

**Francisco C. Xavier**



**FOLLOW ME!**

**Emmanuel - Spirit**

# **CHICO XAVIER – FOLLOW ME - EMMANUEL SPIRIT**

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*Follow Me!*

# 1

## Sign of Love

“The Pharisees came and began to question Jesus. To test him, they asked him for a sign from heaven.”

Mark 8:11

In Christian Spiritism, apprentices of the Gospel appear here and then, extremely interested in meeting determinate requests in the chapter on psychic phenomena.

They look for tangible, incontestable signs. Most of the time, the movement is nothing more than the repetition of the ancient Pharisees' gestures. Mediums and other companions, in large numbers, do not realize that the requests for demonstrations are formulated out of temptation. There are logical conclusions in the matter which should not be despised.

If a spirit remains incarnate on Earth, how can it provide signs from Jupiter?

If requests of this nature, addressed to Christ Himself, were considered by the Gospel as a kind of temptation to the Master, with what right can the new disciples impose them on the invisible friends?

On the contrary, faithful apprentices must be prepared to provide earthly demonstrations. It's only fair that Christians can't project a magic screen on the wandering clouds, but they can reveal how the brotherhood ministry is carried out in the world.

He will never unfold the total landscape in which invisible beings move, but he is qualified to help enlighten the people of the future.

Those who ask for signs from heaven may be ignorant or in bad faith, but those who try to satisfy them are very distracted from what they have learned from Christ. If you are asked for strange

demonstrations, you can reply confidently, that you are not appointed to produce wonders and make it clear to your brother or sister that you remain determined to learn from the Master, to offer the Earth your sign of love and light, firm in the faith, so as not to succumb to temptations.

## 2

# Spiritual Resistance

**“About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.”**

**Acts, 16:25**

Paul and Silas' attitude in the darkness of the prison is deeply symbolic. When many imprisoned there remained without hope, behold, Jesus' heirs, although torn apart by floggings, began to pray, singing hymns of trust.

In the wake of anguishing and bitter transitions, doesn't today's world seem immersed in the shadows that precede midnight?

Generous knowledge remains eclipsed. Justice and law notions, peace programs, and mutual assistance treaties are relegated to oblivion.

Furious animals take advantage of the darkness to escape the hidden corners of the human soul, where they remain guarded by the cover of civilization and try to dominate the creatures using terror, persecution, and violence.

How many young people lie in prisons of disappointment, bitterness, remorse, and crime? Through desolate paths along fields that bombs have devastated, within cold darkness, some mothers mourn despondent old men and lost children.

Who can count the anguish of the painful night? Learners of the Gospel, likewise, suffer persecution and slander and, almost everywhere, are led to harsh testimonies.

Many were involved in heavy clouds, others hid, fleeing the hour of suffering; though, the faithful disciples still endure beatings and stones and, despite the unfathomable midnight darkness of civilization, they pray in the sanctuaries of the eternal spirit and sing songs of hope, encouraging their companions.

While few souls perceive the first blushes of dawn due to the long obscurity, let us remember the Master's devoted workers and seek consoling refuge in **active prayer**. If the world experiences the storm, let us seek in **prayer and work, faith** and optimism, because another glorious day is dawning, and in Jesus Christ, our spiritual resistance rests.

## 3

# Crossed Ways

**“Above all, you must understand that in the last days scoffers will come, scoffing and following their own evil desires.”**

### II Peter 3:3

Among all the elements that try to disturb the divine works, the Scoffers are the worthiest of brotherly pity. It is because they are patients not very susceptible to medication, given that they are profoundly ignorant or profoundly perverse.

The scoffer usually approaches faithful workers with new ideas demanding conclusive proof of the spiritual statements that constitute the divine basis of their work on Earth.

It is interesting, however, to observe that they ask for everything without being willing to give anything.

They want proof of the truth; however, they do not leave the mental caves where they usually live, not even to see them. They want spiritual demonstrations clinging, worm-like, to material phenomena. The unfortunate ones do not realize that they have become trapped in the ignorance of life or in the selfishness that aggravates their perverse instincts. And they laugh along the world's paths, copying the stories of irresponsibility and indifference. They mock all grave reflections, all ideals of goodness and light...

They move noble intellectual assets to destroy and sometimes manage to dig deep into the abyss where they find themselves.

Sincere learners of the Gospel must, yet, know that similar deviants will walk the Earth according to their lusts. They are left aware of the evil that only Divine Mercy can transform with the sublime breath of its renewals.



We must not waste time with this class of disturbers, who oppose themselves to good activities. They are exponents of mockery, condemned to receive its consequences. By themselves, they are already quite unfortunate. If, one day, they cross your path, bear them with patience and hand them over to God.

## 4

### Against Danger

“I tell you, whoever publicly acknowledges me before others, the Son of Man will also acknowledge before the angels of God.”

Luke 12:8

Many evangelical labor companions assume that following the Master is simply a profession of faith through words. To demonstrate that we sincerely adhere to Jesus, is it enough standing on a platform or heatedly arguing with some friends who still cannot understand us?

A similar confession has been the aim of most disciples throughout the ages; nonetheless, this fearless attitude is one of the faces of achievement without ever constituting its precious whole.

Expressing our love for Christ before men means proving his light and power in love and detachment actions, which ordinary men do not yet know. It will not be instituting hasty convictions in others but guiding life on a different and superior plane so that the most fragile or frivolous spirits can find, close to our soul, something higher that they do not feel in other places and situations in the world.

It is not easy to confess Jesus among earthly communities when we know that He was led to the cross of martyrdom by them; nevertheless, it's from this confession that his persuasive word speaks to us in the Gospel of Truth and Love.

The disciple must be careful against the danger of verbal adherence without the participation of his inner energies.

The Lord desires to be confessed by his followers on the world's roads, yet this act is not practiced only through words but through all living demonstrations of the heart.

## Children of God

“In your patience possess ye your souls.”

Luke, 21:19

After all, being patient does not mean smiling at human evils nor contesting their unworthy activities on the face of the world.

Agreeing with all the evils of the earthly path under the pretext of revealing this virtue would be absurd nonsense. Having patience then means resisting the inferior instincts that surround us on the evolutionary path, bringing all the good within our reach to the beings and things before us as a representation of these same Impulses.

Jesus modeled supreme patience and resisted our inferiority by loving us. He did not level with our weaknesses but took advantage of every opportunity to improve us and lead us to the good. His mercy took our sins and transformed each one into a profound lesson for the reform of ourselves. He did not applaud our miseries, nor did He smile at our mistakes, but He understood our shortcomings and supported us. Despite all this, He always resisted us, within his love, until the cross of martyrdom.

The patience of Christ is an open book for all hearts inclined towards good and truth.

Only by sincere resistance to evil, with the faithful willingness to transform it into good, will you be able to possess your souls. On the contrary, even if you feel autonomous and strong, you will be taken by unworthy tendencies or inferior feelings.

Therefore, it is fair that you try to know now whether you already possess your hearts, or if you are under the control of forces foreign to your title of sons of God.

## Righteous Obedience

“Who, being in very nature God, did not consider equality with God something to be used to his own advantage.”

### Philippians 2:6

All human suffering, in general, stems from the pretension to usurp Divine Power.

Pride, vanity, foolishness, selfishness, perversity, rebellion, and oppression represent only various forms of this unwarranted usurpation. War and its destructive century, tyranny and the revolutionary instinct, the devastating passions and the spiritual disasters that result from them constitute their works.

In the vast landscape of our life, we always see Divine Mercy and human evil, Heavenly Goodness, and the creatures' disobedience...

Always the Generous Father and His thoughtless children, the Just God, and the fallen and perverse intelligence...

A painful picture...

In everything on the planet, the harmony of the Lord's laws and the men's discord, the providential blessing of heaven, and earthly rebellion...

That is the reason Humanity, like a gigantic spider, finds itself in a labyrinth, trapped in the criminal web of its actions.

The heart of the faithful disciple of the Gospel, in the current days, must be clothed with the vigorous breastplate of living faith, for he is called to work in a dark forest, where wickedness has become more refined and the shadow denser.

And above all, let him keep the confident serenity of the worker, who understands the need for witness and sacrifice for all, once for the sincere apprentice, the teaching of the One who came into

the world through divine announcements, marked by a shining star, was feared by the authorities of his time and transformed fishermen into apostles, healed lepers, blind ones, and raised those paralyzed from birth.

He did not want to usurp the Divine Right and marched one day to the mountain to witness the righteous obedience to the Supreme Lord of Life, on top of a cross, in the face of everyone's contempt and irony.

## Don't Sin Too Much

“Go, and sin no more.”

John, 8:11

The valuable seed you don't help can be lost.

The tender tree you don't protect is exposed to destruction.

The spring that you don't support often dries up.

The water you don't distribute forms swamps.

The fruit you don't use rots.

The good soil you don't defend is choked by useless grass.

The hoe you don't use creates rust.

The flowers you don't cultivate don't always come back.

The friend you don't keep runs away from you.

The medication you don't respect, in the dosage and at the right time, does not benefit your body.

\*

Divine grace is the same way.

If you don't guard the favor from on high, respecting it in yourself, if you don't use the elevated knowledge you receive for the benefit of your happiness, if you don't cherish the contribution that comes to you from above, the dedication of the spiritual messengers won't help you.

In vain, will they improvise miracles of love and patience to solve your problems, because without the adhesion of your will to the regenerative program, all the measures will be useless.

*"Go and sin no more".*

Jesus' teaching is sufficient and expressive.

The Divine Physician provides healing, but if we don't keep it within ourselves, no one can foresee the extent and consequences of new imbalances that will demean our invigilance.

## The Own Cure

“Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.”

### Matthew 9:35

Cure cataracts and conjunctivitis but correct also the spiritual vision of your eyes.

Defend yourself against deafness but rectify your way of registering the voices and various requests that come to you.

Treat arrhythmia and dyspnea, yet don't give your heart over to impulsiveness.

Combat neurasthenia and exhaustion; nonetheless, take care to readjust your emotions and tendencies.

Pursue gastralgia, though, educate your appetites at the table.

Improve the blood condition. Notwithstanding, don't overload it with the waste of inferior pleasures.

Fight hepatitis, but rid your liver of the excesses you indulge in.

Remove the dangers of uremia, but don't suffocate the kidneys with poisons from shiny bowls.

Remove rheumatism from your limbs, but make sure you do the same with your feet, arms, and hands.

Fix the brain errors that threaten you; nevertheless, learn to keep your mind on superior idealism and noble acts.

Consecrate yourself to your own healing, but do not forget to preach the Divine Kingdom to your organs. They are alive and educable.



Without your thoughts being purified, and without your will commanding the organism's boat in the good direction, the intervention of human remedies will be nothing more than a measure in transit toward uselessness.

## The Good that Wasn't Done

“What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them?”

James, 2:14.

The norm of man is strange when he thinks he possesses the keys to a Superior Life simply by maintaining faith, as if conviction alone were enough to carry out a determined service.

Let us compare faith and works with the plan and buildings.

Without an adequate plan, a building cannot be built along the correct lines.

Yet, one should observe that the architectural cripple, improvised without a plan, still serves, anywhere, to shelter those who journey aimlessly, and the noblest project, without its corresponding implementation, is nothing more than a geometric treasure sentenced to the archive.

A traveler may take along a vast collection of sketches from which he can build an entire city. Nevertheless, if he does not have a tent to shelter in during a downpour, the drawings, although respectable, will certainly not prevent the rain from soaking his bones.

Having faith can mean retaining a religious belief. **Nonetheless, cultivating faith means observing safety and punctuality in a commitment's execution.**

No one redeems a debt just by praising the creditor.

Given this, let us not deceive ourselves.

Let's be sure that we don't lack Divine Goodness, but let's build human goodness within ourselves.

No matter how great someone's trust in the Greater Power of the Universe, this alone does not give them the right to claim the good they have not done.

## Where to Rest

“Then Jesus put out His hand and touched him, saying, “I am willing; be cleansed.”

Matthew, 8:3

Hands outstretched!

When you meditate and pray, remember that all the great ideas were poured through the arms in order to make good works a reality.

Cities that honor civilization, industries that sustain people, homes that shelter families and plots of productive land are all guaranteed by the hands' efforts.

Doctors spend a lot of time studying to earn the title that gives them the right to guide patients. Yet, they live extending their hands to aid the sick.

Educators spend several years in the stream of letters, acquiring the science of handling them. Nevertheless, they spend a long stretch of their lives using their hands in the writing work.

Each reincarnation of our spirit requires open arms from the maternal lap that welcomes us.

Every meal, to emerge, requires moving arms.

Let's cultivate reflection so that our ideals become clearer, without leaving the work that fulfills us.

Although Jesus could have represented himself through millions of messengers, He chose to come to us Himself, putting his hands into service, preferably towards the less fortunate ones.

Let's think of him, the Lord.

And every time we feel tired, sighing for unneeded rest, let's remember that the hands of Christ, after helping and lifting us,

far from finding restful support, were nailed to the wood of the sacrifice, from which, despite being mocked and beaten, they still departed between the word of forgiveness and the serenity of blessing.

No Noise

“But when he, the Spirit of Truth, comes, he will guide you into all the truth.”

John, 16:13

The way of all Truth is Jesus Christ. The Master came to the world to install this truth so that men could be free, and He organized the program of his divine work’s cooperators so the infinite path could be properly prepared. At the end of the road, he placed redemption and gave creatures love as a guide.

As we know, the guide is one for everybody. And men came to the divine service. With the collaborators, however, came the dark geniuses, who shadowed them in the caves of ignorance.

Religion, as a universalist expression of love, which is the guide, always hovered pure above the miseries that reached the great field.

Nevertheless, this was full of absurdities, and the path was almost obstructed.

Ambition demanded taxes from those who wished to pass, pride claimed the direction of movements, vanity demanded spectacles, convenience requested masks, inferior politics established wars, and separability provoked the hypnosis of sectarianism.

The path has become cluttered with obstacles and shadows, and the person concerned, who is the human spirit, encounters infinite obstacles to the passage.

The picture represents an answer to all those who ask about the purposes of Christian Spiritism, since man already knows all his religious duties.

It is that Spirit of Truth, which comes to fight against the dark geniuses who came from the caves of ignorance and invaded the field of Christ.

But how to fight: Jesus didn't ask for anyone's death. Yes, the Spirit of Truth comes as the light that fights and overcomes the shadows, without noise.

Its mission is to transform, illuminating the way, so that people can see love, which constitutes the only guide for all of us, until the redemption.

*The Forces of Tomorrow*

“Don’t you not know that a little leaven leavens the whole lump?”

I Corinthians, 5:6

No one lives alone.

Our soul is always a nucleus of influence for others.

Our actions have a positive language.

Our words act at a distance.

We are magnetically associated with each other.

Actions and reactions characterize our journey.

We, therefore, need to know what kind of forces we project onto those around us.

Our conduct is an open book. How many of our insignificant gestures reach our neighbor, generating unexpected resolutions...

How many seemingly inexpressive phrases that come out of our mouths set great events in motion.

Every day, we send out suggestions for good or evil.

Leaders attract those they lead.

Servants inspire administrators.

Which way is our attitude pointing?

A little yeast leavens the whole dough. We don't have the resources to analyze the extent of our influence, but we can examine its essential quality.

Thus, be careful with the **invisible food** you provide to the lives around you.



Destiny unfolds in currents of ebb and flow. The forces externalized from our activity today will return to the center of our activity tomorrow.

## Light in Our Hands

“Once, on being asked by the Pharisees when the kingdom of God would come, Jesus replied, “The coming of the kingdom of God is not something that can be observed.”

Luke 17:20

Today's Earth brings together people at the cutting edge of intelligence.

Huge cities are used, like gigantic cement and steel nests, by groups of millions of people.

Electricity ensures the power circulation necessary to keep people working and domestic comfort. Science guarantees hygiene. The automobile saves time and shortens distances. The press, radio, and television interconnect thousands of creatures in a single instant, in the same band of thought.

School brightens the brain.

Technology guides industry.

The social institutes sponsor welfare and security issues.

Commerce, wisely directed, caters to consumption with precision.

But are we facing a flawless civilization?

At the head of these resplendent emporiums of culture and material progress, let us remember the words of Allan Kardec's instructors based on Spiritism Codification.

By asking them through what indications we can recognize a civilization, in Question number 793 of "The Spirits' Book", he got the following answer: *"You will recognize it by its moral development. You believe you are far advanced because you have made grand discoveries and obtained marvelous inventions, and you house and clothe yourselves better than the savages.*

*However, you will not truly have the right to call yourselves civilized until you have banished from your society the vices that disgrace it and when you live as brothers, practicing Christian charity. Until then, you will only be enlightened peoples who have passed through the first stage of civilization."*

Spiritists, brothers! Let's remember Christ's warning when He tells us that the kingdom of God does not come to us with outward appearances.

In order to build it up, let's not forget that the Spiritist Doctrine is light in our hands.

Let's reflect on that.

## This Night

“But God said to him, 'You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?’”

Luke, 12:20

Gathering material values is not enough to guarantee happiness.

Super culture is currently achieving prodigious feats on Earth in all branches of physical nature, from the control of atomic forces to the achievements of astronautics.

Nonetheless, among the most advanced peoples on the planet, there are two calamities of materialism corrupting their forces: suicide and madness, or more precisely, anguish and obsession.

The fact is that man does not stock up on spiritual reserves at the expense of machines.

To endure the friction necessary for evolution and the conflicts resulting from the regenerative struggle, he needs to feed himself with resources from the soul and rely on them.

In this sense, it is worth remembering Allan Kardec's wise comment in item 14 of Chapter V of "The Gospel According to Spiritism" under the heading "Suicide and Madness":

*"The calm and resignation gained from the way of considering earthly life and from the confidence in the future give the Spirit a serenity that is the best preventive measure against madness and suicide."*

Indeed, it is true that most cases of madness are due to the emotion produced by vicissitudes that people do not dare to endure.

*"Now, if we look at the things of this world the way Spiritism makes us do, we may receive with indifference the setbacks and*

*disappointments that would cause us despair in other circumstances.*

*It is clear that this force places man above events and preserves his reason from shaking, which would otherwise disturb it.”*

Spiritists, friends!

Let's pay attention to the charity that alleviates the hardship of the body, but let us give the same relevance to the soul's needs!

Let's spread the light of the Spiritist Doctrine!

Let's help others to discern and think.

## Making Light

“Accept the one whose faith is weak, without quarreling over disputable matters.”

Romans 14:1

Undoubtedly, faith doesn't always keep pace with the expansion of culture, as much as culture does not always manage to rise to the faith level.

A vigorous brain can rise to prodigies of calculation or excel in the most profound fields of emotion.

Doors take to artistic values without understanding a trifle of moral resistance in the face of temptation or suffering.

Similarly, a fervent heart is susceptible to the noblest demonstrations of heroism in the face of pain or the highest reaction against evil, showing a manifest inability to accept the imperatives of inquiry or the requirements of progress.

**Science investigates.**

**Religion believes.**

If for science, it is not correct to impose guidelines on religion, which result incompatible with its needs of sentiment, it is unreasonable for Religion to force Science to adopt rules irreconcilable with its reasoning requirements.

Equilibrium will be the climate of understanding for us in all matters related to Faith and Culture, or we will always be threatened by the desert of unbelief or the quagmire of fanaticism.

Let us help each other.

**In the sowing of faith, let us learn to listen with serenity to speak rightly.**

The Apostle Paul says: **“Accept the one whose faith is weak, without quarreling over disputable matters.”**

The question is about the following: in order to attain **culture**, the daughter of work and truth, man is naturally compelled to inquire, examine, experiment and theorize. Though, in order to acquire living faith, the child of understanding and love, **one must serve, and serving is making light.**

## Someone Must Plant

“I planted the seed, Apollos watered it, but God has been making it grow.”

### I Corinthians 3:6

No dissolving personalism in the farming of the Spirit.

As in any earthly field, no cultivator can boast of doing everything in the soul’s field of sowing or harvesting. After the efforts of those who plant, there are those who follow the sprout, help, correct and protect it.

Thinking, however, of the need for decentralization in spiritual service, many companions shy away from taking the initiative in the moral constructions, which are our responsibility.

Those who do this tend to relegate to GOD simple obligations regarding elevation, progress, **purification**, or **improvement**. Nonetheless, the CREATOR's laws do not exempt the individual from the duty to collaborate in the construction of good and truth, in favor of himself.

Let's look at the words of the Apostle Paul, when he was already familiar with the problems of self-improvement, with reference to evangelization: *"I planted, Apollos watered, but the growth came from God"*.

The need for individual devotion to the cause of truth appears clear, from a similar conceptualization. We know that the essence of all activity, in an agricultural field, originally comes from Divine Providence. From GOD comes the seed, the soil, the climate, the sap and the guidance for the development of the tree, just as the intelligence, health, courage and discernment of the cultivator also come from GOD, but we are obliged to recognize that **someone must plant**.



*For Everyone's Benefit*

“Now to each one the manifestation of the Spirit is given for the common good.”

Corinthians 12:7

Everybody finds in reincarnation a framework of potential working values, similar to those a person receives when favored by a particular position.

Just as the worker is appointed to be part of the nominative table of a determinate department, with specific attributions, we too, when we go to the physical sphere, receive a similar designation; we are as if appointed to serve in a certain sector of activity and, consequently, placed in the team of family members and companions who enable us to carry out the task.

However, if obtaining a position stems from a concession or order from the Superior Dimension, taking advantage of this very position depends on the person interested in developing or consolidating his own merits. In light of this, we must consider that we all have the talent and capacity to invest in building the good, wherever we are.

No one is orphaned by opportunity.

Everywhere, there is a service to provide and the best to do.

Look around you, and you will hear multiple calls to the work of common progress.

No one is deprived of the possibility to help others, elevate, console, instruct, or renew.

Do not hold back.

The Lord's protection is granted to every human being for the benefit of everyone.

Consider the indication you have received to serve, according to the possibilities that enrich your heart and hands.

**The role comes into our sphere of action, by effect of Divine Providence, but the enhancement of the task comes from us.**

*Service Fund*

**“Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”**

**Luke, 12:15**

Often, when we refer to prosperity, we immediately think of possessions of a material nature, and we reconstitute in our minds the image of our friends' carrying commitments to fortune, as if they were the only ones responsible for the balance of the world.

In doing so, however, we unconsciously flee from our duties without exempting us from the assumed obligations.

Symbolically, we all have capital to move around since at each regenerative or evolutionary stage, we are surrounded by valuable credits of time, through which Divine Providence considers us equal by necessity and, at the same time, differentiates us from each other's by the individual destination we give to them.

In this way, we are all called upon not only to employ money but also to use health, condition, profession, ability, understanding, culture, relationships, and other possibilities we possess in favor of others, for by our actions, we are valued or depreciated, enriched or pruned in our resources by the Accounting of Eternal Justice.

Let us, thus, remain attentive to the humblest opportunities to help that emerge in daily experience, taking advantage of them as much as possible, for if our reserves of time are being deposited in the Service to Others Fund, in the Bank of Life, the Spontaneous Supply Card will send us, wherever we are, the dividends of help and happiness to which we are entitled, without us even bothering to withdraw them.

## At the Right Point

“Therefore, let them also who suffer according to the will of God in doing good entrust their souls to him, as to a faithful Creator.”

I Peter, 4:19

It's enough that suffering reaches us lightly for us to feel the need for Divine Assistance.

Even when unfortunate philosophies have disfigured our reasoning or words, if danger threatens us, a secret intuition tells us that God is watching over us, and we immediately turn to the Almighty.

In the meantime, we ought to think of the advisable and just way of commending ourselves to the Creator.

Of course, there are many ways of preparing this act of trust, such as prayer that uplifts, and study that enlightens; work that fulfills and understanding that comforts; despite that, the only way to address ourselves correctly to the Father in heaven is the practice of good.

Let's not delude ourselves.

Sooner or later, everyone will suffer.

Yet, some suffer from rebellion, discouragement, despair, and rebellion, losing the value of the trial they are living.

So let's convince ourselves, whatever the circumstances we find ourselves in, that the exact process of entrusting ourselves to Divine Providence is, in essence, helping, blessing, apologizing, and serving, always and forever, everywhere, since the service to others is the right point of our connection with God.

## Blessing of the Sun

“See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled.”

### Hebrews 12:15

It's reasonable to be always cautious so as not to spread evil into the path of others. People reap the fruits of our actions and offer us their consequent reactions.

Hence, our instinctive taking care about hurting our conscience, either by policing attitudes or selecting words, so that we can live in harmony with our fellow human beings, ensuring our peace of mind.

In many circumstances, however, we don't immunize ourselves against the toxic agents of complaint.

We overestimate our problems and assume that our pains are more intolerable and complex than our neighbor's sufferings, and by coddling our selfishness, we cultivate an undesirable root of bitterness in the soil of our hearts.

From there emerge mental thorns, capable of striking those close to us in our daily activities, poisoning their lives.

How many unfortunate suggestions have we coagulated in the brains of loved ones, predisposing them to illness or delinquency with our thoughtless phrases?

How many regrettable gestures have come to light brought out of the shadows by our observations?

Let's beware of such calamities in our daily tasks, frequently without our realizing it.

Let's forget offenses, discord, anguish, and darkness so the roots of bitterness don't find the environment where we operate.

We all need joy and peace.

Nevertheless, happiness and peace ask for love and renewal, just as progress and life require harmonious work and the blessing of the Sun.

Pure Love

“And let us consider how we may spur one another on toward love and good deeds.”

Hebrews, 10:24

Sometimes, we are forced to examine the directives of our companions in experience, at times when they show an unhappy attitude. Until yesterday, we saw certain friends on dangerous paths.

And up until yesterday, they may have:

- Entered into shady business deals;
- Fell into pitiful deceptions;
- Perpetrated crimes;
- Descended the precipice of shadows;
- Caused harm to others, harming themselves;
- Shirked respectable duties;
- Despised valuable opportunities in the rise of the good;
- Reneged on the faith they embraced;
- Adopted companies that have damaged their own existence, and
- Embraced irresponsibility as their rule of action.

There are moments when it's impossible to ignore our faults.

Nonetheless, let's be careful to place the evil in the past. We may have behaved less happily until yesterday.

Today, though, is a new day.

Let's help each other by shining a light that will dispel our shadow

Let's standardize our feelings at a high point; let's think with the blessed force of optimism; let's speak for the good, and we'll do the best we can in the field of action.

Let's remember the apostle's teaching, considering one another not in a negative sense, but rather with working fraternity, so we have the necessary stimulus to practice pure love, overcoming our weaknesses, on the road to the higher life.



## Resources and Paths

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

I John, 5:14

In prayer, let us expose our obstacles to the Lord, asking for the necessary providences for peace and fulfillment of the tasks that life has delegated to us.

We also forget that our visual capacity covers more or less only the short space of sixty seconds of a minute.

The Lord, in turn, who has accompanied us through many past existences - which we now temporarily forget on Earth - knows the amount of our needs today and tomorrow.

Let's be grateful enough not to withdraw His blessing.

Divine Providence has its resources and ways of reaching us.

When we are incarnated on the physical plane, if we are sick, we usually beg Heaven for the gift of bodily health, hoping to obtain a miracle.

Sometimes, Heaven responds with the imposition of a scalpel, which rips open our body to restore our organic balance.

Symbolically, identical circumstances occur in the spiritual framework of our everyday life. We pray to God for the presence of happiness in our days, according to the conception with which we imagine it. Nonetheless, we are, as a rule, carriers of determinate defects that would prevent us from accepting them without worsening our debts.

In many cases, God first sends us the thorn of the ordeal, which provides us with the necessary experience to receive it at an opportune moment, as determined by the operative resource for the sick body, before restoring health.

We will pray, yes; however, it is imperative, in matters of petition, to request this or that to the Lord, always by His Will, because the will of the Lord invariably includes harmony and happiness in our lives.

We Will Trust

“And if we know that He hears us—whatever we ask—we know that we have what we asked of Him.”

I John, 5:15

In turning to the Lord, asking for some concession, let us condition ourselves to the Divine Criterion.

Let's say in the depths of our being:

"If you think, Lord, that this will help us to be better for our brothers, in praise of your designs..."

"If you consider that thus we can be more useful in your work..."

And let us create precise silence within ourselves, muting any mental indiscipline.

Let's tune our hearts to the right point, or better still, let's connect our thoughts to Infinite Wisdom, taking care that the static of our passions and sensations does not interfere with the reception of the blessing that will depart from Divine Goodness.

Let us pray, uniting ourselves with the Lord's plans, without demanding that they are submitted to ours, and we will learn to see and accept what is best for us, calming our hearts.

We do not shout "I want...", but affirm, in our condition of imperfect spirits: "If I can wish"...

In any sector of human organization, the requested benefit is divided into two essential phases: the request and the solution.

It is necessary, nevertheless, to recognize that if every request is free, any solution requires examination.

Employers don't respond to requests from subordinates without analyzing their merit records; otherwise, they will damage the

administrative machine. Teachers won't satisfy students' demands without first checking their performance, if they don't want to disrupt the educational functions of the school.

It is permissible to ask the Lord for everything we need and even everything we want, for most of the time, we are just capricious children.

Nevertheless, we should know how to beg Him for the understanding we need to get to the answers from on High without harming the harmony of life.

If we know the exact and broadest way to ask, only God - through the Divine Messengers who represent Him with us - knows how, where, and when to assist us.

## Problems of Love

“So that you may be able to discern what is best and may be pure and blameless for the day of Christ.”

Philippians 1:10

Love is the divine force of the Universe.

Nevertheless, we must be very vigilant so we don't divert it in its proper application.

When a man is devoted to his perishable coffers, this energy in his heart is called "avarice"; when he torments himself exclusively for the defense of what he possesses, believing himself the center of life where he is, this same force becomes "selfishness"; when he only sees reasons to praise what he represents, what he feels and does, with manifest disregard for the values of others, the feeling that predominates in his orbit is called "envy".

Hatred is often yesterday's poisoned love.

Jealousy is love clothed in lacerating thorns.

Pride is the unbridled love of self.

Paul, writing to the loving Philippian community, makes a far-reaching statement. He assures us that "*Love must grow more and more in knowledge and discernment, so the learner may approve the things that are excellent.*"

Let us, therefore, instruct ourselves to know.

Let's educate ourselves to discern.

Intellectual culture and moral improvement are life's imperatives, enabling us to manifest love in the empire of sublimation that brings us closer to God.

Let us heed the apostolic advice and grow in spiritual values for eternity, because very often our love is simply wanting, and only

with "wanting" is it possible to disfigure thoughtlessly the most beautiful pictures of life.

Living in Peace

“... Live in peace...”

II Corinthians 13:11

Keep yourself in peace.

Others will likely fight you gratuitously, harassing your way of life. Though, you can move forward on your trail without fighting anyone.

To do this, nevertheless ~ to obtain the tranquillity that bathes your mind ~ compassion and kindness must follow you every step you take.

Commit yourself to avoid exasperation.

Along with serenity, you will be able to analyze each event and person in the place and position.

Look lovingly at those who come to you along the way...

All those who come to you, afflicted or desperate, choleric or unbridled, bring wounds or illusions.

Prisoners of vanity or ignorance, they didn't know how to tolerate the light of truth and cry out angrily...

Anoint yourself with mercy and penetrate the recesses of their beings, and you will identify, in all of them, spiritual children who feel outraged or bruised.

Some accuse, others cry.

Support them while you can.

By appeasing their souls, you will harmonize your life even more.

Let's learn to understand each mind and its problem.

Remember that Nature, always divine in its foundations, respects the balanced law and maintains it unceasingly.

Even when people become unruly in open conflicts, the Earth is constantly firm, and the Sun always shines.

To live in any way is everyone's business, but to live in peace with oneself is a service of few.



## The Wisdom from Above

“But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.”

James, 3:17.

If the knowledge of the faith has generated poison for your word, going wild in attacks and criticisms on the pretext of preserving the truth, be very careful with yourself because it is not with brawling interpretations that you will become an ambassador for the Sublime Spirituality.

The inspiration of Higher Life manifests itself without any artifice. Whoever speaks in the name of the Lord does not need long and complicated speeches.

It is appeasing and benevolent, without resorting to force.

It is moderate, without being unbalanced.

It is comprehensive without boasting of blunt superiority.

It is full of understanding and affection, bearing fruit in blessings of joy and comfort for those who come near the source from which it emerges.

It is not passionate, nor is it false.

It understands creatures on the plane where each one is placed, exercises kindness on every occasion, cultivates patience in the face of obstacles, and distributes the heart between the energy that builds and the gentleness that stimulates.

Wisdom from High Above shapes the true values of education.

The guidance of the world satisfies intelligence and enriches the intellectual heritage.

Jesus Christ, however, improves feelings.

University illustrates the brain.

The Gospel perfects the heart.

If, therefore, you wish to keep with you the spiritual wealth that comes down from the Higher Plane, walk among men, applying the lessons of Jesus in your daily efforts.

## The Real Sages

“If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom.”

### James, 3:13

Thousands of people lord it over the treasures of education, multiplying titles in the social field to flee incomprehensibly from work and fraternity.

Here we have a bachelor who, having earned a professional degree, declares himself incapable of cleaning his clothes when necessary; there, we see a young musician who, having passed through the halls of a conservatory, claims to be incapable of serving meals in his home.

In addition, we see an intelligent businessman who, having exploited the trust of others, withdraws into the castles of secure finance, asserting himself bored with contact with the crowd that gave him prosperity.

Later on, we see religious people of various shades who, after declaring themselves to be consoled and enlightened by their faith, start ironizing their unhappy or ignorant brothers and sisters who, in the name of God, are waiting for their testimonies of kindness and love.

Yet, in the spiritual dimension, true sages are known from different angles.

True friends of the light reveal themselves through personal generosity. They know that isolation is pride, violence is cruelty, unreasonable demands are the service of darkness, that sarcasm is disturbance....

They recognize that wisdom is spiritual fatherhood, full of understanding and affection, and, therefore, without any

humiliation to anyone, they help everyone, without distinction, lighting, with love, in the dark ignorance that surrounds them, the blessed light that will shine, victoriously, tomorrow.

Only Then

“This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.”

John, 15:8.

In our afflictions, the Father is invoked.

In our joys, He is adored.

On stormy nights, He is always eagerly awaited.

On festive days, He is solemnly revered.

Praised by grateful children and forgotten by the ungrateful, the Father always provides, spreading the blessings of his infinite goodness among the good and the bad, the just and the unjust.

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

But let no one doubt the Supreme Lord's expectation about us. From existence to existence, He helps us to grow and serve Him so that, one day, we will be victoriously integrated into His divine love and be able to glorify him.

However, we will never reach such a condition simply through the thousand ways in which our feelings and reasoning can be brightly colored.

Our higher ideals are indispensable. Deep down, they are like the most beautiful and fragrant flowers on the tree.

Our culture is undoubtedly indispensable and, in essence, constitutes the strength of the respectable trunk. Our high aspirations are precious and necessary, representing the living and promising leaves. All these requirements are imperative for the harvest. It is also the case in the realms of the soul.

It is only possible to glorify the Father when we open ourselves to His decrees of universal love, by producing for the eternal good.

That's why the Master was clear in his statement.

May our activity, within life, produce much fruit of peace and wisdom, love and hope, faith and joy, justice and mercy, in worthy and constant personal work, because only in this way will the Father be glorified by us and only in this condition will we be disciples of the Crucified and Revived Master.

## Young Christian Spiritist Page

“Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”

### I Timothy, 4:12

My friend of youthful Christianity, let no one despise your youth.

This is not our advice. It was given by Paul of Tarsus, the great convert, nineteen centuries ago.

The apostle of gentility knew your sovereign potential for greatness.

His last letter, written with the hot tears of an anguished heart, was also addressed to Timothy, the young disciple who would remain in the circle of personal sacrifice as the heir of his sufferings and renunciations.

Paul knew that the young man was the custodian and fulfiller of the future.

That's why he entrusted the apprentice with the crown of the edifying struggle.

Therefore, let no one deny you your youthfulness, but don't forget that the right without duty is an empty word.

Don't demand without giving by helping, and teaching while always learning.

Therefore, in your future climb, be the example of the young and the old, who look for the Christ as the aim of their aspirations, ideals and sufferings.

Consecrate yourself to the elevated and consoling word. Maintain kindness and understanding when dealing with all companions and situations that surround you.

Heed the charity that asks you for encouragement and peace, harmony and help for all.

Sublimate your spirit in the glory of service.

Sanctify your living faith, trusting in the Lord and in yourself, in the farming of good, which must be cultivated every day.

Maintain the purity of your feelings so your love is invariably pure, in true communion with Humanity.

Open the doors of your soul to everything that is useful, noble, beautiful and sanctifying and, with arms devoted to the service of the Good News, on a regenerated and happy Earth, let's go with the vanguard of our benefactors to meet the Divine Tomorrow.



## Christmas Message

“Glory to God in the highest heaven, and on earth peace to those on whom his favor rests.”

Luke, 2:14

The song of the angelic legions in the Divine Night expresses the Father's program about the apostolate reserved for the newborn Master.

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In three small statements, the heavenly praise summarizes the platform of the entire Christianity.

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Glory to God in the Highest, signifying the imperative of our consecration to the Lord with all our heart and soul.

Peace on Earth signifies the fraternity we must encourage in daily plans with all creatures.

Goodwill toward men defines our obligations of spontaneous service to one another in the great roadmap of Humanity.

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Christmas expresses the renewal of the soul and the world based on Love, Solidarity, and Work.

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In the past, those who proclaimed themselves in the name of God wore the purple of the triumphant over the collection of corpses and spoils of the vanquished.

With the Heavenly Envoy, who appears in the Manger, we have the Divine Victor gathering the weak and the suffering, the poor and the humble, for the revelation of the Universal Good.

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Before, armies and traps, scourges and daggers, rains of mud and mire for bloody conquest.

Now, however, it is a Heart armed with Love, open to understanding all pains to meet souls.

It does not curse.

It does not condemn.

It does not hurt.

It strengthens good works.

It teaches and passes on.

It helps and moves on.

It comforts the afflicted without forgetting to consecrate the spousal jubilation of Cana.

He comforts his disciples in the domestic garden but does not forsake the crowd in the public square.

He exalts feminine virtues in Peter's home but doesn't underestimate the unfortunate Magdalene.

He shares the simple bread of the fishermen but does not belittle the banquet of the publicans.

He heals Bartimaeus, the forgotten blind man, but does not forget Zacchaeus, the deceived rich man.

He esteems the nobility of his friends but does not disdain the cross among the thieves.

Christ, in the Manger, represented the Father on Earth.

The Christian in the world, and Christ within life.

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Christmas! Glory to God! Peace on Earth! Goodwill towards men!

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If you've already heard the message of the Unforgettable Night, remember that Goodwill towards all creatures is our duty at all times.

## What Will I Do?

“What shall I do, Lord?”

Many people approach the Gospel for the inveterate worship of comfort.

How will I dominate? - some ask.

How will I rest? - others ask.

And the pleas multiply, strange, reprehensible, incomprehensible...

There are those who ask for cheap comfort in the flesh, those who demand undeserved affection, and those who demand resources to hinder the service of peace and good.

The Apostle Paul's question, at the very moment when he finds himself graced by the Divine Presence, is a standard for all learners and followers of the Good News.

The great worker of the Revelation does not ask for a transfer from Earth to Heaven, nor does he descend into suggestions of favoritism towards his personal circle.

He doesn't plead for exemption from responsibility, nor does he shirk his duty to fight.

~“*What will I do?*” - he said to Jesus, realizing that he had to make an effort.

And the Master determines that the companion should get up to sow the seeds of light and love, through his own sacrifice.

If you have been called to faith, don't turn to the Divine Counselor begging for privileges and benefits to justify your remaining in spiritual stagnation.

Let's seek with the Lord the service that his Infinite Goodness has in store for us, and we will walk victoriously towards sublime renewal.

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## In the Common Struggle

You don't have to die in the flesh to know the law of compensation.

Let's look at the ordinary struggle.

The man who lives in indifference to his neighbor's pain receives from his neighbor indifference to his own pain.

Let's move away from social interaction and depressing solitude will be the world's answer.

If we use severity towards others, we will be judged by others with rigor and harshness.

If, in society or in the family, we practice hostility and aversion, among relatives and neighbors, we will encounter antipathy and distrust.

If we insult our task with laziness, our task will relegate us to ineptitude.

A gesture of kindness towards a stranger on the street will earn us the fraternal support of the anonymous groups around us.

Tiny seeds of kindness generate blessed sources of joy.

Work well done produces the treasure of competence.

Attitudes of understanding and kindness establish solidarity and respect with us.

Optimism and hope, nobility of character, and pure intentions attract precious opportunities for service on our behalf.

Every day is sowing time.

Every day is harvesting time.

*"You don't have to cross the shadow of the grave to meet justice*

*face to face. In the principles of cause and effect, we find ourselves incessantly under its guidance at every moment of our lives."*

*Q Master's Question*

“What good is it for someone to gain the whole world, and yet lose or forfeit their very self?”

JESUS - Luke, 9:25

In truth, with the strength associated with intelligence, earthly man can:

- Settle the planetary soil;
- Suck the benefits of the Earth,
- Encourage personalist interests,
- Build skyscrapers in marvelous cities;
- Build palaces for the domestic nest,
- Rise to the skies in powerful machines,
- Consult the abysses of the sea,
- Cross oceans in fast ships,
- Extend utilities in terms of civilization,
- Create fantasy paradises for the bodily senses,
- Monopolize the business in the world, opening roads,
- Connecting continents and peoples,
- Talking to distances of thousands of kilometers,
- Master the day spent in cars triumph,
- Replace the clay idols on the altar of illusion,
- Raise dangerous armies, consecrated to death,
- Forge swords and cannons,
- Dictate harsh laws to the weakest,



- Shout the word of hatred from golden stands,
- Exercise revenge, oppress, mock, curse...

In truth, man, who is the usufructuary of the Earth and the trustee of God's trust, can do all this, but what good will such exaltation do him if, distracted from himself, he uses the glories of intelligence to plunge into the depths of darkness and death?

*The Grace of the Lord*

“My Grace Is Sufficient for You.”

Corinthians 12:9

**With the Lord's grace:**

The cross saves;

The sacrifice exalts;

The injury sanctifies;

The persecution benefits;

The storm strengthens;

The pain redeems;

The work perfects;

The struggle improves;

The anathema stimulates;

The duty nobles;

The service dignifies;

The slander magnifies;

The loneliness comforts;

The obstacle teaches;

The adversary helps;

The difficulty enhances;

The grief restores;

The stone edifies;

The thorn corrects;

The humility elevates;

The scar collaborates;  
The irony builds;  
The incomprehension instructs;  
The tears cleanse;  
The sweat improves;  
The disenchantment enlightens;  
The poverty hoards;  
The illness helps;  
The death liberates.

It's reasonable that many people are looking for the transitory gifts of the world, but the Christian must not forget the most sublime gift of life ~ **THE GRACE OF THE LORD** ~ the basis of the faithful disciple's real happiness, wherever he may be.

## Let Us Operate

“Bring about your salvation.”

Paul (Philippians 2:12)

Saving means "guarding, preserving, delivering from danger..."

Operating means "acting, effecting, carrying out..."

The apostle induces us to reflect on the imperative of our endeavor in spiritual elevation as if to tell us that the Creator does not dispense with cooperation in life's building.

And indeed, in the simplest parts of Nature, we see this principle dominates, clear and methodical.

God gives man the land that will produce bread, but He will not exempt him from working in the frustrating fields;

He gives them the advantages of a precious library, but demands that they apply themselves to the conquest of knowledge;

He gives them the block of pure marble but demands their sweat and the masterpiece of statuary to express itself victoriously...

In the same way, human collaboration will never be excluded in solving problems of a spiritual nature.

Jesus works in us the love of good and the renewing dispositions of faith, thirst for the light, but it is up to us to bring about the transformation of our existence and our soul, so that the values of heaven sublimate our lives.

In order to help us, the Lord will not do without the help we owe to ourselves.

The Master has lit the way.

Mobilize your soul to meet Him.

Let Us Renew Ourselves

“Therefore, if anyone is in Christ, he is a new creation.”

Paul. (Corinthians, 5:17)

How many people talk about Christ without seeking his company?

Some recite his lessons with an incredible mnemonic power without having ever spelled out any teaching to him in the language of action.

Some refer to the Gospel for years on end without seeking inspiration from it at any time.

Many say - "I want Jesus!" - but they don't accept it.

The Christian's problem, however, is not just sighing for the Lord, but remain with Him, assimilating His word and following His example.

Not just belief, but communion.

If you want to break the shackles that chain you to the shadows, it won't be enough to label yourself with this or that title in the field of external affirmations.

It is essential to transform yourself departing from inside, bringing light to your brain and light to your heart.

To do this, if you are looking for the path to your happiness with the Good News, remember that your soul needs to be in Jesus in order to be renewed safely.

Let's learn to see with the Lord's understanding, to listen with the sublime comprehension that marked his passage through the world, to walk the human path with the sentiment that marked his attitudes, and use our hands for the Highest Good as the Divine One used them. Certainly, even today, we will be a new creature,

helping the Earth through the quality of our life and building in ourselves the excellency of Heaven.

## Let Us Obey

“Confident of your obedience, I write to you, knowing that you will do even more than I say.”

Paul (Philemon, 1:21)

When writing to his companion, Paul does not claim to trust the intelligence that becomes conceited and misguided.

Nor in the strength that induces lies.

Nor in the enthusiasm that can deceive oneself.

Nor in boldness, which is often simply foolhardiness.

Nor in the power capable of deluding oneself.

Nor in the superiority that tends to be undone by pride.

The apostle trusts in obedience.

Not in the blind passivity that feeds discord and fanaticism, but in the understanding that subordinates itself to work out of devotion to the good of all, seeing in the happiness of others the one that is their own.

In order to attain communion with the Lord, it is not necessary to consecrate yourself to the incense of adoration, admiring or defending him.

Obey him. By following his recommendations, you will perfect yourself through culture and feeling, and you will have love and loyalty, harmony and discernment, energy and gentleness that guarantee the efficiency of the service to which you have been called.

Let us know how to obey the Lord in our inner world and we will learn to do for life more than life expects from us.

## Of Souls in Love

“Dear children, let us not love with words or speech but with actions and in truth.”

### 1 John 3:18

Through the verb Jesus shaped, on Earth, the foundations of the Kingdom of God, establishing a new conception of life among men; though, the growing and renewing power of his lesson arises from the example that values the Divine Message.

The Gospel, therefore, is a roadmap of light not only for the teachings it contains, but for the personal testimony with which it was lived.

Remember that, due to the contradictions between words and feelings, between our statements and works, we have often lost valuable opportunities in the course of our reincarnations.

We admire Christianity without the courage to apply it.

We sweeten verbal expression, teaching good on the outside, without renewing ourselves on the inside to do so.

We expect others to be willing to obey, keeping the prerogative of command for us.

We demand that our companions fulfill the duty of serving today, postponing the fulfillment of our obligations until the indefinite tomorrow.

By often hiding, behind calm masks, we feed, in the intimacy of ourselves, the fermentation of malice with which we accommodate ourselves to the darkness. Whenever you can, teach others the path of good; nonetheless, as much as you can, let good be expressed in your life.

For us to live in the creative and sanctifying peace of the Master, it is essential to love our neighbors, not just with our tongue, but,



above all, with souls immersed in love, expending, every day,  
sweat and renunciation, work and heart.

## Hands on Good

“Honor everyone. Love the brotherhood.”

I Peter, 2:17

Above all, we know that Christ is waiting for us alongside our brothers and sisters on Earth.

Where difficulties and trials arise, He is there, waiting for us to intervene so that his fraternal support can occur immediately.

Yet frequently, when faced with a stubborn and rude companion, we exclaim, discouraged: ~ "I've done it all"; and "I can't do it anymore". Nevertheless, Jesus does not act towards us with such limitations.

Every day, we are aided safely and tolerated freely.

So, let's be ready to offer our hands full of work in the temple of fraternal love.

Every moment is an opportunity to assist our brothers and sisters in the struggle, out of love for the Master who sustains us.

We are certainly not invited to reinforce the abuses that visit us in the form of appeals for charity, but, even there, we can help, with silence and prayer, the victims of delinquency so that they can free themselves from the darkness in which they suffer, encouraging them with our testimony of patience and good will.

Thus, let us keep our souls focused on positive and unceasing good. When we get up each day, let's try to solve the worries and pains that surround us, and offer our hands full of service to the Lord, in the person of our neighbor, in the certainty that by doing so, we will receive from them spontaneous relief for our needs.

Great Server

“But I am among you as one who serves.”

Jesus (Luke 22:27)

Yes, Christ did not pass among men as one who imposes.

Nor as one who determines.

Nor as one who governs.

Nor as one who commands.

He walked the Earth as a servant.

He bequeathed us the Gospel of life, writing its epic in the hearts of creatures.

Master, He took his own heart for his cathedra.

A Heavenly Envoy, He doesn't stop at an earthly throne and approaches the crowd to help them.

Founder of the Good News, He doesn't just weave his crown with studied words but extends it and consolidates his values with his own hands.

Practice is his way of convincing.

Self-sacrifice is his method of transformation.

Let us learn from the Divine Master the science of renewal through goodness. Changing ourselves for the victory of good, elevating people, and improving situations is serving constantly, as someone who knows that practice is the best way to advise.

## In the Joy of Sewing

“So, you also, when you have done everything you were told to do, should say, 'We are unworthy servants; we have only done our duty.'”

Jesus (Luke 17:10)

Keep your soul in the joy of serving.

Don't claim honors, no matter how great the triumph in your hands may seem. If the earth thought it owned the tree that bears fruit in its crust, and tried to deny it support, it would only deprive itself of the protection the plant offers it, and if the tree presumed to be the owner of the earth that supports it, by escaping its foundations, it would achieve nothing more than the elimination of itself.

Attentive, however, to the sap and the balance that Divine Wisdom assures it, it enters into blessed cooperation and produces the blessing of the harvest.

All of life's goods flow from the Goodness of Our Father.

In your success hours, meditate on the combined forces that sustain you. Think of those who benefit and instruct you, support and guarantee you.

Taking pride in good works is to obscure one's vision, invoking undue tributes that, by right, belong to God.

In the manner of a loyal and docile instrument, let the High Good use your life. The violin, even one of the rarest manufacturers, is not worth it. Nevertheless, it is magnified by the fidelity with which it surrenders to the hands of the artist, who integrates it into the exaltation of Eternal Harmony.

Christmas Page

“A Light for the Revelation of the Nations.”

Luke, 2~32

There is clarity in the destructive fires that consume lives and properties.

The sinister radiance shines through the bombings that bring death.

Radiant reflections appear in flamethrowers.

Strange flashes of lightning signal the movement of firearms...

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In the Gospel, however, it's different...

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Commenting on Christmas, Luke says Christ is the light to enlighten the nations.

He didn't arrive imposing rules or religious thinking.

He didn't question rulers about political processes.

He didn't dispute with philosophers about the origins of humankind.

He didn't compete with scientists in demonstrating partial aspects and transitory aspects of life...

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He made light in the eternal spirit...

In the reminiscences of the Lord's Christmas, my friend, do meditate on your roadmap.

Do you have enough light for the journey?

What kind of light are you shining along the way?

Escape the fatal glow of the short circuits of anger; don't be content with the little torch of vanity, which imitates a firefly flying low at night.

Extinguish the flames of jealousy and discord that throw hearts to the precipice of crime and suffering.

If you seek the Divine Master and the Christian experience, remember that on Earth, there are light flashes that threaten, disturb, confuse, and announce devastation...

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Are you really cooperating with Christ in the extinction of darkness, by lighting in yourself that sublime light to illuminate?

*Fraternal Note*

“For truly, I say to you, whoever gives you a cup of water to drink because you belong to Christ will by no means lose his reward.”

Jesus, (Matthew, 9:41)

My friend, no one asks you for holiness from one day to another.

No one demands spectacles of grandeur from your soul.

We all know that the human journey is paved with shadows and afflictions created by ourselves.

Remember, however, that Heaven asks us for solidarity, understanding, and love...

Plant a beneficent tree by the path.

Write some friendly phrases to console your unfortunate brother.

Provide a small explanation for ignorance.

Offer the clothes that have now become useless on your body to the needy, who follows in the rear.

Share your leftover bread with hungry people without any fuss.

Smile at the unfortunate. Say a prayer to the dying person.

Shine the light of a good thought for the one who preceded you on the long journey of death.

Extend your arm to the sick little child.

Take medicine or a flower to the ill person.

Improvise a little enthusiasm for those who work with you.

Speak a loving and consoling word wherever the lamp of good is extinguished.

Bring a cup of milk to the newborn that the world welcomed without a decorated crib.

Give a few minutes of comforting talk to his dejected colleague. The river is a collection of precious drops.

Fraternity is a sun composed of divine rays emitted by our ability to love and serve.

How many rays did you release today from the living star that is your immortal being?

Remember the Divine master who wove unforgettable lessons around a poor widow's penny, a mustard seed, a lost drachma...

Do as much good as you can.

No one expects you to put out the fire of evil alone.

Give your glass of cold water.



## In the Real Scenery

“I have given them your word and the world has hated them, for they are not of the world any more than I am of the world.”

Jesus. (John, 17:14.)

Apprentices of the Gospel, waiting for human facilities, will always constitute assemblies of voluntary deception.

The Lord has promised his companions nothing but continued efforts against the shadows until the final victory of good.

The Christian is not an ornamental flower for isolated churches. They are the "salt of the Earth", the strength preserving the divine principles in the sanctuary of the whole world.

Jesus' words in this regard are unequivocal: "If anyone would come after me, let him deny himself, take up his cross, and follow me."

Love your enemies.

Pray for those who persecute and slander you.

Bless those who curse you.

Lend without expecting anything.

Do not judge so as not to be judged.

Let the greatest among you be the servant of all.

Seek the narrow gate.

Behold, I am sending you out like sheep into the midst of wolves.

***"In the world, you will have tribulation."***

With such clear statements, we cannot expect Christ to be the donor of an easy life. No one should approach him without a sincere desire to learn and improve themselves. If Christianity is

sublime hope, heavenly love, and a restoring faith, it is also work, sacrifice, and ceaseless perfecting.

Proving his divine lessons, the Supreme Master lived by serving and died on the cross.

## The Energization of Water

“And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.”

Jesus (Matthew, 10:42)

My friend, when Jesus referred to the glass of water blessing in his name, He wasn't just referring to the routine compassion that quenches the common thirst.

The Master was examining deeper spiritual values.

Water is the simplest, and most receptive body on earth. It is like the purest base on which Heaven's medication can be imprinted through the substantial resources that aid the body and the soul, although in an invisible process to mortal eyes.

Intercessory prayer and thoughts of kindness are radiations of our best energies.

The creature that prays or meditates externalizes powers, emanations and fluids that, for now, escape the analysis of vulgar intelligence and the drinkable lymph receives the influence, in a clear way, condensing lines of magnetic force and electrical principles, which relieve and sustain, help and heal.

The fountain that comes from the heart of the Earth and the prayer that flows in the depths of the soul, when united to spread good, work miracles.

The Spirit that rises towards heaven is a living antenna, capturing the powers of the higher nature and can distribute them for the benefit of all those who follow in its path.

No one is orphaned by such support. Good will and positive trust are enough to help others and oneself.

Let's recognize, then, that when the Master referred to simple water, donated in the name of his memory, He was referring to the real value of providence, for the benefit of the flesh and the spirit, whenever they are remained in sick areas.

If you wish, therefore, the assistance of Spiritual Friends, in solving your physiological needs or the health and balance problems of your companions, place your container of crystal clear water, in front of your prayers, wait and trust. The dew of the Divine Plan will magnetize the liquid, with rays of love, in the form of a blessing, and you will then be consecrating the sublime teaching of the glass of pure water, blessed in Heaven.

## The Magnetic Passes

“He took our infirmities, and bare our sicknesses.”

Matthew, 8:17

My friend, the pass is a transfusion of physio-psychoic energies, an operation of goodwill, within which the assistant receives from himself for your benefit.

If illness, sadness, and bitterness are the remnants of our imperfections, mistakes and excesses in the passes' work, your improvements result from the exchange of living and active elements.

You bring debris and afflictions and someone gives you new resources and comforting balms.

In the climate of trials and anguish, you feel need and suffering.

In the prayer and Love sphere, a friend becomes the instrument of infinite Goodness so you can receive medicine and comfort.

Help the service of assistance right here with the effort of internal cleansing.

Forget the evils that trouble you, excuse the offenses of creatures who don't understand you, avoid destructive discouragement, and fill yourself with sympathy and understanding towards all those around you.

Evil is always ignorance, and ignorance demands forgiveness and help, so it can be undone, in favor of our peace of mind.

Thus, if you wish to keep the advantages of the Pass, which, in substance, is a sublime act of Christian fraternity, purify your feelings and reasoning, heart, and brain.

Nobody pours indispensable food into an impure vessel.

Above all, don't abuse those who help you. Don't take the place of the truly needy just because your whims and prejudices are hurt.

The Pass also expresses the expenditure of strength, and you mustn't provoke the expenditure of energy with childishness and trifles.

If you need such intervention, withdraw into your goodwill, center your expectation in the heavenly sources of divine supply, humble yourself and your heart in positive trust, and, remembering that someone will bear the weight of your afflictions, rectify your path, considering Jesus' unceasing sacrifice for all of us, for, according to the sacred letters, He took upon himself our infirmities and bore our sicknesses.

## Fraternity

“Let us love one another...”

(I John, 4:7)

Not a single monument in the past reveals the spirit of fraternity in the civilizations that preceded Christianity. The remains of the Karnak Temple in Thebes refer to transitory vanity.

The remains of the Circus Maximus in Rome speak of lying domination.

The ruins of the Acropolis in Athens refer to the praise of intelligence without love.

Sanctuaries and castles, triumphal arches and precious walls now relegated to misery and abandonment, attest to the passage of discord, arrogance, and fantasy...

Before Christ, we see no signs of humanitarian institutions of any kind because, before Him, the orphan was pasture for slavery; women without titles were objects of derision; the sick, thrown into the depths of filth, and the weak and old condemned to death without mercy.

But then Jesus comes along, and the social landscape changes.

The people began to feel ashamed of throwing the sick in the garbage, cutting off the hands of prisoners, selling slave mothers, blinding captives used for routine household chores, martyring the elderly, and mocking the humble and the sad.

A new world begins...

Under the influence of the Divine Master, man begins to see other men.

The home, maternity ward, nursery, school, hospital, and asylum are sacred places, and a new genius of light rises far above those

who used to be respected by the sword, blood, wit, and force to govern souls on Earth.

Without a palace or a throne, without a crown or titles, the genius of Fraternity penetrated the world through the hands of Christ and, sublime and humble, continues among us in silence, in the divine construction of the Lord's Kingdom.



Service

“But with toil and labor we worked night and day, that we might not be a burden to any of you.”

Paul (II Thessalonians 3:8).

Before Jesus, service certainly constituted abjection or misery. Except for waging war and the concerns of governance, which represented the honorable work of skill and intelligence, any kind of activity was considered an inferior effort that should be relegated to the condition of the captive.

Service punishment was everywhere.

Slaves in letters.

Slaves in teaching.

Slaves in domestic routine.

Slaves at shows.

Slaves at sea.

Slaves on the ground.

Wherever someone was helping their neighbor, in the respectable use of their arms, there was a heart yoked to the despotic will of the master, with any right to life itself.

With Jesus, however, work begins to receive the appreciation it deserves.

The Master began his apostolate in a simple carpentry workshop. Later, He is the doctor to the helpless, without a fee; He is the nurse to the afflicted, without remuneration; the active educator, without reward...

And finally, consecrating fraternal cooperation in its maximum expression, He washes his disciples' feet as if He were their slaves and not their guide.

Since then, the Earth has been renewed.

Every Christian, whether wealthy or less privileged, seeks their rightful position to act and be helpful.

Putting the Lord's teaching into practice, Paul of Tarsus wore himself out with constant work to help everybody without becoming a burden to anyone. And, from century to century, under the inspiration of the Heavenly Friend, service is a reason for honor and merit on an even higher plane until man learns, for himself, the divine lesson that indicates that he who becomes the servant of all is the greatest.

## Spreading Spiritism

“And I will pray the Father, and he shall give you another Comforter, that it may abide with you forever.”

Jesus (John 14:16).

As the Comforter promised by Jesus to humanity, Spiritism will surely reach all consciences.

However, in the face of the multiple interpretations given to it in the most varied human nuclei, how can we expect the fulfillment of Christ's promise?

In this sense, let's remember the beginnings of the Kardec Codification.

Concerned with the same subject, Allan Kardec formulated Question no. 789 of "The Spirits' Book", to which his spiritual instructors solicitously replied:

*"Certainly, Spiritism will become a general belief and mark a new era in the history of humanity, for it is in nature, and the time has come when it will take its due place among human knowledge. However, it will have to sustain great struggles, more against interest than conviction, since there is no way of concealing the existence of people interested in fighting it, some for self-love, others for entirely material reasons. Yet, as they will become isolated, their opponents will feel forced to think like others, under penalty of becoming ridiculous."*

Therefore, let's be convinced that in spreading Spiritist principles, we are all fighting for good to extinguish evil and that no one will achieve the longed-for victory without the will to learn and the willingness to work.

## In the Glare of Truth

“When the Spirit of truth comes, it will guide you into all the truth.”

Jesus (John 16:13)

How will Spiritism overcome the obstacles that stand in its way? Some companions asked: "Should we compete for political prominence or dominate earthly fortune?" Meanwhile, others emphasize the illusory need for verbal warfare against groups or individuals. Within the subject, however, we transcribe Question No. 799 from "The Spirits' Book."

Prudent and direct, Kardec posed the following question to the spiritual advisors of his work: *"In what way can Spiritism contribute to progress?"*

And, in their usual logical manner, they replied:

*"By destroying materialism, which is one of the scourges of society, it makes people understand where their true interests lie. As future life isn't veiled in doubt anymore, people will comprehend better that, through the present, they can prepare themselves for their future. Abolishing the prejudices of sects, castes, and colors, the Spiritist Doctrine teaches people the great solidarity that will unite them as brothers. How will Spiritism overcome the obstacles that stand in its way? Some companions asked: "Should we compete for political prominence or dominate earthly fortune?" Meanwhile, others emphasize the illusory need for verbal warfare against groups or individuals. Within the subject, however, we transcribe Question No. 799 from "The Spirits' Book."*

Let's not kid ourselves about our tasks. We are all called by Christ's Blessing to shed light on the world of consciences - starting with ourselves - dissipating the darkness of materialism in the light of

Truth, not by the spirit of force, but of the spirit, expressing itself in service, fraternity, comprehension and education.

*In the Field of Aid*

“Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”

Paul (Colossians 3:13)

It is unnecessary to highlight the brilliance of the brain at the top of Humanity.

The nations at the forefront of material progress are performing wonders in research areas and the definition of the earthly plane.

The university is a storehouse of light for intelligence.

The laboratory is a wellspring of reliable answers to millennia-old questions.

Meanwhile, in the sphere of the spirit, there is discord and despair, heartbreak and disillusionment...

We all refer, restlessly, to the calamities of war, the proliferation of vice, the ravages of hatred or the misrepresentations of culture, aware of the damage and disasters they impose on our common path.

Here and there, we see ideological struggles, racial conflicts, insanity, and selfishness...

What are we doing, as apprentices of Christ, to rebalance the world?

We are convinced that violence does not extinguish violence.

Furthermore, we are not unaware that Jesus has called us to understand and help, to build and rebuild for the good of all.

Let's think about that.

Don't plead isolation or smallness to give up the edifying effort that falls to us.

A humble spring guarantees an oasis in a dry land, and only a lighted lamp overcomes the power of darkness.

The harmony of the whole comes from the fidelity and service of each individual.

Let's work together to build a Better Earth.

Let us begin or recommence our task, basing our actions on Paul's warning: bearing with one another and forgiving one another.

## The Word's Door

“As you pray also for us, that God may open to us a door for the word...”

Paul (Colossians, 4:3)

Today's world has the most advanced communication processes for people.

In a single day, airplanes fly over different nations.

Radio and television change the old power of space. How many millions of creatures, nonetheless, recognize themselves as profoundly isolated within themselves, even when they are part of the crowd?

How many individuals spend long stretches of their lives sending out appeals to the spiritual help of other persons without any response to calm down their emotional field?

What makes the problem most particular is that someone's material presence is not always worth the assistance someone else recognizes in need. Those who suffer prefer solitude to the company of those who make their suffering worse.

We all need relief in times of anguish or support in difficult times, and for that, we hope to receive understanding and convenient words from those around us. However, in this sense, it will not be enough for our benefactors to manage our language well or identify our cultural level. They must know our feelings and problems, ideals and achievements.

Thus, let us reflect on the importance of the verb and pray to God to inspire us, so we can find the right door to the correct word and be helpful to others as much as we hope others are useful to us.



## Signs from Heaven

"Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill."

John, 6:26

At the time of Christ, many people approach religious circles asking for proof of heaven.

Commonly, Roman Catholics ask for "miracles," Spiritists expect "phenomena," and Protestants claim for "experiences."

The reasoning that comes from the outside yet cooperates in the effort but does not really solve life's problems.

Signs from heaven have always surrounded the human creature.

The question is not one of facts: It comes down to having the necessary spiritual vision to understand them.

The simplest operation of nature reveals the sacred mechanism that made it emerge in the vibration of the Divinity's creative power. But few people see beyond the surface. That is why, understanding creatures, the Master said that his sincere disciples do not look for him because of the signs they have seen by chance but for the bread of life and good cheer they have received from his generous hands.

After tasting his divine excellence in the sanctuary of their inner life, they understand that only Christ teaches effectively; solely He suggests wisely and exemplifies love without blemish.

Having grasped the meaning of it, the disciple knows that the Earth offers much bread for the body, but the soul's hunger is satisfied only by Christ's.

The Bale

“For every man shall bear his own burden.”

Paul (Galatians 6:5)

When illusion makes you feel the weight of your suffering as oppressive and unfair, remember that you are not alone on the great roadmap.

Everyone bears their own burdens.

Burdens come in all shapes and sizes.

The legislator's responsibility.

The torture of the priest.

The expectation of the mother's heart.

The child with no one suffers his dread.

The indigence of the helpless sick person.

The dread of the child with no one.

The wounds of the broken body.

Learn to understand the service and straining of others so you don't think of yourself as a victim or hero in a field where we are all brothers and sisters, mutually identified by the same difficulties, pains, and dreams.

Bear the burden of your obligations with valor and walk on.

From the collection of rough stone comes pure gold.

From the heavy gravel emerges the diamond.

From the burdens we willingly carry come the lessons we need for the greater life.

You will say, perhaps impulsively: ~"And the wicked victorious, the evil crowned with respect and the indifferent mocker? Will they carry any load on their shoulders?".

We would answer, though, that they probably lived under heavier burdens than ours, since impunity does not exist.

If sweat floods your brow and tears visit your heart, it's because your load is already less dense, gradually turning into light for your ascension.

Even if you can't march freely with your burden, move forward with it, even if it's a millimeter a day...

Remember the affronting wood that bent the Master's aching shoulders.

Under the hard arms of the infamous wood lay the divine wings of the resurrection to divine immortality.

## In a Spiritist Team

“Again, truly I tell you that if two of you on Earth agree about anything they ask for, it will be done for them by my Father in Heaven.”

### Jesus (Matthew 18:19)

Accepting ourselves as workers called by Jesus to serve and serve. Understanding ourselves as a single family in the intimacy of home, forgetting ourselves for the work's sake. Believing ~ but really believing ~ that we will achieve nothing good before the Lord without humility, patience, tolerance, and understanding towards one another. Placing our minds and hearts in the common good.

Doing what you have to, but giving discreet and disinterested support to your companions in carrying out their responsibilities.

Joining in the group's general striving to fulfill the program of action, drawn up for the benefit of others, without expecting requests for fraternal support.

We are all observing that we are in Jesus' Work, not because there are loved ones or blessed souls from our emotional treasury whom we wish to please and should help as much as possible, but, above all, to work for us and ourselves, taking advantage of the new concessions the Lord has given us out of mercy, to improve our spiritual level in our endeavors of redemption and elevation.

Walking forward, apologizing with mutual understanding of our weaknesses, without grievances or complaints, which results in more complications and wasting of time.

Acting and serving without belittling seemingly small tasks, like helping with the cleaning, passing on a message, listening attentively to brothers and sisters more in need than ourselves, or helping a child.

Each of us in the Spiritist action team is a relevant part of the mechanisms of good. We must never forget that the greatest genius cannot achieve himself alone, and for this very reason, Jesus brought us to the construction of God's Kingdom, valuing the principle of interdependence and the law of cooperation.

## Group in Crisis

“If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.”

Jesus (John 15:7)

Usually, when the tasks of a team dedicated to good work seem to have stabilized, a crisis erupts.

The environment of healthy work is unbalanced, and the storm roars.

Brothers fall out in the shadow of discord just when the light of harmony is most needed.

Buildings consolidated show devastating cracks.

The whole scheme of ongoing achievements is superficially compromised.

Companions move away from relevant positions, leaving spaces hard to fill.

These are the days of examination.

When the gale of criticism rages around us, testing the safety of construction. And these are also the days for increased serenity.

No irritation or discouragement.

We must be more closely together, in fidelity to the work to ward off worse dangers.

It is urgent to repair the machine of action as best we can, using all legal resources, as the railroad workers who restore a derailed locomotive and after putting it back together in serviceable condition on the right tracks, move on.

Neither accusations, nor regrets.

Working harder, forgetting the bad, and remembering the good.

Restoring unity and moving forward.

Understanding that the hours for faith are not those of the sun shining in the blue firmament, but precisely those other times when the clouds pour down threats from somewhere in the sky.

We all encounter difficulties along the way.

Whenever we are called to serve, we must remember that we are performing duties that Divine Providence has entrusted us with for the good of all.

And, taking care of God's designs, no matter what risks and stumbling blocks we may face, we must be sure that God will take care of us.

## Complain Less

“So, in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

Jesus (Matthew 7:12)

In order to extinguish the culture of hatred in the areas of the world, let's imagine how much better life on Earth would be if we all faithfully fulfilled our commitment to complain less.

How often do we mistreat each other just for demanding that one does in a certain way what they can only do in another way? We go from minimal friction to extreme attitudes.

In these circumstances, we tend to refuse attention and courtesy even to those we owe the most consideration and love; we implant animosity where harmony reigned before; we install pessimism with the formulation of unnecessary complaints or create obstacles where outstanding achievements could have been so easy. All because we don't give up complaining, on most occasions, for simple trifles.

Generally speaking, claims and disagreements most often occur among those whom Divine Wisdom has brought together with the highest objectives in the construction of God, whether in the domestic circle or a group of service or ideal group.

That is why conflicts and reproaches often appear in the world, in the spheres of action we are led to help and understand.

Reprimands emerge between husband and wife, parents and children, siblings and friends. From small gaps, moral disasters jeopardize community life, developing disagreements, quarrels, disturbances, and accusations.

Let us devote our best efforts to solving problems, trying to forget ourselves, so as to be more useful to those around us, and be convinced that the security and success of any recipes for progress



and upliftment require faithfulness to the program that life establishes for the individuals everywhere, in favor of us all: complain less and serve more.

## On the Paths of Faith

**“Whoever acknowledges me before others, I will also acknowledge before my Father in Heaven.”**

**Jesus (Matthew, 10:32)**

In the world in general, we have become accustomed to thinking that testimonies of faith only prevail in moments of superlative anguish, when suffering turns us into the target of public attention.

Evidently, on Earth, the crises of affliction affect everyone, each one at the right time according to the regenerating struggles necessary for us, in the course of which we must give all the energies of our spirit to acts of faith. However, we must bear in mind that we are incessantly called upon to bear witness to our trust in Jesus through small amounts of kindness and tolerance, understanding and patience before unpleasant occurrences of daily life, such as an unkind reference, a look of suspicion; a fair request refused; a pinch of criticism; the inattention and disrespect; organic maladjustment; unexpected damage; an unfortunate transaction; the challenge of discord.

We are obliged to confess ourselves as followers of Christ through clear and sincere verbal definitions, but we are also invited to do so by overcoming ordinary annoyances, once only by facing the minor setbacks of everyday life as great opportunities to show our trust in Jesus will we learn to bear the great trials as if they were small.

## In the Spiritist Group

“For where two or three gather in my name, there am I with them.”

Jesus (Matthew, 18:20)

As we know that each worker in the Christian spiritual field is responsible for a specific task, it is necessary to ask ourselves, sometimes, what we are in the workgroup to which we belong:

A key to solving obstacles or an element that makes them worse?

A regular companion at lessons or an assistant who, out of boredom, shows up sometimes?

A friend who understands and helps or an inveterate critic who complicates or disapproves of everything?

A balm that restores or a caustic that poisons?

A nurse dedicated to the good of the community or a patient who must be tolerated and treated by others?

A spring of aid or a desert moor with no benefit to anyone?

A support for good works or an opening for the influence of evil?

A fruitful plant or a destructive parasite?

A mainstay of peace or a vehicle of discord?

A blessing or a problem?

Let's make a similar observation and we'll see without difficulty whether we are simply in the Spiritist Doctrine or whether the Spiritist Doctrine is already clearly in us.

## *In the Mediumistic Field*

**“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again?”**

**Jesus ~ (Matthew, 5:13)**

Every medium brought into the Christian spiritist field for specific purposes is obeying, indirectly, the designs of Jesus' Messengers, who provide resources and work opportunities to each one according to their aptitudes and needs.

Situated between the incarnate brothers and sisters who ask him for support, and the disincarnate benefactors who are waiting for his collaboration, it is reasonable that each medium asks himself in the sphere of services consecrated to good works:

-A worker faithful to duty or a friend unaware of responsibility, who only appears in the workshop from time to time with a patent disregard for the commitments?

-A source of patience or a thornbush of irritation?

A device ready to be put to work or a clumsy appliance, usually in need of repair?

A collaborator in good works or an agent of pessimism, freezing the group's energies?

An instrument of good or a channel for less fortunate influences?

A companion who helps others or a worker who only seeks his obligations when sickness or trial knocks on his door?

Firm support for brothers and sisters who pass by, tired and suffering, on the paths of life, or a sensitive individual who shuts down at the touch of the first setback?

A supporting lever or an unresisting prop?

The medium should ask himself what he represents in the action team he has been called upon to join, and he will easily recognize what he has been and what he can be in front of others, so his mediumistic talents, on loan from the Lord, do not shine in his life in vain.

Everyday Issues

“And lead us not into temptation, but deliver us from the evil one.”

Jesus (Matthew 6:13)

In our daily lives, let us analyze situations when people treat us impolitely.

Isn't it more reasonable to leave them reviewing their thoughtless actions, avoiding making demands, where we might only lose our peace of mind?

If we have been offended, why not put ourselves, by assumption, in the place of the one who has hurt us, to list our advantages and observe, with silent respect, the damage that dilapidates their existence?

If we are misunderstood, isn't it more advisable to spend the time we work on our duties' execution rather than making a fuss to unlock prematurely the vision of others, sometimes to the detriment of our problems?

If we are criticized for mistakes we have made, why not resign ourselves to our shortcomings and get back on the right path without reactions and provocations, which would only make it more difficult for us to move forward?

If we are downcast by trial or illness, why should we rebel against the temporarily unfortunate circumstances we find ourselves in, despising the opportunities for upliftment on our behalf.

In any heavy part of our daily lives, let's adopt serenity and tolerance, the two essential forces of patience because if we can't do without reasoned faith, so as not to fall into the blindness of fanaticism, we need patience, meditation, and self-analysis, so we don't fall into the ravages of restlessness.

## In Daily School

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself.”

Jesus (Matthew 6:34)

Patience in itself is not just the external placidity that stamps serenity on the face and preserves the tormented and convulsed thought.

Surely, such an effort on the part of the creature, on the surface of the manifestations that concern them, is the first step of patience and should be praised for the good it spreads.

Real patience, however, is not made up of negative emotions that are difficult to restrain in the and susceptible to explosion. Genuine tolerance comes from understanding and we all have a whole arsenal of logical reasoning within us in order to guarantee it, as a citadel of peace in our inner lives.

In any difficulty we are confronted with, we won't profit from getting impatient, disturbing or destroying our own resistance.

Many worthy students lose the test in which they are being taught, not because of the problem's nature, but because of their own excitability at the right time of promotion.

Let's remember that life is always a great school.

Each creature trains in the learning they need, and each learning experience is a working environment with opportunities for improvement.

Despair is wear and tear.

Irritation is damage before adjustment. Reflect on this and, in the face of any obstacles, calm down to think and think enough so you can get right with life and serve for the good.



## Positions

“But I tell you, love your enemies and pray for those who persecute you.”

Jesus (Matthew 5:44)

It is imperative to change your concept of your adversary to put out the fire of aversion from your mind. That is because the alleged offender may be:

- Someone acting under the compulsion of a serious obsessive process;
- Someone under the sway of an illness and therefore unable to behave properly;
- Somebody who has experienced deplorable deception, and may none of us find any reason to reprimand them for maladjustment, being we all still susceptible to making regrettable mistakes, such as:
  - Falling under the disturbing influence of creatures to whom we devote our affections without the necessary balance;
  - Deluding ourselves about when we don't practice the salutary regime of self-criticism;
  - Falling into calamitous unbalance because of a momentary whim;
  - Assuming unfortunate attitudes due to a lack of evolution before companions in higher positions than ours.

In short, to apologize to people, you have to apologize too.

Let's reflect on the absolute inappropriateness of any resentment and remember Jesus' admonition to pray for those who persecute us.

The Master, in essence, was not only urging us to benefit those

who hurt us. He also invited us to protect the mental health of the group in which we were called to act and serve, immunizing our companions against the contagion of sorrow, frustrating the epidemic of complaints, sustaining the tranquility and confidence of others, and supporting them as ourselves.

## Obsessions

“And lead us not into temptation, but deliver us from the evil one.”

Jesus (Matthew 6:13).

We can't always tell.

Obsessive processes, however, often start with trifles:

- A look of distrust...
- A cry of anger...
- A derogatory phrase...
- A hint of sarcasm...
- A moment of irritation...
- Sadness for no reason...
- A moment of impatience...

Once the link with the shadows has been established through such invigilation, the big gaps appear in the organization of life or the soul:

- Disharmony at home...
- Discord in the action group...
- The fire of criticism...
- The poison of complaint...
- The imaginary disease...
- The net of intrigue...
- The darkness of resentment...
- Unhappy arguments...

The distancing of companions...

The purposeless feud...

Obsessions involving individuals and teams frequently stem from inconveniences that must be avoided, just as we do with a tiny infection.

We all have infallible resources for this, which are:

- The diet of silence;
- The vaccine of tolerance;
- The detergent of work;
- And the antiseptic of prayer.

*Praise and Criticism*

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”

James, 1:17

If the Sun depended on human approval to feed the life that gravitates around it, it would surely be reduced to an ashes pile.

If the Earth were to suffer the reproaches constantly hurled at it by all those who call it a vale of tears, it would have already descended to the status of a graveyard in space.

If the seed were to reject the loneliness and death to which it is relegated in the soil to serve the world, creatures would have been without the blessing of bread a long time ago.

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If the fountain were to refuse the regime of permanent change in which it is called upon to serve, the organized life on Earth would be confined to primitivism and stagnation...

If the tree only produced under applause, the fruit would not bless the table.

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Workers of Truth and Goodness, let us reflect on Nature's simple lessons and work.

Give thanks for the praise that strengthens you to carry out the natural duties of the world and take advantage of the warning that criticism gives you with resignation.

However, if we need praise to work and if admonition paralyzes our faculties to serve, we are still far from understanding the treasure of opportunities for improvement and elevation that enriches our paths.

Above all, the blessing that comforts us, the light that clears the road, the strength that sustains us, and the support on which we rely always stem from the Highest and come, originally and only, from God.

## Peace Charity

“Blessed are the peacemakers, for they will be called children of God.”

Jesus (Matthew, 5:9)

A type of charity that is available to everyone and that should not be forgotten - hiding your annoyances to help.

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You've likely started the day under the intrusion of setbacks that have whipped your soul. Given this, if you display the figure of sorrow in your words or on your face, it spreads like a mental toxic, attacking all those who allow themselves to be infected.

And what happens when thick dust invades your home?

Forcing you to recover and clean up after unbalancing yourself with harshness and irritation, you recognize that you have a duty to repair the damage you've done, expending strength and diligence in apologizing and repairing your pride here and there. Just like someone who endeavors to suppress the remnants of laborious cleaning. However, if you rise above your grievances and worries, maintaining tranquility and good cheer, then your message of optimism and renewal goes ahead. It will spread blessings and create energies in which you will gain sympathy and cooperation.

Negative states of mind, such as sadness, bitterness, anguish, or nonconformity, are shadows that comprehension and kindness are called upon to dispel.

Let's remember the gift of peace that we all have to distribute for the benefit of others, avoiding solemnizing obstacles and conflicts, afflictions, or disenchantments that take us by surprise.

Let's remain informed that the only way to exercise this gift of peace, in praise of our safety, will always be to forget evil and do good, for, in truth, only the creature consecrated to working and serving others has no resources to lose heart and no time to be unhappy.



## The Necessary

“But few things are needed—or indeed only one.”

Jesus (Luke 10:42)

You may have many affairs near and far, but you won't be able to subtract the lesson from them, for death will unveil realities that you don't even dream of...

You will manage various interests, but you will not be able to control all the service since malice and indifference insinuate themselves into every task, damaging the range of action of all the missionaries of elevation.

You will amass an enormous fortune, but for many years, you will be unaware of the area of life money will lead you to.

You will improvise pompous speeches, but unaware of your words' consequences.

You will organize a great movement around your steps, but if you don't build something within them for the legitimate good, you will tire yourself out in vain.

You will experience much pain, but if you don't remain vigilant in the straining, all your troubles will be useless.

You will exalt the right with indignant and ardent words but likely will only stimulate the indiscipline and idleness of many.

*"Only one thing is necessary,"* said the Master in his lesson to Martha, a dedicated and active cooperator.

Jesus meant that, above all else, it is up to us to maintain an appropriate attitude towards the Almighty's designs, moving forward according to the roadmap that the Divine Law has laid out for us.

Once it is done every event, person, and thing will fall into its proper place in our eyes. Without this spiritual position of attunement with the Celestial Instructor, it is unlikely for anyone to act profitably.

## Personal Mandate

“Each of you should use whatever gift he has received to serve one another.”

(I Peter 4:10)

You must appreciate the value of the mission in your hands.

It constitutes a mandate from the Almighty's plan in and with you.

Undoubtedly, we need to be convinced that we are nothing nor accomplish anything without God. However, this does not exempt us from the obligation to observe the meaning of the responsibilities we have taken.

We don't wish to induce people to hypertrophy of personality, when everything asks for the extinction of vanity and pride.

Thus, reflect on the individual credits Divine Providence has enriched you with.

Like the fingerprints that identify you, your voice is unlike any other; your hands have distinct peculiarities; you see and hear with mental resources of interpretation different from all those that populate other people's brains, and you show a vocation that others don't do.

Let's consider all this to recognize that we have each been assigned a determinate action area in which our service is of the utmost significance, both for those we serve and for us.

Ponder the importance of the obligations that life gives you by noting that God has sculpted you as he did to no one else.

## Your Jobs

“Be perfect, therefore, as your heavenly Father is perfect.”

Jesus (Matthew 5:48).

According to the laws we are submitting, each of us is in the right place today, with the appropriate creatures and circumstances necessary for the work we must do consonant with our merit.

Keep the duties that honor your existence as activities of great significance in your favor, for they all constitute a summit of achievement you can devote yourself to in the present.

Whether at home, in the workshop, in service groups, or on social screen, you are a life structure-conscious part.

You enjoy the possibility of creating, acting, collaborating, and doing in your life elevation.

*"Be perfect as our Heavenly Father is."* - Jesus exhorted us.

Let's think about improving ourselves continuously.

Others can replace you in the work you dedicate yourself to. Nevertheless, when it comes to you, it's fair to remember that God made us all immortal spirits to improve ourselves until we can identify entirely with His Infinite Love. We maintain every time and place the prerogative of unmistakable beings of Creation.

Your commitments ~ your possibilities of access to higher planes.

Indeed, we ~ the spirits evolving on earthly paths ~ are still a long way from angelique; however, each one of us can start being good from now on.

## Rights

**“And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.”**

**Jesus (Matthew, 10:42)**

A duty fulfilled is the root of a right conquered. Nonetheless, in all the circumstances of life, we identify the most different rights.

You own the right to ask where you can lend generosity and collaboration, but you don't know to what extent your requests can tarnish the sources of spontaneity or prune the interests of others.

You enjoy the right to warn in the sectors you are in charge of teaching. Notwithstanding, you must have acquired an immense patrimony of love, so your correction does not turn into offense or discouragement in others.

You retain the right to analyze. Yet, if you haven't acquired enough experience to understand, over-observation may lead you to dryness.

You own the right to correct constructively in the sphere of personal responsibilities that honor your life; however, no matter how much the truth shines in your words, if you lack the kindness to nurture hope, your words will be like a hammer aimed at destruction. Though, in every time and place, we enjoy the grandest right. The one that never frustrates our possibilities for improvement and always opens the doors to happiness in our conviviality with the neighbor.

Those rights in whose exercise we will never harm anyone; the one we will name for all of us, the children of God: the privilege of serving.

## Strength

“My command is this: Love each other as I have loved you.”

Jesus (John 15:12)

There is force and force in life.

The force of gravitation exists among all the particles of the Universe and while it balances the worlds in the Cosmic Immensity, it does not create the slightest bond of fraternal understanding in the intimacy of the individual.

Electric power moves large cranes, but although it sustains machines of astonishing power, transporting tons, it does not diminish, even slightly, the weight of anguish in the heart.

Executive power determines obedience to legal texts, and if it often manages to influence thousands of destinies, it does not always succeed in changing this or that intimate decision.

Physical strength presides over championships of skill and robustness, managing to subdue opponents even in the field of aggression and violence. Nevertheless, it does not clear the smallest debris in the feeling field.

The force of forces, however, the one that sublimates the stars and feeds engines for the good, that directs authority towards mercy and activates the arms in the service of the neighbor ~ the only one that penetrates the soul and guides its impulses in the direction of happiness and peace, elevation and understanding ~ is the force of love.

## Your Contribution

“Live as free people, but do not use your freedom as a cover-up for evil; live as God's servants.”

Peter (I PETER, 2:16.)

Observe God's support, constantly around your steps, but, especially when you are feeling inhibited or exhausted.

You thought yourself incapable of courageously enduring a change in your life; however, you patiently accepted the imposition of the necessary transformation, and an imponderable force restored your peace with the desire for grander tasks in your happiness' building.

You thought you didn't have the resources to solve a determinate problem; nonetheless, you remained steadfast in fulfilling the responsibilities the world had given you, and without your realizing it, invisible agents erased your worries, taking away the issue that was troubling you.

You feared that you wouldn't be able to meet the obligations that unexpected events imposed on you and which you found extremely difficult; yet, you were faithful to the work-life had entrusted to you, and intangible support sustained you to do them, enveloping you in the conscience's joy that presides the heart victories.

You were afraid of speaking about this or that edifying topic in public, believing yourself unable to do it; notwithstanding, you accepted the duty to speak out of love for others and the spiritual assistance shone in your words and thoughts, giving you the comfort of transmitting hope and peace for the benefit of people, through the inspiration's threads.

Hence, you can see how relevant your part in this or that achievement in life is.

Divine Providence gives you means beyond your strength so you can cooperate to construct the good of all, of your free will, and not in a spirit enslaved to the yoke of circumstances.

In short, God helps you so you help yourself, and He will always give you the maximum aid, as long as you don't fail to contribute to the development and improvement of the Creation Work, at least with the minimum of what you know, can, and should do.



On God's Side

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

Jesus (John 3:16)

Even though many people have added elements of evil to the definition of this or that unfortunate event, do not follow the condemnatory trend and launch the good on your own.

Despite many individuals attribute fulminant judgments to God before man's errors, and even though we recognize ourselves as rectified in our deviations by Perfect Justice, God is the Perfect Love, guaranteeing us security and balance.

A glance at the human field is enough to confirm this.

Schools dispel the darkness of ignorance.

Work eliminates boredom and insipidity.

Machines reduce effort.

Vehicles eliminate distances.

Science, with each new day, increasingly reduces the power of illness, neutralizing suffering.

And as far as possible, according to the designs of necessary reparations law, the same science, with various resources, removes blindness and deafness, extinguishes inhibitions, offers mechanical agents to the mutilated and corrects, through plastic surgery, some atonement types, when those concerned have earned the cessation of the afflicting ordeal.

Just as we see the Sun continually acting on the planetary mass, reconstituting everything in praise of harmony and evolution, we also find the Omnipresent Love that directs the Universe,

remaking everything in favor of the refinement and happiness of all creatures.

In any apparently unfavorable circumstance, don't dwell on evil, whatever it may be.

Recognizing that God is on everyone's side, look for the good, do, emphasize and follow good, for only in this way will we really be on God's side.

Choices

“If you keep my commandments, you will remain in my love.”

Jesus (John 15:10)

Anyone who observes evil and the remedy for it in the world's proving grounds is naturally induced to reflect on the free-thinking and neutral resources that surround us. Let's look at some of them:

A stone can hurt or revile, as much as it can build or sculpt.

A creature can use fire in different ways, such as to extinguish the cold, drive away darkness, prepare one's food, condition matter, or destroy through fire.

From the morphine that relieves the sick on Earth, one also removes the dose of subtle poison that wastes the organic energies to take pleasure in abusing narcotics.

In the hands of man, money is work or golden inertia, education or imbalance, beneficence or stinginess, kindness or violence, prosperity or penury.

Atomic force can guarantee the brilliance of comfort and industry, as it can be wielded for slaughter and destruction.

It is also true of the treasures of time, which are strictly the same for all creatures, by the criterion of Eternal Justice.

The time of the boss and the subordinate, the cultured and the less cultured man, and the person favored or less favored with material resources mathematically consists of sixty minutes.

Adding such value to good or evil, improving conditions, or aggravating problems in our own lives will be always a question of our attitudes.

*In Daily Experience*

“These things I command you, so that you will love one another.”

Jesus (John 15:17).

Without compassion, love would not enter anywhere to fulfill the mission that the wisdom of life assigns to it. It is necessary, however, for compassion to move from the environment of those who suffer to reach the circle of those who cause pain.

You will sympathize with the afflicted under the gauntlet of misery; nevertheless, you will also pray to enlighten those who have fallen in love with the superfluous, and forgotten those who lack the necessary.

You will extend helping hands to those who fall under the blows of delinquency, but you will ask for Heaven's mercy on behalf of those who promote crime, ignoring how much it will cost them in grief and tears for the reparation night to which they have thrown themselves, unaware...

You will help the dispossessed by the moral aggression. Notwithstanding, you will ask for the Lord's protection for all who laid traps of anguish for them, ignoring that they set traps of expiation against themselves.

You will wipe away the tears of all those who weep under trials of all kinds, but you will not forget to pray for those who cause others' imbalance, since they will all recognize they have only accumulated disturbance and conflict to their own detriment.

In any complex circumstance, always sympathize and serve, bearing in mind that we are all eternal spirits who will inevitably reap the results of our deeds and that only good dissolves evil, just as darkness is only extinguished by the blessings of light.

## Action and Prayer

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Jesus. (Matthew, 7:7).

Prayer is light.

Service is merit.

Prayer is light.

Service is a blessing.

Many brothers and sisters ask for Heaven's aid, but close their hearts to assisting companions who ask them for support and cooperation on Earth. Evolution, however, in any area of life, is woven together based on exchange.

The farmer retains the soil and the elements of nature, but if he aspires to achieve the wonders of harvest, he must plant.

The artist has stones and tools with which he can alter their structure, but if he wants a masterpiece, he must carefully hone it.

In the seventh verse of chapter seven of the Apostle Matthew's notes, in the Gospel, Jesus tells us: *"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you"*.

In the language of all times, this means: Desire fervently, and the opportunities will appear; strive to find the object of your desires, and you will have it in sight; but you have to fight the good fight, work, act, and serve, so the horizons and achievements you wish may open up to you. Similar principles govern the laws of prayer. Prayer always provides support; nonetheless, if the person seeking protection and aid does not confer prestige to it by helping it to act, favoring its effects, it certainly doesn't work.

## Will and Renewal

“I do not write to you because you do not know the truth, but because you do know it.”

(I John, 2:21).

Of course, the incarnate spirit encounters many difficulties in physical life that he cannot avoid, whether they arise from the educational constraints of evolution or those linked to the liquidation of maladjustments perpetrated by him in previous existences.

Let's consider, though, that far more numerous are the other troubles that he creates in dealing with his brothers and sisters, worsening the collection of unhappy deeds that he carries forward on his spiritual journey.

As a result of past mistakes, that individual has certain organic parts in delicate conditions; however, if he persists in abusing his strength, how can he be helped? Another person reveals himself daily by exaggerated aggressiveness, and for this very reason, how can we keep him from danger if he has a declared inclination to disaster? Many long for tenderness and human warmth, turning into bitterness and incomprehension towards their best friends...

We all want happiness and peace, but we must recognize that peace and happiness emerge within us.

That is why the lessons of the Gospel - as long as we accept Jesus as our Master - reverberate in our intelligence at every moment of our lives.

Not because we don't know the truth, but precisely because we don't ignore it, once we know that our will must work to resolve debts and mistakes, without which it will always be impossible for us to take any action to correct or redeem ourselves.

## In the Guidelines of the Gospel

“Thus, by their fruit you will recognize them.”

Jesus (Matthew 7:20)

The Lord did not lead us to know the value of the tree by its externalities or difficulties of attachment to the earth.

Not by the morphology of the trunk. Not by the fabric of the foliage. Nor by its flowers.

He didn't have it investigated for defects in presentation, often created by the fury of storms that the subsequent examination of the best botanists cannot determine. Nor did he recommend looking at the disadvantages caused by the insects which the workers of good will know how to extirpate at the price of love.

He also did not demand an inventory of the number of travelers who had beaten it up or broken its branches to appropriate its resources.

The Master only announced that the tree will always be known by its fruit.

When circumstances impel us to judge or analyze our brothers and sisters of experience, let's forget about the fleeting figures that reappear on the external side of life and remember Jesus' teaching:

*"By their fruits, you shall know them".*

*The Lord's Service*

“They are not of the world, even as I am not of it.”

Jesus (John 17:16)

The servant of the Lord is recognized in the Lord's active harvest.

However, if we aim to describe him in the world, we can easily identify his presence through his inherent qualities.

He lives in the world without being stuck to it;

He acts without being attached;

Enlightens without seeking attention;

Convinces through his actions;

He goes through the chaos silently.

When reviled, he forgets;

When warned, he takes advantage of it.

He considers the past while pointing toward the future.

Renews without criticizing;

He forgives without boasting;

Suffers without complaining;

Carries heavy burdens without pretending to be virtuous.

He helps spontaneously;

Speaks wisely;

He uplifts himself by uplifting others;

Collaborates in praise of the general interest while forgetting about himself.

He waits and does his best;



Corrects by blessing;

Educates by supporting, always.

\*

In short, those who dedicate themselves to the Lord give themselves to his blessed power.

They serve Him as they are, where and with what they have, and whom they live. They persevere in the unceasing task of the Lord's work without asking how, where, how much, or with whom they must work to serve the Lord truly.

## The Divine Door

“I am the door; if anyone enters through Me, he will be saved.”

Jesus (John 10:9)

On the paths of life, every companion with a slightly higher intellectual expression naturally becomes a compelling voice in our ears, and every person who goes ahead of us opens doors to our spirit.

The nonconformists open the way to rebellion and indiscipline.

Rascals offer passage to the captivity in which they exercise domination.

Writers of futility provide a passport to the province of lost time.

The slanderous lead those who listen to them to poisoned springs.

The vicious break down the beneficial barriers of fraternal respect, unveiling cliffs where danger is permanent.

The lazy people conduct the war against constructive work.

The perverse ones open up the precipices of crime.

Even if you don't realize it, several people open doors for you daily through the spoken or written word, action, or example.

Examine where you enter with the sacred deposit of trust.

Often, you will lose a lot of time getting back on track.

Let's not forget that Jesus is the only door to true liberation.

Through many seasons in the field of humanity, we are likely to receive experiences, amassing them at the cost of terrible disappointments, but only in Christ, in the sacred atmosphere of his principles' application, is it possible to find the blessed passage to definitive salvation.

## Helping and Serving

“Love your neighbor as yourself.”

Jesus (Luke, 10:27)

Brothers and sisters!

When you are on the verge of discouragement because the pricks of the world have wounded your heart; when despair threatens you in the face of the trials that befall you on the path, let us reflect on those other companions who agonize with us amid the thorn bushes that line our road.

Those who have been relegated to a solitude without the voice of a friend to comfort them; those who go groping in the middle of the day, longing for a thread of light to soften their blindness; those who have lost the light of reason and fallen into the ditch of madness; in those who have been into orphanhood when their existence on Earth is just beginning; those who are finishing their pilgrimage in the world, tossed about by the wind; those who have given up the refuge of faith and are heading, disoriented, towards the darkness of suicide.

Those who have fallen into delinquency, buying regrets and tears in the segregation where they atone for their faults; in those who weep enslaved to penury, languishing in starvation!...

Let's do this, and we'll learn to be grateful for God's goodness, which brings us all together in His blessing of love, so that melancholy be transformed into a glow of pity, teaching us to see that no matter how needy or suffering we are, we still have the privilege of collaborating with Jesus in the building a better world, through the happiness of helping and the gift of serving.

## The Tongue

“The tongue also is a fire.”

James, 3:6.

The carelessness of creatures justifies the bitter considerations of James in his epistle to the Christian communities.

The beginning of all the hecatombs on the planet is frequently found in the misuse of the tongue. It is placed among the members like the rudder of a powerful ship, as the great apostle of Jerusalem reminds us.

In their potential, they remain sacred resources to create, as much as the small rudder installed to steer.

The tongue holds the divine spark of the verb, but man, in general, usually divert it from its grandiose function into the swamp of subordinate cogitations, and there we have the source of almost all the follies of suffering humanity, crystallized in petty purposes in the absence of humility and love.

War is born from the language of criminal, unsatisfied interests.

The worst social tragedies originate from the language of inferior feelings.

Few times has man's language consoled and edified his brothers and sisters.

Let us note, however, that their disposition is always active to excite, dispute, depress, defile, accuse, and hurt mercilessly.

The sincere disciple finds in James' notes a brilliant thesis for all his experiences. And when the evening of each day comes, it's only fair to ask yourself:

**"Have I used my tongue today as Jesus used his?"**

