ascertain what has been causing the greatest damage to mankind; if it can be attributed to the amazing and “collective” obsession when everyone is aware and strives to overcome it, or if it is the unnoticeable “half-obsessions” that are much more frequently consuming and wasting the individual’s energy and affecting the “destiny” of so many others. How many disagreements, separations and failures have come about as a result of these obsessions? Analyze your life to see if in the past two weeks you have not been involved in or close to a subtle spiritual obsession.

Andre Luiz / Francisco C. Xavier
Estude e Viva (Study and Live)

RIGHT NOW

Right now, you are in a good position to practice understanding and to be helpful to others. You are in the most appropriate circumstances to practice good deeds. Your heart is close to those people with whom you must work and harmonize. You have the more appropriate tasks to fit your needs. You have the just responsibilities that you have to accomplish. You are at the right moment to bear witness to fraternity. You are able to realize that you will be as happy as you make others happy, to observe that sometimes “it is better to fail to conquer than conquer to fail.” You are also able to adjust yourself to hope and patience, in order to consolidate a victory at the right moment.

Right now, you are able to cope with difficulties in order to merit future benefits. Right now, you can smile and bless in order to receive sympathy and assistance. That is the reason why you are at just the right moment to work and to serve. Then, you will be assured that while you are striving and serving, you are improving, and those who better themselves by doing good to others will always encounter the best results.

André Luiz / Francisco C. Xavier
Coragem (Courage)

FRIENDLY NOTE

You do not have to become a millionaire or a saint in order for goodness to illuminate your heart and guide your actions. Sublime is charity, which transforms itself into consolation. Divine is charity, which transforms itself into radiant comforting love.

Avoid talking about yourself. Do your duties without interfering in the tasks of others. Do not provoke flattery in the performance of your obligations. Do not pay attention to petty things when the general welfare requires your collaboration. Learn to be forgiving without publicizing it. Do not be a prisoner of indiscipline. Learn to listen serenely to ungrateful words, so that your irritation does not disturb others through your uncontrolled outbursts. Overlook all evil. Take advantage of everyday and look for an opportunity to be of service to others. Do not participate in senseless conversation when people are being critical of others, and if possible, try to be defensive of the person that is absent, in a Christian like fashion. Listen calmly to those who come to you with disquieting poisonous information.

Do not forget that many times we regret the things that we may have said; nobody is affected or harmed for having maintained silence. Pray for those that do not understand you and persecute you. Send loving thoughts for all those around you. Be loving and brotherly at all times and you will be storing glorious treasures in Heaven.

Emmanuel/ Francisco C. Xavier

OBSESSION AND HEALING

A long time ago, someone asked a great philosopher how could he differentiate a wise person from an ignorant one. The philosopher said that it is much like differentiating a doctor from a patient. However, we would add, that between the doctor and the patient exists the medicine. If the sick person does not follow the instructions and does not take the medicine, the doctor's efforts are in vain.

There is no doubt that obsession is a disease of the soul. The individual that lacks superior knowledge allows inferior spirits to influence and act upon him, like the defenseless plant when invaded by the destructive parasite. Then, organic diseases follow as a consequence, leading to death. We have the Spiritist Doctrine, under the light of the Christ's teaching, which is the greatest resource to the healing process of the soul. It illuminates the individuals' mind; thereby helping to eliminate the obsessing spirit, like the chemical agent or a surgery remove the infirmity of the patient. The success, however, depends solely in the acceptance of the patient of the impositions of the treatment. If you are really aware and informed of the obsession process, knowing your own needs, you realize that the renovation of the inferior spiritual companion that is attached to you depends solely on your own efforts to renovate yourself. You will receive just and explicit advises. You will find in Spiritism correct guidelines. However, as in the case of the prescription given by the devoted doctor to help you, the teachings of the Gospel consoles, clarifies, encourages and honors those who receive it, but if it is not applied and put into practice, it won't help you.

Emmanuel / Francisco C. Xavier
Seara dos Médiuns (Harvest of Mediums)

OBSESSORS

An obsessor means “one that annoys, interferes and influences” and this being is almost always someone that, in a previous life, lived with us when we committed errors in our conduct against them. Now, that we are trying to improve ourselves the spirit is antagonistic toward us. The individual may be either discarnate or incarnate, but in any case has strong feelings against us. That is the reason why we must be exceedingly patient.

Since we have come from previous incarnations, we may encounter our obsessors in our parents, husband or wife, son or daughter or even in relatives. Sometimes they are very kind to others, but they annoy us. We do not even realize that by their acts of unkindness they are actually assisting us in our spiritual evolvment. In addition to this, we are also linked to other discarnate obsessors and are affected by them and absorb their evil vibrations.

So, remember that if we condemn them it is as if we were condemning ourselves, since they are attracted to us through our weaknesses and our defeats. Visible or invisible, obsessors affect or influence us as a result of our attitudes. Therefore, let us try to love them in return, as it is through our love that we can effect a change.

Emmanuel / Francisco C. Xavier
Seara dos Médiuns

PROBLEMS OF THE WORLD

“The world has plenty of gold.
Gold in the soil, in the sea, in the coffers.
But gold does not solve the problem of poverty.”

“The world has plenty of space.
Space in the continents, in the cities, in the fields.
But space does not solve the problem of greed.”

“The world has plenty of culture.
Culture in education, in know-how, in opinions.
But the culture of intelligence does not solve the problem of selfishness.”

“The world has plenty of theories.
Theories in the sciences, in philosophical schools, in religions.
But theories do not solve the problem of despair.”

“The world has plenty of organizations.
Organizations in the area of administration, economy, and welfare.
But these organizations do not solve the problem of crime.”

“To extinguish the sore of ignorance, which fosters poverty;
to dissipate the shadow of greed, which creates illusions;
to exterminate the monster of selfishness, which promotes war;
to neutralize the germ of despair, which promotes insanity; and
to remove the torrent of crime, which drags along misery,
the only efficient therapy is the Gospel of Jesus inside the human heart.”

“Let us therefore be courageous, expanding the Spiritist Doctrine, which rescues the Gospel from the letter, into the making of the new Humanity, radiating the Divine Master’s inspiration and influence through our emotions and ideas; through our rules of conduct and behavior; through our words and example; and, borrowing from Allan Kardec’s unforgettable concept on charity, let us proclaim to the problems of the world: “Without Christ there is no solution.”

Bezerra de Menezes / Francisco C. Xavier
“The Spirit of Truth”

UNIFICATION

The work for the unification in our ranks is urgent, but not rushed. One assertion seems to contradict the other. But it is not so. It is urgent because it defines the goal that we should aim at; but not rushed because, it is not granted to us to violate anyone's conscience.

Let us preserve the purpose of uniting, approaching, and understanding one another; and, if possible, let us establish at every site where the name of Spiritism has been brought to light, a study group, however small, of the works of Kardec, in the light of the Christ of God.

We, who devotedly engage ourselves in all types of noble endeavors being offered by our principles, cannot ignore clear reasoning to turn our life less somber. Thus, let us compare our redeeming Doctrine to a metropolis with all the demands for comfort, progress, peace, and order. In the city, food, clothes, shelter, and security for all are essential; however, the matter of light cannot be overlooked. Lighting has been a concern of humans since the very first cave dwellings. Originally, light was obtained by fire through friction, followed by the domestic hearth, the torch, flames fueled by resins, the oil lamp, and, in modern times, electricity transformed into glaring radiance.

The Spiritist Doctrine holds its essential aspects in triple configuration. Thus, no one should be restricted in his desire to work and produce. Let those inclined toward the sciences to cultivate them in their dignity, those who devote themselves to philosophy to ennoble its postulates, and those who consecrate themselves to religion to turn divine its aspirations. Yet, above all, it is necessary that the basis of the Spiritist Doctrine remain in everyone and everything so that we do not lose the balance at the base over which the organization is raised.

No reciprocal hostility, nor disregard toward anyone. However, we have the necessity to preserve the spiritist principles; to honor and exalt them, or we will end up as strangers to one another, or frozen in regimentations that will cripple our best yearnings, turning the movement of liberation into a stagnant sect imprisoned in new interpretations and theologies that would place us conveniently at the mercy of the inferior planes and distance us from the Truth.

Let us follow Allan Kardec in our studies, aspirations, activities, and deeds so that our faith does not turn into hypnosis, whereby the power of darkness establishes its influence over the weaker minds, enchaining them to centuries of illusion and suffering.

To liberate the Divine word is to excise the teachings of Christ from all the prisons to which they have been shackled. At present time, without bestowing any privilege on ourselves, only Spiritism retains sufficient moral strength so as not to tie itself to ulterior interests, and to affect the recovery of the Light that flows from the Master's crystal-clear verb, satisfying the thirsty, and guiding the souls.

Let Allan Kardec's work not only be believed or felt, proclaimed or manifested in our convictions, but also be sufficiently lived, suffered, wept over, and put into practice in our own lives. Without this foundation, it is difficult to forge the Christian-Spiritist character, which the troubled world awaits from us through unification.

To teach, but also to put into practice; to believe, but also to study; to counsel, but also to exemplify; to unite, but also to nourish.

We speak of trials and sufferings, yet we have no other ways to assure the victory of truth and love on Earth. No one edifies without love, no one loves without tears.

Only here, in the spirit life, did I come to learn that Christ's cross was a stake which He, the Master, stuck in the ground to lift up the new world. And to demonstrate, for all times, that nothing useful and good can be achieved without sacrifices, He died on the cross. Scorned and defeated, He buried the cross in the ground, thus showing us that this is our pathway – the pathway of one who builds upward, of one who glances the continents from high above.

It is indispensable that Spiritism be maintained exactly as it was conveyed to Allan Kardec by the Divine Messengers; that is, without political compromises, without religious professionalism, without degrading personalisms, and without burning desires of conquest of fleeting earthly powers.

Respect for all creatures, regard for all authorities, and devotion to the common good, as well as instruction for the people, in every direction, about the truths of the spirit, truths unalterable and eternal.

Nothing that is reminiscent of castes, discriminations, unjustifiable individual prominence, privileges, immunities, and priorities.

May the love of Jesus be upon all, and the truth of Kardec be for all.

In each temple, the strongest should be a shield for the weakest, the most enlightened a light for the least knowledgeable, and the sufferer always the most protected and the most helped, as among those who suffer less be the greatest the one who puts himself at the service of all others, according to the words of the Divine Mentor.

Let us move onward, seeking the inspiration of the Lord.

Bezerra de Menezes / Francisco C. Xavier
Reformador, Dec./1975

GRADUAL UNIFICATION, IMMEDIATE UNION, INCESSANT WORK

Spiritists, my brothers and sisters!

As the trumpets of a new day of light announce the arrival of the Era of the Lord, and an era of peace prepares for the new humanity, which at this time is still dominated and crushed by desperation, let us make the journey inside ourselves.

As external values lose their significance impelling us to seek God in our hearts, we are invited through our brothers and sisters to share in the highest responsibility of loving, serving, and carrying on.

Jesus, my friends, is more than a symbol. He is a reality in our existence. He is not simply a being that went from the manger to the cross, but rather the example whose life became a Gospel of facts calling upon us.

Because of this, it is necessary to immerse our thoughts in the works of Allan Kardec in order to experience Jesus in its plenitude. We are invited to the banquet of a better era, the era of the eternal Gospel, and no one can decline this invitation under any circumstance.

There was a time we could claim we were not informed of the truth. Today, however, we know better. And because we know it through personal experience, let us live the Christ of God in our attitudes, allowing the Spiritist light to show its message of enlightenment without ever being hindered by the dense clouds that still characterize human selfishness, resentment, and vanity.

Unification indeed, and union as well.

It is indispensable that we become unified under the Spiritist ideal, but above all, that we unite as brothers and sisters.

Our postulates ought to be lived and made known within a strict line of dignity and nobility. Yet, let our feelings vibrate in unison, reflecting the sentiments of friends who want to help one another, of brothers and sisters who do not allow themselves to advance forward while leaving the rear guard covered with corpses, or the ones who did not have the strength to carry on. The task of unification is gradual; and whereas the task of uniting is immediate, the work is incessant, because we will never complete the job since we are imperfect servants and perform only the portion that is entrusted to us.

To love, however, is the Commandment our Lord left us and which the Doctrine restored.

Let us unite, let us love one another earnestly, and let us eliminate our doubts, rectify our opinions, difficulties, and our points of view in light of the clear and sublime message of the Doctrine by which Allan Kardec enriches the new era, understanding that we are just simple apprentices. As apprentices, we cannot surpass the master.

Let us join hands and be helpful to one another; let us forget conflicting opinions to remember the concepts of similitude, trusting in time, the great drier of tears, which corrects everything.

We do not call upon you proclaiming inertia, parasitism, or implicit acceptance without discussing or examining the information. We invite you to the true dynamics of love.

Let us remember the words of Jesus:

"And if a house be divided against itself, that house cannot stand," whereas no one can tear a bundle of twigs joined together in a union of forces.

It is for this reason, Spiritists, my brothers and sisters that while the Unification should continue, the Union should rule in our hearts.

We are the sowers of a better time, the cultivators of the new era. The harvest we will reap in the name of Jesus will characterize our work.

Go forward, my brothers and sisters, in search of the dawn of the new era.

Jesus is the ultimate Master, and Allan Kardec the faithful disciple.

Let us be the honorable and noble continuators of His labor of love and His lesson of wisdom.

When the shadows of death subsequently descend upon you and we the discarnate, approach to welcome you, you will be able to say:

“Here we are, Master, recognizing that we are still imperfect servants because we only did what was assigned to us.”

He, however, being magnanimous, just, and good, will say:

“Come to me, children of my Father, enter into the joy of peace.”

Much peace, my friends!

May the Lord bless you.

Bezerra de Menezes / Divaldo P. Franco
Reformador Feb./76

KARDEC AND NAPOLEON

Soon after the 18 Brumaire (November 9, 1799), and after Napoleon had appointed himself First-consul of the French Republic, on the night of December 31, 1799, a large assembly of wise and benevolent Spirits gathered in the heart of the Latin spiritual quarters in the Superior Planes of the spirit world to mark the momentous beginning of the new century. Ancient personalities from imperial Rome, pontiffs and warriors from Galia, and notable figures linked to Spain were assembled there for the expressive event.

Legions of the Caesars with their banners; phalanxes of Gaelic warriors; and groups of pioneers of the Hispanic evolvment, along with numerous representatives from the Americas, stood along symbolic lines of positions of prominence.

But not only dignitaries of Latin descent were represented at the great conclave. Also present were illustrious Greeks, recalling the confabulations of the glorious Acropolis; renowned Jews, bringing remembrances of the Temple of Jerusalem; Slavic and Germanic delegations; great figures from England; Chinese wise men; Hindu philosophers; Buddhist theologians; ancient priests of Olympian deities; renown clerics of the Roman Church; and followers of Muhammad. It appeared as if Humanity's scientific and cultural forces had been convoked to gather in one place.

In the midst of the magnificent delegations gathered there in all their representative splendor were Spirits of early supporters of progress who would soon return to the incarnate world, or would follow it closely to give combat to ignorance and misery in the arduous preparation of the new era of fraternity and light.

Amid the fulgent sight of the Superior Spirits, showing the resplendence of their souls, were Socrates, Plato, Aristotle, Appolonius of Tyana, Origen, Hippocrates, Augustine, Fénelon, Giordano Bruno, Thomas Aquinas, Louis of France, Vincent de Paul, Joan of Arc, Teresa of Avila, Catherine of Siena, Bossuet, Spinoza, Erasmus, Milton, Christopher Columbus, Gutemberg, Galileo, Pascal, Swedenborg, and Dante Alighieri, to mention just a few of the heroes and champions of the terrestrial renewal. In a less radiant position in this magnificent place stood spirits of an inferior order, including many of the well known guillotined during the French Revolution, namely Louis XVI, Marie Antoinette, Robespierre, Danton, Madame Roland, André Chenier, Bailly, Camille Desmoulins, and other great figures such as Voltaire and Rousseau.

After brief remarks from eminent spirit guides, invisible trumpets turning towards the earth were heard. Moments later, from within the thick of the night shrouding the colossal body of the European world, and under the custody of enlightened spirits, emerged a small procession of shadows appearing strange and vacillating against the brilliance of the festive palace.

It consisted of a group of souls still incarnated, who under the power of the Celestial Organization were brought to the spiritual realm to reaffirm their commitments.

At the front was Napoleon, drawing the attention of all assembled. Indeed it was the great Corsican, wearing his usual garments and characteristic hat.

Greeted by several figures from ancient Rome hastily lending him their aid and support, the winner of the battle of Rivoli took seat on a magnificent chair prepared for him beforehand.

Among those accompanying him in this unique excursion were respectable authorities reincarnated in the planet, like Beethoven, Ampere, Fulton, Faraday, Goethe, John Dalton, Pestalozzi, and Pius VII, along with many other supporters of the welfare and independence of the world.

Though spiritually constrained by the ties linking them to their carnal bodies, almost all of the newly arrived were bathed in tears of emotion and joy.

The eyes of the First-consul of France, however, were dry in spite of the extreme pallor covering his face. Various Roman legions proceeded to pay homage to him, to which he responded with discreet

noddings, when the trumpets sounded again, this time differently, as if preparing to soar upward, in the direction of the infinite vastness.

Immediately after, a pathway of light similar to a drawbridge projected from the sky and connected itself to the extraordinary citadel, letting through countless resplendent stars.

Upon reaching the delicate soil, however, these stars transformed themselves into human beings covered in radiant celestial light.

Among them all there was one who excelled in superiority and beauty. A brilliant diadem shined on his head, as if surrounding with blessings his gaze filled with tenderness and strength. In his right hand, a gold scepter shone with sublime scintillations.

Imperceptible musicians, by way of the gentle breezes that drifted by swiftly, broke into a chant of hosannas without articulating any words.

The assembly showed profound reverence. Many of the wise men, warriors, artists, and thinkers knelt down while the banners of the vexillaries were lowered silently in a sign of respect.

It was then that the great Corsican started to weep, and, standing up, started to move with great difficulty toward the messenger who held the gold scepter, kneeling before him.

The celestial emissary, smiling naturally, lifted him up at once and motioned to embrace him when the Sky appeared to open up before all present. A voice, energetic yet gentle, strong as the wind and harmonious as the stream of a fountain, called out to Napoleon, who seemed exhilarated both by fright and joy:

“Brother and friend, listen to the Truth which in my spirit speaks to you! You stand before the apostle of the faith which, under Christ's shield, will break open a new cycle of knowledge in the tormented Earth.”

“Caesar yesterday, and guiding leader today, surrender the cult of your adoration to the pontiff of the light! Reaffirm, before the Gospel, your commitment to aid it in its mission of revival!”

“Congregated here are leaders of all epochs. Patriots of Rome and Galia; generals and soldiers who accompanied you in the battles of Pharsalus, Thapsus and Munda, and remnants of the battles of Gergovia and Alesia surprise you here with sympathy and anticipation. In earlier times, seated on the throne of absolutism, you pretended to be a descendant of the gods in order to dominate the Earth and annihilate your enemies. Now, however, the Supreme Lord granted you as cradle an island lost in the sea so you would not lose sight of human smallness. He also determined that you return to the midst of the people you once scorned and humiliated in order to ensure their immense mission among Humanity in the new century that is about to begin.”

“Placed by Celestial Wisdom as the helmsman of order in the sea of blood of the Revolution, do not forget the mandate for which you were chosen.”

“Do not believe that the victories you were vested in by the Consulate should be attributed exclusively to your military and political genius. The Will of the Lord expresses itself in the circumstances of life. Invest yourself with courage to govern without ambition and to rule without hatred. Draw on prayer and humility to avoid precipitating yourself down the cliffs of tyranny and violence!”

“Designated to consolidate the peace and security necessities for the exit of the mission of the selfless apostle who will unveil the new era, you shall be visited by the dreadful temptations of power.”

“Do not be fascinated by vanity which will seek to set a crown on your head. Remember that the suffering of the French people, inflicted by the calamity of the civil war, is the price of the human liberty you shall defend up to your own sacrifice. Do not degrade yourself by enslaving weak and oppressed populations, nor taint your commitments with exclusiveness or revenge!”

“Remember that because of injunctions of the past you were reborn to guarantee the spiritual ministry of the disciple of Jesus who returns to the terrestrial plane. Make use of this opportunity to sanctify the sublime principles of goodness and forgiveness, of service and fraternity of the Lamb of God, Who hears us in his glorified throne of wisdom and love!”

“If you honor your promises, you will accomplish the mission with the recognition of posterity and you will climb to higher horizons of life, however, if your responsibilities are neglected, grim torments will heap onto your days which will become dismal lamentations in a vast desert.”

“In the new century, we will begin the preparation of the third millennium of Christianity on Earth.”

“New concepts of freedom will surface for humankind; Science will elevate itself to indefinable heights; cultured nations will forever abandon slavery and the traffic of free people; and religion will release the chains on the mind which up to now lock up the best aspirations of the soul in a hell without mercy!”

“We entrust, therefore, to your valorous spirit the political administration of the impending events. May the Lord bless you!”

Songs of hope and happiness announced in the heavens the arrival of the nineteenth century, and as the Spirit of Truth returned to the Heights followed by several resplendent cohorts, the unforgettable assembly began dissolving.

The apostle who would later become Allan Kardec, holding Napoleon in his arms draw him closer to his heart and stayed with him, caringly, until he reconnected him to his carnal body in his own bed.

On October 3, 1804, the messenger of renewal was reborn in a blessed home in Lyon, whereas the First-consul of the French Republic, as soon as he found himself free of the protecting and beneficial influence of Allan Kardec’s Spirit and his cooperators who one by one resumed, confident and optimistic, their journey in a carnal body, adorned himself with the purple robe of power, and inebriated by it proclaimed himself Emperor on May 18, 1804, commanding Pius VII to come to Paris to crown him.

Napoleon, nevertheless, after converting celestial concessions into bloody adventures, was hastily relocated by a determination from the High Above to the healing solitude of Santa Helena, where he awaited death, while Allan Kardec, concealing his own greatness, living as a simple man of the people, in the humbleness of a school master, many times tormented and disappointed, accomplished entirely the divine mission he brought to Earth, initiating the Christian-Spiritist era, which gradually will be considered in all quadrants of the earth as the sublime revival of the Light for the entire world.

IRMÃO X / Francisco C. Xavier
(Letters and Chronicles)

THE SPIRITIST CONSCIENCE

You declare that you do not understand the purpose for so much self-reproach in the messages given by discarnate spiritists. So-and-so, who had an excellent service report on Earth, states in a communication that he did not act as well as he should have while living there. Another, known by great virtues, communicates through several mediums that he deplores the precious time wasted. And you, on your turn, after taking in these interesting statements, declare: "The impression is that our fellow spiritists speaking from the Great Beyond are tormented by terrible feelings of guilt. How to explain this phenomenon?"

My dear fellow, believe me when I say that I personally have a heartfelt admiration for spiritists as being tireless builders of progress, and true workers for the Revival of Christianity. They received so much freedom to interpret the teachings of Jesus, that, in all sincerity, I am not aware of any individuals in this world with a faith more favored with reasoning for dealing with the problems of life and the Universe. Repositories of extensive knowledge, it is right that spiritists keep worrying on accomplishing much and increasingly more in support of so many brothers and sisters on Earth who are still held back by illusions and disbelief as far as their faith is concerned.

It is said that Allan Kardec, while gathering the texts from which "*The Spirits' Book*" would originate, on a certain night went to bed greatly impressed by an account of a dream Martin Luther once had. The great Reformer, in his days, had the conviction of having been in paradise garnering information regarding celestial bliss.

Greatly moved, Kardec, the codifier of the Spiritist Doctrine, went to sleep and also saw himself out of his body, in a singular out-of-body experience. There, next to him, he identified an envoy of the Sublime Planes who transported him, unexpectedly, to a place submerged in fog, where thousands of beings groaned in horrible suffering. Sobs of affliction were heard mixed with shoutings of wrath, and blasphemies followed shrieks of crazy laughter.

Amazed, and recalling the tyrants of History, Kardec inquired:

"Are these the ones who crucified Jesus?"

"No, not one of them," replied the solicitous guide. "Although carrying the burden of their responsibility, they were in essence ignorant of the evil they were committing. The Master himself helped them get rid of their remorse, extending to them blessed reincarnations wherein they paid their transgressions to the Law."

"Are they then the Roman emperors? For they certainly must suffer in this place the very same pain they inflicted upon Humanity."

"No, nothing of the sort. Men like Tiberius or Caligula did not possess the minimum notion of spirituality. Some of them, after several regenerative periods on Earth, have already risen to more advanced planes, while others are still interned in the physical realm, at the brink of redemption."

"By any chance, are the imprisoned in these gloomy gorges the torturers of the Christians of the first centuries of the Gospel?" asked the visitor.

"Indeed not," answered the lucid companion. "The torturers of the followers of Jesus in the apostolic days were men and women who were almost savages in spite of the outer coats of civilization they displayed. They have been all guided towards reincarnation to acquire instruction and understanding."

The codifier of Spiritism thought of the conquerors of Antiquity such as Attila, Alaric, Hannibal, and Genghis Khan. However, before being able to utter a new question, the envoy, following Kardec's thought, replied:

"The warriors you remember are not wandering around here. They knew nothing about the realities of the spirit and, for that reason, received pious assistance. They were directed to other reincarnations to atone for their transgressions according to the faults they had committed."

"Then tell me," pleaded Kardec, extremely moved, "who are these sufferers whose howling and curses are crushing my soul?"

Unperturbed, the guide clarified:

"We have here with us the ones who were on Earth fully educated and aware of the significance of Goodness and Truth, but who deliberately turned away from Truth and Goodness, especially the unfaithful Christians from every epoch, perfectly knowledgeable of the lessons and examples of Christ, but who nonetheless gave in to evil on their own free will. For them, a new beginning on Earth is always more difficult."

Shocked with the unexpected response, Kardec returned to his body, and immediately thereafter stood up and wrote down the question he would present the following night to the mentors of the work in progress, and which would become Question number 642 of *The Spirits' Book*: "In order to be acceptable in the sight of God, and to insure our future happiness, is it sufficient not to have done evil?" To which the instructors replied: "No; it is necessary for each to have done good also, to the utmost limit of his ability; each of you will have to answer, not only for all the evil he has done, but also for all the good which he has failed to do."

As is easy to perceive, my dear friend, it seems natural that the spiritist conscience, based on such clear and logical principles, turns out to be quite different when compared to the ideas dominating the religions of the majority.

IRMÃO X / Francisco C. Xavier
(Letters and Chronicles)

CHARITY

Charity is, above all, friendship

For one who is hungry, it is a plate of soup

For one who is sad, it is a consoling word.

For one who is evil, it is the patience that we must achieve to be of assistance.

For one who is desperate, it is the heartfelt aid.

For one who is ignorant, it is an unpretentious teaching.

For one who is ungrateful, it is to forget.

For one who is ill, it is a personal visit.

For the student, it is a learning opportunity.

For the children, it is constructive support.

For the elderly, it is a brotherly shoulder.

For the antagonist, it is the silence.

For a friend, it is the stimulus.

For one who is misguided, it is understanding.

For one who is proud, it is humility.

For one who is hotheaded, it is calm.

For one who is lazy, it is work without imposition.

For the impulsive, it is serenity.

For the thoughtless, it is tolerance.

For the slanderer, it is a kind remark.

For the disinherited of Earth, it is a tender expression.

Charity is love, in an incessant and increased manifestation.

It is the Sun of a thousand faces, shining upon all; it is the geni of a thousand hands, aiding, indistinctly in the work of goodness...

...wherever you may be, among the just or the unjust, the good or the evil, happiness or unhappiness... wherever the Spirit of the Lord is present, there will the perpetual clarity for the benefit of the entire human race be scattered.

Emmanuel/ Francisco C. Xavier

ACCORDING TO SPIRITISM

Our lives influence the lives of all those that surround us. Respect the laws that direct the collective experience, without overlooking the fact that the behavior of a person who is interested in his personal moral improvement is always more observed and imitated by others.

Riches that are not well employed create misery. Work wherever you are to improve your surroundings with the resources that you have. Remember that you are just passing through; personal possessions are not ours, as the Divine Wisdom can take them all away from us.

Our life in the material world is a brief instant in Eternity, no matter how long we imagine it to be. Therefore, let us be sure that the minutes do not have to wait for us to achieve this or that occurrence.

Our opinion attracts, but our personal conduct persuades. Elect kindness, patience, happiness and faith to be the companions of your soul, thereby raising the spirits and fortifying the hearts that are on the path, so that sincerity and purity will become a beacon of light in your Christian path.

From individual assistance appears the greatness of the collective efforts. Search within your own possibilities the ideals and favorable opinions for ways of improving the work in the organization that you belong to.

Personalism is a subtle door to vanity. Do not let yourself be possessed by vanity. Make sure that all the attention and blessings, confidence and admiration, are directed to Jesus, our Beloved Master, who helps all who are struggling in the work of goodness.

Emmanuel – Andre Luiz / Francisco C. Xavier
Opinião Espírita (Spiritist Opinion)

WORDS TO THE WISE

The vibrations disseminated in a Spiritist Center are the result of the direct intercession and influence of the invisible Benefactors. The useful fluids are essential for a wide variety of extremely delicate tasks that in such a Center may be achieved, commencing with the cure of illness to the conversion and enlightenment of suffering spirits. Even the counseling inspired by the spiritual instructors, utilizes essential elements that are indispensable to all of the assistance carried out by the mentors, workers of the Immortality in service of the Third Revelation. These vibrations, which are extremely sensitive fluids, must be preserved immaculate, intact. Therefore, to maintain their natural virtues is of extreme importance for the meetings. If not protected, these vibrations would be contaminated, thus nullifying their divine effectiveness. This is the reason that all Spiritual Benefactors recommend to all members of the Great Spiritist Doctrine to uphold maximum respect in all meetings. We should never allow ourselves to be a party to any human vice, such as malice and intrigue, commercial and mundane activities, noise or less virtuous behavior, because they are inferior manifestations of our personality and of human nature. The magnetic field generated by this behavior would attract antagonistic and ignorant spirits of the invisible world. Therefore, the work done thereafter would be affected in such a high degree that the negative entities would be able to interfere or probably make the task ahead impossible. The pure vibrations of the atmosphere in the meeting would be totally contaminated and incompatible with the vibrations of the Superior Spirits.

A Spiritist Center where the vibrations emitted by the participants, incarnated or disincarnated spirits radiate from respectful minds, faithful hearts and superior goals; where the word emitted would never be dislodged in futility and disrespect; instead of childish laughter they turn to prayer; instead of acclamations and undeserved praise they emit pure telepathic energy seeking joyful inspirations; instead of ceremonies or mundane amusements, the follower is induced to mental communion with his beloved family spirits or his spiritual guides; a faithful observer of the procedures initially recommended from the organizers of the Spiritist Doctrine, will be joined by the Superior Spirits. They will elevate it to the condition of a model organization in the Spiritual World. Then, in such a Spiritist Center it will be possible to achieve sublime accomplishments that will honor its directors of both sides of Life. Only those Centers are going to be registered in the Spiritual World as establishments of charity, or Temples of Love and Fraternity well qualified to accomplish any spiritist experience. Those that deviate from all of these highly moral recommendations will be considered by the Spiritual World as irresponsible organizations, where the members only gather for entertainment.

Dr. Bezerra de Menezes / Yvonne A. Pereira
Dramas da Obsessao (Dramas of Obsession)

ONLY IN THIS MANNER

*“This is to my Father’s glory, that you bear much fruit:
showing yourselves to be my disciples”
Jesus. (John, 15:8)*

In our afflictions, the Father is invoked.

In happiness, He is adored.

On a stormy night, He is anxiously awaited.

On a festive day, He is solemnly revered.

Praised by the grateful children and forgotten by the ingrates, the Father always provides, spreading the blessings of His infinite kindness among the good and the bad, the just and the unjust.

He teaches the worm to crawl, the bush to develop and man to reason.

Let no one doubt the Supreme Lord’s expectation of us. From existence to existence, He helps us to grow and to serve Him, so that one-day we can be integrated victoriously in His Divine Love, and we can glorify Him.

We will never achieve that condition by simply displaying the thousand brilliant colors of our feelings and reasoning.

Our higher ideals are crucial, but in the end they resemble the most beautifully perfumed flowers of the tree. Our culture is without a doubt indispensable though, in essence, it constitutes the robustness of the respectable log. Our high goals are precious and necessary; however, they represent the living and promising leaves.

All those requirements are imperatives of the crop.

It similarly occurs in the domains of the soul.

It is only possible to glorify the Father when we open ourselves up to His decrees of universal love, contributing toward eternal goodness.

For that reason, the Master was clear in His statement.

May our actions in life produce many fruits of peace and wisdom, love and hope, faith and happiness, justice and mercy, in worthy and constant personal service, because only in this manner will we glorify the Father and be pupils of the Crucified and Revived Master.

Emmanuel / Francisco C. Xavier
Segue-me (Follow me)