

# SPIRITIST IDEAL

Francisco Cândido Xavier



Diverse Spirits

# **CHICO XAVIER – SPIRITIST IDEAL - DIVERSE SPIRITS**

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Cure and Charity

Emmanuel

Each time we report to the healing services, it is fair to think of the sick, who transcend the common diagnosis.

They flounder, afflicted, everywhere, waiting for medication.

There are those who stagger from starvation, grinding doses of adequate feeding.

There are those who tremble naked, requesting hospitalization in convenient clothing.

There are those who fall into dismay, waiting for the injection of good cheer.

There are those who have thrown themselves into the torments of guilt, begging forgetfulness.

There are those who are troubled in the darkness of obsession, asking for words of light for pills of love.

There are those who weep with nostalgia in the chambers of the heart, pleading for the blessing of comfort.

There are those who have been mentally mutilated by terrible disappointments, who sigh for support resources.

And there are still those others who have poisoned themselves with selfishness and coldness, despair and ignorance, requiring the incessant therapy of the unconditional forgiveness.

Help, yes, the sick of the body, but do not despise the sick of the soul, who walk on Earth, seemingly robust, carrying unmanifest infirmities, which consume their thought and disfigure their life.

We can all be instruments of good to each other. Do not expect the fellow to calm prostrate or feverish, to assist him. Hope and Remedy.

Help him, still today, without humiliating or hurting, since true charity, both as much as possible is painless treatment of human need. The Emissaries of Christ heal our ills in divine silence.

**Emmanuel**

## 2

### Warn Yourself

André Luiz

Learn to admonish yourself, before life admonishes you.

If your problem is to feed excessively, expose on the table is written caption, before the eyes: ~ “I must moderate my appetite.”

If your struggle stems from laziness, hang this couplet in front of your own bed to reflection every morning: ~ “I must work honestly.”

If your uneasiness arises from the systematic irritation, put this warning in evidence in the home for incessant observation:  
“~ I must rule my emotions.”

If your impediment erupts from ingrained addictions, carry a card with this brief reminder: “~ I must renew myself.”

If your difficult case is sexual unrest, bring this constant warning in your mind: ~ “I must control my impulses.”

If your fragile point is in the thoughtless word, spread this memo around your steps: “~ I must speak charitably.”

Do not believe in unconditional freedom. Every right is subordinate to a certain duty.

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Repair life's penal systems by working spontaneously. No one abuses without consequences.

Diseases share excesses...

Obsessions ride Imbalances...

Prisons segregate delinquency...

Expiatory reincarnations accompany follies...

Let us correct ourselves, before the world corrects us. We all know how to proclaim the merits of positive thinking; however, there is no positive thinking for good without straight thinking.

Time is that tireless advisor, who teaches each of us today, tomorrow and whenever no one can really play to live.

**André Luiz**

### 3 The Greatest News

The world undeniably progresses, albeit slowly.

In the view of this, every day it is natural for the Earth to emerge, in some way, renewed in itself.

However, it is imperative to say that on the external side of situations and things, with slight modifications, what we see now is what we have already seen.

The sun whose gait Joshua supposes to have paralyzed in the fight against the king of Jerusalem is the same that clears the desert path to the Bedouin of today.

The light that stroked Socrates' head did not suffer differences.

The sea that Tiberius gazed from the heights of Capri nowadays offers the same spectacle of grandeur and beauty. The great cities of the modern era are heirs of the great cities that time buried in cinder pits.

The political policies that create the war, in the days that pass, although more spaced, are identical to those that made the war in the time of the Pharaohs.

The unfortunate-inspired writers, who millennia ago poisoned the heads of people, are replaced now by the inconsequential writers, who articulate noble and correct words, fomenting the vices of thought. Undeniably, progress is the law, yet only the knowledge of us will truly be able to substantiate it, and hasten it into sound foundations in the experience.

For this reason, the greatest novelty for us, above all, still and always, is our immediate possibility of handling our own will and improve life, improving ourselves.

**Emmanuel**



## 4 A Hundred for One

Everything vibrates in perpetual motion, without vacuum or inertia in the substance of things.

The human body and the spiritual body are divine constructions structured around forces that combine and work constantly, in sanctifying dynamism, for we, in turn, living parts of the Living Gospel, demonstrating that service is a condition of eternal health.

Inspire, wherever you go, the luminous trail of understanding. Build up the good, be it listening to the laughter of the happy, or hearing the sobs of the unfortunate companions, creating yield in the imperishable treasures of the soul.

Assist and help everyone, from the helpless child, in need of tidying and light to the heart, to the homeless pilgrim, the wandering guest of the way's trees.

Preserve as medals of merit the calluses in the hands that bless serving, the fatigue in the muscles that support with enthusiasm, the sweat on the forehead

that cooperates for the happiness of all, the rips that remind you the wounds found in the fulfillment of austere obligations.

Let us pray in constructive activity that does not rest.

Let us sing to the rhythm of happy perseverance.

We will breathe in the inhalation of unmixed solidarity. Charity converts sacrifice into delight, tiredness into interest, suffering into euphoria.

**Pure air** ~ undoes the unhealthy fumes;

**Clear water** ~ dissolves the debris of the shade;

**Morning sun** ~ dispels darkness...

**Empty hands or unoccupied head** ~ denounce idle heart.

Be a companion of the dawn, awakening together with the day, in the works of patience and goodness, sustenance and elevation. The harvest of the Lord in the indefatigable soil of time holds unexplored riches and opulent veins. He who writes an edifying page, sows a good example, educates a child, provides a comforting message, interweaves a noble speech, or extends a godsend; he shall gather a hundred for a few grains of love, which he has sown in the sowing of the Eternal Good, laboring with Life for Endless Joy.

**Eurípedes Barsanulfo**

## 5

### Wait and Love Always

How much affliction will disappear in the source, if you know how to smile in silence! So much bitterness forgotten, if you excuse the gall!

You ask for the peace of the Lord, but the Lord also waits for your cooperation in the peace of the others.

Reflect on your brother's needs before you appreciate the thoughtless gesture. On many occasions, the aggressiveness with which he hurts you is only anguish, and the harsh word, with which he returns you the affection, are only the wound of the heart poisoning his mouth.

Help a thousand times before reproofing one.

The puddle emits a sickly current because it has not found hands to dry it and the desert causes thirst and suffering for not having received dew from the spring.

Let piety be transformed into your heart in a mute aid, so that pain fades.

Do not spread the bonfire of evil with dry wood of irritation and hatred!

Wait and love always!

In silence, the pruned tree multiplies its own fruit and the heaven assailed by the Nightshade unveils the glory of the stars!...

Remember the Christ, the silent Friend.

Without complaint and without noise, He wrote the immortal poems of forgiveness and love, of hope and joy in the heart of the Earth.

Let us seek in HIM our example in the daily struggle and, tolerating and helping today, in the close human existence, tomorrow we will reap the blessings of the silent light, which will unveil the paths of Eternal Life.

**Meimei**

## 6

### Persevere

*“...And ye shall be hated of all men for my name’s sake: but he that endureth to the end shall be saved.”*

*Jesus ~ Matthew 10:22*

All the victories of the creature are the substantial fruits of perseverance.

Persevering in the building up of progress, minds and hearts, without ceasing, renew the itineraries of the very life.

The incipient student becomes the scholar teacher.

The curious goblin becomes the genial craftsman.

The inexperienced soul attains angelhood.

Evolutionary triumph would constitute a perennial hymn to constancy in learning.

Without firmness and tenacity, the design theory will never leave the dream of becoming...

\*\*\*

For this reason, it falls to us to remember the imperative necessity of perseverance, from the minimum commits to the most expressive realizations of the good to our reaching lasting success.

Without the flame of perseverance, education cannot sponsor the illumination of consciousness. The welfare edification does not emerge on the planetary face as a benevolent lighthouse, giving shelter to the castaway of the earthly journey, and the "Man of Today" to greater achievements of the "Man of Tomorrow".

If you want to overcome yourself, remember the firm inflection of the voice of Christ Excel: ~

*"He who endures to the end shall be saved."*

Take shelter in the fortress of living faith, remembering that the trials that visit you, no matter how profound and perplexing, have fair and natural limits, and that we have the duty to serve, trust and hope, for our own happiness, here and now, today, tomorrow and always.

**Emmanuel**



# 7 You Can

**André Luiz**

Carrying on His own shoulders the afflictions that scourge the Earth, the Lord believed in the promises of fidelity that you have made to Him, sending on your way those brothers needed of more love.

They come from all backgrounds...

\*\*\*

It is the weary wife waiting for affection;  
The dejected companion begging, in silence, hope and comfort;  
At other times, it is the son, disoriented, begging for understanding; Or the relative, at a difficult time, awaiting fraternal arms.  
Now, it is the friend who has gone astray begging for compassion and tenderness; then, perhaps, will be the neighbor, tormented in stifling problems, asking for kindness and cooperation.

This happens because you can share with Him the task of helping.

Do not disdain, therefore, to support the good.

Let us light the light, where the darkness grows;  
Let us articulate tolerance at the aggressiveness;  
Let us wrap the barbs of wrath in soft cotton;  
Let us drive the plea for a living source over discord,  
whenever discord sets in destructive fire...

Let Him, the Master, reveal Himself by His word and hands. Do not hinder the divine presence, through His step, in the protection of human pains.

And, on this blessed way, after the daily struggle, you will feel in the heart of your soul, the sun of perfect joy repeating, from the heart full of true happiness:

*- Thank you, Jesus, because in the strength of Your blessing, I was able to forget myself, looking for serving.*

**André Luiz**

The Denial of the Impossible

The Eminent Creator consubstantiates Infinite Possibility for all directions, in any sector of work.

Any construction, apparently unworkable in our eyes, is a viable work, as long as that meets the norms of the Laws that guarantee us freedom in the direction of the Eternal Good.

Hence, the fair imperative to remain faithful to the commitments and duties identified in our step, confident in the infallible Wisdom, that grants us this or that, in accordance with the intention that drives our impulses, and the perseverance we demonstrate in the service to do.

We should not ask about the future without embracing the tasks that the present unveil to us.

It is imperious to remain in action, preserving the conscience in the light of hope, whenever difficulties and obstacles enrich our learning, widening our understanding of the Superior Will, in order to execute Its designs.

\*\*\*

We are called to the irremovable certainty in the

victory of Providence, which blesses us incessantly with the best for our souls, according to the best that we offer to our companions. In tune with the Direction of Life, our borders of the possible reach the continents of the Unlimited. God is the denial of the impossible; therefore, said Jesus: *"Things that are impossible with men are possible with God."*

Thus, it remains for us to act with serenity, relegating to oblivion the unconformity in the heart, seeking to lengthen the return of the very acts, in the sowing of good, once the Father of Justice and Love, watches over all creatures in perfect omniscience and infinite goodness.

Before the illness, trust.

Before the fire of trial, calm down and think.

Before the difficult moment, ponder.

Superior assistance always comes up.

Study the reasonableness of your fears, in the face of your own activities, and soon you will recognize that frequently, where we judge to find the misfortune that may bring us despair and bankruptcy, we find incomprehension or stubbornness, which impels us to flee from the good that seeks us from the High.

**Augusto Silva**

## 9 Patience

Wherever you are, you present the name that signals you, the idea that directs you, the clothing that welcomes you and the signs that identify you.

For your own benefit, wherever you go, do not forget to carry the energy of patience that guarantees your serenity.

If anyone announces impending catastrophes to you, as if he were bringing forth the voices of darkness, listen patiently, and you will notice that life remains active, above all calamities, in the manner of the sun, that shines invariably over all the downpours.

When the ordeal visits you, as a destructive gale, suffer patiently and reap its renewed vigor, like the tree that is rebuilt by the anguish of pruning.

Faced with the blow that reaches you in the most intimate fibers, endure patiently the pain of readjustment, and the wounds of the heart will heal valiantly, conquering the laurels of experience.

You suffer unforeseen injuries from the loved ones who own your affection; nevertheless, go through it with patience, and tomorrow, they will be more friendly and fonder of you.

\* \* \*

Tolerate the desertion of dear companions, who leave you with the sacrifice of hard accumulated tasks; though, continue with patience in the work that the world has reserved for you, and later, your ideals and services will come as foods and refuge in favor of themselves.

Irritation is a previous defeat.

Complaint means postponing the best to do.

Complaining is complicating.

Censuring is destroying.

In all the evils that injure you, use the diet of patience to ensure your own recuperation; and every time we are induced to condemn someone for this or that fault, we will inventory our own weaknesses, and recognize, at once, that we stand, by virtue of the inexhaustible patience of God.

**Emmanuel**



Do Not Disdain to Shine

Valerium

Yes, he was accused of a crime and was imprisoned by men...

Everything indicated that in the mask of that face, the beauty had fled.

Hard and irregular traces.

Skin without color and without flushness.

Thin and careless hair.

Forehead marked by deep wrinkles.

Eyes blurred by hidden despair.

Narrow and misshapen nose.

Mouth ripped from contracted corners.

Prominent jaws.

Aspects of sadness and worry.

And he walks hesitantly.

Torment in sight...

Suddenly, however, the man smiles, and a breath of sympathy vitalizes his countenance. All the lines are altered to better, as if a powerful internal light beam could be lit unexpectedly.

It was not the same man. He no longer looked like a criminal...

\*\*\*

My friend, have you ever noticed the renewing effect of a smile?

Smile is a ray of light of the soul.

And the light, even in the abyss, is always the splendor of the High, overcoming the darkness.

Do not deny the gift of smile to anyone.

Smiled at the difficulty.

Smile in the struggle.

Smile in pain.

Your soul is a divine sun.

Do not disdain shining.



Faith and Charity

André Luiz

They say that every person of living faith suffers, incessantly, in the works of charity, in the name of Christ; however, it is worth explaining why this happens.

\*\*\*

**Pessimistic spirits:** Accept the failure of any initiatives even before beginning them.

**Selfish people:** live in their own conveniences.

**Tories:** disrespect the hours.

**Impulsive:** create problems.

**Frivolous:** live clinging to the bark of situations and things.

**Opportunists:** want advantages and immediate profits.

**Vain people:** ignore, purposely, the need of others.

Despite that, every person who trusts in the Christ is someone who endeavors to serve by assimilating from Him examples and lessons, and for this reason, he indicates him to the work of good, since to call lazy and indifferent persons does not do any good.



Sweat DonorsAura Celeste

Every day, here and there, come those who seek donors.

Debtors seek donor's loans from rich institutes.

Adepts of these or that political party seek donors of public offices.

Students seek instructional donors at the university level.

Women seek elegance donors in the field of fashion.

Artists are looking for inspirational donors. There are donors everywhere.

Donors of providences, resources, ideas, stimuli, blood, eyes, of information and words.

\*\*\*

And also, Jesus walks on the Earth, searching for a certain category of donors, difficult to find, ~ the donors of sweat, who work selflessly in the construction of His kingdom of light.

Brothers, the Divine Friend knocks at the doors of

our heart, asking for service...  
Let us go forward, keeping the happiness of being  
with Him the sweat givers.





# 13

## Barrage

### Emmanuel

The more civilization advances, the more extensive are the processes of control in all districts of human activity.

The transit obeys signs previously studied.

Switches change the direction of the electric current.

Cars use highly sensitive brakes.

Locomotives run on conditioned lines.

Simple household utilities work kept by protector implements.

Everywhere, there are systems of caution and defense avoiding disturbances and disasters.

Such indications induce us to accept the imperative of government by mental force; whose immoderation not only disables the best opportunities of those who changed it into a magnetic rebound of outrage, but

also sours the state of mind of the spirits, and around them, urticating their way. Cholera is always an open door to the domain of obsession.

\*\*\*

Let us consult the penitentiaries, where thousands of comrades that fell under the destructive hammers lie segregated: let us interview the suicidal, exiled in regions of repentance and regeneration beyond the grave. Let us hear many of those who unexpectedly dropped the physical body, or were taken by the obscure death. Let us listen to a large part of the mentally minded who wander in treatment and rest homes, like mutilated of the spirit, relegated to the periphery of life, and we will find the devastating explosion of cholera in the genesis of all the tortures that lacerates the soul...

Let us consider all this, and whenever irritation beckon us from afar, let us offer, readily, to the inundation of thoughts of aggressiveness and retaliation, violence and despair, a silent shield with the dam of prayer.

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# 14

## Christianly

### André Luiz

Get to know yourself.

There are people who go all over the world looking for themselves.

Safeguard the physical body.

Any indiscipline may serve the gravediggers.

Sanctify the word.

Among the animals of the Earth, solely the man has the ability to speak.

Overcome addiction.

If you do not master the habit, the habit will dominate you.

Help for good.

The struggle to retain possession also creates sores and wrinkles.

Forget the bad.

Before the fatality of death, there is the fatality of

life.

Understand helping.

\*\*\*

Let the Christian live in such a way that no one wishes his absence.

Do not complain.

The Lord of the Universe draws up laws, but makes no demands.



Other's Prayer

Meimei

I know I hurt you unintentionally, in my thoughtless gesture.

You wanted support and I failed, when you needed the most support. You waited for joy and consolation, through my lips, and I crushed your hope...

However, I see you again and humbly beg you to forgive me...

You have heard me the right word and you have judged me in full light; without realizing the hawthorn shade embedded in my soul; you noticed the festive dress, but you did not see the wounds of disenchantment and weakness that I still carry in my heart.

Sometimes I encourage much of those who seek me, weary of weeping, not for merits that I have not, but by spreading the treasures of love of the generous spirits that hold me; however, at the very moment you

sought me, I cried without tears, in the last rays of loneliness. Maybe that is why I did not find anything but coldness to offer you.

Relieve my despair when you asked me for gentleness, and I am sorry

\*\*\*

I gave you reproof, when you expected understanding.

Though, let me embrace you again, and then you will read in my eyes these brief words that stopped me in the mouth: forgive me for the mistake, and take pity on me.



Synonyms

André Luiz

Cradle ~ opportunity.

Tomb ~ review.

Family ~ bond.

Home ~ refuge.

Society ~ school.

Profession ~ duty.

Instruction ~ culture.

Education ~ improvement.

Work ~ renovation.

Service ~ blessing.

Experience ~ foreknowledge.

Cooperation ~ sympathy.

Difficulty ~ teaching.

Forgiveness ~ liberation.

Pain ~ correction.

Time ~ concession.

Truth ~ equity.

Consciousness ~ guide.

Charity ~ salvation.

Love ~ God.



Culture for Free

Scheilla

In addition to the primary culture of intelligence, man on Earth has all the faculties of higher knowledge.

By the curriculum of various disciplines, they charge you with registrations, fees and miscellaneous fees, in the houses of higher education.

If you want explainers of this or that matter in which you are late, you are constrained by the expenditure of extraordinary resources.

If he decides to enter the field of the arts, he is obliged to pay for the notes of solfeggio or the initiation of the brush.

Nevertheless, for our sublime acquisitions, the Lord allows that the Spiritist Doctrine presently opens precious spiritual improvement courses on Earth, where the culture soul nothing asks for the bag of apprentices.

\*\*\*



Each temple of Spiritism is a school open to our highest aspirations and every doctrinal meeting is a lesson, capable of enabling us to the broader conquests for the earthly way and for the Greater Life.

For the administration of these eternal values there is no coined price.

Each student in the redemptive organization may appear empty-handed, bringing simply the sign of respect and the vessel of attention. Jesus, the Master of the Masters, passed between men without charge for His Divine Teachings. And Spiritism, which now revives the blessings of love, can be compared to the world institute of free education, leading us all, without demanding and unpaid, from the dark valley of ignorance to the hills of light.



18

In You

André Luiz

The man brings in himself, indispensable instruments for the maintenance of his own peace, in the effort to progress.

A loudspeaker adapted to the throat.

Two cinematographic machines embedded in the eyeballs.

Two sound recorders covered by the ears.

A small crane attached to each shoulder.

Two locomotive supports fixed to the trunk.

All of this, apart from dozens of complicated mechanisms, which act interdependently of his organic machine structure.

The thought is the electricity that drives all the machinery, and a guarantee certificate stipulates a fixed term for its normal operation, when used with constant discipline for high ends.

\*\*\*

Examine the application of the machine by which you manifest yourself.

As it occurs to any mechanical construction, your physical body can be employed to build or destroy, and should work at a uniform pace,

As it occurs to any mechanical construction, your physical body can be employed to build or destroy, and should work at a uniform pace, to combat wearing and rust.

In you, lie the causes of your defeat, and vibrate the forces of your triumph.



19

Today, Yes

Emmanuel

Yesterday, Past.

Tomorrow, Future.

Today, Now.

Yesterday, Promise.

Tomorrow, Probability

Today, Action.

Yesterday, it seemed.

Tomorrow, who knows?

Today, there is no doubt.

Yesterday, I yearned.

\*\*\*

Tomorrow, Changes.

Today, Opportunity.

Yesterday, Sowing

Tomorrow, Harvest.

Today, Selection.

Yesterday, No more.

Tomorrow, Maybe.

Today, Yes.

Yesterday, it was.

Tomorrow, it will be.

Today, it is.

Yesterday, Experience gained.

Tomorrow, New struggles.

Today, however, is our time to do and build.

Disdained Donations

Militão Pacheco

Man need to remember to give donations to the neighbor who needs it, but there is also a different kind of donation that we should remember to do:

To accomplish one's own duties without hoping the friends weave laurels of gratitude.

To silence every complaint.

To abstain from joking in edifying conversations, in order not to discourage the nascent responsibility.

To express by letters, comforting and constructive pages, without the pretension of being understood or praised.

To render timely favors to the neighbor, without the idea that the neighbor will, therefore, owe us something, even the simplest thanks.

To recognize that the errors of others could be ours, so that we may excuse them unconditionally.

Not to suppose that the listener or the listeners are forced to think for our head.

To notice the errors of who expresses himself in an assembly, without smiles of derision, so the beginner in the cultivation of the superior verb is not frustrated in his projects of doing good.

Not to attribute to somebody else, this or that fail occurred in service.

To aid the less happy neighbors, without reproaching them for their conduct in the past.

Not to accuse or criticize people, under the excuse of their absence.

To silence before great or small scandals, without depressing considerations, praying in favor of those who provoked them.

Not to claim affectionate homages in this or that circumstance.

To hear respectfully to the dissertation supposedly annoying, without offending who speaks.

To avoid the slander around gestures, attitudes and sentences under one's observation.

In the good works, to substitute spontaneously and without any unfavorable note the sower absent in the foreseen activities.

To execute with honesty, the obligations that life prescribes to us, without invading the others' tasks.

\* \* \*

Not to oppose to the lecturer's opinions, but help him, without presumption, to understand the truth around this or of that, at the appropriate moment.

To love, without asking that the dear beings be converted in bibelots of our whims.

Not to demand from the human creatures the moral perfection that we all are very far from possessing.

To leave the companions so free to find their own happiness as we aspire to be free in our turn.





Hurt

André Luiz

If hurts knock on your door, numbing your head, or paralyzing your arms, flee from this mental intoxication while you can.

If you are sick, assist to the ill body, in the conviction that tears will not help you to repair a broken clock.

If you have made a mistake, try to reconsider it, correcting your path without vanity, recognizing that you are not the first, nor will you be the last to find yourself in a messed-up score that must be settled.

If you have fallen into temptations, get up and proceed ahead, in the task that life has provided you, in the certainty that nobody rescues a debt to the price of useless complaint.

If friends have deserted, think of the tree that sometimes needs pruning in order to renew the existence.

If you possess a nest of afflictions in the family, it is mandatory to know that the benefit of education asks for the base of the school.

If you suffer material damages, remember that in many occasions, the loss of the ring is the defense of the arm.

If somebody offended your dignity, forget resentments; pondering that a creature of common sense would never decorate his own presentation with a garbage can.

If the impatience marks your habitual gestures, calm down, observing that the little unbalances integrate, finally, the great disturbances.

\*\*\*

Whatever your problem, remember that every hurt is destructive shadow, and that no shadow can remain in the heart that takes refuge in the work, endeavoring to serve his neighbors.



The Scarecrow

Hilario Silva

The astute commander of entities of the darkness gathered the small expedition of companions that came back from the physical sphere, where they had gone to it combats to the spirits, and it took them bills.

- Me, - he/she said one of the pursuers, sarcastic, - I tortured the head of a zealous preacher of Kardec, impeding him/her the access the tribune for more than two months.

- Great! he/she spoke to the boss. However, that will have brought many benefactors to the help needs.

- Me - mocked one of them - I got to provoke a child's fall, annulling the participation of a hardworking spiritual medium for two weeks.

- Excellent! - Agreed the director of the shadows. but it does not solve because a lot of people of the superior plan will have come...

Others related several inferior activities without the cruel mentor it demonstrated larger enchantment.

One of them informed, they put:

~ I found a group of convinced and devoted spiritualists, but I passed to frequent them the thought, telling them that they were imperfect, imperfect and imperfect, it ties that all believed not to be worth even anything...

Then oh all crossed the arms and they began to sleep in reduction and I discouragement.

\*\*\*

The dark leader gave enormous laughter and you/he/she recommended the shady group to get up, with urgency, in each sowing of the Spiritism, the scarecrow of the imperfection...



In the Inner World

Emmanuel

In all of the problems regarding the construction and production, in the circles of the external nature, we surprise drastic resources in the base of the necessary equations.

It is the attrition, in the direction of the progress, molding, correcting, polishing, improving...

The soil, in the plantation, tolerates the cut of the plow, slashing its submissive body.

The matured fruit receives the blow of the harvester, on the day of reaping, so as to be transformed into bread that sustains the table.

Before the asphalt complements the safety of the highway, it is necessary that the earth endures the attacks of the pick.

For the stone to come from the rude hills to the work of the man, it constantly suffers the action of the controlled explosive.

The ore, in order to rise to the level of industry, meets the high voltage furnace.

The marble, candidate for the masterpiece, is subjected to the pressure of the chisel.

The plant, in order to spill the nutritious or healing sap, submits itself to the blows of the incisor.

In the surgery, in order to rehabilitate itself, the sick organ bends to the movements of the bistoury.

The most varied instruments help the man to expurgate, edify, burnish and renew.

\*\*\*

In spite of this, in the great conflicts of feelings, before the moral storms and the constraining trials that torment the soul and convulse the life, the indispensable medicine will always be the constancy of patience, generating the force of patience.



In the Assistance Service

André Luiz

Give up on brandishing the lash of condemnation on aspects of the others' life.

Forget the sourness of ingratitude in defense of your own peace.

Do not intend to redo the neighbor's experience radically on the pretext of supporting him.

Remove the life conditions, and objects of personal use, capable to form an atmosphere of indirect humiliation.

Avoid to classify the less happy ones to the category of outlawed to the fatality of suffering.

Do not wait understanding and consideration from the empty stomach.

Accept willingly the little favors with which somebody tries to reward you the signs of fraternity and the simple memories.

Be prodigal in attentions towards the friend, in a trial worse than yours, undoing apparent barriers that can arise between him and you.

\*\*\*

Conserve invariable environment of trust and happiness to the companions' contact.

Do not refuse to donate affection, communicability and sweetness, in the certainty that violence is incompatible with the blessing of sympathy.

Keep punctuality in your commitments and never demonstrate impatience or irritation.

Excuse auxiliaries in more simple tasks, and accomplish what you promise.

Maintain kindness uniformity everywhere, towards all the creatures.

Remember that assistance includes kindness and humility, affability and solidarity, in order not to be only joy and reinvigoration in this one who gives, and in that who receives, but also safety and happiness on the path of all.





Message of the Sad Man

Meimei

You went by me with sympathy, but when you saw my stopped eyes, you investigated in silence because I wander in the street.

Maybe for that you quickened the step and, although he wanted to call you, the word dismayed me in the mouth.

It is possible have assumption that I gave up the work, however, still today, I beat, in they go, of workshop the workshop... Many said that I crossed the age to win worthily my bread, as if the ripeness of the body went condemnation to the uselessness, and other, ignoring that I sold my clothes the best to relieve the sick wife, they dismissed me hurried, believing I was cheap without profession.

I do not know if you noticed when the guard pulled me from the contemplation of the shop window, screaming me hard words, as if I was vulgar malefactor.

Believe, however, that nor even slightly passed in my mind the theft idea; I just admired the exposed cakes, remembering the sons that hug me with hunger, when I return home.

I ignore if you observed the people that addressed me jokes, imagining me drunk, because I trembled, leaned to the post; they stood back all, with manifest contempt, and I did not have the courage of explaining to them that I do not take any food, for three days ...

\*\*\*

To you, nevertheless, you stared me without fear, I dare ask support and cooperation. I thank for the gift that you give me, but above you all, on behalf of the Christ that we say to love, I ask you to give me back the hope, so that I can honor, with happiness, the talent of living. For that, you only need to come close to me, without disgust, so I can know that in spite of all my misfortune, I am still your brother.



26

One Minute

Valerium

In one minute, one can always do something useful,  
such as:

To write a telegram.

To write a note.

To address an envelope.

To give a message by the telephone.

To give an information.

To wash a garment.

To offer a glass of milk.

To greet somebody.

To clean a piece of furniture.

To water a flower.

Do not despise the minute.

Use it well, my friend, because in a minute you have  
just read the information of this page.

Alarm Signs

Scheilla

There are ten red signs, in the road of the experience, indicating probable fall in the obsession:

When we enter in the tune of impatience;

When we believe that our pain is the largest;

When we start to see ingratitude in the friends;

When we imagine cruelty in the companions' attitudes;

When we comment on the unhappy side of this or that person;

When we claim esteem and recognition;

When we suppose that our work is excessive;

When we pass the whole day demanding effort, without rendering the lightest service;

When we intend to flee from ourselves through the drop of alcohol or the pinch of narcotic;

When we judge that duties fall only to the others;

\*\*\*

Every time that one of those signs emerge in the traffic of our ideas, the Divine Law is present, recommending us the prudence of stopping in the help of prayer or in the light of the discernment.



Decalogue of Improvement

André Luiz

- 1 - Reduce your own needs and increase your concessions.
- 2 - Intensify your work and reduce the shares of wasted time.
- 3 - Elevate the ideas and repress the impulses.
- 4 - Free the “*man of the present*”, in the direction of Jesus, and arrest the “*man of the past*” that still lives in you.
- 5 - Watch your gestures, understanding the others’ gestures.
- 6 - Persevere in the noble studies, recognizing in life, the sacred school of our ascension for God.
- 7 - Judge yourself and excuse without distinction.
- 8 - Speak with humility, hearing with attention.
- 9 - Meditate accomplishing and pray serving.

10 ~ Trust the Love of the Eternal, and render daily worship to the obligations in which He Himself has placed us.



Prayer and Service

Albino Teixeira

Prayer is a request from the creature to the Creator.

Service is a condition that the law establishes, in order that the Creator attends them.

Meditation studies.

Work accomplishes.

Let us observe the property of the declaration in simple pictures:

The noble seed is a silent solicitation from the nature for that to turn into green vegetable and bread.

Though, if the farmer does not endeavor duly, the living supplication disappears.

An edifying book is a sublime appeal of the spirit, in order that instruction and culture are built.

\*\*\*

Nonetheless, if the man does not explore its pages in the learning, the wise supplication dies, in vain.



The music, even the divine one, if it lives exclusively in the musical score, is melody that was not born.

Invention without experiment is a dead reasoning.

Let us pray, my brothers, but pray by serving.

A correct construction is not rendered without an adequate plant.

Nevertheless, no matter how beautiful the word may be, without construction that corresponds to it, it will always be a mummified dream in geometry boards.



Let Us Be Simple

Emmanuel

*“But Jesus called the children to Him and said, “Let the children come to me, and do not hinder them, for the kingdom of God belongs to such as these.”*

*Jesus. Luke 18:16*

The progress of the constant succession of varied labors, in all the fronts of human activity emerges.

An effort follows the other, a more improved object modifies the movements of the creature.

Life after life, one generation after another, the Humanity walks receiving light and improvement.

All the future life, however, depends inevitably on the present life, as all close crop is derived of the current sowing.

For this reason, the childhood means the vibrations of hope on the coming days, even though the fragility with which it is characterized.

The ingenuousness of the thoughts and the sweetness of the manners give to the child the traits of the sentimental virginity, necessary to the spirit, in order to climb the higher stages of evolution.

That is why the Master, very properly, chose in the childhood the symbol of the purity indispensable for the being's sustentation in the Greater Life.

In the childhood period, we find the irrecusable proofs that the souls possess, in the core of themselves, the potential conditions for the angelhood.

\*\*\*

It is urgent, therefore, that we know how to live with the simplicity of the little ones, in the route of maturity, giving up the inferior expressions of selfishness and pride, cunning and cruelty, that so many times hide themselves in our gestures of apparent knightly.

In the kingdom of God, nobody grows for cruelty.

Let us be simple, living the spontaneous good.

Observe, thus, in you, the positive signs that you conserve of your infancy, with index of moral values for the journey, hill above.

Be child with regard to the evil that disturbs and hurts, accomplishing the maturation of your feelings in the creation of the pure love, because only in the pure love will we find access to the Eternal Sublimation, to which we are destined.



Only Measure

André Luiz

The identity card renders information of your human person.

The calendar speaks of your physical age.

The clock marks your time.

The meter specifies the dimensions of your body.

The altitude reveals your transitory location on the level of the ocean.

The paint records your fingerprints.

The work demonstrates your vocation.

The x-ray allows the exam of your organs.

The electrocardiograph determines the oscillations of your cardiac muscle.

\*\*\*

All their states and conditions, realizations and needs, can be defined by machines, devices,

instruments, equipment, laboratories and file cabinets of the Earth; nevertheless, do not forget that the service to the neighbor is the only measure that supplies exact information on your spiritual merits.



In the Present ExperienceLameira de Andrade

The evolution is the being's transition, from the condition of slave to the condition of Lord of his own destiny.

Souls in need for more than a millennium are now disciples of the good. Still in the stage of the current experience, sometimes unconscious and distracted, if we learn, we make of our knowledge a secret; if we win, we build the monopoly of what we have; if we feel moved, we disguise it to the detriment of our neighbor.

Thus, frequently, our spirits, blind – they do not see the blessings of the Divine Providence; deaf – they do not hear the voices that cascade from the Height; mute – they do not admit their own faults.

We ought to consider, however, that nobody amends a millimeter of perennial imperfection to the Imperishable Work of God, in which we participate inevitably, since we were created, once every impure

manifestation has the duration of an instant, before the Eternity.

Hence, do not torment yourself as for the difficult conditions in which you are now, in the terrestrial pilgrimage, whatever they may be.

If the Law grants the body according to the spirit, do not forget that before the world, the best positions are those that offer us the physical inhibitions, the difficulties of birth, the physiologic inheritances of bitter content, the struggles and incessant obstacles, the adversities and successive ordeals, because solely in the circle of these apparent disadvantages will we overcome our old moral defects, and run for office to the Resplendent Plans of the Higher Life.

Study the facilities around you, in the passing moment.

Usually, the obsession enters into the human life side by side with them...

\*\*\*

If you bring the conscience harpooned by the remorse, do not surrender, unarmed, to the goad with which it holds your head. Try to redo the destiny,



helping the other ones, hour after hour, without forgetting that if the smile is an international language, the moaned is it too...

As you assist your neighbor, act with readiness, since the medicine that arrives late becomes weak to combat the disease that has already progressed...

Let us auscultate intuitively the abyss of the past, in the deep sea of ourselves, because the guilt, in the temptation form, interferes in our present, until the final rescue of our debits; nevertheless, in spite of this, support yourself on the work, and calm down in the hope, for, even in the densest darkness, nobody lives orphan of the Divine solidarity.



High Path

Emmanuel

Beyond the death, the joy is a gleam expanding out of the spirit, in the liberation of the emotional forces that were discarded from the denser matter; however, in the same beginning, the pains of the conscience reach the superlative of the anguish.

As a result, the remorse in us is like a fulcrum of moral agonies, reviving the memory of our mistakes, with an amazing repetition power.

\*\*\*

We carry, therefore, in the afterlife, the burden of our faults, exhibiting constantly the show of our own weaknesses, and we implore the reincarnation, as who knows that the physical body is the instrument capable to rehabilitate us.

In those circumstances, we do not spare supplications, we do not bargain promises, do not measure votes, nor do we underestimate sacrifices... We order service

and struggle, marking the restlessness of the thirsty that asks for water. We aspire to appease passions, purify feelings, rescue debts, sanctify connections and elevate experiences, in the conquest of our own renewal.

We are generally reborn in hard difficulties, in order to redeem ourselves, in the manner of the students' endeavor at the school to educate himself.

Do not refuse, thus, the ordeal or problem that the world imposes on you, in the brief hours of the passage under the fog of the flesh. The disease, the inhibition, the tortured dream, the difficult relative, the temporary separation or the domestic misfortune, represent fast courses of personal regeneration, in which we are called to our own perfecting.

Remember that you will return, tomorrow, to the home of light from where you have come. Do not impede that the sweat of work or the tears of suffering dissolve the shadows of your heart.

All the evil of yesterday reappears to the present evil, in order that the good arises, and retrieves the control of life.

The mistake disarranges.

The pain restores.

That is why, between the illusion that darkens and the truth that illuminates, the reincarnation will always be the high path of the restart.



Let Us Understand

André Luiz

The objective of your life on Earth does not constitute the authority, beauty or ephemeral comfort.

It is the spiritual improvement.

\*\*\*

The pure fraternity does not express partiality of class or faith, homeland or party.

It is blessing of love and understanding.

\*\*\*

The purpose of the education is not just summarized in the blind respect to traditionalism and prejudice.

It is discipline to one's own impulses.

\*\*\*

The machine does not exist to automatize the experience.

It is resource to the general prosperity.

\*\*\*

The evangelization of the childhood does not consist  
in its conditioning to our ideas.

It is the process of the infantile emancipation to the  
understanding of the justice and the good.

\*\*\*

The professional exercise does not consubstantiate  
dishonest competition in praise of ambition.

It is opportunity of aid to all.

\*\*\*

The greater knowledge does not represent admission  
to the contemplative happiness.

It is liberation of the mistake with responsibility in  
the conscience.

\*\*\*

The charity does not express virtue, according to our  
affective inclination.

It is solution to any problem.

\*\*\*

Your faith does not mean exclusive ideal to the  
future.

It is constructive force to today.

\*\*\*

Your study is not restricted to the standardization of  
your existence to the others' existence.

It is an alive weapon to reform yourself.

\*\*\*

The moral improvement does not become visible  
from this or that honorable title reached among the  
men. It is manifest light in your good example.



Message to the SowerMeimei

The sower woke up in the gleams of the dawn and began to sow...

The hard plowing demanded hard effort and, day by day, you have cultivated the soil, callusing the hands, between the dew of the morning and the light of the stars.

Before the sacrifice, the dearest ones abandoned your conviviality, thirsty for reinvigoration... But when you saw yourself alone, and nobody wanted your words, the nature talked with you, on behalf of the Heaven, and you listened, surprised, the prayers of the seed, in the moment of dying, abandoned, in order to be faithful to life; you heard the confidences of the rosebushes, enslaved in the field, whose flowers shine in the halls, without another right, but breathing, among rude thorns; you heard the history of the wheat that told you, still in the bunches of gold, as how it would be triturated in the sharp teeth of



implacable mills, so as to serve in the house of the men; and old chipped and suffering trees made you feel that God had taught them, in silence, to protect dearly the very criminal hands that cut off their branches...

Consoled and happy, you worked, sower!

One day, however, the field appeared adorned of perfume and beauty, and then appeared those that demanded from you the crop to the party of the world...

You cried in the separation of the dear plants, but nobody saw your tears hidden among the wrinkles of the face.

You were alone before the crowds that disputed your fruits, and because you had not trained an exquisite verb to defend yourself before the assemblies, and because your simple presence did not offer any perspective of social encounter, the rare friends of your cause judged careful to silence; embarrassed about the rigidity of your rough disciplines and the poverty of yours garment, but God impelled you to renewal and, although deprived of your humblest goods, you sought for other environments and other

furrows, where your tired and aching hands continued to sow...

\*\*\*

Sower of the spirit's lands, who turned grey in the farming of the light, as it happens to the patient farmer of the soil, do not be afflicted, nor discouraged.

If always new storms flog your soul, continue sowing... And, if banishments and solitude should constitute the heritage transitory of your destiny, remember the Divine Sower, who, although merciful and just, preferred the cross, for love to the truth, and keep sowing, even so, in the certainty that God suffices you, once everything passes in the world, but God.



Decidedly

André Luiz

Verbosity does not create moral authority, composed by the effort in work.

The ornament does not bring intimate beauty, peculiar to the individuality's perfecting.

The external formula does not command the effectiveness of the supplication, depending on the intention of who prays.

The controversy does not dilate the power of faith, derived of each one's experiences.

The school does not manage the true vocation, synthesis of the millenarian learning of the spirit.

The library does not give us the knowledge of ourselves, which is born of our intimate.

The coin does not buy the real sympathy, founded on the deep forces of the personality.

The market does not sell the comfort of the soul, fed by the conscience.

The reactivity concept drives the existence, reason why we should understand all the beings and things around us, conferring to each one the deserved importance, according to the function that it carries out.

\*\*\*

Evolving is discerning more thoroughly.

Let us understand, therefore, through the study and observation, the meaning of each event, the objective, the objective of each institution and each person's value, in the light of the Living Gospel, preventing the mistake and exhaling the truth, today and always.



Brain and Stomach

Scheilla

If you intend to aid the brain that maddens, help equally the stomach that suffers.

**"Sound mind in a sound body"** - indoctrinated the old culture.

And nobody will have a healthy thought without a correct digestion.

Of course, we do not refer here to the abuses of the foods, but to the frugal and pure meal that maintains the physical health.

So, let us not forget, the obligation to assist the neighbor with their basic needs, so we can donate them the message of our faith.

Not only excessive bread, that leads to disease and addiction.

Nor only systematic speech, that results in demagoguery and rhetoric.

Orientation for the brain.

Help for the stomach.

Example and lesson, attitude and word.

Food and clothing, medicine and solace.

Study that constructs.

Kindness that comforts.

Refectory that restores.

School that light up.

\* \* \*

Through the Gospel, in the Chapter Six of Acts of the Apostles, we are informed that in the first shrine of the Christianity in Jerusalem, there was who aided the thirsty of light, and who served the starving of bread.

They united tribune and table, truth and love for the victory of the light.

Thus, in the Spiritist apostolate, which revives the divine ministry of Our Lord, let us not forget about the afflictions of the soul and body.

Let us aid the victims of ignorance, without forgetting the creatures that lie under the shackles of material calamities.

The brain depends on the stomach to govern the organic life. The stomach depends on the brain to sustain it.

Both claim attention and affection.

Maybe that was the reason why the Divine Wisdom separated one from another, interposing the heart between them.



38

Points to Consider

André Luiz

Trust, resigned.

The evil passes, leaving the lesson.

The torrent disappears, purifying the atmosphere.

\*\*\*

Live with discernment.

The edifying action is unmistakable.

The plow and the bomb dig the earth in different  
ways.

\*\*\*

Exemplify your faith.

We always denounce our own origin.

Each meteorite brings a determined message from  
the cosmic space.

\*\*\*

Be moderate.



Everything that builds can also destroy.

Every land strip can be a nursery  
or a cemetery of life.

\*\*\*

Help continually.

The testimonies of the good qualify the man.  
The movement, the light and the heat classify the  
star.

\*\*\*

Develop the self-improvement.

The worst addiction asks recovery effort.  
In its beginnings, the diamond was debris of the  
terrestrial organism.

\*\*\*

Flee from the violence.

The oriented action wins the force.  
The fragile wind wears away the solid rock.

\*\*\*

Observe lovingly.

There is occult beauty in the largest deformity.

The tic of the star exists as scintillation.



Induction and Donation

Albino Teixeira

You have exalted the charity.

You have favored the fraternal sympathy in the neighbor.

But, if you come off of the human ownerships, in order to help the needy companions, whoever they may be, you have given to the other ones, the light of beneficence.

You have praised the faith.

You have incited the neighbor to trust.

Nevertheless, if you reveal you place your security in God and in yourself, in the unpleasant events of the existence, you have donated to the others, the transforming force that removes the mountains of the affliction and the fear.

You have recommended patience.

You have instilled in your brothers the essence of the tolerance.

Though, if you show serenity in the ordeals that devastate your soul, then you have given to others the calm resistance against the empire of the evil.

You have recommended humility.

You have insufflated in the neighbor the vocation of serving. However, if you understand the needs and deficiencies of your brothers, excusing unconditionally all of the offenses that they stone in your life, you have given them the interior flame of the divine virtue.

\*\*\*

Words lean towards an attitude.

Examples renew.

In everything with respect to the good, let us not forget that teaching is inducing, but practicing the good, is giving from ourselves to our brothers and sisters, the right that all of us need to do.



In the Struggle Culminations

Cairbar Schutel

Many times, we normally live ten long years by conquering spiritual patrimonies, to live just ten fleeting minutes, in an extraordinary and exceptional way. It is the climax of life, where we are called to set accounts, in the gauging of untransferable responsibilities and which, frequently, we notice intuitively, shedding tears that presage bitter combats.

We learn, day by day, little by little, along the years, the detachment of transitory goods, to face the proof of a more expressive detachment in brief moments; we experience, for several lustrums, the repetition, at every minute, of a trivial duty to test our own perseverance, in the epilogue of this or that problem, apparently vulgar, but deeply significative in our destiny; we acquire intimate forces, living an entire incarnation to get ready for the demonstration of courage in one grave minute of testimony...

Climbers of the evolution, that distil sweat, from scarp to scarp, we go up the mountain of the experience, we exercise ourselves to transpose the throat that opens to us the abyss before the temptation; common students, in the curricula of the existence, we garner precious knowledge in laborious courses of observation and work, in order to overcome the eliminatory exam, sometimes in a sacrifice of only one day..

\* \* \*

We are always, face to the face, with the newsstand examiner of the world, for, wherever we go, we will be summoned to the confession of our faith and consequent moral value. The minute that swoons is our valuable opportunity; the place where we are, is the amphitheater of our continuous lessons.

Thus, to walk without Jesus, in the human domains, is feeling that the water does not quench, the foods do not satiate, the melody does not elevate, the page does not edify, the flower does not perfume, the light does not warm up..

In spite of this, supported in the Christ, we are all self-sufficient enough, once we have support, clarification

and strength in any turbulent probation with which life surprises us.

The encouragement that the certainty of the rational faith provides us transcends all the ephemeral consolations that we can earn of the terrestrial advantages, as it permits us to work without fatigue, help without effort, suffer without resentment and laugh swallowing the weeping.

Let us march so, leaned upon the patterns of the Divine Master, without believing ourselves in the so-called right of complaining or cursing, libeling or censuring.

Let us give up claims, privileges, prizes or superficial honors, since it is urgent to aspire to the invisible medal of the duty straightly accomplished, that shines in our conscience; to the crown of peace, that girds our thoughts, and the carte blanche of the free will, that widens our action field in the pure good. Rejoice yourself, for, if your faith lives analyzed in the intimacy of home, combatted in the work environment, whipped in the circle of friends, supervised in the social limelight or tested in the pallet of suffering... Only by taking our cross of

renouncement to the glorioles of the century, with the serenity of abnegation and with the smile of patience, will we be rewarded by the triumph over ourselves, in the routes of the Perfect Happiness.





Before, Though...

André Luiz

You ask for improvements of health.

Before, though, help the patient in more serious conditions.

You ask for your son.

Before, though, protect the child of others, in larger need.

You ask for a determined providence.

Before, however, relieve the other person's concern, in more confusing ordeal than yours.

You ask for fraternal assistance against the spiritual obsession that persecutes you.

Before, however, extend your hands to the person obsessed that suffers, without the resources of which you already dispose.

You ask for forgiveness for a committed mistake.

Before, though, excuse unconditionally those that have hurt your heart.

You ask for support to the existence.

Before, though, be comfort and refuge for the brother that cries on your path.

You ask for happiness.

Before, though, sow in some simple gesture of love, the neighbor's joy.

You ask for solution for this or that problem.

Before, though, try to solve this or that little difficulty of the companion.

You ask for cooperation.

Before, however, collaborate for the benefit of the ones that sweat and

moan in the rearguard.

You ask for the support of good spirits.

Before, however, be yourself a good spirit, helping the other ones.

Every request resembles, somehow, the payment order, which, in order to be executed, demands credit.

The house has no balance without foundation.

A fountain aids other.

If we want assistance, let us learn how to assist.

The Sublime Invitation

Emmanuel

*“Then Jesus told him, – Get up, pick up your mat,  
and walk.” – Jesus (John 5:8)*

The word of the Master is always a direct light.

Since the moment that He speaks incisive, the sick man begins a new journey.

The paralyzed muscles vibrate, strong again.

The organic tonus circulates more active.

The balance resurges in the cellular cosmos.

The prison in form of bed frees the prisoner.

And multiple consequences are created in the sublime process, as follows, the larger responsibility for the helped brother, study and meditation in the admired spectators, categorical reaffirmation of the sublime potentiality of Our Divine Master's love, through the messianic work of human consciences' liberation that He generously imposed on Himself...

\*\*\*

Then, one more chronicle will adjust itself to the teachings narrated by the Evangelists, expressing, until today, a poignant lesson in the Humanity's school.

By lifting the unfortunate patient from the probation bed, summons us Jesus to stand up, all, from the nest of imperfections, in which we have rejoiced, with twisted heart and warped mind.

If selfishness, pride, envy and jealousy, greed and vanities still tie our heart to the bed of misfortune, let us listen to the invitation of the Beloved Lord:

*~ "Get up, pick up your mat, and walk."*

And rising through the faith, we will know how to suffer the consequence still bitter of our own shadows, walking, finally, to the encounter of the Light.



Cleaning

Albino Teixeira

Where the good is shown as creation of the welfare of all, the cleaning is present on the base of all the services.

In order to produce with security, the field awaits the contribution of the hoe against the growth of the weed.

The laboratory claims sterilized instruments, so the medication can reach the ends it is destined.

The home awaits daily cleaning, in the preservation of the dweller's health.

The book, truly noble, demands rigorous edition, so as to avoid in the text, the damage of the vulgar terms.

\*\*\*

In the simplest providences of life, we surprise similar needs.

Healthy foods, request selection of products.

The water, to be helpful, needs filtration.

The clothes are not conserved without the cooperation of the laundry.

Public pathways request sewers.

In the same circumstances, before the unpleasant dispositions of the soul, which, in fact, is equal to disturbances and obscure diseases of the mind; it is necessary to know how to use the lixivium of the patience, clarifying reasonings and renewing emotions, defining attitudes and policing words, in the certainty that all the spiritual cure requires the cleaning of the thoughts.



Listening to the Nature

André Luiz

In all the angles of the Universal Life, we find, patent, the infinite resources of the Divine Wisdom.

The interdependence and the function, the discipline and the value, are some simple aspects of the beings and the things' life.

Interdependence ~ The vegetable life vibrates in reciprocity regime with the animal life. The orange tree supplies oxygen to the horse and the horse gives carbon gas to the orange tree.

Function ~ The future is the main result of the plant existence. The orange tree, despite possessing several applications, it has in the orange the larger purpose of its own life.

Discipline ~ Each vegetable produces only one specific fruit. There are infinite qualities of fruit, though the orange tree only distributes oranges.



Value – Each fruit varies as for its own qualities. The orange can be sweet or sour, bulky or diminutive, dry or succulent.

\*\*\*

Before the man arises on the surface of the Planet, the vegetable, since a long time before, followed the existent laws.

As usufructuaries of the Universe, let us know, so, that every human action contrary to the Nature constitutes path to suffering.

Let us take from the natural sceneries the lessons indispensable to our life.

We are interdependent.

We do not live in peace without constructing the peace of the other ones.

We have specific functions.

We exist to collaborate in the progress of the Creation, building the good for all the creatures.

We lack discipline.

Without method in our actions, we will not reach the light in front of us.

We are valued by the divine laws.

We are worth the price of our actions, in any activity,  
wherever we are.



Prayer of Money

Meimei

Lord!

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

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

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

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

\*\*\*

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

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

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

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

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

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

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

The Religion of Jesus

Ewerton Quadros

As you cultivate the liberator thought with which the New Revelation breathes life into you, reflect on Jesus' religion.

In all the circumstances, let us recognize ourselves faced by the Master, in the exercise of the dynamic fraternity.

Undoubtedly, He asseverated not having come to destroy the law, but to comply therewith.

And they executed it, substantializing His statements in the constructive action, with which were widened all His precepts on lights of teaching and affirmation of work.

He did not raise any shrine of stone; He did not foment theological discussions; He did not institute payment for religious services; He did not create amulets or talismans; He did not consecrated ornaments, neither did He indicate rituals.

He explained the truth, both to the rabbis and to the fishermen of simple life.

He preached the divine message on the top of the hills, feeding starving stomachs and clearing brains thirsty of light.

He helped unhappy women and abandoned children; He read in the synagogues; He cured the blind and sick; raised paralytics; restored obsessed people, by indoctrinating disturbed and sufferer spirits; encouraged the sad and feasted Himself with people pointed to the social gibe.

Without any vestige of personality cult, He lived in the bosom of the crowd.

Finding, thus, in the Spiritism, the reborn Good News, let us convince ourselves that our doctrinaire houses ought to be homes of gratuitous assistance to the people that, in all the times, are the true family of Christ.

\*\*\*

As we meditate on these unchallenged observations, let us avoid to convert the Spiritist temples in museums of the Gospel, or golden mausoleums of the

Lord, by recognizing that it is necessary to constitute in them, schools of ratiocinated faith. They should crowd their rooms with vibrant souls, in the uninterested service in favor of their brothers and sisters, in order to be able to stop the explosions of the subversive despair and the epidemics of disbelief, which still today, spread on Earth, with the password of the destructive fire.



Peace Note

Emmanuel

You have heard passionate speakers, pleading the cause of peace over tons of gunpowder, and you have noticed the presence of supposed avant-gardists of the progress, requesting it, over a pile of ruins.

They wait for it, fomenting the disorder and they speak about it carrying rifles

In the higher plan, the powerful ones align bombs, and the weak ones accumulate despairs. Maybe, for this reason, in the smaller plan, many have adopted identical formula. In society, they believe that the cunning is worthier than honesty, and in the individual field, they accept selfishness as a lord. They affirm to be cultivators of the harmony, competing in the marathons of the discord; they refer to the indulgence, disputing the championship of criticism; they recommend kindness, accentuating the technique of hurting, and he speaks about the



world, regurgitating pessimism, as one who goes over runoff swings and poison.

The equation of all that madness will be always the war... War of principles, war of interests, cold war overcrowding madhouses, hot war spreading death.

\*\*\*

You know, nevertheless, through the Spiritist Doctrine, that the conscience carries with itself, wherever it is, the results of its own acts.

You will not incense, thus, the delirium of those who preach concordance, incentivizing the rebellion, the offense and the discouragement.

You will work, indefatigably, for the good of all, improving yourself, and aware that you walk in pledge of your own immortality, for the exaltation of the eternal life, with the true peace beginning from you.



For Your own Benefit

André Luiz

Work always, but do not flee from the service that you have already begun.

Help everyone, but do not forget about the immediate duties.

Suffer resignedly, but do not make anybody suffer.

Extol the pardon, but forget the resentment.

Assist him who committed a mistake, but do not go through the neighbor's error.

Try to get right, but do not excuse your own recklessness.

Seek the success, but rejoice with the victory of the others.

Change ideas, but do not censure those that you do not understand.

Study what you can, but do not refuse to apply the noble lesson.

Assume commitments, but do not let anybody waiting for you.

Write to friends, but do not demand an answer.

Keep efficiency, but do not live in a hurry.

Use the money, but do not abuse.

Cultivate the kindness, but create your own discipline for the practice of the right.



Words and Actions

Albino Teixeira

Let us align in the head, some images, simple,  
reminding the stranger phenomenon of the high  
teaching without testimony:

Frustrated seed.

Sterile tree.

Dry fountain.

Dead hoe.

Machine without use.

Lamp off.

Useless socket.

Stove without fire.

Bottomless pitcher.

Title without work.

Motor without fuel.

Mute key.

Medication in the shelf.

\*\*\*

Let us not forget that the Spiritist Doctrine comes to us, in order that the great words of the Christianity are translated in great actions.



The Covenant of Universal Love

André Luiz

Asks the evolution, that you become a veteran of the worldly experience.

Do not be frightened before the mistake, but do not walk unprepared.

The human path keeps traps, at every step, taking away inattentive souls; though, only in the planetary crust will you obtain the conquests that improve your being, in the light of the immortality.

There are spirits that frequently leave the flesh through the death, and to the flesh return through the cradle, like unarmed statues, which, after buried during centuries, they go back to the exam of somebody else, without any new aspect that alters their fixed grimaces.

\*\*\*

Dominate your own inferior tendencies, which you think implacable.

You are regally free in the intimacy of your own spirit.

Only you will decipher the enigmas that you carry in the consciousness.

Solely you will straighten out the skeins of shadow that emerge in your thought.

\*\*\*

Do not try to suffocate your thirst for the infinite; however, do not surrender to the illusions of the majority.

If the trophy of the spectacular human victories usually stands out replete of other people's tears, the cup of the legitimate victories of the spirit overflows with individual sweat.

\*\*\*

You will always be the main survivor of your days.

The grave is the level of the worldly measures, but the life is multifaceted, in the Beyond; as a result, in the substantial reality, your attitudes and meritorious actions are what constitute the base of your happiness and your irresistible speech. Silence the

wailings and frustrated sighs, deciding really to serve. The pure love is the synthesis of all the known harmonies.

The fraternity is the pact of Universal Love among all the creatures before the Creator.

Our happiness only flourishes together with the happiness of many. What is the use of a hero title in a tragedy? Where is the benefit of a sanctity that shone in the desert, without being useful to anybody?

\*\*\*

With the Spiritism, it was born on the Earth the rational faith. You, inwardly, is thus free to help yourself; aware, as you are, that assisting uninterestedly the neighbor, means interpreting lively, the philosophy of Christ, and consolidating the security of one's own welfare.





Response of Charity

Meimei

I have wished to be longer with you, when you sought me, asking for light.

Forgive me; if I could not dip my thoughts immediately, into your cogitations.

You spoke of the superior worlds, and you inquired about the destiny; you exalted the Science and you quoted passages of the History.

You discussed the social problems with so much beauty, that I truly wished to sit down at your side to hear you all of your confidences.

Nevertheless, no matter how much I stopped at yours word, I brought in my heart the reiterated screams of so many called me, impatiently.

I do not know if you have come to see the sick women and the torn children that cried, near us, envying the luxury dogs that passed by car...

I was deciding to comment the subjects you proposed to me, when I noticed the elegant lady, reprehending the tired man that begged on the street, and I rushed to see him. Ashamed, the unfortunate man was afflicted, sobbing among copious tears. I assisted him as I could, and followed his steps, finding his wife moaning in a lot of garbage, awaiting the death. The smallest of the little six children that surrounded her, fixed on her the anxious look, waiting for the milk that had already gotten dry on her breast. The poor mother gazed me, anguished, as if asking me to reinvigorate the weakened chest... At this moment, I saw her husband, desperate, trying to die... I took them to the neighbors, as unfortunate as themselves, and after calming them down, in the balm of prayer, I see you again.

\*\*\*

And now, to you that looked for my hands asking knowledge, I also extend mine, begging you a crumb of aid for the discouraged by hunger and weeping.

Come with me, and do not stop at long questions! Once helping those that suffer, we will follow Christ, who we say we love and, certainly, the light will bless

you in silence, because He Himself, as formerly, will repeat to you in the joy of the service:

*“Whoever follows me will not walk in darkness, but will have the light of life.”* John 8:12



The Future Son-in-LawHilário Silva

The news had fallen with the crash of a lightning in the spirit of João Pacheco.

Someone had told him that Wilson Pedroso, the man that had asked for her daughter's hand in marriage, had been seen twice, on the Rio de Janeiro streets, embracing a young girl, with whom he seemed infatuated.

He remembered that the man was Spiritist, and from many friends he had heard unfavorable observations.

“Spiritists are free thinker!” ~ said some.

“Spiritism is a religion different from ours” ~ repeated others.

\*\*\*

Pacheco, hurt in his fatherly prides, wanted to clarify the situation, before the daughter complicated her life; therefore, imagining possible discussions and reactions, he took a gun, and went down from the

highland city where they lived. He arrived early to the capital, and, informed on the point and exact hour at which the future son-in-law was being seen, he remained in the hide.

In the fair moment, Pedroso and the girl appeared in the distance. Hugged. So delighted, that they did not talk.

Very close to each other, they penetrated in a high building and Pacheco, furious, accompanied them until the lobby, and there waited.

After two hours, when the exasperated father started to conceive terrible images, the hugged pair returned.

The man installed the lady tenderly in an armchair, and left as if he would pay something.

Pacheco approached the young lady and talked to her.

The stranger, nonetheless, did not answer.

The father became still more exasperated. He felt insulted. Certainly, she knew who he was, and insulted him with her contempt.

And when the young man returned, he started screaming bitter accusations, pointing the gun at him. Tough, soon after, deeply disappointed, he knew that Pedroso was in his own sister's company, blind, and already very deaf, coming from the interior for a treatment in Rio.



At Home

Emmanuel

Nobody flees from the law of reincarnation.

Yesterday, we betrayed the confidence of a companion, inducing him to the moral collapse. Today, we keep him in the condition of a difficult relative, who asks us for incessant sacrifice.

\*\*\*

Yesterday, we abandoned the young girl that loved us, leading her to the dive in the pond of addiction. Today, we have her back as our incomprehensive daughter, in need of our love.

\*\*\*

Yesterday, we put the pride and the vanity in the chest of a brother, who followed our less happy examples. Today, we share with him, in the role of an overbearing husband, or a child problem, the bitter chalice of redemption.

\*\*\*

Yesterday, we forgot venerable commitments, dragging somebody to suicide. Today we meet this person once more, in a little son's person, bearer of an irreversible disease, tutoring, at the expense of tears, his work of redemption.

\*\*\*

Yesterday, we abandoned an inexperienced companion, lacking every aid; placing her in the claws of delinquency. Today, we find her at our side, in the person of the disturbed and sick wife; demand from us the permanence in the indefatigable course of tolerance.

\*\*\*

Yesterday, we lacerated the affectionate and devoted parents' sensitive soul, making bleed their spirit, stabbed with ingratitude. Today, we live in the bramble bush, in form of home, carrying anguish bales, in order to learn to plant affections and fidelity. Before all the difficulties and ordeals, bless always, and make the best within your reach.



Help those that share your experience; pray for those that pursue you; smile at those that hurt you, and forgive all those that insult you...

\*\*\*

The humanity is the key of our liberation, and, whatever be your obstacles in the family, it is necessary to recognize that all moral constructions of God's Kingdom, before the world, begins in the invisible foundations of the struggle at home.



Christian Passwords

André Luiz

*Study and work.*

Guided service, larger income.

*Surveillance and prayer.*

Shadow and light may appear in any circumstance.

*Good will and discernment.*

The moral balance is son of the feeling allied to the reason.

*Hope and joy.*

From the pure good, it flows the perfect happiness.

*Comprehension and forgiveness.*

The fraternity understands and helps.

*Word and example.*

There is no virtue without harmony.

*Aid and silence.*

The charity flees from the noise.

*Mildness and firmness.*

There are moments for “yes”, and there are moments for “no”.

*Humanity and perseverance.*

Without fulfillment of one's own duty there is no way to ascension.



Mediumistic PhenomenaAlbino Teixeira

The mediumistic phenomena that manifest, evidently, inevitably, on the man's paths, keep expressive similarity with the presence of the waters, on the ways of the Earth.

The waters exist, everywhere.

We have them crystalline in fountains covered with sand, heavy of clay in the rivers that consume the soil, blackened in the gutter in which they roll after the rain, muddy in the puddle, stolen from dams, concentrated in infected ponds, bitter in wells relegated to oblivion, semi-poisoned in the sewers of mud...

All of them, nonetheless, can be decanted, treated, purified and renewed, to serve.

So are also the mediumistic phenomena.

\*\*\*

No matter where they come from, they are categorized by certain value.

Despite that, we ought not to forget that they should be examined, considered, interpreted and comprehended, in order to show fair advantage.

For them and near them, we all have the Spiritist Doctrine as filter of treatment.

As a consequence, do not despise any fact, but equally, at any time, do not get tired of studying.



Our Mental Life

André Luiz

The souls enter in the responsibilities that they seek for themselves.

As we chisel our moral profile, we collect the favors of the service opportunities before the Universal Laws.

Nobody flees from the stigmata of vitiation with which they furrow the structure of their own life. Peace means the victory of the mind over its own attributes.

Let us protect, thus, the mental life, in the certainty that the tenor of our meditation conditions the height of our peacefulness.

Nothing happens with us without a specific result:

Persistence in a mistake - Worsened bill.

Absence of discipline - Permanent debit.

Remorse - Warning of conscience.

\*\*\*

Multiform occurrences in the interior world, announce constantly the environment of our choice.

The storm is preceded by the unequivocal indications that configure its extension.

Similarly, through the real analysis of ourselves, we find the exact sketch of future experiences. As a result, until the light of the Gospel, nobody ignores the essence of the destiny that unfolds itself to the future.

The justice of the Law has its base on the mathematics. And he who has some portions, can judge perfectly as to the sum of this or that.

Give yourself, then, to new breaths of hope, and overcome your own limitations, answering to the appeals of love that echo from the Height.

Gather humility and service, simplicity and forgiveness, study and charity, goodness and tolerance, in the effort of every day, and with such fragments of love and light, you will raise the divine temple of your most beautiful aspirations, before the Eternity.

Ask, by Helping

Emmanuel

Ask ardently for the Celestial Assistance, but do not forget the aid to those who extend to you the empty hand on the worldly path.

The Angel listens to the Man to the extent that the Man listens to his own brothers and sisters.

You await jubilant safety for the ones that were born in your domestic group; nevertheless, consecrate this or that crumb of your own comfort to those that gather discouraged, in the cave of suffering.

You count on the fair clothing in favor of those that deserve your affection; nonetheless, extend some unnecessary pieces of clothes to the brother relegated to the bad weather.

You rejoice with the abundant bread; though, divide some available slice on the table with those people that bring the stomach whipped in the undernourished body.



Thank, blissful, for the talents of the temporary peacefulness that enrich your days, but take some moments in the fraternal activity, for the benefit of the ones that cry without hope.

You rejoice with the luminous faith with which you crown before the world; in spite of that, do not flee from the peace alms to those that wander in the darkness.

You feel happy with the precious health that assures your inner harmony; though, support the forgotten patient, who shows you the arms thirsty of understanding.

You raise your voice in the Celestial Temple; nevertheless, thousands of voices, every day, rise from the human shadow, searching for your heart.

Here somebody requests your blessing of sympathy; further, there is another one who asks your cooperation.

\*\*\*

Ask, therefore, by helping.

Remember that you can also help, and serve as much as you can.

Through the faith, you will ascend to the Master with your supplication, but through the charity, the Master will descend to meet you, in order that your hands become enriched with love in the construction of the Kingdom of the Light.



Straight paths

André Luiz

Time without waste.

Work without discouragement.

Study without fatigue.

Prayer without inertia.

Feeding without abuse.

Tranquility without laziness.

Joy without disorder.

Amusement without addiction.

Faith without fanaticism.

Discipline without violence.

Firmness without arrogance.

Love without selfishness.

Help without payment.

Accomplishment without boasting.

Forgiveness without conditions.

\*\*\*

We will difficultly free ourselves from the illusion that confuses our life, if we flee from walking those straight ways, heading for the Triumphant Immortality.



Expected Gift

Albino Teixeira

In any time, for our happiness of thinking and accomplishing, the Divine providence grants us all of the resources that we have need:

The active body;

The lucid intelligence;

The clear understanding;

The constructive inspiration;

The wealth of the hours;

The treasure of the energies;

The advantage of the movement;

The agile verb;

The domestic comfort;

The possibility to work;

The warning of the experience;

The neighbor's sympathy;

The talent of understanding;

The opportunity of aiding;

\*\*\*

Nonetheless, in all of the tasks, the Divine Providence expects from us a simple gift: our attitude of patience, in the difficult time, in order that the service of good is not interrupted.



Righteous and Unjust

Augusto Silva

Each individual manifestation responds to a certain aim, accordingly to the needs of the experience.

Every gesture brings a particular significance.

Every intention is a potential of procedure.

Who shows noble knowledge or inner peace, already surprises in himself, the force and reason to enrich his own path. Though, the spirit that surrendered himself to the unhappy tendencies, scarce of stimulus to annihilate the routine of anguish, he lacks the friendly hand and the saving resource to undertake the great liberation.

Hence, Jesus, bending the condition of sanctifying wisdom, called the hearts immersed in the trench of the disturbance, interwoven by themselves, emerging on the human paths like incorruptible beam of light, rectifying itineraries, softening

feelings, sublimating instincts, and incentivizing renewals.

And, after the scaffold of the cross, He remains with us in every circumstance, smiling or suffering with our actions.

He extends assistance to the fallen under the yoke of addictions...

He relights the fire of the trust in the conscience dominated by the despair, both in the Earth and in the Spiritual world.

He strengthens the superior ideals that flicker in the souls, expanding the brightness to who stumbles in the shadows...

He understands the strong ones, but He feels sympathetic with the oppressed of all the origins...

Not only elevates He the mercy, but He equally exalts the justice, transfusing the madness in common sense.

He distributes the hull of bread hull and the booklet of teachings, in the sustentation of the environment of love and truth...



Here is why told us the Master:

*“I have not come to call the righteous, but the sinners.”*

When the pain and anxiety appear, violating our beings, let us know how to oppose the purity of our faith and the fire of our ideal to the exiguous and superficial conditions of the worldly testimonies, convict that the teaching of the Master is enlightenment for the darkened minds, and blessed opportunity of pass from the condition of unjust and corrupted to experts of the Divine Laws and loyal cooperators of the Creation's Work.



61

Building

André Luiz

In order to grow a forest, the nature spends centuries  
of work.

To destroy it, a fire spark is enough.

\*\*\*

In order to build a house, a great group of workers  
spends long days.

To destroy it, only a man with a pickaxe, in the space  
of some hours suffices.

\*\*\*

In order to build the pitcher of legitimate porcelain,  
the ceramist needs a very long time of vigil and  
preparation.

To destroy it, all one needs is a hammer.

In order to build the airplane, exquisite team of  
technicians associates intelligence prodigies, in the  
group action.

To destroy it, a calculation error is sufficient.

\*\*\*

To build the deposit of fuels, the man is constrained to numerous providences allusive to the edification and preservation.

To destroy it, a lit match is all man needs.

\*\*\*

In order to build a city, its people employ years and years of sacrifice.

To destroy it, today one needs only a bomb.

\*\*\*

Brothers, whenever urged to the critic, let us respect the noble efforts of our neighbor.

\*\*\*

For the construction, it is necessary love and work, study and competence, understanding and serenity, discipline and devotion.

To destroy, however, the blow suffices.



Martim Gouveia, still a young man, had become fond of plundering incautious residences, subtracting everything he could, without ever having fallen in the hands of the authorities.

On that night he had attentively observed a closed house, as if nobody lived there.

He tiptoe jumped over the wall, and forced the back door.

He opened it with ability, penetrating in the home.

He went by the kitchen and won the interior.

He sought one of the rooms, where he waited to find larger values and tapped at the door.

Then, nevertheless, he heard agonizing breathing.

Judging to be somebody that slept reverberating, he moved forward.

Admired, he sees a figure dispersed on the bed.

The intruder takes the hand to the dagger.

But he hears the weak and interrupted voice of one lying man that glimpses him in the dark.

The stranger extends his arms and speaks under strong emotion:

\*\*\*

Oh! Thank God! Have you listened to me praying, my son? They were the Spirits! You are a correspondent of the Divine Messengers!

Martim, surprised, abandons the idea of the weapon.

He came closer to the old man, who could now distinguish better under the dull light of the moonlight through of the window pane.

The elder repeats amazed:

- Oh! Thank God! My son, I need you very much... I am paralyzed and have nobody... I do not have force to scream... There is a long time I do not receive visits.

- You have heard me!...

After small pause he continued:

- Look for a medicine... I feel shortness of breath... Please read something to comfort me... So that I do not die alone... You were sent by the Spirits...

And as the patient extended to him one book, Martim, compassionate, lit the light and started to read, moved...

It was a copy of "The Gospel According to the Spiritism", greased of perspiration and tears.

The unexpected guest read and read, until very late at dawn and, from that moment on, he gave up his life of burglar and assaults, taking care of the old man, administering his medicine, giving him assistance and reading with him the Spiritist books of his predilection.

After five months, the patient disincarnated in peace atmosphere, leaving the house and the goods as inheritance for him, and the soul renewed by the example of faith in the Good Spirits.



The worm fertilizes.

The earth lulls.

The dew protects.

The wind renews.

The seed produces.

The plow furrows.

The hoe cooperates.

The trunk supports.

The flower feeds.

The stone holds.

The fountain enriches.

The thread shelters.

The needle composes.

The sign informs.

The bridge gathers.

The feather records.

The hammer captivates.

The handsaw corrects.

The roof gives shelter.

The table attends.

The vase aids.

The lamp clears up.

The bed helps.

The conditioned fire is the blessing of the domestic fireplace, and the poison drop, controlled to rigidity, is a medicine that cures.

Observe, thus, the labor law and the law of discipline, operating together with you, through the facts and things, apparently without importance.

Everything acts.

Everything obeys.

Everything evolves.

Everything responds.



Everything serves.

\*\*\*

Once aware that each creature should be useful, according to their abilities, observe what you do with the treasure of the hours, for the time called “today”, is a resource in your favor, in the accounting of life, scheduling the settling of accounts for tomorrow.



In Silence

André Luiz

In silence.

The stellar nests of the Cosmic Life illuminate the firmament, helping the evolution.

The Earth rotates incessantly, maintaining the precious stability of the human dwelling.

The sun vivifies the creatures' step.

The tree enriches the resources of life.

The dark pebble of graphite changes into precious gem over centuries.

The good corrects the unbalances of the evil, meliorating the world.

The wisdom expands in the profundities of the Universe.

The time makes the parade of the opportunities of perfecting and elevation.

\*\*\*

Remember always the fair application of the silence in the development of your own actions, in the certainty that there is no noisy charity or love united to sensationalism, because, even Jesus, Our Master and Lord, frames His manifestations of Sublime Mercy with the support of the silence, that brings with itself the wisdom of the eternal love.



Charity: Solution

Fabiano de Cristo

Before the duty, think of the charity, serve and go on.

In view of the pain, think of the charity, assist and go ahead.

Once faced by the misfortune, think on the charity, aid and go on.

When confronted by the affliction, think about the charity, console and go on.

Before the shadow, think on the charity, illuminate the situation, and pass.

Faced with the disturbance, thinks of the charity, clarify it and pass.

When opposed by the ignorance, think on the charity, teach and go ahead.

In the face of the offense, think about the charity, forgive and pass.

Before the blow, think of the charity, tolerate and go on.

In view of the temptation, think of the charity, pray and go ahead.

Faced with obstacles, think on the charity, wait and pass.

Once confronted with the denial, think on the charity, trust and pass.

In view of the discouragement, think of the charity, help and go on.

Before the fight, think about the charity, bless and pass.

When faced by the unbalance, think on the charity, remedy and pass.

When confronted with the sadness, think of the charity, restore and go ahead.

In the face of all evil, think of the charity, do all the right within your hands and proceed ahead.

\*\*\*

*"Each day has enough trouble of its own."* tells us the wisdom of the Gospel.

Every creature, on the way to perfection, proceeds on the blessed path of the experience.

Every experience is a proof.

Every proof configures a problem.

Charity is the solution.



Chaos of Emotion

Valérium

Cholera - chaos of the emotion.

Warning of imminent calamity.

Poisoned ingredient in the foods of life.

It annihilates the understanding.

It banishes the sympathy.

It disarticulates the edifying forces.

It destroys the fraternity.

Besides that, it proves the total absence of defense, giving a glimpse of the patent return to the primitive states of evolution.

Wherever it appears, it is the dart of violence.

As it appears, it is the problem of inattention.

When it appears it is, frequently, the announcement of the illness and the closeness to death.

\*\*\*

If the struggle evokes that wild animal of the rearguard in the intimacy of your soul, armor the thought in prayer, seeking balance.

Only the harmony can install you in the defensive, in order to do right more times, and err less.

Ask help to the Benefactors Spirits against the attacks of that magnetic monster.

It is like the fire. To ballast and destruct by a fire, a spark is enough.

Serenity ~ Here is the real path.





Joyfulness

Meimei

Joyfulness is the song of the hours, with which God caresses your passage in the world.

Everywhere, flowers bloom as smiles of the nature, and the wind combs the hair of the field with lullaby.

The water of the fountain is affection liquefied in the heart of the earth, and the very grain of sand, flooded of sun, is message of joy, speaking to you from the ground.

Hence, do not allow, that your difficulty be a numbing sadness on the others. Albeit everything seems to conspire against the happiness you await, raise the eyes to the smiling face of life that surrounds you, and feed the joy wherever you go.

Bless and assist always, even through tears.

The rose offers perfume on the claw of the thorn, and the dawn awaits, generous, that the night ceases, in order to renew daily, in party of love and light.

68

Avoid Confusing

André Luiz

Humility with desertion.

The spirit truly humble has the courage of serving in  
all the circumstances.

\*\*\*

Cooperation with subservience.

The servility hinders in any mission of aid.

\*\*\*

Joviality with inconvenient extroversion.

The optimism asks for correction and serenity.

\*\*\*

Ideal with fantasy.

Who flees from the reality falls asleep in nightmare.

\*\*\*

Understanding with fear.

The fear darkens the reason.

\*\*\*

Study with negligence.

Without method, every effort results deficient.

\*\*\*

Peace with sadness.

The noble feeling ignores the unhealthy  
consternation.

\*\*\*

Common sense with self-centeredness.

Who ponders, in the good sense, depersonalizes the  
thoughts.

\*\*\*

Discipline with dominance.

The order acts with criterion, and the  
authoritarianism encourages the violence.

\*\*\*

Love with partiality.

The pure love does not distinguish factions to  
manifest.

\*\*\*

Flee from the cheapening of the true values of life.

The man stands out from the other beings of the  
creation for the faculty of discerning the good from  
the bad, the truth from the mistake, and the  
fair from the unjust, in the movement of his own  
steps.



Think About It

Albino Teixeira

The man on the Earth can accomplish the highest feats of intelligence.

He is able to:

Measure the stars;

Study the distant worlds;

Win the gravitation and to throw himself in the Space;

Cross the aerial domains;

Govern the ocean;

Control the forces of nature;

Transmit the word and the image, from one end to the other of the Earth.

Analyze the essence of the light;

Climb Himalaya;

Refrigerate the sands of Gobi;

Tear the treasures of the underground;  
Build sky-scrapers;  
Interfere in the genetics;  
Annul the physical pain;  
Frustrate the epidemics;  
Put down the infection;  
Graft organs and tissues of a body in the structure of  
another body;  
Prolong the human existence; alter the life of animals  
and plants;  
Promote all the scientific experimentations;  
Shape art dreams;  
Express in letters the most complex thoughts..

\*\*\*

All those prodigies can the man on Earth do,  
nonetheless, according to the Law of the Universe,  
nobody escapes to the surgery of death.

Brothers, by reflecting on your problems, think also  
about that.

Charity Never Fails

Emmanuel

*“Love never fails.”*

*Paul. 1 Corinthians 13:8*

He who chooses high intentions in the performance of his activity never bumps into failure.

He who forgives from the heart any offense, does not accommodate the regret in his intimate.

He who sees himself misunderstood, when elaborating the worthy action, receives in his favor the comprehension of the Heaven's Mercy.

He who prioritizes the neighbor's interest in the work in course, he only discovers reasons to trust in his own success.

He who studies, to help somebody else with the beam of the knowledge, invariably reaches the learning.

He who sacrifices himself to lessen the suffering of those that surround his march, he reaches new domains of the essential happiness.

He who endeavors to live the pure love under any aspect, always does right in the definition instant.

\*\*\*

That is why asserts it the Apostle to his brothers from Corinth:

- *“The charity never fails.”*

Really, the charity expresses the perfection among the creatures' manifestations, and springs, in its foundations, from the Infinite Love of God. An act of charity brings in itself the indestructible mortar of the Eternal Perfection, composed of wisdom and justice, work and solidarity, trust and peace. The mistake becomes unfeasible to the spirit, when the heart forgives without conditions, studies with dignity or works unselfishly.

So, the light of charity never extinguishes.

Where it was controversies, now they are transformed into fraternal colloquies, the sadness surrenders to happiness, the discouragement loses the reason for existing, and the souls accelerate the flight in the evolutionary wake.



Many apprentices of the Truth, research greedily the ideal formula for the victory in Life; though, this shines within the reach of people, structured in the infinite gradation of charity. Therefore, let us strive to pursue without flaws.

Turn your gaze to the interior cosmos, and proceed to the evaluation of your own conduct, in accordance with the only exchange of the sublime virtue and you will be living, in yourself, the battle without defeats, the itinerary without deviation, the fight without fall, and the light without shadow, under the consent of Him who is All-love and All-justice.



Somewhat More

André Luiz

You have the impression of having drained the stock of all your resources in certain task of charity, but if you persist a bit more in the devotement, nobody will be able to foresee the laurels of light that will shine in your steps.

You are sick, and you intend to obtain licenses of a long period, but if you continue somewhat more in service, nobody will foresee the treasure of new forces that will emerge on your way.

You have found immense difficulties in the exercise of good works, and you yearn to flee from them; nonetheless, if you persevere somewhat more in the construction of the beneficence, no one will be able to predict the triumph that your hours will collect, in the alive sources of charity.

You believe you cannot stand the annoying friend, the stubborn son, the unconscious brother, the capricious wife or the insensate husband, but if you

tolerate a bit more the struggle in family, nobody will be able to foresee the extension of the forthcoming joy in your domestic nest.

You suppose that the bad luck is the predominating environment, and you cry in the hands of despair; however, if you cultivate a little bit more of fidelity to your own obligations, nobody will be able to foresee the width of your success, in the tomorrow that comes close.

You feel enormous fatigue, and do not wish to hear the companions of long talks, but if you expand a bit more your sacrifice, nobody will foresee the prodigies of the blessings harvest that will emerge from your brief minutes of kindness.

\*\*\*

Observe that in order to achieve this or that, even you demand unceasingly from the neighbor, somewhat more of kindness, so much more of cooperation, of time, of affection...

The genius is the patience that does not finish. It is fair that you want more of happiness, but for this, it is

necessary that you help the others to have more of happiness too.

Notice the lessons of life, and you will understand that the victory in the good is always working in accordance with the duty, and serving somewhat more.



Irrefutable ConditionLameira de Andrade

Through the worlds, ~ endless retorts of God's Laboratory ~ the successive incarnations feed the successive generations.

As a consequence, a great number of spirits resurge in the dense matter every three or four generations.

Nobody is disentangled of the circle of painful incarnations, suddenly.

This only happens little by little, effort by effort.

After the slow evolution of the millennia, the Earth lives now the "century of the fact", in which the reasoning commands the verification of all the occurrences. Undoing the mirage of the sophisms; time of the most beautiful blooming of the sublime thought and, at the same time, of the strangest fecundations of instinctive animality, for presenting the promises of the future, and the debris of the past, in the whiten of a new dawn.

They go down the minutes resembling grains of sands in the log glass of the Spiritism, enlarging the Humanity's knowledge; the spirits manifest here and there; they are writing the history of our own responsibility before the laws of the destiny.

We can no longer sleep the repose of naivety.

It is necessary to apply discernment in all the manifestations, without copying the crazy-acting instability of the weather vane.

The matter does not think and, on the other hand, billowing thoughts do not drive to any constructive goals.

The human life is registered in a regimen of garnishment. The body is the bail.

If we are Christian, whose model has adapted to the modern rules, this is no reason to rule our actions in the rotten codes of the delay of appearances on the outside and mistakes inside.

Our heart should live in a thousand hearts that surround us.

Hence, reward with the indulgence glance those who hurt you, remembering that we have experience

friends who live, from the cradle to the grave, between the prison and the hospital, until they disappear, making of the ambulance the funereal car, constantly lacerated by the flukes of bitter paths...

Extend the obol of the attention to whom intercepts your steps, cultivating the spontaneous fraternity, as who knows that tomorrow you cannot prescind from the help of this or of that unknown companion.

Let us work and work...

Let us give up the inglorious fight of trying, uselessly, cross swords against the gush imponderable of the light...

\*\*\*

Action by action, the noblest task will be always that which brings with itself the productivity in the pure good, for we are all adds accredited to extend friendly hands.

The more developed the soul, the longer the interval between two reincarnations enjoyed by the Superior Spirituality.

If you attempt, therefore, to strike the wide flight of the redemption, do not relive your “yesterday”, but live your “today!”

Open smiles, pour out tears, invest in ideas, create words and actions, but use all those possibilities to serve God, building love monuments to the neighbor, drying the sweat of the people in the sublime opportunity of the present, since only that condition exists, blessed and irrefutable, for us to reduce the proof stages and affliction in the apprenticeship of the terrestrial scenery.





Emergency RoomEmmanuel

He who refers to pernicious influences is compelled to recognize the strangest moral accidents everywhere, through the ingestion of thoughts' corrosives.

Proceeding from incarnate or discarnate ones, corrupting cultures wander here and there, developing in the most shining environments, the pestilential atmosphere that fecundates the germs of crime or prepares the interference of the illness and death.

Now, it is the subtle virus of the defamation, taking the unprepared souls in the net of the darkness, from which drains the mud of the destructive slander...

Then, it is the poison of the precipitate judgement around the others' attitudes, inflaming the cholera, which arms itself with violence to extend the injustice...

Here, it is the bite of the discouragement, disturbing simple and well-formed hearts, by intermediate of endless and depressing complaints, installing the victory of laziness, to the detriment of the good works...

There, it is the bile of discord, flowing from the insensate mouth, projecting mud on the path of hopeful companions and friends, so that all the plans of the good get off the clarity in which they are sketched, for the shadow of the evil that suffocates them in the birthplace...

Remember, thus, such dangers, which appear at each step, and build in your own soul an emergency room, capable to assist the need of the others, but preserving yourself, against the calamitous unbalance.

In this assisting emergency refuge, you will have the silence and the forgiveness, the benevolent sentence and the conciliatory understanding, the comfort and the prayer, as a worthy medication to apply in a regimen of fair urgency.

Hence, keep this drugstore of comprehension and fraternity in your innermost being, and you will take

off many people from the lethal trauma of cruelty and hate, poverty and ignorance, as a genuine servant of the Unforgettable Master, who chose in the pure love, the great itinerary of our liberation from the past for the conquest of the celestial future, in perpetuity of light.



Are You Bedridden?

André Luiz

Everyone recognizes the discomfort of being ill in bed, however, the irritation worsens any disease.

– Does the pain suffocate your hopes?

The comfort of the prayer is medicine for all of the evils.

– Does the trust in the cure flee from your heart?

Neither doctors nor relatives can guarantee the recovery that is born, spontaneous, in your inner being.

– Does the outrage poison your soul?

The Earth is a valley of tears solely for the eyes of pessimism.

– Does the death visit your thoughts?

Passage for the Spirituality: road of all.

– Does the children's destiny shade your hours?

The most valuable inheritance is the example of the love to the Divine Providence, through the accomplished obligations.

– Do afflictive affections lacerate your memory?

The mind is our first drugstore.

– Do you feel remorse, in view of old steps?

There is no man on Earth who can call himself a saint.

– Do your lips no longer know how to smile?

Remember that the optimistic and cheerful patients receive charitably those who visit them, stimulating their courage.

Keep the certainty that if the light of the Gospel is a force in the heart and brightness in the conscience, the health is close and all the prognostics are favorable before the Great Future.



The Instrument

Scheilla

Wherever you find yourself, thank the Lord for the instrument of purification.

Nobody lives without it.

Here, it is the husband difficult to deal with.

Beyond, it is the unpleasant presence's wife.

There, it is the rebellious son.

Farther, it is the irresponsible daughter.

Today, it is the friend that surrendered to incomprehension.

Tomorrow, it is the rough boss.

Then, it will be the distracted subordinate.

Now, it is the companion that deserted.

Later, it will be the opponent, compelling you to affliction.

Make silence, take advantage of it, and go ahead.

The stone receives from the hammer that shatters it, the dignity with which it is done useful to the construction.

The metal owes the purity which it owns, to the scorching crucible that martyrs it.

Do not forget that the body is the shrine of divine possibilities, in which you temporarily take refuge to collect the lesson of progress.

Each path gives place to other path.

Each experience leads to a larger experience.

Every struggle is spiritual bread, and each pain is an impulse to the sublime ascension.

Therefore, let us learn to hoard the talents of life, respecting the teachings that the world imposes on us, in the certainty that between the humility and the work, we will reach one day, the summits of the eternal glory.



Forgiveness

André Luiz

The light of the joy should be the beam continually lit in the atmosphere of our experiences.

Several circumstances, mainly those of indiscipline, disturb the peace environment around us, and among them the thoughtless word stands out as forge of incomprehension, creating collisions.

Here we see our basic duty of watching ourselves in the conversations, widening the understanding resources in the other people's ears.

Let us be indulgent.

If we commit a mistake, let us ask for forgiveness.

If others offend us, let us forgive.

The evil we wish on somebody today, will rouse the evil for us, tomorrow. The sorrow does not have a fair reason, and the pardon annuls the problems, reducing complications and losses of time.



This is how the spontaneity in the good establishes real charity.

He who does not recognize his own imperfections demonstrates incoherence. He who forgives ignores remorse.

Hate is invisible fire in the conscience.

Thus, the mistake does not ask for aversion, but comprehension.

Our mistake requests the others' goodness; the one of somebody else needs our mercy.

The humanity dispenses with who censures it, but it needs who esteems it.

In view of the mistake, in vain they multiply justifications and reasons. Before everything, it is necessary to redo it, because the return to the task is the inevitable consequence of every escape from the duty.

The more we know ourselves, the wider the imperative of forgiving in us.

Let us learn with the Gospel, the unfailing source of the Truth.

You, sample of Great Offspring of God, you have necessity of the aid of all, and all request your support.

\*\*\*

Then, know, therefore, to reflect the surrounding world, remembering that if the mirror, inert and cold, portrays all the worthy and unworthy aspects around you, the conscious painter, seeking to create a superior activity, solely expresses, in the purity of the screen, the noble and constructive angles of life.



Youth Supplication

Meimei

You have noticed my mistakes; however, I ask you to show me the way for me to course.

I woke up for the good, dreaming to serve it with fidelity and purity; yet numerous contexts of life blurred my heart.

I followed friends, who traced me routes of light, becoming entangled in the traps of shadow.

They led me to self-denial and detachment, disputing possessions on Earth.

They advised me to help without reward, clinging to their own interests.

They urged me to humility, exalting themselves.

How many speak of tolerance and patience!

Nonetheless, brought at the hour of sacrifice, poured out sourness and pessimism, as if they carried a vase

of fire and gall in the chest.

\*\*\*

This is why I often have the disorientation in my soul.

I know that my manners hurt you, that my words afflict you ...

Still, forgive me, so that I may understand you.

I do not seek your protection as a complaining. I ask you for moral support, for Christ's sake, who died on the cross, in order that we understood the truth.

Though, do not only talk to me.

Teach me how to do it.



In the Course of Life

André Luiz

Exemplify the good unselfishly.

Our actions demonstrate the proximity or distance in which we live from the Divine Law.

\*

Live with joy.

The present is already part of our immortal life.

\*

Consider each attitude.

It is so difficult to know how to do, as to know how not to do.

\*

Avoid the systematic isolation.

We are integral parts of the environment in which we exist.

\*

Understand the function of the ephemeral  
ownership.

Neither the wealth nor the privation expresses  
virtue.

\*

Don't flee from the beginning.

The charity corrects any mistake.

\*

Study tirelessly.

Reaching new knowledge is formulating new  
inquiries.

\*

Cultivate the trust.

With dread there is no progress.

\*

Be patient in the pain.

Crisis, many times, is the name we give to the  
transformation of the evil into good.

\*

Get used to the patterns of the Gospel. In essence,  
the current world remains almost the same of Jesus'  
time.



Divine Warning

Albino Teixeira

The light of the knowledge that you have already reached can be extended to the shadow of the other ones.

The money that you have gathered can be help to the companions' needs.

The faith you possess can be a refuge to the discouraged ones.

The disease that you suffer can be reason for patience, being regarded as moral sustenance among the dear ones.

The offense that you received, can be a testimony of humility, comforting all those that share the experience with you.

The hours of your spare time can be work in favor of the neighbor.

The word that you speak can be aid in the others' struggle.



The attitude that you take can be a guideline of the charity's lifting.

\*\*\*

Ah, my brother of the Earth!

Practice the Charity.

Every situation can be a support to the good's victory, and every service rendered to the good is a wealth of the soul, which malefactors do not steal, and the moths do not gnaw.

Listen to the clock heart of the time that guide your way ~ and the time, as a messenger of the Eternal Wisdom, you reveal to you, at last, that your tick-tack, incessant and always new tick-tack, is a divine warning of Life, recommending

- *Serve-serve, serve-serve!*



The Salary of Abnegation

João Modesto

Any worker exercises his professional activity within certain limits, which make him creditor of a specific wage. However, if the professional, in any section of human activity, surpasses the natural borders of his own obligations, he conquers merits superior to the value of the established salary.

Such additional income corresponds to the self-denial.

The worldly laws do not reward the extra merit, for absolute lack of the gauging means.

As a consequence, the self-denial of the incarnate spirit, whatever the section in which he toils, it is paid by the Divine Law, which defines the value of each being in the Spiritual Plan.

The common work, on the Earth, is rewarded by the currency, expressed by the honorary; the extra work,

in the kingdom of the spirit, is paid in resources of ascension for the soul.

The ordinary service leads the worker to the horizontal domain of the environment in which he lives; the extraordinary work elevates him, in vertical direction, to the Superior Spheres.

Exemplifying, we see the teacher that just tries to accomplish certain plan of classes. He dedicates himself only to the mister assigned to him, inside the minimal limits of effort and time, receiving the honorary that is up to him. Though, the one that transfigures the professorship into a priesthood; that helps the disciples, in the extra-school schedules, improving himself in continuous studies of the matter he teaches, to enrich it, he enables himself to extraordinary credit. Because he demonstrates a performance superior to the demanded by his own responsibilities, he will naturally receive a salary higher than the established due to the abnegation revealed.

Who will pay, among the men, the devotion of the feminine heart that decides to take in her own bosom the little children of others?

Which human institute will remunerate the generous creature's devotion that supports unselfishly and affectionately the companions in suffering?

Here is why, by opposing itself to the orientation of the minimal effort, the abnegation is always the maximum effort, only compensable by the safes of Divine Goodness.

Fulfill the obligations that fall to you, and you will obtain a fair wage on the Earth.

Do more than your task, for the good of all, and, according to Jesus' lessons, you will gather treasures in the Heaven.



Calm

André Luiz

If you are at the point of bursting mentally, make silence some instants, to think.

If the reason is a disease in your own body, the uneasiness brings the worst.

If the cause is an illness in a dear one, your imbalance is an aggravating factor.

If you have suffered material damages, the complaining is a late bomb, throwing a new case.

If you have lost some affection, the grievance will make you a less friendly person before other friends.

If you have left some valuable opportunity behind, the restlessness is waste of time.

If annoyances have appeared, the act of snapping will move away from you the spontaneous support.

If you have committed a mistake, the despair is an open door to greater errors.

If you have not reached what you wanted, the impatience will make longer the distance between you and the objective to attain.

\*\*\*

Whatever the difficulty, keep the calm, working, for in every problem the serenity is the base of the soul, asking for the service for solution.



The Forgotten Wire

Valérium

Forgotten wire, poor wire.

Imprisoned in the wall.

Apparently lost in the shadow.

Insulted, lots of times, by itinerant insects.

Glued wire, which nobody sees in the structure of the masonry.

If it could speak, maybe it said: “I am unworthy”, “I am helpless”, “I am nothing.”

Nevertheless, remaining in the place that it was given, firm and disciplined, it is the conductor of the electric force...

Although it does not know, it is the messenger of the energy that assures the comfort and the carrier of the light that maintains the service. Even if you recognize yourself humble, lackluster or apparently

without value, remember the poor wire, imprisoned on the wall.

\*\*\*

Remain in your place, helping and serving the neighbor, with your thought constantly connected to the plant of the Eternal Good, and even if you do not see, hear, know or feel the joy and the safety that you spread.

God knows the importance of your task of love and light.





Obedience

Emmanuel

You long for accomplishing, influencing, serving...

You affirm yourself, nonetheless, under difficulties and constrictions of every sort.

Observe, though, the train of life in which you travel.

Cars that transport, armchairs that keep, dishes that serve the fruit that feeds, they did not appear without a beginning. All this usefulness, when being formed, in order to show advantageous, they obey and they obeyed, in the construction, in the order, in the type, in the structure...

\*\*\*

If you hope to build something, do not stand back from the demands of the beginning.

After the first step, if you aim at the victory in your objective, proceed, day by day, in the regimen of obedience.

In the Pilgrimage of Life

André Luiz

Very often, the man, in the journey of human life, is approached by events that bring him the good in form of evils, and for this very reason, they are usually not understood at first.

The sudden death of the dear being...

The friend's incomprehension...

The planned slander...

The companion's desertion...

The disease's visit...

In spite of this, the Divine Justice provides everything, in the opportune moment, and he ends up finding the happiness where before there seemed to exist only misfortune.

Also, countless occurrences assault his route, offering him the evil in the form of good things, which, due to this reason, they are not promptly understood.

\*\*\*

The perverted fortune...

The overestimation of one's own values...

The gleam of the disoriented intelligence... The corrupted power...

The drunkenness absorbed in the chalice of flattery...

Nevertheless, as the truth is assigned to correct his perceptions, at the opportune moment, he surprises the presence of the pain where he imagined to see exclusively happiness.

\*\*\*

Hence, let us remember, that the evils and the goods in the world are not always goods or evils before the Laws of Life, and for this reason, doing right and doing wrong, downfall and victory depend on yourself, in everywhere.



Twenty Exercises

Scheilla

*In order to develop spiritually, we should:*

- Execute our own obligations happily.
- Silence before the offense.
- Forget the rendered favor.
- Discharge the friends of any kindness towards us.
- Silence our aggressiveness.
- Not condemn the opinions that diverge from ours.
- Abolish any malicious or unnecessary question.
- Repeat information and instructions without any sourness.
- Train the constant patience.
- Hear fraternally the sorrows of the companions without biographing our pains.
- Seek, without affectation, the form of being more useful.
- Excuse without excusing ourselves.
- Not speak ill of anybody.

- Look for the best part of the people that commune with us the experience.
- Cheer with the joy of the other ones.
- Not upset he who works.
- Help spontaneously.
- Respect the others' work.
- Reduce the personal problems.
- Willingly serve when the illness hurts us.

\*\*\*

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



Debts

Emmanuel

*“I am obligated both to Greeks and non-Greeks both to the wise and the foolish.” Romans, 1:14*

The Apostle of Paganism clearly highlighted his condition of legitimate debtor of everyone, and this is the condition of any other being of the human community.

The creature itself, is not just the sum of its own achievements, but also the product of innumerable debts to the group to which it belongs.

Each one owes incalculable tributes to the souls with whom he lives.

Let us not forget that we live pawned to the goodwill of friendly hearts....

The wisdom of the most experienced ...

The affection of the close companions ...

The support and encouragement of the family ...

The noble impulses of the fraternal relationships.

Therefore, through the recognition of our common debts, we prove the real inconsistency of pride and vanity in any heart, and the impracticality of the isolation in our evolutionary step.

The debt matters in commitment and commitment means natural or compulsory redemption.

\*\*\*

We are all debtors of one another.

If you still feed some spot of self-serving superiority before your neighbor, remember the numerous debts, which you have not paid off yet, starting with the very physical instrument, which was lent to you temporarily.



Loving Forever

Meimei

Take advantage of the day and make your best, loving always.

Shape the work that you have come to accomplish among the men, while the support of time favors you.

Endure with patience the vicissitudes of the way and accept, in the difficult circumstances, the justice of life, that returns to settle scores with you.

In the most obscure task, affix the stamp of kindness, and, in the simple conversation, model the luminous word of understanding.

Embrace in each person that crosses your way, somebody that takes farther your message of solidarity, and, on each page that retains your thoughts, record the pure love that flows from your innermost being.

Observe the impassive clock.

A marked minute is a value that does not return.



You will have, naturally, other minutes, but in a new day, new problem, new situation and new landscape..

\*\*\*

Every individual on Earth, although he does not notice, he leaves the world, little by little, dispatching, every day, with his own actions, the luggage that he will find in the destiny station.

Use, thus, the forces that God lends you, in the construction of the good, for, tomorrow, when the death arrives, you will understand, finally, that everything you did to the others, to yourself you did.



Precepts of All Time

André Luiz

Walk with firmness. He, who becomes accustomed to the precipitation, trips at each instant.

\*\*\*

Examine yourself. In the constant surveillance, you will educate your own impulses.

\*\*\*

Sanitize your own mind, working in the good without discouragement. The lazy brains accumulate undesirable residues.

\*\*\*

Listen to your brother without reproaches. The real charity begins in the generous and friendly attention.

\*\*\*

Improve the procedure. Today ameliorated is a happier tomorrow.

\*\*\*

Aid the dejected heart. No one can predict the near future of the heart.

\*\*\*

Make light with your word. If today you can guide, it is possible that tomorrow you are asking for advice.

\*\*\*

Suffer with patience and serenity. In the brazier of outrage, nobody can take advantage of the pain.

\*\*\*

Perfect the vocabulary. There are words which, when excessively repeated, they lose its own significance.

\*\*\*

Cultivate the simplicity. Although it may not seem, the Universe is an imponent group of clear laws and simple things.

\*\*\*

Serve always. The boredom is the wage of those who are always claiming the service of the others.

\*\*\*

Improvise the good wherever you are. The shadow of the evil is just like the debris that everything invades, when the cleaning is absent.



Living Dreams

Albino Teixeira

The seed in the barn is a living dream; transported to the farming, it becomes a tree that produces. Without that, it would wither in the silence.

The ore in the soil is a living dream; led to the activity, it is raw material. Without it, for undetermined time, it would be in the condition of mere pebble.

The plan of a construction is a living dream; achieved, however, it is a work of inestimable usefulness. Without that, it would be mere figuration given to dust.

The constructed school is a living dream; moved by the workers of the instruction, it is workshop of light. Without that, it would not go beyond distant promises.

The book in the writer's head is a living dream; taken to the field of letters, it is a plant of suggestion.

Without that, it would disappear as a mental vision glimpsed from a distance.

The spiritist conviction is also a living dream; but brought to the practical reality, it is a task for the edification of the better world. Without that, it will not be more than a hidden sparkle.

\*\*\*

It is for that reason that we all can have faith and learn, discuss and preach, consoled; nevertheless, in the domain of the true ascension of the spirit, we will attain nothing without work.



Praying and Forgiving

Emmanuel

*“And whenever you stand praying, forgive...”*

*Jesus - Mark 11:25*

How can someone keep his own conscience calm without sincere intentions?

Similarly, we could ask:

- How can one sustain a serene heart during a prayer, without a real analysis of himself?

In order to produce substantial results of comfort, the prayer demands that we face the conscience in all the circumstances.

Strange intentions and purposely addicted feelings do not harmonize with the environment favorable to the security of the spirit.

The coexistence of good and evil in the inner being disables the establishment of peace.

Hateful and vindictory feelings impede the blooming of the superior spirituality.

Man cannot deceive God.

\*\*\*

The prayer utters our real emotion.

Hence, without the light of the harmony and love, we will not notice the celestial answer to our needs.

The Law does not bend to our weaknesses, for the Divine Providence cannot err with the human will, falling to us the duty of adapting ourselves to the Higher Purposes.

Beware, therefore, for the guidelines you give to your prayers, in the certainty that the pardon should have invariable presence in all our actions, in order that our requests find free passage, in the direction of God.





Errors

André Luiz

If you have made a mistake, admit it clearly.

Do not flee from the results.

Endure with humility the remarks of the criticism. Do not believe that you can, so immediately, cure the breach around your name.

Though, do not weep, uselessly, because this is not your first mistake, nor will it be the last.

Raise the head and restart it.

Demonstrate sincerity in the readjustment.

Begin the task of good works, on the scale that is possible to you, distributing portions of you and your influence, to as much as you can be useful, because all vibration of gratitude works as repairing material.

Work, helping always, in the certainty that with the time, the honest work dissolves all the sorrow and eliminates any censorship.

But do not persist in the same mistake, once who knows, in advance, the error he commits, in fact, he is not in the trap of the mistake, but handling, consciously, the trap of the evil.



It Comes ThereValérium

The young woman had married the beloved man; however, she did not tolerate the mother-in-law. The noble lady received from the daughter-in-law, offenses, gibes, humiliations.

She could not caress the son, under penalty of being suddenly insulted.

She could not work, coerced by the incessant criticism.

She tried to explain herself, but she was misinterpreted as discourteous.

If sick, she was forced to suffer a martyrdom, in order that the son did not suffer more than herself.

Taking advantage of the husband's long trip, who had been absent for work, the daughter-in-law expelled the old lady in a night of intense cold, and with so much discomfort, the unhappy elder returned home, after five days, simply to die.

Years rolled by between the son's longings and the wife's complaints, who had never been reconciled with her mother-in-law.

Nevertheless, there came the day on which the daughter-in-law also disincarnated, and when asking for the mother-in-law, she came to know, surprised, that she was at her own home. She had reincarnated, long time ago, and she had received her extreme affection, in the position of the youngest child, being kept on Earth, as affective support of the very father.

\*\*\*

It is not worth the cultivation of the aversion of any nature, because the whole Universe lives balanced in the law of love.

When you are about to hate somebody, do not forget that the reincarnation comes there.



God Can

Meimei

Do not speak “I cannot”, nor say “I have despaired” ...

Whenever you have to explain the word “exhaustion”, let the hope shine in silence in your mouth, and when you suppose yourself in the winding-up of all the dreams, contemplate the flowers that blossom on the ruins.

Generally, he who knows how to define the discouragement, just unchains the tragedy, opening doors to the crime.

You offer bread to the starving, and you welcome he who goes homeless; nonetheless, many times you do not listen to the uneasy heart in the own chest, asking you for patience.

Hear its afflictions, and ask God to involve you in the ineffable talent of His Blessing.

If you cannot solve the difficulties that surround you, say to yourself: *God Can.*

If you are unable to undertake the necessary alterations to your own path, affirm in your soul: *God Can.*

If you are unable to correct someone you love, assert once again: *God Can.*

If you feel disabled to extirpate the anguish that spears you, meditate, in a prayer: *God Can.*

\*\*\*

And forgiving and helping without rest, you will learn with God that the light of the true victory is made in the patience of every day.



Definitions

André Luiz

**Work** - Blessing of the Almighty by means of which we expugn our own imperfections.

**Help** - Action of indirect aid to ourselves, through the direct aid to the other ones.

**Study** - Grocery store of resources for our incessant perfecting.

**Prayer** - Appeal of our faith, bringing the Divine Light on the fog of our human limitations.

**Charity** - Sanctifying light that reveals the Presence of the Creator, between the goodness and the creatures' need.

**Today** - Irreplaceable opportunity for the execution of our duties in the field of the Eternal Life.

**Discipline** - Lesson that we can learn with the Nature everywhere, without which we will not be tranquil in any part.

**Truth** ~ Relative knowledge concerning the Universe, the Destiny and the Being, which we can keep in the evolutionary step in that we place ourselves.

**Pardon** ~ Vital sustenance which we all need.

**Example** ~ External proof of what we are in the intimacy of the own soul.

**Perseverance** ~ Altar of our fidelity to the own conscience.

**Spiritism** ~ Key of spiritual liberation that Jesus offers us, so that we enable ourselves, since today, to the conquests of the Victorious Immortality.





Trainings and Regimes

Scheilla

You say you wish to have a robust body, and you dedicate yourself to severe disciplines, with rigorous gymnastics and educative sports.

You declare yourself sick, and you consecrate yourself to sacrificing treatments, enduring long fasts and ingesting bitter potions.

We will not enter in the shrine of education without the constant exercise in the study, nor will we penetrate the glory of love, without the incessant practice of charity.

The athlete of the body usually inquiries, under the applauses of people:

- How many times have I won my competitors?

The athlete of the soul can ask himself with the Divine Blessing:

- How many times have I won my competitors?

In our moral activities, in the conquest of the perfection, it is fair that we are always in the regatta of the noble work's sweat, learning the mental jump over the vipers of the slander and senselessness, and keeping ourselves in the marathon of humility, in valuable matches of tolerance and kindness in assistance to the neighbor.

In the defense of our inner peace, it is equally necessary not to forget the abstention of unhappy thoughts, with deliberate escape to the plates of defamation and the vinegar of critic, being totally abolished the wine of flattery and the liqueur of praise, which operate pitiable intoxication with the desertion of our responsibilities.

Trainings and regimes...

You do not prescind from them on the Earth, in order to guarantee yourself on the domains of the physiologic balance, in matter of eugenics, health and preservation.

Do not forget, nonetheless, that in favor of the harmony of your soul, you will not dispense with those same resources in the sustentation of the straight-line conscience and in the cultivation of the

own happiness, once, only by obeying the laws of work and charity, simplicity and cooperation, will we obtain the sympathy and worthiness titles, capable to lead us to the triumphant happiness.



Divine Providence

André Luiz

Observe the silent lessons that your own body gives you, revealing the Divine Providence.

Do not go careless.

Your feet do not lean on the earth as simple strut with own will.

Respect the genetic faculties. It is no coincidence that the sexual organs only work under the sanction of the thought..

Eat moderately. Your stomach is not just one due to the lack of space in the womb..

Educate the emotional manifestations. It is not unintentionally that the motor of your heart lives along your whole existence vibrating occult in the chest..

Work always. Your hands are not enjoying wide freedom of action, in the tip of the arms, for mere decorations..

Speak with parsimony. Your tongue does not live cloistered in the jail of the mouth for being ugly...

Listen attentively.

Your ears do not exist like windows, unable of sealing, for inadvertence of the Celestial Builder ...

See beyond. Your eyes are not elevated on your face only to look down...

Discern everything. Your mind does not work as command tower of the whole body solely to crown your aesthetics...

Obey your conscience. If it does not appear visible in your organism, this is because it is not for having the voice sealable...

Remember, your body marks the Eminent Wisdom and the Unlimited Love of Him, who is the Supreme Intelligence and the Uncreated Cause of Everything.



Imbalance

Albino Teixeira

The beginning of the great obsessions is similar to the little breach in the weir, which sometimes do not beyond a dislocated stone, or a hidden slit.

The imbalance of the soul starts equally from almost nothing, mainly for attitudes and feelings apparently comprehensible, but which, in many occasions, they move in the direction of rough consequences.

Distrust.

Doubt.

Irritation.

Discouragement.

Resentment.

Impulsiveness.

Carelessness.

Bitterness.

Sadness without nexus.

Scream of cholera.

Discussion without profit.

Vain talk.

Useless visit.

Amusement without purpose.

In the dam, nobody can foresee the results of the forgotten breach.

In the case of obsession, however, which, at the bottom, is defined by a matter of conscience, it is imperious that all of us recognize that, in all and any crisis of hunger, it is not the bread that seeks the mouth.



Oasis of Light

Meimei

Soft, smoothly, beautiful gush of light descended from the Amplitude, crowning, totally, the plain house.

It would seem that the construction had been reached in seconds by flashing cascade of luminescent rays.

The roof became inflamed with rutilant laurel.

The walls colored by occult luminaires became transparent, emanating calm sparks.

From windows and doors, flowed unexpectedly, torrents of blessings, as if the inner atmosphere were flooded with nutrient energy.

Gentle flames dissolved the shadows, unbuttoning premature dawn in the midst of the night darkness. The firmament, in the summits, seemed warm umbel lying down silver-plated flowers on the vitality of the human nest, which had passed from the condition



of dull enclosure to refulgent island in the darken sea of masonry.

The insects of night chirruped with more tenderness. Dogs of the vicinity placated the yelping, and the inhabitants of the adjoining residences experienced, without noticing, the intangible presence of a deep peace.

However, in the domestic intimacy, it accentuated, dazzling, the festive panel, as if a magic wand made be born of people and things, balsamic radiations of understanding and sympathy.

It had been dressed of surprising greatness, the modest chamber, converted in enchanting backwater by lustral bath of pure love, that fastened musical smiles of kindness in each physiognomy.

Effulgent halos covered all the forms, embellishing their lines and the colors under the power of unknown chisel.

Aureoles of splendor touched the residents' emotions.

Tears of jubilant hope fluttered, stealthy, in illuminated eyes of reinvigoration.

Faces shone confidently.

The foreheads were impregnated with tenuous flame.

Words resounded more endearing.

Hearts were animated in new breaths of force.

The emotion ascended to ignored prominences, in transports of irresistible candor.

In the surrounding wake of light, transients of the Space breathed happy, while, not far away, minstrels of the Higher Life, vocalized songs of encouragement for the whole group, touched by intense brightness.

The overpowering and unexpected transfiguration was Jesus, the celestial guest in visit to the humble house: it was settled there, the sanctifying Cult to the Gospel.

One Moment

André Luiz

Before denying yourself to the appeals of charity, meditate one moment on the afflictions of the others.

Imagine yourself in the place of who suffers.

See the brothers relegated to the tribulations of the street, and think how it would be if it were you, constrained to similar situation.

Note the abandoned patient and consider that tomorrow, probably, we will be the candidates to the assistance in the public life.

Contemplate the needy children, recalling your own children.

When the ambulance slides close to your step, leading the anonymous patient, meditate that maybe an extremely dear relative could be moaning inside of it.

Listen patiently to the companions given to the shadow of the great misfortune, and remember that

in a close future, it is possible that we are crossing the same difficulties.

Look at the crowd of ignorant and weak; tired and unhappy, feeling yourself among them, and conceive the gratitude that you would feel before the love crumb with which somebody gifted you.

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Think one moment about all this, and you will recognize that the charity for us all, is a mere obligation.



Among the World's Routes

Maria Celeste

Admire the work of the wind, which undoes the fog  
that wanders on the way ...

The canicular rays of the sun, that covers with tapis  
the horizon, pouring out reverberations of gold in  
flames ...

The light dust of pollen of the flowers, which rises,  
dancing in the air, fertilizing the prairie in  
enchantment waves...

The singing breeze, calming the foamy and  
multicolored waves in the frothing of the waterfall, in  
dispersed sounds...

The perfume that inhabits the bosom of the rose, or  
that denounces the matured fruit...

The tongues of fire that lick the formless garbage, in  
the drumming of the flames, in a wide trail of  
splendors...

The dust particles of scintillant granules of the immensity stuffed with stars...

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In all this, ~ creations that cannot happen unnoticed  
~ there is a basic idea that shapes, a penchant of goodness that provides a beauty touch that softens...

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All this speaks of love, love of God, ~ the Principle of Charity in all the idioms...

So many things you receive from life, without disbursing a single penny!

Such spectacles, the Nature offers us for the maternal joy of seeing you happy in your ineffable talents.

It is the good for the own good that God addresses us.

It is the good, which is done for the sheer delight of doing it.

The Sun, the wind or the water complain nothing.

They teach us to love without asking anything; to love always without demanding rewarding.

Follow, hence, the Celestial Orientation among the routes of the world.

Assist all of the beggars' shields, through wherever you go, but do not feel satisfied just with this; the common brothers are our own relatives.

Let the emotion resound the fibers of your soul in a thousand shades of affection, before the eloquence of a baby smile, the affliction of the old age's tear, the impetuosity or the uncertainty of a youth's glance ...

The example is the most powerful magnet of the spirit.

The need marches in relay from life to life, from destiny to destiny.

The money and the assets of the body, at the end of the terrestrial trip, they are always like which handfuls of mud and powder that we try to retain in vain, which escape from us, inevitably through the fingers.

Envelop with your heart, the ravishments of doing the good for the pleasure that it provides you with the unique preconceived idea: the one of creating joy for the creatures of God, and giving to the ones that

surround you at least a light portion of Love, of the  
Infinite Love that God gives us.

