

*Hands that help are more sacred*



*than lips that only pray.*

Rubens Santini - October/2023

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**Index**

*Hands that help are more sacred than lips that only pray..... 3*

*Spirituality in the view of C.G. Jung's Psychology..... 4*

*The art of living in search of our Spirituality..... 5*

*What is Love for Others?..... 6*

*Compassion practiced by "Doctors without Borders"..... 7*

*Tolerance towards our enemies..... 8*

*The silent and growing option of those who do not want to have a religion..... 9*

*Bibliography..... 10*

*About the author..... 11*

**Hands that help are more sacred than lips that only pray**

The theme of this study material was based on a famous quote by Mother Teresa of Calcutta.

This is the attitude that Jesus expects from all of us.

We need to exemplify his teachings in our daily lives and not just repeat the phrases from the Gospel orally.

There is no faith in words alone.

This phrase from Mother Teresa shows the importance of action, of helping others, of concrete actions and of generosity in people's lives.

It is an incentive to participate in solidarity actions, to put love for others into practice as an expression of Compassion.

There is a text that complements the thoughts of Teresa of Calcutta, which was extracted from the book "Pão da Alma", dictated by the Spirit Brother José to the medium Carlos A. Baccelli:

"If you seek in prayer  
The answer to your desires...  
More than with words,  
Pray with actions.  
Every action prompts  
Another action per response.  
Always act in good  
And good will reach you.  
Whoever prays only verbally,  
Asks for half.  
The prayer of those who pray,  
God hears first."



## **Spirituality in the view of C.G. Jung's Psychology**

Carl Gustav Jung (1875-1961) was a Swiss psychiatrist and psychotherapist, founder of Analytical Psychology.

Jung studied several religions in depth: Christianity, Hinduism, Buddhism, Taoism, among others, and made a comparative study between them. He believed that the root of psychic life was in spiritual life.

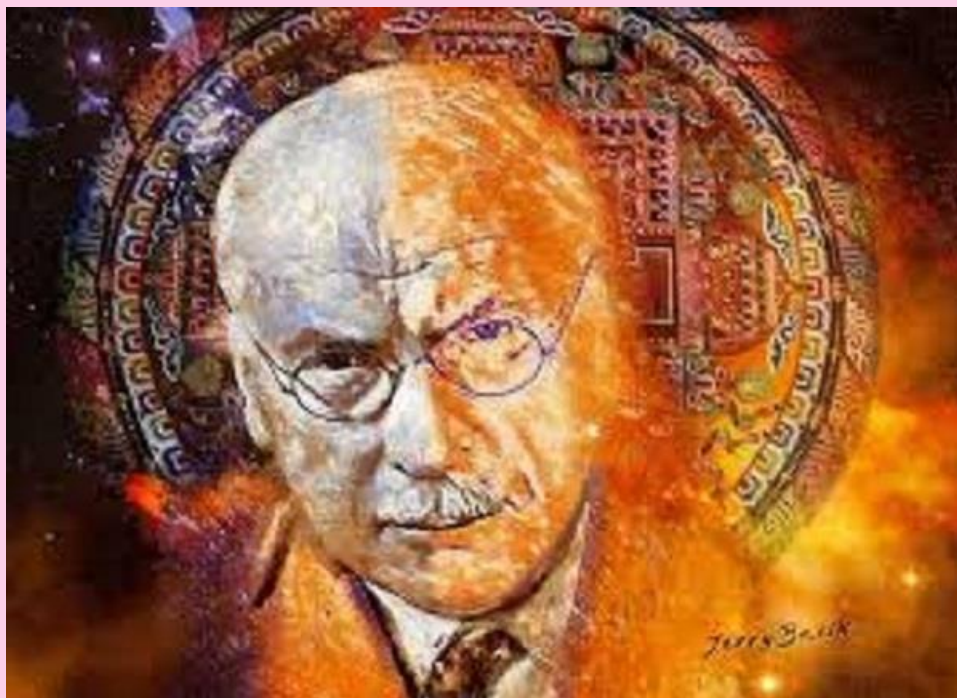
On many occasions he argued that all spiritual experience was essential to provide our well-being.

Jung had the following conviction: "My opinion is that religions are so close to the human soul, with everything they are and express, that psychology can in no way ignore them."

He believed that we all have an innate drive to develop a spiritual life, regardless of whether we have religion or not, as a spiritual life helps us find the meaning of life and, thus, deal better with our suffering.

Theologian and writer Leonardo Boff, who was also co-editor of the translation of C.G. Jung's complete work (19 vol) by Editora Vozes into Portuguese, gives us the following warning:

*"The drama of today's man is having lost his spirituality and his ability to experience a sense of belonging. What is opposed to religion or spirituality is not atheism or the denial of divinity. What is opposed is the inability to connect and reconnect with all things. Today people are uprooted, disconnected from the Earth, from the anima, and therefore without spirituality." ("C.G.Jung: A espiritualidade com dimensão essencial da Alma" - article by Leonardo Boff).*



### **The art of living in search of our Spirituality**

Tich Nhat Hanh (1926-2022) was a Vietnamese Buddhist monk, pacifist, writer and poet - Thích being an honorific title given to monks, meaning "of the Sakya clan". He was one of the best-known and respected masters of Zen Buddhism today, a poet and activist for peace and human rights.

He wrote in his book "The Art of Living" (A Arte de Viver) the following definition of Spirituality:

*"Spirituality is not a religion. It is a way to generate happiness and love, so that we can live deeply every moment of our life." (...)  
"Developing our spirituality does not imply having to give up material goods and life on Earth. Spiritualizing is not moving away from the world, but living in the world without getting attached to it. We can possess things without being possessed by them. Material achievements can often be important and are necessary for a dignified survival, however, beyond this level, they are not essential."*

To complement this line of reasoning, becoming spiritual, according to Chico Xavier "(...) is leading your life on the path of good, love for others and material and spiritual charity; It means making a constant effort to correct your defects and tame your bad instincts, in short, it means making the Kingdom of God grow within us."

*"To seek God, it is not necessary to go on pilgrimage or light lamps and burn incense, or anoint the image of the deity or paint it red. Because He resides in our hearts." (Mahatma Gandhi)*



### **What is Love for Others?**

"Love for Others" is Jesus' most important teaching. Because through it it is possible to practice all the others.

When we love our neighbors, we will be doing everything we would like them to do to us, treating them with respect, without prejudice, welcoming and having empathy.

This means that we must initially love ourselves, as a person can only help others, and love others, when they love themselves too.

After all, we are the closest thing to ourselves.

I would like to share a reflection by Swiss psychiatrist Carl Gustav Jung, taken from his book "Spirituality and Transcendence" (Espiritualidade e Transcendência), on the theme of "loving others", but first of all "loving ourselves":

*"That I make a beggar sit at my table, that I forgive anyone who offends me and that I strive to love, including my enemy, in the name of Christ, all of this, naturally, is still a great virtue. What I do to the least of my brothers is what I do to Christ himself. But what will happen, if I discover, perchance, that the smallest, the most miserable of all, the poorest of beggars, the most insolent of my slanderers, my enemy, resides within me, is myself, and needs alms of my goodness, and that I myself am the enemy that must be loved?"*

We can see from this reflection by Jung that we are at the same time the person who loves others, and the person who needs to be loved by ourselves.



### Compassion practiced by "Doctors Without Borders"

"Doctors Without Borders/Médecins Sans Frontières" (MSF) is an international humanitarian organization that brings healthcare to those who need it most, without discrimination based on race, gender, religion, nationality or political conviction.

They operate in 70 countries, with 63,000 professionals from different areas and nationalities.

It is an independent organization with 97.1% of its funding coming from individual donations and the private sector.

We can compare the activities of these health professionals with what is described in the parable of the Good Samaritan (Luke 10:25-27).

They operate in regions of war, ethnic conflict and where people in need are often forgotten by local governments and neglected by religious institutions.

One of MSF's mottos is "Compassion is understanding that we are never alone".

Even though these MSF professionals do not have a religion, but have spirituality, they are putting into practice everything that Jesus taught us while he was on this planet. MSF brings love, respect and solidarity, showing that these people will never be alone.

Compassion awakens the desire to help others, consoling and providing emotional support, freeing others from their suffering.



### **Tolerance towards our enemies**

Let's do a self-analysis and see how we behave in front of our enemies (adversaries, rivals, someone we have difficulty relating to).

We're usually happy when something bad happens to them, aren't we? In general, we do not wish these people anything good.

Even if in our daily lives, through our actions and thoughts, we do everything to make these people unhappy, would this be correct? What's the pleasure of all this?

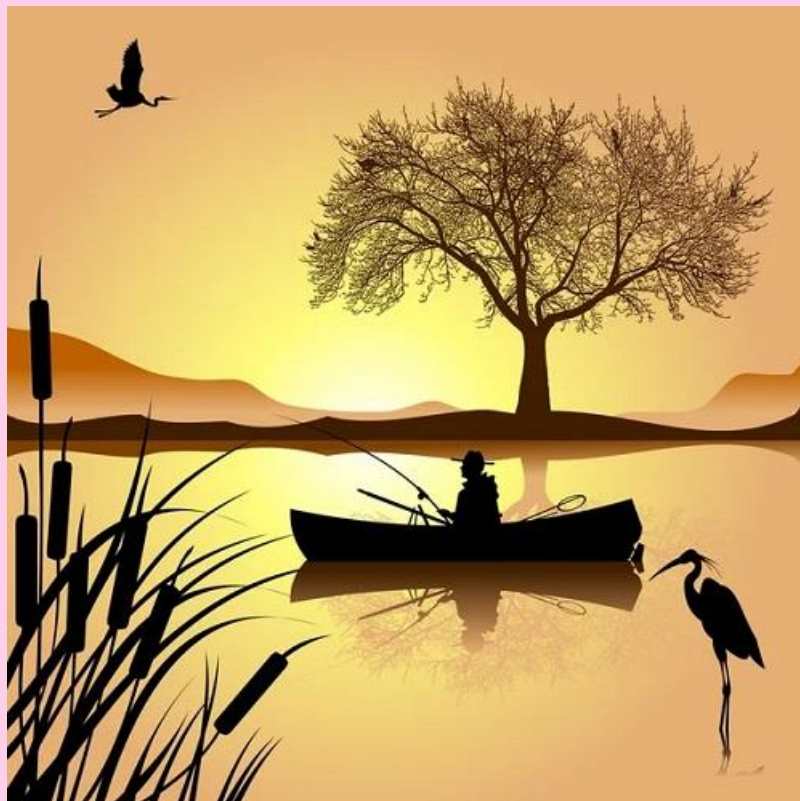
If we take revenge on one of our enemies, that person will feel harmed and will want to seek revenge, and this will generate a vicious circle that will have no end. One taking revenge on the other.

With feelings of hate and resentment we will never have inner peace. We find in all religions that our enemies are our masters. They are the ones who point out our flaws and mistakes. For they will teach us to seek patience and tolerance. And in this way, Compassion will sprout within us.

For those who want to grow spiritually, our enemies (adversaries, rivals, someone we have difficulty relating to) will play a fundamental role in our lives.

In the booklet "Minutos de Sabedoria", Carlos Torres Pastorinho brings us the following teaching:

*"Whoever feeds hatred sets fire to their own heart, wrote André Luiz. If someone has hurt you, offended you with slander, do not imitate them, repeating the same mistakes. Put yourself above him, knowing how to forgive. And try to forget, because the negative thought of anger attracts to us the wave of evil that our unfortunate adversary launches against us. To be happy, know how to forgive and forget."*





**The silent and growing option of those who do not want to have a religion**

Many people, especially in the 20 to 37 age group, from various social classes, have demonstrated that they are disillusioned with religions and are choosing not to follow any of them.

It is a silent phenomenon and there is no shortage of studies to prove this.

In 2022, the research institute Datafolha carried out a nationwide survey in Brazil. It was found that 14% of those interviewed said they did not follow any religion, behind those who declared themselves Catholics (49%) and evangelicals (26%).

Another research institute, WIN/Gallup, also in 2022, interviewed 66,000 people in 68 countries on this subject: 25% declared themselves "without religion", while 9% said they did not believe in God, that is, they were atheists. This WIN/Gallup survey made clear the difference between those "without religion" and those who were atheists.

Not having a defined religion, as shown by these surveys, does not mean that these people do not have faith, spirituality and belief in a deity.

These young people have not found answers to their life dilemmas: issues related to gender, sexuality, feminism, race. Where these topics are hardly discussed in traditional religions.

There is a view of the Dalai Lama on this subject, which we extract from his book "Beyond Religion":

*"When modern education began, religion was still an influential force in society and, therefore, the introduction of virtues such as temperance, modesty and helping people were part of family upbringing and participation in a religious community, and could be taken for granted in an educational context" (...) "Today, religion no longer has the influence it once had on society, and the strong family values that in the past were based on religious faith and cultivated by strong community identities, were weakened by material values and economic pressures."*

Even though they do not have a religion, or do not attend a church or temple, these people may be living a cultivated spirituality in an autonomous and individual way. And this we must respect!



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São Paulo, October/2023.

About the author



I have professional training in "Bachelor of Computer Science" at the Federal University of São Carlos (UFSCar), currently working in the area of Software Development.

My spiritist training began in 1990 at the "Grupo Espírita Casa do Caminho" - Vila Mariana - São Paulo - Brazil ([www.casadocaminho.com.br](http://www.casadocaminho.com.br)), where I took several courses and the development of mediumship, later acting as a Passist and Indocinator in activities of Disobsession and explanations to the suffering Spirits.

As a writer, I started in 1994 with a Trilogy in Defense of Life, with reflections on Abortion, Suicide and drug consumption. These studies were initially published in "Revista Informação" (magazine of the Spiritist Group Casa do Caminho).

All published e-books referring to the subjects of disobsession and mediumship were only made after some time of practice and studies in these activities:

- Conduta Mediúnica - É Preciso Se Educar Para Poder Servir (1995)
- Enquanto vivem na escuridão - Orientações Práticas para atividades de Desobsessão (2001)
- Vós Sois Deuses - Uma Reflexão Sobre a Mediunidade (2013)
- Saindo da Escuridão - Orientações práticas para atividades de desobsessão (2018)
- Mediunidade: para a Paz, para a Vida (2023)

To my surprise, and with great joy, several reflections and studies were published on websites outside the spiritist area. They were published in some educational institutes and non-governmental organizations that dealt with diversity and social inclusion:

- Um Gesto de Gentileza, Por Favor (2011)
- Uma Ponte Para o Despertar - Uma Explicação Espiritual Para o Autismo (2014)
- A Diferença nos Enriquece, O Respeito nos Une (2015)

These days I share my e-books with various websites, study groups, associations and spiritist centers in 26 countries in Portuguese, Spanish and English.

The main study materials, published over these nearly 30 years, are available for viewing at [www.calameo.com](http://www.calameo.com).

Much peace to all!

*Rubens Santini de Oliveira*