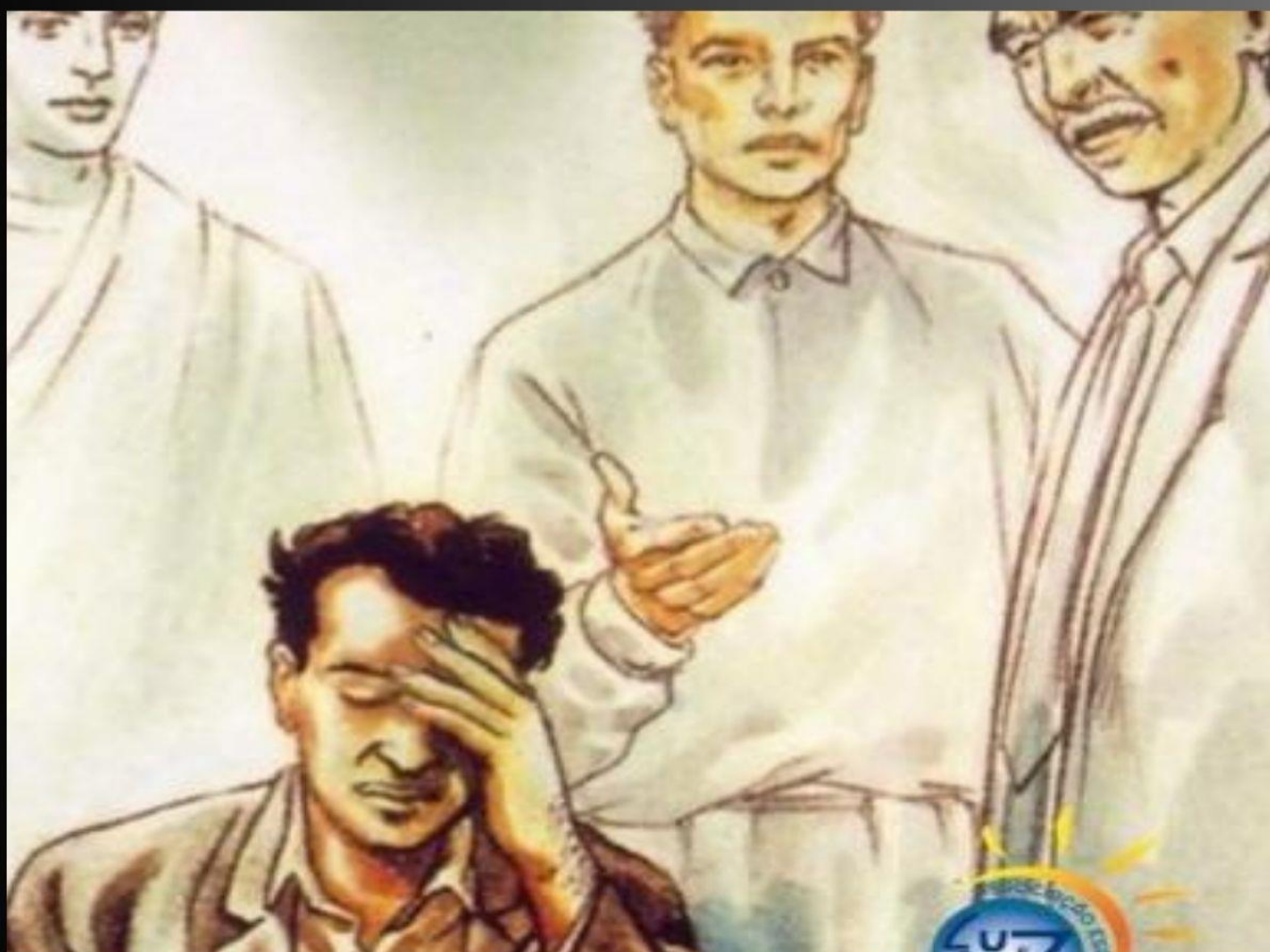


COLLECTION OF  
MEDIUMISTIC  
MESSAGES



FRANCISCO C. XAVIER  
SEVERAL SPIRITS

Part One

# **Collection of Mediumistic Messages - Francisco C. Xavier - Several Spirits**

Original release in Portuguese:

**Coleção de Mensagens Mediúnicas - Francisco C. Xavier**

Translation: Marcia Andrade

Review and Formatting: Alexandre R. Distefano

Digitized Version:

© 2025

Free Distribution:



# UNFORTUNATE HABITS



*Francisco C. Xavier*  
*André Luiz*

## UNFORTUNATE HABITS

- Using pornography or swear words, even if they are supposedly fashionable.
- Patting or nudging anyone you speak to.
- Making unfavorable comments about someone's situation.
- Spreading rumors and engaging in negative conversations.
- Shouting.
- Laughing uncontrollably.
- Applying merciless frankness under the pretext of honoring the truth.
- Digging into other people's pasts, harming or hurting others.
- Comparing communities and people, spreading pessimism and discredit.

-Avoiding cleanliness.

-Complaining, systematically, about everything and everyone.

-Ignoring conveniences and others' rights.

-Purposedly focusing on other people's defects and scars.

-Getting irritated over trifles.

-Inquiring about situations and connections whose meaning we cannot fathom.

-Disrespecting people with unnecessary questions.

-Telling jokes which might hurt the feelings of those listening.

-Mocking those around or lashing out at those who are absent.

-Analyzing anyone's sexual problems.

-Throwing knowledge out of place and condition, for the

pleasure of showing off culture and competence.

-Disregarding commitments and schedules.

-Living without method.

-Being agitated at every moment, compromising others' work and making it difficult to perform one's duties.

-Boasting, under the pretext of being better than others.

-Spending more than one can afford.

-Expecting honors and privileges.

-Not wanting to suffer.

-Demanding good without working.

-Not knowing how to handle insults or criticism.

-Not trying to control oneself, exploding at the slightest setback.

-Discrediting services and institutions.

-Avoiding studying.

-Always putting off until tomorrow the obligation that can be fulfilled today.

-Dramatizing illnesses and disappointments.

-Arguing without reasoning.

-Despising adversaries and idolizing friends.

-Complaining about others for things we have not yet managed to do.

-Asking for support without giving cooperation.

-Condemning those who cannot think like us.

-Accepting duties and leaving them without consideration on others' shoulders.

*Around  
Happiness*



Francisco C. Xavier

*André Luiz*



## AROUND HAPPINESS

When it comes to happiness, don't forget that we always become what we love.

Those who accept themselves as they are, giving their best in life, will find it easier to be as happy as they hope.

Our happiness will naturally be proportional to the one we give others.

Your neighbor's happiness often begins with the smile you want to give them.

Happiness can show itself, walk, talk, and communicate in external life, but it resides with an exact address in the tranquil conscience.

If you aspire to be happy and still bring along determinate guilt complexes, begin to desire your liberation by embracing work in favor of others to repair some damage you may have caused to the detriment of someone.

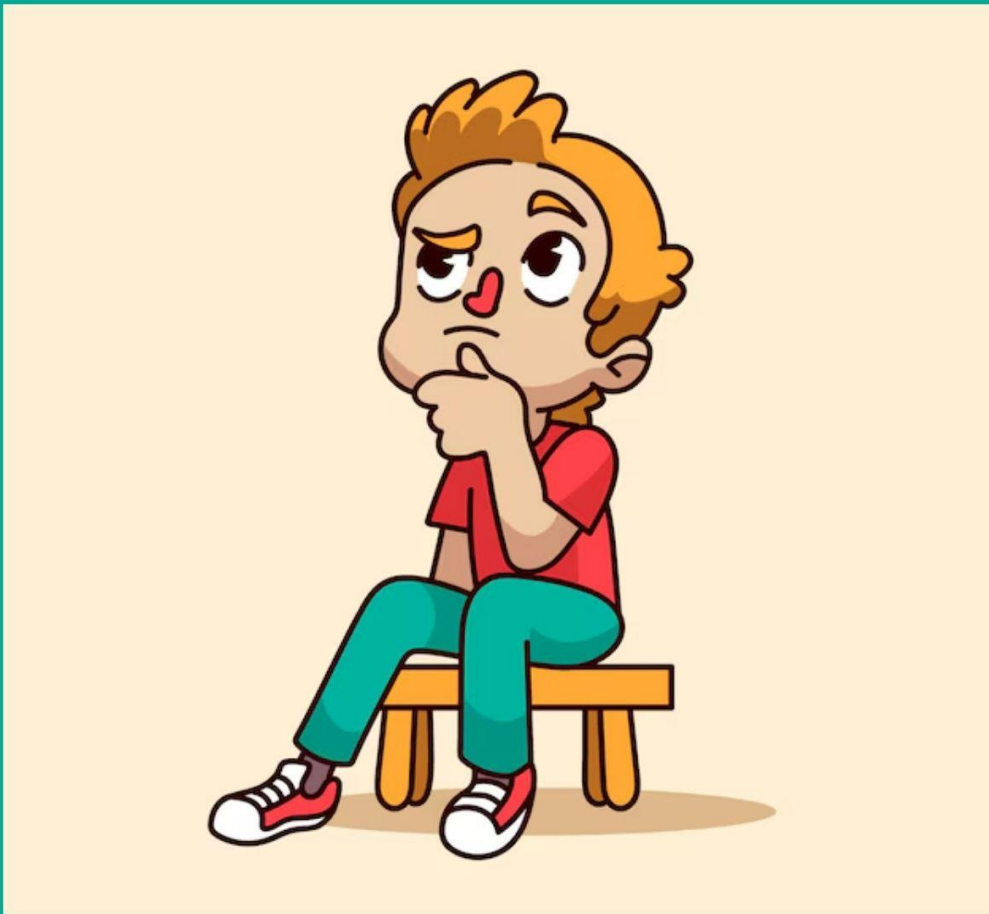
Understand yourself; self-knowledge fosters humility, essential for happiness.

Love is the force of life, and the work linked to love is the powerhouse generator of happiness.

If you stop complaining, you will notice that happiness calls your heart to a new life.

When the sky is gray and pouring rain, meditate on the abundant harvest that will emerge from the field and the beauty of the flowers in the garden.

# CONCERNS



FRANCISCO C.  
XAVIER  
ANDRÉ LUIZ

## **CONCERNS**

Don't worry in anticipation, because life might solve your problem, even today, without your efforts.

It's not concern that annihilates a person, but the preoccupation because of preoccupation.

Before your current difficulties, you've already faced countless others and has already gotten rid of them all, with the invisible help of God.

A person busy in serving never has time to comment insult or ingratitude.

A notable philosopher once said: "An angry creature is always full of poison", and we can add: "of illness too."

Work before, during, and after any crisis, and the work will guarantee your peace.

Count the blessings that enrich your life and write down the evils that may visit your heart, to recognize the immense balance of advantages in your favor.

Generally, evil is a misunderstood good.

In any failure, understand that if you can work, you can also serve the neighbor, and those who can serve, carry a treasure in their hands.

However great the burden of suffering, remember that God, who endured it with you yesterday, will also endure it today.

# *Impediments*



*Francisco C. Xavier*  
Emmanuel

## IMPEDIMENTS

*“Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”*

*Paul (Hebrews 12:1)*

Wherever you go on Earth, carrying the vase of your faith, pouring it out in good works, you will always find impediments in bulk, making your tasks difficult.

Today, it is the failure of the initial attempts of progress. Tomorrow, it will be the fellow that fails.

Later, the hostile persecution of your ideal.

You will feel afflicted with the bile of many lips that deserve your esteem.

From time to time, you will suffer from the incomprehension of others.

Periodically, you will find a thousand obstacles at the forefront, inducing you to inertia or negation.

Despite that, the career they propose to us should unfold on the route of permanent good.

What should we do with people and circumstances that impel us to backwardness and immobility?

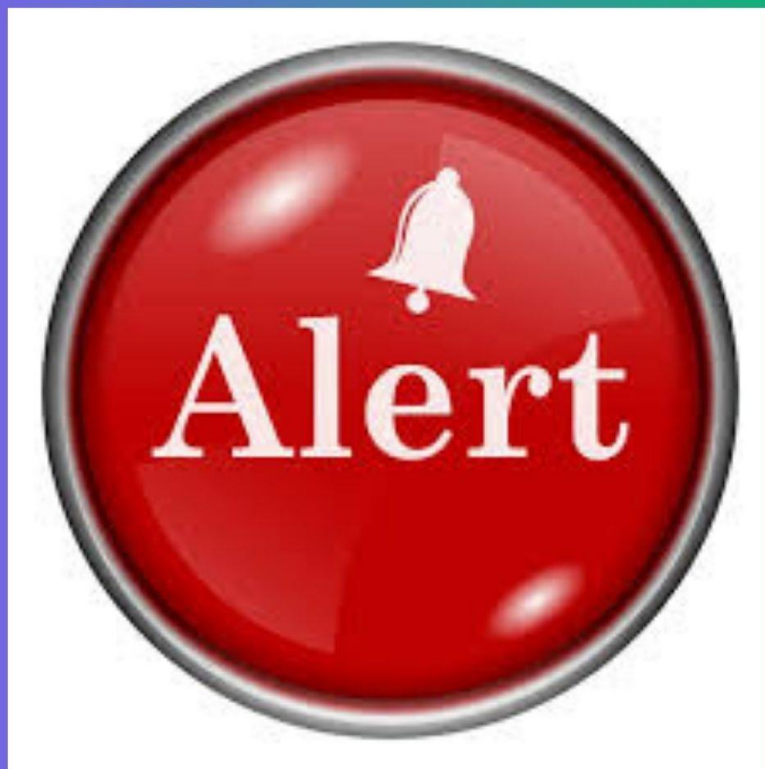
The apostle of the Gentiles responds, categorically: “Let us throw off everything that hinders.”

Putting the difficulty on the sidelines, though, does not mean despising the opinions of the others when they are respectable; or giving up the common struggle.

It means respecting each individuality in their position; it is sharing the noblest angle of the Good Fight, with our best collaboration for the general improvement.

And, inwardly, in the intimacy of the heart, proceeding with Jesus, today, tomorrow and always, working and serving, learning and loving, until the divine light shines in our consciousness, as much as we are already unconsciously inside it.

*Let Us Keep  
Care*



**FRANCISCO C. XAVIER**

*Emmanuel*



## Let Us Keep Care

A person always perceives the world through their inner vision. The colors of their thoughts influence how they judge external aspects of life.

Based on their internal feelings, they then evaluate the emotions of others. By observing others' behaviors, they often reflect on their own actions and motivations.

It is crucial to remain vigilant to ensure that conscience is not tainted by negativity. When dark thoughts invade our minds, we begin to see shadows everywhere.

Alongside the expressions of the purest love, we may experience confusing and misleading desires.

If we encounter someone exhibiting good taste, we might interpret that as vanity.

When a friend enters the public arena, we may idealize him as an embodiment of political tyranny.

If a neighbor manages money well, we might approach him with suspicion and entertain thoughts of dishonesty.

Upon hearing a friend defend a righteous cause, we may hastily categorize him as obstinate.

When negativity seeps into our personal lives, it leads to regrettable alterations in our thinking. In such situations, virtues often go unnoticed, while evils loom large.

Even the sincerest acts of kindness can be misinterpreted.

We must tread carefully whenever envy, jealousy, suspicion, or slander arise.

Some situations are complicated enough that silence becomes the best remedy.

Ultimately, each person perceives the journey and the traveler through the lens of their own clear or dark vision.

# LET US START OVER



Francisco C. Xavier

EMMANUEL

## Let Us Start Over

*“No one sews a patch of unshrunk cloth on an old garment.”*

*(Matthews 9:16)*

Do not keep bitter memories.

You have seen the broken dream.

You have heard an answer of gall.

You have endured the defection of the ones you love most.

You have failed in the enterprise.

You have reaped abandonment.

You have suffered disillusionment.

However, starting over is a blessing in the Law of God.

The cob reappears in sowing.

The warmth of spring returns each morning, illuminating the horizon with the sun's radiance and reforming the day's value.

From January to January, the year is renewed, offering a new work cycle.

It is as if everything is saying: "If you want, you can start over".

However, the Divine Friend said no one takes advantage of a new patch on an old cloth.

So, get rid of things that do not add anything.

Get rid of the useless.

Forget the mistakes that have come onto your path.

Throw away helpless afflictions.

Therefore, let us recommence any effort firmly, bearing in mind that everything comes back except the forgotten opportunity, which will always be a real loss.

# *Alarmsignale*



**FRANCISCO C. XAVIER  
SCHEILLA**

---

# Alarmsignale

Auf dem Weg der Erfahrung gibt es zehn rote Lichter, die auf einen wahrscheinlichen Fall in die Besessenheit hinweisen:

- 1 - Wenn wir den Bereich der Ungeduld betreten.
- 2 - Wenn wir glauben, dass unser Schmerz der größte ist.
- 3 - Wenn wir beginnen, in unseren Freunden Undankbarkeit zu sehen.
- 4 - Wenn wir uns das Böse in den Einstellungen unserer Partner vorstellen.
- 5 - Wenn wir die unglücklichen Seiten dieses oder jenes Menschen kommentieren.
- 6 - Wenn wir Wertschätzung und Anerkennung einfordern.
- 7 - Wenn wir annehmen, dass unsere Arbeit übertrieben ist.
- 8 - Wenn wir den ganzen Tag damit verbringen, von anderen Anstrengungen zu verlangen, ohne den

geringsten Dienst zu machen.

9 - Wenn wir durch Alkohol oder Drogen vor uns selbst fliehen wollen.

10 - Wenn wir denken, dass unsere Pflicht nur anderen gehört.

Wann immer eines dieser Zeichen im Verkehr unserer Gedanken auftaucht, ist das göttliche Gesetz gegenwärtig und empfiehlt uns, den klugen Schritt zu tun, uns mithilfe des Gebets oder des Lichts der Unterscheidung zu unterstützen.

Scheilla

(Seite erhalten vom Medium Francisco C. Xavier)



# DIFFICULT RELATIVES



FRANCISCO C.  
XAVIER

ANDRÉ LUIZ

## DIFFICULT RELATIVES

We ought to accept difficult relatives based on generosity and understanding, in the certainty that God's Laws do not bind us to one another without a just cause.

The relative that causes us difficulties is always a test to examine our spiritual evolution.

Often, the complicated individual who joins our family brings the marks of suffering or deficiencies we imposed on them in past reincarnations.

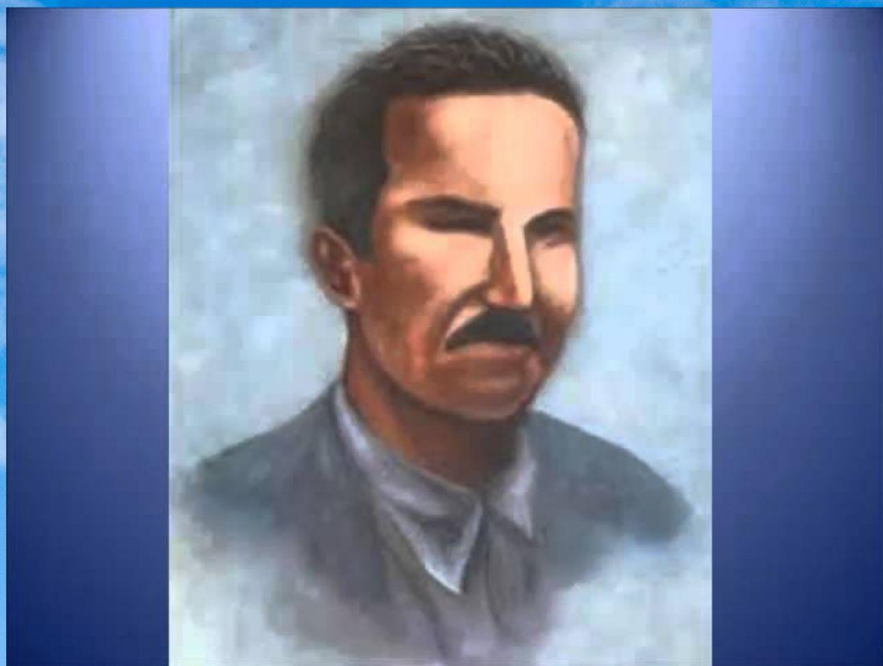
Don't demand behavior like yours from family members different from you, for each of us is characterized by advantages or losses accumulated in our souls.

Don't try to get rid of difficult relatives by requiring unnecessary hospitalizations in nursing homes at the cost of money.

The real disconnection will come in the processes of nature when you have settled your debts with the Greater Life.

In the trials and conflicts of our earthly home, we are frequently paying through the installment system for debts incurred wholesale.

*Recipe for  
Getting Better.*



Francisco C. Xavier

*José Grosso*

## RECIPE FOR GETTING BETTER

- Ten grams of good sense in the head.
- Serenity in the mind.
- Balance of reasoning.
- Elevation in the feelings.
- Purity in the eyes.
- Vigilance in the ears.
- Lubricant in the neck.
- Interrupter in the tongue.
- Love in the heart.
- Useful and unceasing service in the arms.

- Simplicity in the stomach.
- Good direction of the feet.
- Daily use in temperature of goodwill.



# Twenty Exercises of Scheilla



Francisco C. Xavier  
Scheilla

---

## TWENTY EXERCISES

In order to develop spiritually, we should:

- 1- Execute our obligations happily.
- 2- Silence before the offense.
- 3- Forget the rendered favor.
- 4- Discharge the friends of any kindness towards us.
- 5- Silence our aggressiveness.
- 6- Not condemn the opinions that diverge from ours.
- 7- Abolish any malicious or unnecessary questions.
- 8- Repeat information and instructions without any soreness.
- 9- Train constant patience.

- I0- Hear fraternally the companions' sorrows without biographing our pains.
- I1- Seek, without affectation, the form of being useful.
- I2- Excuse without excusing ourselves.
- I3- Not speak ill of anybody.
- I4- Seek the best part of the people who commune with us the experience on Earth.
- I5- Cheer with the joy of the others.
- I6- Not upset he who works.
- I7- Help spontaneously.
- I8- Respect the others' work.
- I9- Reduce personal problems.
- 20- Willingly serve when illness hurts us.



\*\*\*

The apprentice of material existence that wishes and endeavors to practice, at least some of the twenty exercises here proposed, will certainly receive from the Divine Master, in the school of life, the more distinguished notes in the course of Charity.

---

# Around Sex

*Francisco C. Xavier*

**André Luiz**



## AROUND SEX

Never make fun of sex, because sex is a source of divine creation, which cannot be held responsible for the abuses of those who tarnish it.

Psychologically, each person has different problems when it comes to sex.

In any area of sex, reflect before committing yourself, because the word committed generates bonds of spirit.

Don't try to standardize the emotional needs of others with your own emotional needs, as although love is a uniform and sublime light in everyone, the understanding and the position of love are graded in a thousand ways on the evolutionary path.

Use your conscience, whenever you decide to use your genetic faculties, immunizing yourself against the evils of guilt.

In all feeling's communication, remember the golden rule:

**"Do not do to others what you don't want to be done to you."**

Decent work that provides a livelihood is a solid guarantee against prostitution.

Don't set traps for anyone, especially on the paths of affection, because you will fall into them.

Don't wish your happiness at the price of someone else's misfortune, because every imbalance of unbridled affection will be corrected, at the cost of tortured affection, through reincarnation.

If someone has made a mistake in their sexual experience, consult your inner self and check whether you wouldn't have made the same mistake if you had the opportunity.

Don't judge supposed maladjustments or recognized flaws of sex but respect the sexual manifestations of others as much as you demand respect for those that characterize your existence.

Consider that sexual communion is always an intimate matter between two people, and when you see two people together, you can never say with certainty what they are doing.

What's more, if the accusation about someone's sex life is made by their partner, the accuser may be more guilty of wrongdoing, since to find out about the person who is being publicly mocked, they may have shared the same experiences.

In all the challenges and problems of sex, cultivate mercy towards others, remembering that, in the areas of support through understanding, if today is your day to give, it is possible that tomorrow will be your day to receive.



Brief  
Notes

*Francisco C. Xavier*

*André Luiz*

## BRIEF NOTES

-Don't waste time.

-Don't avoid your duty.

-Respect your commitments.

-Serve as much as you can.

-Love intensely.

-Work hard.

-Pray with faith.

-Speak kindly.

-Don't criticize.

-Observe by building.

-Study always.

-Don't complain.

-Plant joy.

-Sow peace.

-Help without demands.

-Understand and benefit.

-Forgive any offense.

-Be punctual.

-Keep a clear conscience.

-Help generously.

-Forget about evil.

\*

Cultivate sincerity by accepting yourself as you are and welcoming others in their own way, but always try to do your best.



IN AFFECTIVE  
MATTERS

Francisco C. Xavier

ANDRÉ LUIZ



## IN AFFECTIVE MATTERS

You must always be very careful when dealing with other people's emotional problems, as often, others don't even consider what we might think.

Adult Spirits know that while living on Earth, no one can, in good conscience, draw the line between normality and abnormality in matters of deep affection.

Preachers of strict morality, in matters of love, rarely don't fall into the situations they condemn.

Every person who harms another in the commitments of feelings is fatally damaging themselves.

Respect the connections and separations between the people in your world without strangeness or censure, for you don't know the reasons and processes behind them.

In essence, your soul's needs are pretty different from those of others.

When it comes to the sufferings of love, only God knows where lies fall and victory.

Never play with the feelings of others.

Don't take on emotional commitments if you cannot, or won't sustain them.

Love, in your existence, will be what you make of it.

You will receive in return everything you give to others, according to the law that governs our destinies.

In the face of love's mistakes, if you've never made a mistake out of emotion, imagination, intention, or action, throw the first stone, as Jesus recommends.

