



**THE WORLD  
OF THE  
SPIRIT**

**FRANCISCO CANDIDO XAVIER**  
and  
**WALDO VIEIRA**

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# **THE WORLD OF THE SPIRIT**

*Preface by S.J. Haddad*

by

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and

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## INTRODUCTION

*Knocking at the Door* — ever since the appearance of man on Earth, the Spirit world has, in many ways, knocked at the door of man's attention. However, not until the turn of the century was man enabled to make a clearer idea, based on scientific investigation, of the invisible world and its laws.

Much as it is the case with the advancement of other scientific discoveries, this unique branch of knowledge, could not but make its progress, and produce the remarkable results further referred to in this introduction.

*A World in Transition* — In a message received recently by Francisco Cândido Xavier, in New York City, we are told that the world is now in a time of transition. That, while science has commanded material progress, the realm of the spirit still suffers from the same illnesses of centuries ago. There is affliction and despair, and darkness invades the souls of men.

It is because of this, that the powers of faith are now united and everywhere manifesting, to give the best they have in their help to Humanity. As part of this effort we would point out the message that comes to us from Brazil's Christian Spirit Doctrine, in a gesture of sublime Christian brotherliness and understanding, by the regenerating voices of the benevolent and Wise Spiritual Beings who speak in this book.

*Concept of Christian Mediumship* — the faculty of mediumship, to be found in an ever increasing number of people, does not necessarily imply, in itself, the high or low morality of the one who possesses it. Like the many other gifts which people receive on the Earth, as a sign of God's mercy, mediumship can be used on a higher or lower level, producing in turn results of higher or lower qualities.

As in any other field of human behavior, mediumship at its best, must, at all cost, conform to the same standards as taught and exemplified by the Master Jesus.

To emphasize the concept of Christian mediumship, is one of the objects of this book. In between the lines of these pages the reader will perceive a stream of spiritual beauty, which could only flow unencumbered as a result of this lofty concept of Christian mediumship.

*How This Book Was Received* — The pages of this book were received through automatic writing by our two friends Francisco Cândido Xavier and Dr. Waldo Vieira, both Brazilian mediums.<sup>1</sup> Mr. Xavier is a retired Government employee and Dr. Vieira a physician. The reader is no doubt acquainted with automatic writing or psychographic mediumship. However, as regards the present book, you may want to ask: "What is the mediumship of the Christian Spirit doctrine in Brazil?"

We will answer with the presentation of a message by a spiritual friend, dictated in English to the physician medium Dr. Waldo Vieira, in an evening session of July, 1965, held in New York City. The following is the message:

*The subject about the phenomena of mediumship was initiated a little over a century ago. Everywhere spirit entities revealed survival hereafter with rapping and lights.*

*Psychic experience was repeated over and over.*

*Now it is called "extrasensory perception". What is it, asks science; will it be a new kind of miracle? In the same way, we explain that "extrasensory perception" is mediumship and*

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<sup>1</sup> Mr. Xavier received the chapters of odd numbers and Dr. Vieira the even ones.

*nothing else.*

*Mediumship opens the soul to the Spiritual World, but this is not enough for the development of the medium.*

*Mediumship may be compared to a powerful weapon. We must know how to employ it. First, adjust it according to the principle of Divine Order. Second, improve it through service to humanity, because spiritual force acts upon the Law of Mind and it is responsive.*

*We are one and all, under the Law. How could it be otherwise? Each medium receives what he gives.*

*How many good works are you checking up each day? How is life treating you?*

*Do not forget it. Let us remember that life treats us as we treat it.*

*Look for the good all the time. Have a benevolent attitude toward the unhappy and underprivileged.*

*Mediumship must represent God-life in our body temple. No weeping. nor limitation. Let us keep evolving and improving now and forever. We can define no better formula for mediumship than this: practice God's love.*

This message was signed by the spirit of Ernest O'Brien.

*Fruits of Spiritual Knowledge* — No less remarkable than the teaching which comes from the Spirit World, are the fruits the Spirit doctrine is producing in many countries. As an example, we may mention Brazil, where these pages have originated.

Ever since this activity began, first in private and isolated groups, who gathered regularly for prayer and study, there has been a continuous expansion all over the country. As the work increased in number, so it also did in scope. today, much of the description of what is happening there can be referred to in figures by the hundreds, the thousands and even the millions. From hospitals to schools, to the publishing of books and the healing of the strangest diseases, to the loving care of those in need, and especially, to the profound transformation of individuals in their understanding of the problems of life and destiny, the fruits of this remarkable movement have excelled the greatest expectations.

In the field of book publishing, for instance, books received only by the two writers of these pages have exceeded the number of ninety, with more than two million copies sold. the subjects dealt with in these books are the most varied, consisting of details of life in the Spirit World, the laws of reward and punishment; books on unknown history such as the ones titled "Paul and Stephen," "Two Thousand Years Ago," etc. Others on mental disturbances, obsession, mental hygiene, including books on children's education as seen from the Spirit World. But, the most valuable of all are perhaps the series which remind us of the eternal words and life of the master as He had promised that it should come to pass. this particular series is the one which lights the fire off abnegation in the hearts and minds impelling the laborers to the life of service. It is interesting to note, for instance, that Mr. Xavier and Dr. Vieira could have made great fortunes from their books had they wanted to. While it is difficult to believe, they sincerely and humbly declared to me that not a single cent has been received in royalties by them. For this reason, books of this type are generally sold at lower prices in Brazil, so that anyone could afford to have them. As to Dr. Vieira, it is also noteworthy that his medical practice is free of charge, having studied both medicine and dentistry, by overcoming great difficulties, with the preconceived idea of using his knowledge in a free clinic.

There are only two examples of what man can be inspired to accomplish if faith and

reason meet in the task of his enlightenment on the Earth.

Needless to say, the philosophy of self-giving, first brought to us more emphatically by the Master Jesus, and now stressed by the Spirit World, is the key to human true happiness. For if the lower habits and vices, with their fictitious and fleeting pleasures, can take such hold of man, how much more joy would he not draw from the most excellent practice of the actual love of God and neighbor.

In closing this introduction, we would refer again to the same message received by Mr. Xavier in New York City, which terminates in the following words:

*“The World of the Spirit” has profoundly touched our hearts, for its messages of hope, of consolation and of happiness. We are sure of the blessings it carries from above — a divine grace for the upliftment of human energies. This is what we have experienced. To our dear reader, we say, “may the will of God be that you also shall experience the same thing.”*

S.J. Haddad





## HEALING AND CHARITY

Whenever we refer to the services of healing it is fitting to think of the sick persons who lie outside the limits of common diagnosis.

The afflicted throng everywhere looking for treatment.

There are those weak from hunger yearning for doses of adequate nourishment.

There are those who shiver from cold needing the internment into proper clothing.

There are those who fall into discouragement waiting for an injection of courage.

There are those who hurl themselves into the torments of guilt, pleading for the tranquilizers of forgetfulness.

There are those who writhe in the darkness of obsession pleading for words of light as pellets of love.

There are those who weep because of the longing in the chambers of their hearts, beseeching the blessing of consolation.

There are those who have been mutilated by terrible disillusionments and sigh for the aid of support.

And there are, as well, those others who have become poisoned with selfishness and coldness, hopelessness and ignorance, requiring the constant therapy of unconditional absolution.

Aid, yes, for those physically ill, but let us not neglect those who are sick of soul, who walk the earth apparently robust, but bearing manifest diseases which consume their thinking and disfigure their lives.

We can all be instruments of good for one another.

Don't wait until one's fellow man prostrates in bed or becomes feverish, before giving him hope and healing.

Help him today without humiliating or wounding him; since true charity, as much as possible, is the painless treatment of human need.

The emissaries of Christ cure our ills in divine silence.

Let us do likewise to others.

*Emmanuel*

## BE WELL ADVISED

Learn to admonish yourself before life admonishes you.

If your problem is overeating put this written inscription on the table before your eyes:

— *I must moderate my appetite.*

If your struggle is against laziness, put this notice before your eyes:

— *I must work honestly.*

If your inquietude stems from systematic irritation, display this notice in your home for constant observation:

— *I must control my emotions.*

If your difficulty stems from deep-rooted vices, carry with you a card bearing this brief reminder:

— *I must reform myself.*

If your difficulty is sexual tension, keep this warning in your thoughts constantly:

— *I must control my impulses.*

If your weak point is speaking without thinking, put up this reminder where you will see it frequently:

— *I must speak charitably.*

Don't believe in unconditional liberty. Every right is subordinate to a given right. No one can abuse it with impunity.

Note life's systems of punishment how they function spontaneously.

Sicknesses accompany excesses...

Obsessions go hand in hand with imbalances...

Jails isolate 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, but there is no positive thinking for good without upright thinking.

Time is that tireless director which teaches each of us today, tomorrow and forever that no one can really trifle with life.

***André Luiz***

## THE GREATEST NEWS

Undeniably, the world progresses, but it does so slowly.

Accordingly, it is natural that every day the earth awakes renewed in some way.

Still, it must be admitted that on the external side of situations and things, what we see now is what we saw before, with slight modifications.

The sun Joshua is supposed to have stopped in the fight against the king of Jerusalem is the same sun that today brightens the desert path of the Bedouin.

The moon that caressed Socrates' head has suffered no changes.

The sea that Tiberius gazed at from the heights of Capri still offers the same spectacle of beauty and magnificence.

The great cities of today are the successors of the great cities that time has buried under layers of ashes.

The political intrigues that engender war in the present time, are the same, although they occur at longer intervals, as those that led to war in the days of the Pharaohs.

Those authors of unfortunate inspiration who, thousands of years ago, poisoned men's minds have in this age been replaced by illogical writers who voice noble and correct words, but at the same time foment vices of thoughts.

There is no denying that progress is the law. Nevertheless, only through knowledge of ourselves will it be possible to establish it, really, and lay solid ground for it in experience.

For this reason, the greatest news of all for us, above all else, still is and always will be our immediate possibility of managing our own will and improving life by improving ourselves.

*Emmanuel*

## ONE HUNDRED TO ONE

Idleness anywhere is a waste.

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

The human body and the spiritual body are based upon forces which constantly combine and work in sanctifying dynamism. Let us in turn be working parts of the Living Evangel, demonstrating that service is a condition of eternal health.

Wherever you may go, implant the luminous path of understanding. Set the example of good, listening to the laughter of the happy or drawing attention to the sobs of your unfortunate friends, creating earnings in the imperceptible treasures of the soul.

Retain as medals of merit the calluses on the hands which bless in serving, the fatigue of the muscles which help with enthusiasm, the sweat of the brow which collaborates in the happiness of all and the lacerations which remind you of the wounds suffered in the accomplishment of austere obligations.

Shelter and aid everyone, from the abandoned child, in need of protection and light for the heart, to the homeless pilgrim, the wandering guest of the trees by the roadside.

Let us pray in the constructive attitude, which does not relax.

Let us sing to the rhythm of happy perseverance.

Let us breathe in gasps of undiluted solidarity.

Charity transforms sacrifice into delight, fatigue into repose and suffering into euphoria.

Pure air dissipates unhealthful emanations — Clean water dissolves the detritus of the shadows; the morning sun dissipates the darkness.

A vacant head and empty hands betray an idle heart.

Be a companion of the dawn, waking up with the day in works of patience and sustenance, kindness and uplift.

The harvest of the Lord in the inexhaustible soil of time contains untapped riches and opulent lodes. The man who writes and edifying page; sets a good example; rears a child; offers a consoling note; prepares a noble speech, or offers a gift in the seed bed of the Eternal Good, while laboring with Life for Unending Bliss.

*Eurípedes Barsanulfo*

## PATIENCE

Wherever you may be, you represent the name which distinguishes you, the idea which directs you, the clothing which protects you and the marks which identify you.

For your own benefit, don't forget to carry with you wherever you may be, the energy to patience which will guarantee you serenity.

If someone announces imminent catastrophes as if he had the voice of darkness in his throat, listen to him patiently and you will see that life goes on acting above all the calamities, like the sun which shines unwavering above all the cloudbursts.

When trials come to you like a destructive high wind, suffer in patience and you will draw renewed strength from it, like a tree that is revitalized through the anguish of pruning.

In the face of the blow that strikes to your very heart, bear with patience the pain of readjustment and you will bravely cauterize the wounds of the heart by winning the laurels of experience.

You suffer the unexpected injury from those persons who owe you affection, nevertheless, endure it with patience and on the morrow they will be more affectionate and better friends to you.

tolerate the destination of beloved companions who leave you with the burden of accumulated hard tasks, and patiently continue, all the same, with the work the world has reserved for you and later your ideals and services will be raised up into nourishment and shelter in behalf of these same friends.

Irritation is defeat in advance.

Complaint is a postponement of the best thing to do.

To revindicate is to complicate.

To censure is to destroy.

Amid all the evil done to you, use the diet of patience, assuring your own restoration.

And whenever we may be induced to condemn someone for some fault or other, let us review our own weakness and we will quickly realize that we are still able to function only because of God's inexhaustible patience.

*Emmanuel*

## DON'T BE AFRAID TO LET YOUR LIGHT SHINE FORTH

Yes, he was accused of a crime and had been imprisoned by men....  
There was every indication that in that facial expression, beauty had fled.

Hard and irregular features.  
Dull, colorless complexion.  
Hair sparse and uncombed.  
Face furrowed by deep wrinkles.  
Eyes dulled by hidden desperation.  
Nose hooked and unshapely.  
Mouth with contracted lips.  
Protruding jawbones.  
Air of sadness and gloom.  
He totters as he walks.  
An unhappy picture...

Suddenly, however, the man smiles, and a breath of attractiveness revitalizes his appearance. His entire appearance takes a turn for the better, as if a powerful inner torch had unexpectedly been ignited.

He was no longer the same man. He no longer looked like a criminal....

Friend, have you ever observed the revitalizing effect of a smile?

A smile is the soul's ray of light.

And the light, even in the abyss, is always the splendor from on high overcoming the darkness.

Don't refuse the gift of a smile to anyone.

Smile in the midst of difficulties.

Smile in the midst of struggle.

Smile in the face of sorrow.

Your soul is a divine sun.

Don't be afraid to let it shine forth.

*Valérium*

**FAITH AND CHARITY**

It is said that every person with a living faith incessantly suffers in charitable works in the name of Christ, nevertheless it is worthwhile to explain why this is so.

Pessimistic spirits accept the defeat of any initiatives even before they begin them.

Selfish persons will do no more than that which suits their convenience.

The lukewarm disregard the hours.

The superficial forget engagements.

The frivolous live attached to the superficial aspects of situations and things.

Opportunists desire immediate profits and advantages.

The vain expressly ignore the needs of others.

The impulsive create problems.

Every person, however, who trusts in Christ is, for that very reason, someone who strives to serve by emulating His lessons and examples and is, therefore, singled out by Him for good works, since to call upon the slothful and indifferent is of no avail.

*André Luiz*

**DONORS OF SWEAT**

Every day there appear, here and there, persons seeking donors.

Debtors of earthly financing seek donors of loans and financing institutions.

Adepts in the various parties seek donors of political posts.

Students seek donors of instruction in the university sphere.

Women seek donors of elegance in the world of fashion.

Artists seek donors of inspiration.

On all sides there are donors.

Donors of means, of ideas, of incentive, of blood, of information, of eyes, of words...

And Jesus also walks the earth, seeking a certain type of hard-to-find donors — donors of sweat to work unselfishly in the construction of His kingdom of light.

Brothers, the Divine Friend knocks at the door of our hearts, asking for service.

Let us walk forward, in the happy knowledge that we are, with Him, donors of sweat.

*Aura Celeste*



**BARRIER**

The further civilization advances, the farther-reaching are the processes of control in all areas of human activity.

Traffic obeys previously studied signals.

Switches alter the direction of electric currents.

Automobiles use highly sensitive brakes.

Locomotives run on conditioned lines.

Simple household articles operate with the protection of safety devices.

Everywhere, precautionary and defensive systems appear in order to prevent trouble and disaster.

\* \* \*

Points such as those noted above induce us to accept the imperative need of governing the power of the mind, an upset in which, not only nullifies its best opportunities, but converts it into a magnetic whip of rebellion and also sours the spirits about us by strewn their path with nettles.

Anger is always an open door to the domain of obsession.

Let us consider the penitentiaries, wherein lie segregated thousands of our fellow men who have fallen under the impact of destructive hammer blows; let us inquire of the suicides, banished to regions of repentance and regeneration beyond the grave; let us listen to many of those who were unexpectedly set free of the physical body or were overtaken by an obscure death; and let us hear a vast majority of the mentally ill who drift about the asylums and nursing homes, as persons mutilated in spirit, relegated to the periphery of life, and we will find the crushing explosion of wrath at the root of all the tortures which are throttling their soul.

Let us consider all this whenever irritation beckons to us from afar, and quickly protect ourselves from being inundated by thoughts of aggressiveness and retaliation, violence and desperation, with the barrier of prayer as our silent shield.

*Emmanuel*

**IN THE CHRISTIAN WAY**

Know yourself.

There are people who travel the whole world over in search of themselves.

\* \* \*

Take care of your physical body.

Any indiscipline may furnish work for the grave-diggers.

\* \* \*

Sanctify your speech.

Among the animals of the Earth, man alone is free enough from restraint to speak.

\* \* \*

Conquer vice.

If you do not dominate habit, habit will ultimately dominate you.

\* \* \*

Help in the good.

The struggle for the conservation of possessions also produces ulcers and wrinkles.

\* \* \*

Forget evil.

Before the fatality of death, there is the fatality of life.

\* \* \*

Show understanding by helping.

The Christian lives in such a way that nobody desires his absence.

\* \* \*

Do not complain.

The Lord of the Universe outlines laws, but does not make demands.

*André Luiz*

## SUPPLICATION OF ANOTHER

I know that I hurt you unintentionally with my thoughtless act.

You were seeking support and I failed you, when you were most in need of support. You expected cheer and consolation from my lips and I crushed your hopes. However, I come back to you and humbly beg your forgiveness.

You heard my word aright and judged me in full light without seeing the thorn of shadow imbedded in my soul. You observed my festive dress but did not see the wounds of disillusionment and frailty I still bearing my heart.

Sometimes, weary of weeping, I encourage many of those who seek me, not because of the merits I do possess, but by bestowing the treasures of love of the generous spirits who sustain me, nevertheless, precisely at the moment you sought me out, I was weeping tearlessly in the last extremity of solicitude.

Perhaps that is why I found only coldness to offer you. Excuse me for the despair I caused you when you were asking me for kindness and forgive me for having reproved you, when you hoped for understanding.

Let me, however, embrace you anew and you will read in my eyes these few words which stuck in my throat.

Forgive me for my failure and have mercy on me.

*Meimei*

**SYNONYMS**

Infancy — opportunity.  
Tomb — revision.  
Family — tie.  
Home — refuge.  
Society — school.  
Profession — duty.  
Schooling — culture.  
Education — perfecting.  
Work — renewal.  
Service — blessing.  
Experience — prescience.  
Cooperation — compatibility.  
Difficulty — teaching.  
Forgiveness — deliverance.  
Pain — corrective.  
Time — concession.  
Truth — equity.  
Conscience — guide.  
Charity — salvation.  
Love — God.

*André Luiz*

## FREE EDUCATION

Beyond the primary culture of intelligence, man pays on Earth for all the higher levels of knowledge.

By the curriculum of various disciplines he is charged for enrollments, surcharges, various honorariums and extra fees, in the institutions of higher education.

If he wants exponents of one or another field in which he is backward he is compelled to make exceptional outlays.

If he decides to enter the realm of the arts he is obliged to pay for the musical notes or the initiation of the brush.

For our sublime acquisitions, however, the Lord allows the Spirit Doctrine to start on Earth precious courses of elevation in which the culture of the soul does not ask for the apprentice's purse.

Every temple of Spirit Teaching is a school open to our loftiest aspirations and each doctrinal meeting is a class capable of fitting us for the most far-reaching conquests for the earthly path and for the Greater Life.

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

Each student of the redeeming organization can appear empty-handed, bringing only the mark of respect and the vase of attention.

Jesus, the Master of Masters, passed among men without charging for his Teachings. And the Spirit Doctrine, which now revives His blessings of love, may be compared to a world institute of free education, leading all of us, without demand and without payment, from the dark vale of ignorance to the mountains of light.

*Scheilla*

**IN YOU**

Man bears within him instruments indispensable for the maintenance of his own peace in the effort to attain progress.

A loudspeaker adapted to the throat.

Two covered motion-picture machines in the two orbs of the eyes.

Two sound recorders covered by the ears.

A small derrick fastened in each shoulder.

Two locomotive supports attached to the trunk.

All of this, besides tens of complicated mechanisms acting interdependently in the structure of his organic machine.

Thought is the electricity which animates the entire machine and a guarantee certificate stipulates a fixed term for its normal functioning when used with constant discipline for lofty purposes.

Examine the application of the machine whereby you are expressed.

Like any mechanical device, your physical body can be used for construction or destruction, with the obligation of working at a uniform rate to escape rust and resist its own wear and tear.

Existing in you are the causes of your defeat and also vibrating within you are the forces of your triumph.

*André Luiz*

**TODAY YES**

Yesterday past.

Tomorrow future.

Today now.

Yesterday promise.

Tomorrow probability.

Today action.

Yesterday it seemed.

Tomorrow who knows?

Today without a doubt.

Yesterday longing.

Tomorrow change.

Today opportunity.

Yesterday seeding time.

Tomorrow harvest time.

Today selection.

Yesterday no more.

Tomorrow perhaps.

Today yes.

Yesterday was.

Tomorrow will be.

Today is.

Yesterday experience acquired.

Tomorrow new struggles.

Today, however, is our time for doing and building.

*Emmanuel*

## SPURNED GIFTS

To do one's own duties without expecting our friends to plait laurel wreathes of gratitude for us.

To repress all complaints.

To refrain from jesting in conversations of profound edification so as not to discourage nascent responsibility.

To write consoling and constructive pages without pretensions to being understood or praised.

To do timely favors for one's fellow man without the idea that he therefore owes us anything, even simplest expression of thanks.

To recognize that the faults of the other fellow might be our own, so that we can forgive them unconditionally.

Not to suppose that our listener or listeners are obliged to think as we do.

To hear the mistakes of someone expressing himself in an assembly, without smiles of mockery, so that the novice in the cultivation of better speech will not feel frustrated in his endeavors to do well.

Not to attribute to someone else some mistake or other that occurred in service.

To help the less fortunate fellow men without upbraiding them for their past conduct.

Not to accuse or criticize persons on the pretext that they are absent.

To remain silent in the face of great or small scandals without degrading observations, praying for those who caused them.

Not to demand affectionate homage in any circumstance.

To listen respectfully to the supposedly boring word or speech without offending the speaker.

To avoid slanderous opinions concerning actions, attitudes and remarks under our observation.

To substitute spontaneously, and without any unfavorable comment in the good works for the laborer at fault in the expected activities.

To fulfill sincerely the obligations life imposes on us without any concern to invade the affairs of anyone else.

Not to offer contradictions to the speakers opinions but rather to help him, without presumption, to understand the truth about this or that at the proper time.

To forget the obsessions in which others are ensnared and instead meditate on those of which we ourselves are still victims.

To love without asking the persons beloved to become the playthings of our whims.

Not to constrain human beings to the moral perfection we all are very far from possessing.

Leave your companions as free to find their own happiness as we in turn aspire to be free.

*Militão Pacheco*



**SORROW**

If sorrow knocks at your door, stupefying your head or paralyzing your arms, flee this mental intoxication as soon as you can.

If you are ill, take care of your sick body in the conviction that you cannot fix with tears a watch that is out of order.

If you've made a mistake, try to reconsider your own fault, readjusting your course without vanity, admitting that you are not the first nor will you be the last to find yourself in a situation needing correction.

If you have yielded to temptation, lift yourself up and proceed on your way with the assignment life has marked out for you in the certainty that no one pays off a debt by virtue of useless repining.

If friends deserted you, think of the tree which at times needs pruning in order to get a new lease on life.

If you are beset by great afflictions in your home, awaken and know that each home provides the basis of education.

If you have suffered material injuries, remember that often the loss of a ring is the defense of the arm.

If someone has offended your dignity forget your resentment by reflecting that a man of good sense would never dress up his appearance with a can of garbage.

If impatience characterizes your habitual gestures, calm down by observing that small imbalances ultimately become great disturbances.

Whatever your problem may be, remember that all sorrow is a destructive shadow and that no shadow can manage to remain in the heart that focuses on work, and strives to serve.

*André Luiz*

## IN THE WELFARE SERVICE

Refrain from brandishing the whip of condemnation over the aspects of another person's life.

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

Don't attempt to remake radically the experience of your fellow man under the pretext of helping him.

Remove the conditions of life and objects of personal use capable of being adapted to indirect humiliation.

Refrain from classifying the less fortunate as condemned to the fatality of suffering.

Do not expect understanding and reflection from an empty stomach.

Good naturedly accept the small favors with which someone endeavors to repay you for the marks of fraternity and simple remembrances.

Be lavish in attentions to the friend undergoing great trial by destroying apparent barriers that may arise between him and you.

Maintain a constant atmosphere of confidence and cheerfulness when in contact with your fellow men.

Do not refuse to bestow affection, communicability and gentleness, in the certainty that violence is irreconcilable with the blessing of sympathy.

Be prompt in your engagements and never show impatience or irritation.

Dispense with intermediaries in the simpler tasks and do what you have promised.

Maintain unfailing gentleness everywhere with all men.

Remember that aid includes kindness and humility, simplicity and solidarity, since felicity and comfort are not only in the one who gives and in the one who receives but also security and felicity in the path of all.

*André Luiz*

**EVER WAIT AND LOVE**

How much affliction would disappear while still in its cradle if you could smile in silence.

How much sorrow would be forgotten, if you would pardon bitterness!

You ask for the Lord's peace, but the Lord expects your cooperation also in the peace of others.

Reflect on the needs of your fellow man before you appraise the thoughtless deed. Many times, the aggressiveness with which he returns your affection is only the result of an ulcer in his heart, poisoning his mouth.

Aid him a thousand times before you reprove him one.

The swamp emits unwholesome gasses for want of hands to drain it, and the desert causes thirst and suffering for lack of the dew from the fountain.

Let compassion be converted into mute aid in your heart so that grief may be diminished.

Don't feed the bonfire of evil with the tinder of irritation and hate.

Ever wait and love.

In silence the pruned tree multiplies its own fruits and the sky assaulted by the shadow of night discloses the glory of the heavenly bodies.

Remember Christ, our silent Friend.

Without vindications and without clamor, He wrote the immortal poems of forgiveness and love and gladness in the heart of the Earth.

Let us seek in Him our example in the daily struggle and by tolerating and helping today in the narrow path of human existence, we will reap tomorrow the blessing of silent light that will reveal to us the ways to Eternal Life.

*Meimei*

**ONE MINUTE**

In one minute only it is possible to do something useful, such as the following:  
Write a telegram. Write a friendly note. Address an envelope. Give a message on  
the telephone.

Give information.

Wash a piece of clothing. Offer a cup of milk. Compliment someone.

Clean a piece of furniture.

Water a flower.

Do not despise a minute.

Use it well, my friend, since in one minute you will have finished reading the  
contents of this page.

*Valérium*

**SIGNALS OF ALARM**

There are red signals in the path of experience indicating a probable fall into obsession:

When we enter the lane of impatience;

When we believe our grief is the greatest;

When we come to see ingratitude in our friends;

When we imagine evil in the attitudes of our fellow men;

When we remark on the less fortunate aspects of some person or other;

When we demand appreciation and gratitude;

When we believe our work is excessive;

When we spend the day demanding effort without putting forth the slightest service;

When we intend to free ourselves through the taste for alcohol or the pinch of drug;

When we consider duty to be only on the side of others.

Whenever one of these signals flashes into the traffic of our ideas the Divine law is present, reminding us of the prudence of stopping in the succor of prayer or in the light of discernment.

*Scheilla*

**THE DECALOGUE OF PERFECTING**

1. Diminish your own necessities and increase your concessions.
2. Intensify your work and reduce the period of unused time.
3. Uplift your ideas and repress your impulses.
4. Free the “man of the present” to the guidance of Jesus, and imprison the “man of the past” who still lives within you.
5. Watch over your gestures, by understanding the actions of other people.
6. Persevere in the noble study, recognizing in life the sacred school of our assent to God.
7. Judge yourself and pardon without discrimination.
8. Speak with humility and listen with attention.
9. Meditate while accomplishing and pray while serving
10. Trust in the Love of the Eternal and render daily worship to the obligations in which He Himself has placed us.

*André Luiz*

## PRAYER AND SERVICE

Prayer is the petition of man to the Creator.

Service is a condition which law provides for all men so that the Creator may answer them.

Meditation is study.

Work is realization.

Let us observe the propriety of the statement in simple terms.

A noble sowing is a silent petition of nature that verdure and bread may be made.

But if the cultivator does not put forth sufficient effort, the live entreaty disappears.

An edifying book is the sublime appeal of the spirit to which education and culture are erected.

But if man does not scrutinize its leaves in apprenticeship, the wise appeal withers in vain.

Music, even the divine, if it should reside exclusively in the written notes, is melody which was not born.

Invention without experiment is unproductive thought.

Let us pray, my brothers, but let us pray while serving.

A proper building is not erected without an adequate plan.

But the word, however beautiful, without the correct construction, will always be a mummified dream in the tables of geometry.

*Albino Teixeira*

## LET US BE SIMPLE

“Suffer little children to come unto me and forbid them not for of such is the kingdom of heaven.” Jesus. (Luke 18:16.)

Progress arises from the constant succession of varied labors on all fronts of human activity.

One effort accompanies another, one objective more highly perfected modifies man’s movements.

Life after life, generation after generation, humanity goes on receiving light and polishing.

All future life, therefore, depends inevitably on the present life, all future harvests depend upon the present sowing.

Infancy, therefore, signifies the vibrations of hope in future days, notwithstanding the fragility which characterizes it.

The ingenuousness of thoughts and mildness of ways endow the child with the traces of sentimental virginity necessary to the spirit for climbing the higher stages of evolution. That is why the Lord with great propriety chose childhood as the symbol of purity indispensable to the sustenance of being in the Greater Life.

In the period of childhood we find incontrovertible proofs that the soul possesses, in its own essence, the potential conditions for the angelic state.

It is urgent, therefore, that we learn how to live with this simplicity of children in the route to maturity, renouncing the inferior expressions of selfishness and pride, of cunning and cruelty which we so often hide behind gestures of apparent nobility.

In the kingdom of God, no one grows up to be evil.

Let us be simple, living spontaneous good.

Therefore, observe in yourself the positive signals you conserve from infancy as an index of the moral values for the upward journey.

Be a child in relation to the evil which perturbs and strikes, realizing the maturity of your feelings in the creation of pure love, for only in pure love shall we find access to the Eternal Sublimation to which we are destined.

*Emmanuel*



**THE ONLY MEASURE**

The identification card provides information on his human person.

The calendar tells his physical age.

The watch marks his time.

The yardstick specifies the dimensions of his body.

The altitude reveals his temporary position above sea level.

Ink registers his fingers prints.

Work demonstrates his vocation.

X-ray facilitates the study of his organs.

The electrocardiograph determines the contractions of his heart muscle.

All his states and conditions, accomplishments and needs can be defined by machines, devices, instruments, apparatuses, laboratories and card files of Earth, but do not forget that service to his fellow man is the only measure which affords precise information on his spiritual worth.

*André Luiz*

## IN THE PRESENT EXPERIENCE

Evolution is the transition of the being from the status of slave to the status of lord or master of his own destiny.

Souls which have been in need for thousands of years, we are now disciples of good. And still in the stage of present experience, at times, unaware and distracted, if we learn, we make a secret of what we know; if we win, we create a monopoly of what we have; if we are emotionally perturbed, we conceal what we feel to the detriment of our fellow man.

Frequently, therefore, our spirits, blinded — do not see the blessings of providence; deaf — they do not hear the voices which shower down from on high; mute — they do not confess their own faults.

It behooves us, therefore, to consider that no one adds one millimeter of perennial imperfection to the imperishable work of God, in which we inevitably participate, since we were created, for the reason that all impure manifestations have the duration of one tiny bit of time vis-à-vis eternity.

Do not, therefore, rebel against difficult conditions in which you happen to be, in your earthly pilgrimage, regardless of what they may be.

If the law conceives the body according to the spirit, do not forget that the best positions, vis-à-vis the world, are those which offer us physical inhibitions, difficulties of birth, the physical heritages of bitter nature, the struggles and incessant obstacles, adversities and successive trials, since it is only in the circle of these apparent disadvantages that we know our own moral defects and aspire to the shining mansions of the Greater Life.

Study your facilities of the passing moment. Nearly always obsession enters human life with arms locked with these....

If you have a conscience harpooned by remorse don't surrender yourself helplessly to the barb by which your head is caught. Try to remake your destiny, by helping others, hour after hour, without forgetting that if the smile is an international language, so also is the groan....

And in helping, act with alacrity since a remedy which arrives tardily is weakened in combating the sickness which has already progressed....

Let us listen intuitively to the abyss of the past in the very depths of ourselves, since guilt, in the form of temptation, thrusts itself into us in the present, up to the final redemption of our own debts; nevertheless, even so, lean upon your work and calm yourself in hope, for even in the blackest darkness, no one is orphaned from the Divine Solidarity.

*Lameira de Andrade*

## THE HIGH ROAD

After death, joys are increasing lightning flashes of the spirit, in the liberation of the emotive forces which have rid themselves of denser material; by the same principle, however, the sorrows of the conscience reach the peak of anguish.

Accordingly, remorse in us is like a fulcrum of moral agonies reviving the remembrance of our errors with a terrifying power of repetition.

Thus, we carry along with us beyond the grave, the burden of our sins, which constantly presents the spectacle of our own weaknesses and we beg for reincarnation as someone who knows that the physical body is the instrument capable of rehabilitating us.

In these circumstances, we do not spare supplications nor haggle over promises nor measure wishes, we do not underestimate sacrifices.... We would embrace service and struggle, signifying the restlessness of a thirsty person asking for water.

We seek to purify sentiments, to redeem debts, to sanctify bonds and to elevate the experiences in the conquest of our own reformation.

And nearly always we are reborn in extreme difficulties in order to redeem ourselves, like the student who has been made a boarding student in order to acquire an education.

Do not, therefore, refuse the testing of problems which the world may impose upon you in the brief passage under the mist of the flesh. the illness, the inhibition, the tortured dream, the difficult relative, the temporary separation or domestic misfortune represent rapid courses of personal regeneration in which we are tomorrow you will return to the home of light whence you came. Do not prevent the sweat of your brow or the sob of suffering from dissolving the darkness from your heart.

Every evil of yesterday is resurrected in the evil of today so that the good may reappear and resume control of your life.

Error maladjusts.

Suffering restores.

And that is why, between the illusion which darkens and the truth which illuminates, reincarnation will always be the high road of recommencement.

*Emmanuel*

## LET US UNDERSTAND

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

It is spiritual perfecting.

\* \* \*

Pure fraternity does not express factionalism of class, creed, country or party.

It is the blessing of love and understanding.

\* \* \*

The objective of education does not summarize in blind respect for traditionalisms and prejudices.

It is discipline over one's own impulses.

\* \* \*

The machine does not exist to automate experience.

It is a resource for general prosperity.

\* \* \*

The evangelization of infancy does not consist of its conditioning to our ideas.

It is the process of child emancipation in the interest of comprehension of justice and good.

\* \* \*

The exercise of a profession does not consist of dishonest competition in furtherance of ambition.

It is the opportunity for help to all.

\* \* \*

Increased knowledge does not represent access to contemplative felicity.

It is release from error with responsibility in the conscience.

\* \* \*

Charity does not express virtue in accordance with our affective inclination.

It is a solution to any problem.

\* \* \*

Your faith does not signify an exclusive ideal for the future.

It is a constructive force for today.

\* \* \*

Your study is not restricted to patterning your existence on the existence of other people.

It is a live weapon for the reform of yourself.

\* \* \*

Moral improvement does not appear in some honorary title or other attained among men.

It is the light manifested in your good example.

*André Luiz*

## MESSAGE TO THE SOWER

Sower, you awoke to the trumpets of the dawn and began to sow....

Hard work demanded sweat and day after day you tilled the soil, callusing your hands from the dew of dawn to the lighting of the stars.

In the face of hardships, the most beloved persons, desirous of comfort, deserted you. But when they left you alone and no one wished to talk to you, nature talked with you in the name of Heaven and you listened in surprise to the prayers of the seed at the moment of dying abandoned as it were in order to be faithful to life; you heard the confidences of the rose gardens enslaved in the soil, whose flowers shone forth in the salons, without being granted any other right than that of breathing amid sharp thorns; you gathered the story of the wheat, which told you, while still in the golden clustered ears, how it would be ground in the teeth of the implacable millstones, in order to serve in the house of man; and old trees, splintered and suffering, made you feel that God had taught them in silence to protect affectionately even the unkind hands which cut off their branches....

Consoled and happy you worked, sower!

One day, however, the field awoke embellished with perfume and beauty, and there appeared those who demanded your harvest for the banquet of the world....

You wept at the separation from the beloved plants. However, no one saw your tears hidden among the seams of your face.

You were alone in the face of the multitudes who contended with one another for the fruits, and since you had not mastered polished words with which to defend yourself before groups, nor did your mere presence offer any prospect of social charm, the few friends of your cause deemed it prudent to remain silent, shamed by the harsh austerity of your disciplines and the poverty of your dress, but God impelled you to renewal and, though despoiled of your humblest possessions, you sought other climes and other furrows where your toil-worn and aching hands continued to sow....

\* \* \*

Sower of the lands of the spirit, grown gray in the labor of light, like the patient cultivator of the soil, do not be down-hearted or discouraged.

Although ever new tempests bow your soul, continue sowing.... And if banishment and solitude must constitute the transitory heritage of your destiny, remember the Divine Sower who, although pious and just, preferred the cross out of love of the truth and continue sowing even thus, in the certainty that God will suffice for you, for everything by God, passes in this world.

*Meimei*

**DECIDEDLY**

Verbosity does not create moral authority, which is composed of effort in work.

Adornment does not create inner beauty, which is characteristic of the polishing of the individuality.

The external formula does not govern the effectiveness of prayer, which is dependent on the intent of the person praying.

Polemics do not reveal the power of faith, which is derived from the experiences of each person.

The school does not administer the true vocation, which is a synthesis of the millennial apprenticeship of the spirit.

The library does not give knowledge of ourselves, which must arise from within.

Money cannot buy true sympathy, which is based on the profound forces of the personality.

The market does not sell comfort of the soul, which is nourished by the conscience.

\* \* \*

The concept of relativity governs existence, for which reason it behooves us to comprehend all beings and things around us, assigning to each one the importance it deserves, depending upon the function it performs.

To evolve is to discern more widely.

Let us understand, therefore, through study and observation, the significance of each event, the objective of each institution and the worth of each person, in the light of the Living Evangel, precluding error and exalting the truth, now and forever.

*André Luiz*

## BRAIN AND STOMACH

If you seek to help the brain which is becoming deranged, take care likewise of the stomach which is suffering.

“A sound mind in a sound body” — was a tenet of the culture of antiquity.

And no one will have sound thinking without good digestion.

Obviously we are not referring here to abuses of food, but to the frugal and pure meal which maintains physical health.

Let us not, therefore, forget the obligation of satisfying the basic needs of our fellowman that we may be able to give him the message of our faith, not merely the excess of bread which results in disease and deterioration.

Nor merely systematic discourse which results in demagoguery and rhetoric.

Guidance for the mind and help for the stomach.

Example and lesson, attitude and the spoken word.

Nourishment and shelter, medicine and consolation.

Study which edifies. Kindness which comforts, the dining hall which restores.

The school which illumines.

Through the New Testament, in chapter 6 of the Acts of the Apostles, we are informed that in the first century of Christianity in Jerusalem there were some who provided for those who were thirsting for light and some served those who were starving for bread.

the pulpit and the table were conjoined, as were truth and love for the victory of light.

That being so, in the spiritualist apostolate which revitalizes the divine ministry of Our Lord, let us not forget the afflictions of the soul and the body. Let us assist the victims of ignorance, not forgetting the creatures who lie under the fetters of physical calamities.

The brain depends on the stomach for governing organic life. The stomach depends on the brain to nourish it.

Both require attention and affection. Perhaps that is why the Divine Wisdom separated them, placing the heart between them as an intermediary.

*Scheilla*

## POINTS TO THINK ABOUT

With resignation, trust. Evil passes, leaving behind it its teaching.  
The freshet disappears, purifying the surroundings.

\* \* \*

Live with discernment. The edifying act is unmistakable.  
The plow and the bomb excavate the earth differently.

\* \* \*

Exemplify your faith.  
We always betray our own origin.  
Each meteorite brings a specific message from cosmic space.

\* \* \*

Be moderate.  
All that builds may also destroy.  
Every strip of soil may be a nursery or a cemetery for life.

\* \* \*

Help unceasingly.  
the testimonies of good portray the man.  
Movement, light and heat classify the star.

\* \* \*

Develop self-refinement.  
The worst vitiation requires recuperative effort.  
The diamond was the debris of the terrestrial organism.

\* \* \*

Shun violence. Oriented action overcomes force.  
The fragile wind wears away the massive rock.

\* \* \*

Observe lovingly.  
There is hidden beauty in the greatest deformity. The ticking of the star exists as a twinkle.

*André Luiz*



## INDUCTION AND DONATION

You exalted charity.

You encouraged fraternal sympathy in your fellowman.

But if you rid yourself of human possessions in order to succor needy companions, whoever they may be, you gave to others the light of beneficence.

You eulogized faith.

You encouraged your fellow man to have trust.

But if you show confidence in God and in yourself, in the disagreeable happenings of existence, you gave others the transforming strength to move mountains of inquietude and fear.

You recommended patience.

You imbued your fellow man with the essence of tolerance.

But if you show serenity in the trials which devastate your soul, you gave others the tranquil resistance against the empire of evil.

You advised humility.

You instilled in your fellow mans the vocation to serve.

But if you understand the needs and shortcomings of others, by unconditionally forgiving all the injures which have rained down upon your life, you gave others the inner appeal of divine virtue.

Words incline.

Examples reform.

In all that refers to good, let us not forget that to teach is to induce, but to do good is to give of ourselves unto others the same good which all of us need to do.

*Albino Teixeira*

## AT THE PEAK OF THE STRUGGLE

Many times, we live normally for ten long years, winning spiritual patrimonies in order to live only ten fleeting minutes in an extraordinary and exceptional way. These are the climaxes of life, in which we are called to account in the checking of intransferable responsibilities which, not infrequently, we perceive intuitively in shedding tears which presage bitter struggles.

We learn from day to day, little by little, for years on end, the detachment from ephemeral goods in order to expose ourselves to the task of greater detachment on brief moments; we experience, for various decades, the repetition, from one instant to another, of a trivial duty in order to test ourselves, our own perseverance, in the epilogue of some problem or other, apparently vulgar but of profound significance to our destiny; we acquire inner forces by living an entire incarnation in preparing ourselves for a demonstration of courage in one serious moment of testimony....

Alpinists of evolution, dripping sweat from cliff to cliff, we climb the mountain of experience training ourselves to pass through the ravine which opens wide to us the yawning abyss of temptation; common students, in the curricula of existence, we store up precious knowledge in laborious courses of observation and work, in order to overcome the eliminatory test, at times, in a single day of sacrifice....

We are always face to face with the examining board of the world since whenever we may go, we shall be summoned there to the confession of our faith and it is consequent moral value. The minute now vanishing is our invaluable opportunity; the place where we are is the amphitheater of our continuous lessons.

To walk without Jesus, therefore, in the human realms, is to feel that water does not quench thirst, food does not satisfy hunger, melody does not uplift, the page does not edify, the flower does not exhale perfume, the light does not give warmth.... Sheltered in Christ, however, we are all self-sufficient, since we have at our disposal the support, clarification and fortress in any afflicting crisis with which life may surprise us.

The breath which the certainty of rationalized faith affords us transcends all the ephemeral consolations we may derive from earthy advantages, seeing that it enables us to work without fatigue, to aid without effort, to suffer without resentment and to laugh while smothering a sob. Let us advance then by the standards of the Divine Master, without believing ourselves entitled to protest or curse, to stir up a tumult or censure.

Let us give up revindications, privileges, superficial rewards or honor, since it is urgent to aspire to the invisible medal of duty rightly done which shines forth in our consciences, to the crown of peace which crowns our thoughts and the carte-blanche of free will which extends our field of action to pure good.

Rejoice, then, if your faith is repeatedly analyzed in the intimacy of the home, combated in the place of work, flogged in the circle of friends, inspected in the social footlights or tested in the pallet of suffering .... Only by our cross of renunciation of the secular glories, with the serenity of abnegation and the smile of patience can we be recompensed by the triumph over ourselves on the road to Perfect Happiness.

*Caibar Schutel*

**FIRST HOWEVER**

You ask for better health.

First, however, succor the invalid in even more serious condition.

You ask on behalf of your son.

First, however, protect the child of another who is in greater need.

You ask for a specific favor.

First, however, relieve the worry of another undergoing trial more severe than your own.

You ask for fraternal cooperation against the obsession which bedevils you.

First, however, extend your hands to the obsessed person who is without the resources already at your disposal.

You ask pardon for the error committed.

First, however, unconditionally pardon those who have wounded your heart.

You ask for support for you existence.

First, however, be a consolation and refuge for the brother you find weeping on your way.

You ask for happiness.

First, however, sow love and happiness in the heart of your fellow man.

You seek a solution to some problem or other.

first, however, try to eliminate some small problem or other of your fellow man.

You ask for cooperation.

First, however, collaborate on behalf of those who sweat and groan in the rear guard.

You ask for the assistance of kind spirits.

First, however, be yourself a kind spirit by aiding others.

Every entreaty in some way resembles a payment order, requiring credit if it is to be paid.

Without foundations, a house will lack equilibrium.

One source sustains another.

If we want assistance, let us learn to assist.

*André Luiz*

## THE SUBLIME INVITATION

“Arise, take up your bed and walk.” Jesus (John 5:8)

The Lord’s word is ever direct light.

As soon as he utters the incisive word, the invalid begins a new journey.

The paralytic’s muscles vibrate, strong once more.

The organic tonus circulates more actively.

Equilibrium is reborn in the cellular cosmos.

The bed-prison releases its prisoner.

And multiple consequences are created in this sublime process, namely, increased responsibility for the succored brother, study and meditation in the astonished spectators, categorical reaffirmation of the sublime potentialities of the love of Our Divine Master, through the messianic work of liberation of the human consciences he generously imposed on Himself....

Thereafter, still another chronicle is to be adjusted to the teachings narrated by the Evangelist expressing until the present time, a palpitating lesson in the school of humanity.

In raising up the unfortunate invalid from the bed of affliction, Jesus calls upon all of us to raise ourselves from a multitude of imperfections, in which we delight, tired of heart and corrupted in mind.

Although selfishness and pride, envy and jealousy, greed and vanity still bind our heart to the cot of misfortune, let us listen to the invitation of our Loving Lord:

“Arise, take up your bed and walk.”

And raising ourselves up by faith, we shall learn to endure the still embittered consequence of our own shadow, walking, finally, to meet the Light.

*Emmanuel*

## CLEANLINESS

Where good is evidence for edification and the good of all, cleanliness appears at the basis of all services.

So that it may produce with certainty, the field of farmland awaits the collaboration of the hoe against the growth of harmful weeds.

The laboratory demands sterilized instruments so that the remedy will fulfill the purpose for which it is intended.

The home awaits the daily chores for the preservation of the health of its inhabitants.

The book, truly noble, requires rigorous screening so that the prejudice of the coarse and vulgar terms in the text may be avoided. In the simplest measures of our daily life we notice similar needs.

Sound nourishment requires selection of the products.

Water needs filtration to be usable.

Clothing cannot be preserved without the cooperation of the laundry.

Public roads need culverts.

In the same circumstances, in the face of disagreeable positions of the soul which indeed are equivalent to disturbances and obscure ailments of the mind, we must know how to use the scouring powder of patience, clarifying rationalizations and renewing emotions, defining attitudes and controlling words in the certainty that all spiritual treatment requires cleanliness of thought.

*Albino Teixeira*

## LISTENING TO NATURE

In all angles of the universal Life we find overt the infinite resources of Divine Wisdom.

Interdependence and function, discipline and value are several simple aspects of the life of beings and things.

Interdependency — vegetable life throbs in the system of reciprocity with animal life. The orange tree furnishes oxygen for the horse and the horse provides carbon dioxide for the orange tree.

Function — the fruit is the principal result of the plant's existence. The orange tree, although possessing several functions has the major objective of its own life in the orange.

Discipline — each plant produces only one specific fruit. There are infinite varieties of fruit. However, the orange tree produces only oranges.

Worth — each fruit varies with regard to its own qualities. The orange may be sweet or sour, large or small, dry or juicy.

Before the appearance of man on the surface of the planet, plant life long ago followed existing laws. AS mere users of the universe, let us know also that all human action which is contrary to nature constitutes a path to suffering.

Let us draw from the natural settings the lessons indispensable to our own life.

We are interdependent. We shall not live in peace without building the peace of others.

We have a specific function.

We exist to collaborate in the progress of creation, striving for the good of others, for all mankind.

We need discipline.

Without method in our acts, we shall not go in search of the light ahead.

We are appraised by the divine laws.

We are worth the piece of our actions, in any activity whatever, wherever w may happen to be.

*André Luiz*

**THE PRAYER OF MONEY**

Lord!

In the concert of forces desiring to honor you, I, too, am Your servant.

To me you assigned the duty of rewarding the sweat and sustaining the good as a neutral resource of acquisition. I pass among men frequently under a system of captivity.

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

I note my own task with greater clarity every time that I hear someone weeping on the road. However, I am nearly always a prisoner....

What I have I done, oh Lord, to live imprisoned in the dark enclosure of the chest as if I were an important corpse locked up in the casket of inertia?

Teach those how keep me unused that I am the blood of work and progress, of charity and culture, and help them to release me.

Nearly all of them try to be with You through prayer, in the temples which they embrace.

Tell them in your sermon that I am the hope of the home without light ... tell them that I can be the comfort of forgotten mothers, the support of companions fallen on evil days, or the milk due to small children with tortured stomach, the remedy for the sick, and the generous clean sheet of those who are approaching the tomb....

One day someone presented you with a humble coin destined for the public tax, and you said something to the effect that we should render unto Caesar that which is Caesar's.

Many, however, do not perceive that you were referring to the tax and not to me and judging that your word condemned me, they condemned me to scorn....

Do not ignore, however, that I was born to do the best and whether I be clothed in gold or paper, you know, Lord that I, too, am from God.

*Meimei*

## THE RELIGION OF JESUS

To cultivate the liberating thought which the New Revelation breathes into your life, reflect on the religion of Jesus.

In every circumstance, let us recognize ourselves in the presence of the Master as we exercise dynamic fraternity.

Undoubtedly, He stated that He did not come to destroy the law but to fulfill it. And this He did carry out, actualizing the statements in constructive action with which He expanded all the precepts through the enlightenment of His teaching and affirmations of work.

He erected no shrine of stone, nor did He go into theological discussions. He instituted no payment for religious services, neither did He create amulets or talismans, nor consecrate adornments or outline rituals.

On the contrary, He adjusted Himself to the community for the sake of the upliftment and sustenance of the whole man, helping him in body and soul.

He explained the truth to rabbis as well as to fishermen of simple life.

He preached the divine message on top of the mountains, nourishing hungry stomachs and illumining minds thirsting for light.

He succored unfortunate women and abandoned children; read in the synagogues; healed the sick; raised up the paralytic; freed the obsessed, indoctrinating perturbed and suffering spirits, encouraged the sad and dined with persons of low social level.

Without any tinge of personality cult, He lived in the midst of the multitude.

Finding, then, in spiritualism the resurgent Good News, let us convince ourselves that our doctrinal centers must be homes of free assistance to the people who at all times are the true family of Christ.

By meditating upon these undisputed observations, we can prevent the conversion of spiritualist temples into museums of the Gospel, or gilded mausoleums of the Lord, by recognizing that it is necessary to constitute in them schools of rationalized faith, and to populate them with soul ardent in their disinterested service to their fellowman, so that we can halt the explosions of subversive despair, and the epidemics of disbelief, which even today, furrow the earth with the fury of destructive fire.

*Ewerton Quadros*



**NOTE OF PEACE**

You have heard inflamed orators advocating the cause of peace from on top of tons of explosive powder and have noted the presence of supposed members of the vanguard of progress requesting it from on top of heaps of ruins.

They wait for it while fomenting disorder and speak of it while carrying rifles.

On the greater plane, the powerful pile up bombs, and the weak pile up despair. For this reason, perhaps, on the lesser plane they accept selfishness as their lord. they declare themselves to be cultivators of harmony, while attending the marathons of discord; they refer to indulgence while contending for the championship in criticism; they advise kindness, while accentuating the technique of striking and refer to the world while pouring out pessimism, like someone who goes forward by gulps of an abundance of venom. And the consequence of all these follies will always be war ... whether it is called a war of principles, a war of interests, a cold war overloading the madhouses, or a hot war scattering, a cold war overloading the madhouses, or a hot war scattering death.

You know, however, that with the spiritualist doctrine, the conscience carries with it, wherever it may go, and the fruit of its own actions. You will not overpraise, in this way, the delirium of those who proclaim concord while stirring up dissension, rebellion, injury and discouragement.

You will work indefatigably, for the good of all, perfecting yourself and knowing that you are going forward, with the pledge of your own immortality for the exaltation of the eternal life with true peace beginning with yourself.

*Emmanuel*

**IN YOUR FAVOR**

Always work but don't flee the service which you have already begun.

Aid everyone but don't forget your own immediate duties.

Suffer in resignation, but don't make anyone else suffer.

Exalt forgiveness but forget resentment.

Aid the person who has erred, but don't investigate in great detail the error of your fellowman.

Try to find the right way, but do not excuse your own irreflection.

Seek success but rejoice in the triumph of others.

Exchange ideas but do not censure the person whom you do not understand.

Study all you can but don't refuse to apply the noble lesson.

Make appointments, but don't make anyone wait for you.

Write to your friends but don't insist on a reply.

Maintain efficiency but don't live in a state of hurry.

Use but do not misuse money.

Cultivate kindness but created your own disciple in the service of good.

*André Luiz*

## AT HOME

No one escapes the law of reincarnation.

\* \* \*

Yesterday we betrayed the confidence of a companion, inducing him to moral downfall.  
Today we still have in the form of a difficult relative who demands incessant sacrifice of us.

\* \* \*

Yesterday we abandoned the young woman who loved us by inclining her to plunge into the pool of vice.

Today we have her back as a misunderstood daughter who is in need of our love.

\* \* \*

Yesterday, we implanted pride and vanity in the bosom of a brother who was following our least desirable examples.

Today we share with him as a despotic husband or a problem child, the bitter chalice of redemption.

\* \* \*

Yesterday we forgot long-standing engagements, dragging someone to suicide.

Today, we re-encounter the same someone in the person of a son or daughter, the bearer of an irreversible disease, tutoring him, at the price of tears, in the work of readjustment.

\* \* \*

Yesterday we abandoned the inexperienced companion, placing her, for want of all assistance, in the clutches of delinquency.

Today we find her at our side, in the presence of the perturbed and suffering wife, to demand our abiding in the indefatigable course of tolerance.

\* \* \*

Yesterday, we lacerated the sensitive soul of affectionate and devoted parents, causing their spirit to bleed with dagger thrusts of ingratitude.

Today we are caught in the brambles, in the form of the home, bearing burdens of anguish in order to learn to inculcate affection and fidelity..

In the face of all difficulties and trials, always bless and do your best.

Help those who share their experience with you, pray for those who persecute you, smile at those who injure you and pardon all those who hurt you.

Humility is the key to our release.

And regardless of what your obstacles in the family may be, it is necessary to recognize that all moral construction in the kingdom of God vis-à-vis the world begins in the visible bases of struggle at home.

*Emmanuel*

**CHRISTIAN PASSWORDS**

— *Study and work.*

Planned service, greater yield.

— *Vigilance and prayer.*

Darkness and light may arise in any circumstance.

— *Good will and discernment.*

Moral equilibrium is the child of sentiment allied to reason.

— *Hope and happiness.*

Perfect happiness flows from pure good.

— *Understanding and forgiveness.*

Fraternity understands and succors.

— *Word and example.*

There is no virtue without harmony.

— *Assistance and silence.*

Charity shuns noise.

— *Gentleness and firmness.*

There is a time for “yes” and a time for “no.”

— *Humility and perseverance.*

Without obedience to one’s own duty there are no upward paths.

*André Luiz*

## MEDIUMISTIC PHENOMENA

Mediumistic phenomena, as they inevitably experienced in the pathways of mankind, manifest in much the same way as waters are present in the roads of Earth.

Water exists everywhere.

We have pure water springs carpeted with sand, water laden with silt in the rivers which erode the soil, blackened water in the gutter which rolls along after a rainfall, muddy water in puddles by the dams, water concentrated in pestilential lagoons, bitter water in wells abandoned to forgetfulness, semi-poisonous water in the gutters of sludge ....

All of them may be decanted, medicated, purified and renewed for use. So, too, can mediumistic phenomena.

Come from wherever they may, they are distinguished by a specific value.

It must not be forgotten, however, that they must be examined, reasoned, interpreted and understood in order to show their true benefit.

For them and together with them, we all have the Spirit Doctrine for a treatment filter.

In view of this, do not scorn any fact, but by the same token, never, at any time, tire of learning.

*Albino Teixeira*

## OUR MENTAL LIFE

Souls enter into the responsibilities which they seek for themselves.

Depending upon how we carve our moral profile, we attract the favors of opportunities for service with respect to Universal Laws.

No one flees the stigmas of the vitiation with which he furrows the structure of his own life. Peace signifies victory of the mind over one's own peculiarities.

Let us, therefore, shield our mental life with the certainty that the manner of our meditation conditions the extent of our tranquility.

Nothing happens to us without a specific result.

Stubbornness in error — aggravated account.

Absence of discipline — permanent debt.

Remorse — warning from the conscience.

Readjustment — phase in a sickness.

Multiform occurrences in the inner world constantly announce the climate of our selection. The tempest is preceded by unmistakable auguries which foretell its extent.

Similarly, through the real analysis of ourselves, we find the exact sketch of future experiences. In view of this, because of the light of the Gospel, no one can be unaware of the essence of the destiny which the future will unfold before him.

The justice of the Law is based upon mathematics. And whoever possesses specific portions may perfectly gauge the sum of this or that.

Give yourself over, then, to new gulps of hope and overcome your own limitations, heeding the appeals of life which echo from on high.

Embody humility and service, simplicity and forgiveness, study and charity, kindness and tolerance, in the effort of each day and with such fragments of love and light you will erect a divine temple of your most beautiful aspirations in the face of eternity.

*André Luiz*

## ASK WHILE HELPING

Ardently solicit Celestial Protection, but do not forget the succor to which you feel constrained on the terrestrial path.

The Angel hears man to the extent that man heeds his own brothers.

You expect a jubilant assurance for those who were born in your domestic team, nevertheless, devote some crumb or other of your own comfort to those who are huddled in discouragement in the den of suffering.

You count upon a just welcome on behalf of those who deserve affection from you, nevertheless, extend some unnecessary portion to the companion who is relegated to bad weather.

You regale yourself with the abundance of bread, but share some slice you don't really need at the table with those whose stomach is suffering in their undernourished body.

You are joyously thankful for the talents of temporary tranquility which enrich you days. However devote a few moments of fraternal cooperation on behalf of those who weep without hope.

Rejoice in the luminous faith with which you crown yourself before the world, still do not avoid the alms of peace to those who wander in the darkness.

Be gladdened by the precious health which assures you inner harmony, but still protect the forgotten invalid who holds out his arms to you eager for understanding.

You lift up your voice to the Celestial Temple. Meanwhile, thousands of voices every day arise the human darkness seeking the way to your heart.

Here it is someone asking you for the blessing of sympathy. Further on it is someone who asks for your cooperation.

Ask, then, while helping.

Remember that you also can help and serve as much as you are able.

By faith you shall rise to the Lord with your entreaty, but by charity the Lord will come down to meet you, so that your hands may be enriched by love in the construction of the Kingdom of Light.

*Emmanuel*

## STRAIGHT ROADS

Time without waste.  
Work without discouragement.  
Study without fatigue.  
Prayer without inertia.  
Nutrition without excess.  
Tranquility without indolence.  
Happiness without disorder.  
Distraction without vice.  
Faith without fanaticism.  
Discipline without violence.  
Firmness without arrogance.  
Love without selfishness.  
Assistance without pay.  
Realization without boasting.  
Forgiveness without exigency.

We shall only with difficulty free ourselves from  
the illusion which confuses our life if we refrain  
from trudging over these straight roads bound for  
Triumphant Immortality.

*André Luiz*



**EXPECTED GIFT**

At any time, for our happiness of thinking and realizing, Divine Providence affords us all the resources we have need of:

- The active body;
- The lucid intelligence;
- The clear understanding;
- The constructive inspiration;
- The richness of the hours;
- The treasury of energies;
- The advantage of movement;
- The agile speech;
- The domestic comfort;
- The possibility of working;
- The sympathy of our fellowman;
- The gift of understanding;
- The opportunity of helping.

Nevertheless, in all our tasks, Divine Providence expects a simple gift from us — our attitude of patience in the difficult hour, so that the service of good may not be interrupted.

*Albino Teixeira*

## THE JUST AND THE UNJUST

Every manifestation of man is in response to a given objective in accordance with the necessities of experience. Every gesture bears a particular significance.

Every design is potential of procedure.

He who displays noble knowledge or interior peace already surprises in himself strength and reason for aggrandizing his own course. However, the spirit that has given itself up to unfortunate tendencies lacks the incentives to annihilate the routine to undertake the great liberation.

Thus Jesus, by putting on the condition of sanctifying wisdom demanded hearts immersed in the difficulties of perturbation interwoven by themselves, coming into view in human paths like a torch of imperishable clarity, rectifying bearings, sweetening sentiments, polishing instincts and motivating renewals.

And after the gallows of the cross, he remains with us in all circumstances, smiling or suffering with our acts.

He extends succor to the person who has fallen under the yoke of vicious habits ....

He rekindles the light of confidence in the conscience imprisoned in despair both on Earth and in the Spiritual World ...

He strengthens the superior ideals which flicker in souls, extending the light to whoever is stumbling along in the darkness ....

He understands the strong but takes his stand with the oppressed from all provenances...

Not only does he uplift compassion but also exalts justice, transforming madness into good sense....

He distributes the crust of bread and the primer of education in sustenance of the climate of love and truth....

That is why the Master told us: "I came not to call the just but rather to call the sinners."

When grief and anxiety arise, doing violence to our being, let us know how to counterpoise the purity of our faith and the call of our ideal to the limited and superficial conditions of terrestrial trials, convinced that the teaching of the Master is enlightenment for darkened minds, and a blessed opportunity to pass from the state of unjust and wayward people into people who understand the Divine Laws and are loyal collaborators in the Work of Creation.

*Augusto Silva*

**HAPPINESS**

Happiness is the canticle of the hours with which God smoothes down the passage through the world for you.

Everywhere flowers unfold by virtue of the smiles of nature, and the wind combs the hair of the countryside with the music of a lullaby.

The water of the spring is liquefied affection in the heart of the earth and the very grain of sand, flooded with sunlight is a message of happiness to be spoken to you by the plain.

Do not, therefore, allow your difficulty to become depressing sadness in others.

Even though all may seem to conspire against the happiness you hope for, lift up your eyes to the smiling face of life which surrounds you and stimulate happiness wherever you may go.

Bless and always help, even amidst tears.

The rose exhales its perfume over the claw of its thorns and the dawn generously waits until the night ends, to renew itself daily in a feast of love and light.

*Meimei*

**DON'T CONFUSE**

Humility with desertion.

The truly humble spirit possesses the courage to serve in all circumstances.

\* \* \*

Cooperation with subservience.

Servility is of no help in any aid mission.

\* \* \*

Joviality with unseemly extroversion.

Optimism calls for correctness and serenity.

\* \* \*

Ideal with whim.

Whoever flees reality falls asleep in a nightmare.

\* \* \*

Understanding with fear.

Fear obfuscates reason.

\* \* \*

Study with negligence.

Without method, all effort falls short of its purpose.

\* \* \*

Peace with sadness.

Noble sentiment is ignorant of morbid consternation.

\* \* \*

Careful consideration with self-centeredness.

Whoever expresses a considered opinion, in the better sense, depersonalizes his thoughts.

\* \* \*

Discipline with domination.

Order acts with principle, and authoritarianism encourages violence.

\* \* \*

Love with partiality.

Pure love makes no distinction between ways of manifesting itself.

\* \* \*

Shun the cheapening of the real values of life.

Man is distinguished from the other beings of creation by his faculty for distinguishing good from evil, truth from error, and the just from the unjust in the movement of his own steps.

*André Luiz*

**THINK THIS OVER**

Man on Earth is able to perform the most lofty exploits of the intelligence:

To measure the stars;

To study distant worlds;

To overcome gravity and hurl himself into space;

To traverse the aerial realms;

To govern the ocean;

To control the forces of nature;

To transmit speech and image from point to point on the Earth;

To analyze the essence of light;

To climb the Himalayas;

To cool the sands of the Gobi;

To warm Siberia;

To bring up the treasures of the subsoil;

To build skyscrapers;

To intervene in genetics;

To abolish physical pain;

To prevent epidemics;

To weaken infection;

To graft organs and tissues from one body into the structure of another;

To prolong human existence;

To alter the life of animals and plants;

To promote all scientific experiments;

To shape dreams of art;

To express in words the most complex thoughts ....

All these prodigies man on Earth can perform, nevertheless, it is in the law of the universe that no one can escape the surgery of death.

Brothers, in thinking over your problems think this over, too.

*Albino Teixeira*

## CHARITY NEVER FAILETH

“Charity never faileth” Paul (I Corinthians 13:8)

Whoever chooses lofty intentions in the performance of his activities, will never run into failure.

Whoever wholeheartedly forgives any offense does not harbor repentance in his soul.

Whoever sees himself misunderstood in doing a worthy act, receives in his favor the understanding of the Compassion of Heaven.

Whoever aims at the interest of his fellow man in the work at hand merely discovers reasons for having confidence in his own success.

Whoever studies to aid somebody else with the torch of knowledge, will invariably attain apprenticeship.

Whoever sacrifices himself to reduce the suffering of those who surround his path acquires new realms of essential happiness.

Whoever strives to live pure love under any aspect, is always right at the decisive moment.

That is why the apostle stated to the brothers in Corinth:

“Charity never faileth.”

Actually charity expresses perfection among the manifestations of man and flows in its fundamentals from the Infinite Love of God.

An act of charity bears within it an indestructible mortar of the Eternal Perfection, composed of wisdom and justice, work and solidarity, confidence and peace.

Error becomes impractical for the spirit when the heart forgives unconditionally, studies with dignity or works disinterestedly.

Thus the light of charity is never extinguished.

Where it appears, controversies become fraternal colloquies, sadness becomes happiness, discouragement loses its reason for being and souls accelerate their flight in the evolutionary wake.

Many apprentices of the truth avidly search for the ideal formula for victory in life, yet it shines there within the grasp of anyone learned in the infinite gradations of charity.

Let us, then, strive to continue without failures.

Turn your gaze toward the inner cosmos and proceed with an appraisal of your own conduct according to the only criterion of sublime virtue and you will be seeing in yourself the battle without falls and the light without shadows, under the sanction of Him who is All Love and All Justice.

*Emmanuel*

**A LITTLE BIT MORE**

You are under the impression that you have exhausted your stock of all resources in a given labor of love, but if you had persevered a little bit more in your devotion, no one could have foreseen the rewards of light which would gleam about your steps.

You are ill and are trying to obtain long-term leaves, but if you had continued a bit longer in service, no one could have foretold the treasure of new strength that would have appeared in your path.

You encountered tremendous difficulties in the practice of good works and tried to avoid them, but if you had persisted a little bit more in the construction of beneficence, no one could have foreseen the triumph which your hours would have reaped in the living sources of charity.

You think you cannot tolerate the importunate friend, the obstinate son or the senseless brother, and inconstant wife or a foolish husband, but if you had endured a little bit more in the family struggle, no one could have foreseen the extension of the future jubilation in your domestic retreat.

You suppose that bad luck is following you and weep in despair, but if you cultivated a little bit more fidelity to your own obligations, no one could imagine the magnitude of your success in the morrow which draws near.

You feel a tremendous fatigue and are unwilling to lend your ears to the long-winded companion, but if you prolonged your sacrifice a little bit more, no one could foretell the abundance of the harvest of blessings that would arise from your brief moments of kindness.

Observe that you yourself in order to accomplish something or other, incessantly require a little bit more kindness, a little bit more cooperation, a little bit more time, a little bit more affection from your fellow man ....

Genius is the patience which knows no end.

It is only just that you desire a little bit more happiness, but for this you must aid the happiness of others a little bit more.

Take note of the lessons of life, and you will realize that the victory in good is always to work according to your duty and to serve a little bit more.

*André Luiz*

## ARE YOU BED RIDDEN?

All recognize the discomfort of confinement to bed, nevertheless, irritation worsens any illness.

Does suffering smother your hopes?

The consolation of prayer is a medication for all ills.

Does confidence of the cure flee from your heart?

Neither doctors nor members of your family can guarantee the improvement which must be born, spontaneously, within you.

Does rebellion poison your soul?

The earth is a vale of tears only for the eyes of pessimism.

Does death prowl about your thoughts?

The passage to spirituality is the road for all.

Does the fate of your children darken your hours?

The most valuable heritage is the example of love of Divine Providence, through obligations met.

Do distressing regrets wound your memory?

The mind is our first pharmacy.

Do you feel remorse at the sight of past actions?

No man on earth can boast of being a saint.

Your lips no longer know how to smile?

Remember that optimistic and happy invalids kindly protect those who visit them by stimulating their courage.

Keep the certainty that if the light of the Gospel is strength in the heart and light in the conscience, health is near, and all the prognostications are favorable vis-à-vis the Great Future.

*André Luiz*



**THE INSTRUMENT**

Wherever you may be, give thanks to the Lord, for the instrument of purification.

No one lives without it.

Here, it is the husband who is difficult to get along with.

Further on, it is the wife of disagreeable presence.

There, it is the rebellious son.

Then again, it may be the irresponsible daughter.

Today, it is the friend who has surrendered himself into an attitude of incomprehension.

Tomorrow, it will be the stern boss.

Next, it will be the inattentive subordinate.

Now it is the fellow worker who has deserted.

Later it will be the adversary, forcing you to affliction.

Keep silent, benefit by it and go forward.

The stone receives from the hammer which shapes it the dignity with which it is rendered suitable for use in construction.

The metal owes the purity which is proper to it to the blazing crucible which martyrizes it.

Do not forget that the body is the shrine of Divine possibilities in which you temporarily take refuge in order to garner the lesson of progress.

Each road gives way to another road.

Each experience leads to a greater experience.

All struggle is spiritual bread and all grief is an impulse to sublime ascension.

Let us learn, then, to hoard up the gifts of life, respecting the lessons the world imposes on us, with the certainty that between humility and work, we shall some day reach the heights of eternal glory.

*Scheilla*

## INDULGENCE

The light of happiness should be the constantly lighted torch in the atmosphere of our experience.

Various circumstances and particularly those of indiscipline may alter the climate of peace about us, and outstanding among them is the thoughtless word as an anvil of misunderstanding to bring about conflicts.

Hence, it is our basic duty to watch over ourselves in conversation, extending the resources of understanding to the ears of other people. Let us be indulgent. If we are mistaken, let us ask for forgiveness. If others are mistaken, let us forgive. The evil which we wish to others today will give rise to evil for us tomorrow.

The injury has no just reason and forgiveness nullifies all problems by reducing complications and losses of time.

It is thus that spontaneity in good establishes real charity.

Whoever does not recognize his own imperfections displays inconsistency.

Whoever forgives does not feel remorse.

Hatred is an invisible fire in the conscience.

Error, therefore, calls not for aversion but for understanding.

Our error requires the goodness of others. An error of someone else demands our clemency.

Humanity needs not him that censures it, but him that esteems it.

In the face of error, to multiply justifications and reasons is vain. Above all, it is necessary to make amends, because the return to the task is the inevitable consequence of all evasion of duty.

The more thoroughly we know ourselves, the greater is the imperative in us to forgive.

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

You, a specimen of the Great Progeny of God, are in need of the assistance of all and all ask your assistance.

Learn, then, to reflect the world about you, remembering that if the mirror, inert and cold, portrays all the aspects, worthy and unworthy alike, the painter, conscientiously seeking to create a superior activity, only exteriorizes in the purity of the canvas the noble and constructive angles of life.

*André Luiz*

**PLEA OF YOUTH**

You noted my errors, albeit I am asking you to show me the way so that come to tread it.

I awoke to the good, dreaming of serving it with fidelity and purity. Nevertheless, many tableaux of life have confused my heart.

I followed friends who traced paths of light for me, but themselves became entangled in the snares of darkness.

They induced me to abnegation and abnegation and unselfishness, meanwhile disputing over earthly possessions.

They counseled me to aid without recompense, while themselves clinging to their own interest.

They summoned me to humility, while exalting themselves.

Many spoke of tolerance and patience. When the hour of sacrifice arrived, however, they poured forth bitterness and pessimism as if they bore in their breast a container of fire and bile.

Many times, therefore, I have had disorientation established in my soul.

I know that my ways wound you, that my words afflict you .... Even so, forgive me that I may understand you.

I do not seek your protection like someone who is protesting.

I am asking you for moral assistance for the love of Christ who died on the cross that we might understand the truth.

However, do not only talk to me. Teach me what I should do.

*Meimei*

## IN THE COURSE OF LIFE

— Exemplify disinterested good.

Our acts show the nearness to or the distance from our living according to the Divine Law.

\* \* \*

— Live happily.

The present always forms part of our immortal life.

\* \* \*

— Meditate upon each attitude.

It is as difficult to know what to do as to know what not to do.

\* \* \*

— Avoid systematic isolation.

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

\* \* \*

— Understand the function of ephemeral possessions.

Neither wealth nor privation express virtue.

\* \* \*

— Do not avoid the commencement.

Charity corrects any error.

\* \* \*

— Study indefatigably.

To acquire new knowledge is to formulate new inquiries.

\* \* \*

— Cultivate confidence.

There is no progress with fear.

\* \* \*

— Be patience in sorrow.

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

\* \* \*

— Pattern yourself on the models of the Gospel.

In essence, the present world remains the same as at the time of Jesus.

*André Luiz*

**DIVINE ADMONITION**

The light of the knowledge which you have already acquired may be extended to the shadow of others.

The money you have accumulated may be the shelter of your fellow men from need.

The faith you possess be the refuge of those who are weakening.

The illness you suffer may be a motive of patience, of value among those you love, for moral sustenance.

The injury you receive may be a testimony of humility comforting all those who shared your experience.

The hour have at your disposal may be work on behalf of your fellow man.

The word you utter may be of help in some one else's struggle.

The attitude you take may be a directive in the survey of charity.

Ah, my brother on Earth!

All situations may be a support to the victory of the good and all service rendered to the good is riches of the soul, which criminals cannot steal moths corrupt....

Listen to the clock — heart of the time which guides your path — and time like a messenger from the Eternal Wisdom will ultimately reveal to you that its incessant and ever new tick-tock is a divine admonition of life, recommending:

Serve-serve, serve-serve!

*Albino Teixeira*

**THE FORGOTTEN WIRE**

Forgotten wire, poor wire.

Imprisoned in the wall.

Apparently lost in the darkness.

Repeatedly abused by wandering insects.

Glued wire which no one sees in the structure of rough masonry.

If it could speak, perhaps it would say: "I am worth nothing," "I am useless," or "I am nothing."

Nevertheless, by remaining in its own place, firm and disciplined, it is the conductor of electric power....

Although it does not know this, it is the bearer of energy ensuring comfort, and the bearer of light, maintaining service.

Even though you may confess yourself to be a humble creature extinguished or apparently valueless, remember the poor wire imprisoned in the wall....

Stay in your place, helping and serving, your thought constantly intent on the power house of the Eternal Good and even though you do not see, do not hear, do not know, or do not feel the happiness and security which sustain, God knows the importance of your work of love and light.

*Valérium*

**CALM**

If you are on the verge of a mental bursting point, be silent for a few minutes and think.

If the cause is a sickness or disease in your own body, lack of tranquility produces worse ones.

If the cause is the illness of some beloved person, your rebellion is an aggravating factor.

If you have suffered material damage, complaining is a delayed-action bomb, which will cause a new case.

If you have lost some affection, lamenting will render you less congenial to your friends.

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

If setbacks occur, shouting angrily will only alienate spontaneous collaboration from you.

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

If you did not accomplish what you wanted to, impatience will only make the distance between you and your objective all the greater.

Whatever the difficulty may be, keep calm while working, for in any problem, serenity is the roof of the soul, asking for service as a solution.

*André Luiz*

## IN THE PILGRIMAGE OF LIFE

Often, in the pilgrimage of life, man is overtaken by happenings which bring him good in the form of evils, which for this very reason are not always immediately understood. Such happenings may be:

The sudden death of a loved one...

The failure of a friend to understand...

Intentional slander...

The desertion of a friend...

However, Divine Justice provides everything in due course and he ultimately finds happiness where only misfortune seemed to exist for him.

Countless happenings also beset his course offering him evil in the form of good, which for this reason are not quickly understood. Such things as:

Perverved fortune...

Overestimation of his own worth...

The flash of misguided intelligence...

Wayward power...

The intoxication drawn up in the chalice of flattery...

However, truth will take charge of correcting his perceptions, and at the proper moment he is surprised at the presence of sorrow where he had supposed alone.

Let us remember, then, that good and evil are not always good and evil vis-à-vis the Laws of Life and, accordingly, success or failure, defeat and victory depend, to some extent, on you yourself.

*André Luiz*



## TWENTY EXERCISES

To accomplish happily one's own obligations.

To remain silent in the face of offense.

To forget the favor done.

To exempt one's friends from any kindness to oneself.

To mute our aggressiveness.

Not to condemn opinions which differ from our own.

To abolish any malicious or unnecessary question.

To repeat information and instruction without any bitterness.

To exercise constant patience.

To listen sympathetically to the injuries of neighbors without writing a biography of our own grieves.

To seek without affectation the means of being most useful.

To forgive without excusing oneself.

To say no evil of anyone.

To seek the better side of those persons who share our experience.

To be happy over the happiness of others.

Not to loathe him who works.

To help spontaneously.

To respect the service of others.

To reduce our individual problems.

To serve willingly when sickness strikes us.

• \* \*

•

The apprentice in earthly experience who wishes and can apply himself to at least several of the twenty exercises proposed here, will surely receive from the Divine Master, in the school of life, the most outstanding grades in the course of Charity.

*Scheilla*



**DEBTS**

“I am debtor both to the Greeks and to the Barbarians, both to the wise and to the unwise.” Paul “Romans, 1:14.”

The Apostle of the Gentiles clearly stressed his status as a legitimate debtor of all and this status is that of any other person in the human community.

Man is himself not only the sum of his own accomplishments, but also the product of innumerable debts to the group to which he belongs.

Each one owes incalculable tolls to the souls with whom he shares existence.

Let us not forget that we live committed to the good will of friendly hearts....

To the wisdom of the more experienced ones....

To the affection of our nearest friends....

To the support and stimulus of our family members....

To the noble impulses of fraternal relations....

Therefore, through the acknowledgment of our common debts, we demonstrate the real irrelevance of pride and of vanity in any heart and the impracticability of isolation in our evolutionary stage.

Debt, presupposes commitment and commitment signifies natural or obligatory redemption.

We are all debtors of one another.

If you still retain any tinge of selfish superiority vis-à-vis your fellowman, remember the many debts which have still not been paid, beginning with your own physical instrument which was temporarily lent to you.

*Emmanuel*

**EVER LOVING**

Avail yourself of the day and make it better, by ever loving.

Shape the work which you came to realize among men, so long as the support of time is favorable to you.

Patiently bear the vicissitudes of the way and accept in difficult circumstances, the justice of life, which will come back and ask you for an accounting.

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

Embrace in each person who crosses your path, someone who brings you from afar the message of help, and in each page, however small, on which pours out of your being.

Observe the impassive clock.

A minute marked is a value that will not return.

You will have, it is true, other minutes in each day, but it will be in new problems in a new situation in a new setting....

Every earthly creature, although it does not perceive this, lives to take leave little by little of the world, dispatching every day, with its own acts, the baggage it will find in the station of destination.

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

*Meimei*

## PRECEPTS FOR EVERY HOUR

Walk firmly. He who accustoms himself to haste stumbles constantly.

\* \* \*

Examine yourself. Through constant vigilance you will discipline your own impulses.

Purify your own mind, by working at the good without discouragement. The slothful mind accumulates undesirable residues.

\* \* \*

Listen to your brother without reproaches. Real charity begins with generous and friendly attention.

Perfect the procedure. An improvement today means a happier tomorrow.

\* \* \*

Protect the strained heart. No one can predict the future health of his own heart.

\* \* \*

Shed light with your word. If today you can provide guidance, it is possible that tomorrow you may be asking for advice.

\* \* \*

Suffer in patience and serenity. In the brazier of revolt, no one can succeed in deriving benefit from grief.

\* \* \*

Improve your vocabulary. There are words that, if excessively repeated lose their proper meaning.

\* \* \*

Cultivate simplicity. Although it does not seem so, the Universe is an imposing ensemble of clear laws and simple things.

\* \* \*

Always serve. Boredom is the wages of whoever lives by constantly complaining about the service of others.

Improvise good wherever you may be. The shadow of evil is like the debris which invades everything when cleanliness is absent.

*André Luiz*

## LIVING DREAMS

The seed in the barn is a living dream: taken to the field, it becomes the tree which produces. Without this it would wither away in the silence.

The ore is a living dream; put into operation it is a raw material. Without this, it would remain a mere pebble for an indefinite time.

The plan for a structure is a living dream; once executed, however, it is a work of incalculable value. Without this it would be a mere figure given over to the dust.

The school that has been erected, but not staffed is a living dream; once it has been activated by the workmen of learning, it is a workshop of light. Without this, it would be a nothing but a distant promise.

The book in the writer's head is a living dream; once it has been carried into the field of letters, it is a factory of suggestions. Without this, it would vanish like a mental vision glimpsed from afar.

The Spirit Doctrine is also a living dream; but once brought into practical reality it is a task for the construction of a better world. Without this, it would be nothing more than a hidden light.

And it is for this reason that we can all believe and learn, discuss and preach, console and be consoled, although in the field of true spiritual ascension, we shall achieve nothing without working.

*Albino Teixeira*

## TO PRAY AND FORGIVE

“And when you stand praying, forgive...” Jesus (Mark, 2:25.)

How can anyone maintain his conscience calm without sincere intentions?

We may likewise ask:

How can the heart be kept serene during prayer without real analysis of oneself?

If prayer is to produce its essential good results, it is imperative to stand face to face with one's conscience in all circumstances.

Hidden intentions and sentiments purposely vitiated are not compatible with the right to spiritual assurance.

The coexistence of good and evil in the innermost depths of being renders the attainment of peace impossible.

Hateful and vindictive feelings hinder the unfoldment of higher spirituality.

God is not mocked.

Prayer externalizes our real emotion.

In this way, without the light of harmony and love, we will not perceive the celestial reply to our needs.

The laws cannot be bent to suit our weaknesses, because the Divine cannot wander about with the human will, and it behooves us, therefore, to adapt ourselves to the Supreme Plans.

Be mindful, then, to the course you give to your prayers, in the certainty that forgiveness must invariably be present in all our acts, so that our petitions may have free course toward God.

*Emmanuel*

**MISTAKES**

If you have made a mistake, admit it frankly.

Don't evade the results.

Humbly bear the darts of criticism.

Don't think that you can immediately heal up the breach around your name.

However, don't star crying uselessly, for this is not your first, nor will it be your last, error.

Lift up your head and start again.

Show sincerity in the readjustment.

Begin the task of good actions, on whatever scale you can, by distributing bits of yourself and of your influence, to as many as you may be useful, for every vibration of gratitude serves as material for reparation.

Work, ever aiding, in the certainty that honest work, with time, will heal every bruise and silence all censure.

But don't fall again into the same error, for whoever knows the mistake he is committing, is in truth not in the trap of error but is instead consciously wielding the trap of evil.

*André Luiz*



**HERE COMES**

The young woman had married the man she loved, yet she could not stand her mother-in-law. The noble lady received insults, gibes and humiliations from her daughter-in-law.

She could not caress her son without the risk of being immediately insulted.

She was also unable to work, harried as she was by incessant criticism.

Any attempt to explain herself was constructed as discourtesy.

If she were ill, she was obliged to suffer a harsh martyrdom to keep her son from suffering more than she herself.

During the absence of her husband on a long trip, the daughter-in-law took this opportunity to expel the old woman one extremely cold night. The unfortunate woman underwent so much suffering that when she returned home, five days later, it was only to die.

Years passed amid the regrets of the son and the complains of the wife, who never had become reconciled with her mother-in-law.

The day came, however, when the daughter-in-law also died and, on asking about her mother-in-law, she learned to her amazement that she had reincarnated a long time ago and was then living in the home of her former daughter-in-law. There, she had been received with great affection as youngest daughter, and had remained on as the affectionate support of her daughter-in-law's husband.

It is useless to cultivate aversion of any sort, for the entire universe lives in equilibrium by the law of love.

Whenever you may be on the point of hating anyone, don't forget that comes reincarnation.

*Valérium*

**GOD CAN**

Don't say "I can't" or "I am in despair" ... Whenever you have to explain the word "exhaustion," let hope glitter in the silence of your mouth, and whenever you suppose yourself in the liquidation of all your dreams, look at the flowers which spring up over their ruins.

Many times a person who knows how to define discouragement has only unleashed tragedy by opening up the doors to crime.

You offer bread to the starving and shelter one who wanders about without a roof, yet you do not always heed the agonized heart in your own bosom, asking you for patience.

Listen to its afflictions and ask God to enfold you in the ineffable gift of His blessing.

If you do not succeed in solving the problems which beset you, say to yourself: God can.

If you are unable to make the necessary change in your course, say in your own soul: God can.

If you are unable to correct the person you love, say again: God can.

If you are unable to extirpate the anguish which pierces you, meditate in prayer: God can.

And by indefatigable forgiving and aiding, you will learn with God, that the light of true victory is made up of the patience of each day.

*Meimei*

## DEFINITIONS

**Work** — blessing from the Heavenly Father by which we blot out our imperfections.

**Succor** — an action of indirect assistance to ourselves through direct assistance to others.

**Study** — the cupboard of resources for our constant improvement.

**Prayer** — appeal of our faith, bringing the Divine Light, to the log of human limitations.

**Charity** — a sanctifying light revealing the presence of the Creator, in between goodness and the need of mankind.

**Today** — an irreplaceable opportunity for the execution of our duties in the field of Eternal Life.

**Discipline** — a lesson which we can learn with Nature everywhere, without which we shall be at peace nowhere.

**Truth** — relative knowledge regarding the universe, destiny and being, which we can keep in the evolutionary plane in which we place ourselves.

**Forgiveness** — a vital food of which we are all in need.

**Example** — an external proof of what we are in the innermost portions of our own soul.

**Perseverance** — the altar of our fidelity to our conscience.

**Spiritualism** — the key of spiritual liberations which Jesus offers us, that we equip ourselves from now on for the conquests of Victorious Immortality.

*André Luiz*

## TRAINING AND DIETS

You say that you are interested in having a strong body and devote yourself to rigorous gymnastics and educational sports.

You say that you are ill and devote yourself to difficult treatments, enduring long fasts and taking bitter medicines.

Remember that in our tranquility and assurance we also need diets and training. We shall not enter the shrine of education without constant exercise and study, nor shall we penetrate the glory of love without constant practice of charity.

The physical athlete is wont to inquire, to the applause of the public: "How often have I beaten my competitors?"

The spiritual athlete may ask himself, with the Divine Blessing: "How often have I conquered myself?"

In our moral activities, in search of perfection, it is just that we should always be learning to make the mental leap over the vipers of slander and senselessness and keeping ourselves in the marathon of humility, in valuable matches of tolerance and kindness in the protection of our fellow men.

In defense of our inner peace, it is also imperative not to forget to abstain from unfortunate thoughts, with deliberate flight from the dishes of slander and the vinegar of criticism, completely abolishing the wine of flattery and the liquor of eulogy, which produce a pitiable intoxication, with desertion of our responsibilities.

Training and diets...

Do not do without them on Earth, so that you may protect yourself in the realms of physiological equilibrium, in relation to eugenics, health and preservation.

Do not forget, however, that on behalf of the harmony of your soul, you should not neglect the same resources in the sustenance of an upright conscience and the cultivation of your own happiness, for it is only by obeying the laws of work and charity, simplicity and cooperation, that we shall obtain the degrees of sympathy and merit, capable of leading us to triumphant happiness.

*Scheilla*

## DIVINE FORESIGHT

Heed the silent lessons administered to you by your own body in revealing divine Foresight.

Do not proceed heedlessly.

Your feet do not touch the ground like simple props with a will of their own.

Respect the procreative powers.

It is not by chance that the sexual organs function only with the consent of the mind.

Eat with moderation.

You do not have one stomach only because of the lack of space in the abdomen.

Train your emotional manifestations.

It is not by chance alone that the motor of your heart lives throughout your entire existence hidden inside the box of your chest.

Always work.

Your hands do not enjoy ample freedom of action at the end of your arms merely as adornments.

Be sparing in your speech.

Your tongue is not imprisoned in your mouth simply because it is ugly....

Listen attentively.

Your ears do not exist as windows that cannot be closed through some oversight by the Heavenly Architect....

Your eyes are not placed high in your face just so that you can look down .... Look carefully at everything.

Look beyond.

Your mind does not function as a control tower for the whole body simply to complete your make-up esthetically.

Heed you conscience.

If it is not visible in your body, it is so in order that its voice cannot be silenced.

Remember, your body shows the Supreme Wisdom and Illimitable Love of Him who is the Supreme Intelligence and the Uncreated Cause of Everything.

*André Luiz*

## IMBALANCES

The inception of great obsessions is like the tiny breach in a dam which is no more than a stone that is out of alignment or a hidden crack.

Imbalances on the soul also begin with almost nothing, mainly as apparently understandable attitudes and feelings, but often they become channeled into the path of painful consequences; they become channeled into the path of painful consequences; they may be:

Mistrust;  
 Doubt;  
 Irritation;  
 Discouragement;  
 Resentment;  
 Impulsiveness;  
 Want of vigilance;  
 Bitterness;  
 Inexplicable sadness;  
 Outbursts of anger;  
 Pointless conversation;  
 Futile discussion;  
 A useless visit;  
 Pointless inattention.

In the dam, no one can foresee the outcome of the forgotten breach.

in the case of obsession, however, which, in essence, can be defined as a matter of conscience, it is imperative that we all acknowledge that in any crisis of hunger, it is not the bread's task to seek the mouth.

*Albino Teixeira*

## OASIS OF LIGHT

Gently, gently a beautiful torrent of light descended from the vastness, completely crowning the simple house.

It might be said that the structure had been reached in seconds by a resplendent cascade of luminous lightening flashes.

The roof had turned red with a sparkling crown of praise.

The walls, colored by hidden lanterns, became transparent, sending our serene sparks.

From the windows and doors there flowed out unexpectedly streams of blessings as if the interior had been flooded with nourishing energy. Bland flames dissolved the shadows, unloosing a premature dawn in the midst of the night shadows, and the firmament above us on the summits resembled a warm umbel shedding silver flowers over the anonymous dwelling which had changed from an extinguished enclosure to a blazing island in the dark sea of masonry.

Night insects were gently buzzing, the neighborhood dogs were muting their barking, and the inhabitants of the neighboring residences were experiencing unbeknown to them, the intangible presence of profound peace.

Nevertheless, in the domestic intimacy, the dazzling festive picture became more accentuated, as if a magic wand had caused balsamic radiations of understanding and sympathy to be born of persons and things.

The modest living room had taken on astounding dimensions, converted into a delightful eddy by the lustral bath of pure love that was fastening musical smiles of kindness on every face.

Dazzling halos clothes all the forms embellishing their outlines and colors under the power of an unknown chisel.

Aureoles of splendor had touched the inhabitants; tears of jubilant hope trembled, furtively, in eyes illuminated with solace; faces shown trustingly; the foreheads were tinged with faint light; words became more tender; hearts were invigorated with new inhalations of strength, and the emotion rose to unheard-of heights in transports of irresistible innocence.

In the wake of light around about, passers-by in space breathed happily in the distance, minstrels of the Greater Life intoned songs of encouragement for the entire group touched with intense brilliance.

The dazzling and unexpected transfiguration was Jesus, the celestial guest on a visit to the humble home: the sanctifying cult of the Gospel had been installed there.

*Meimei*

**CHARITY: SOLUTION**

In the face of duty, think of charity, serve and pass on.

In the face of grief, think of charity, help and pass on.

In the face of affliction, think of charity, console and pass on.

In the face of shadow, think of charity, console and pass on.

In the face of perturbation, think of charity, enlighten and pass on.

In the face of ignorance, think of charity, teach and pass on.

In the face of injury, think of charity, forgive and pass on.

In the face of blow, think of charity, tolerance and pass on.

In the face of temptation, think of charity, pray and pass on.

In the face of an obstacle, think of charity, hope and pass on.

In the face of refusal, think of charity, have faith and pass on.

In the face of discouragement, think of charity, help and pass on.

In the face of struggle, think of charity, bless and pass on.

In the face of imbalance, think of charity, remedy and pass on.

In the face of sadness, think of charity, comfort and pass on.

In the face of all evil, think of charity, do all good to the extent of your ability and go forward.

“Let the work of each day be sufficient thereunto,” the wisdom of the Gospel tells us. Every man, on the road to perfection, follows the blessed path of experience.

All experience is a test. Every test presupposes a problem. Charity is the solution.

*Fabiano de Cristo*



## THROUGH THE ROUTES OF THE WORLD

Consider the work of the wind which disperses the cloud and sends it on its way.

The blazing rays of the sun which carpet the horizon, pouring forth reverberations of flaming gold...

The light haze of pollen of the flowers which floats through the air fertilizing the fields in waves of enchantment...

The singing breeze gently caressing the multicolored waves in the bubbling of waterfalls, into dispersed sounds...

The perfume that lives in the heart of the rose and announces the ripened fruit...

The tongues of the fire consuming the shapeless refuse to the cracking of the flames in a parade of splendor....

The blaze of sparkling granules of infinite space filled with heavenly bodies...

All this — creations which cannot be passed by unnoticed — is suggesting a basic thought which creates a manifestation of goodness, which provides a touch of soothing beauty... All this speaks of love, the love of God, the Principle of Charity in all languages...

How much you receive from life without spending a farthing!

These remarkable scenes are offered by Nature for the maternal joy of seeing you happy with her ineffable gifts.

It is goodness for its own sake which God sends us.

It is the good that is done for the sole pleasure of doing it.

The sun, the wind and the water demand nothing.

They teach us to love without asking; always to love without demanding anything.

So follow the Celestial Guidance through the routes of the world.

You may heed all the beggars' tin cups wherever you may pass, but don't be satisfied to do only this; every human being is a member of our own family.

Let emotion vibrate your heartstrings in a thousand keys of love at the eloquence of a child's smile, at the affliction in a tear of old age, at the impulsiveness and uncertainty of the gaze of youth....

Example is the most powerful magnet of the spirit.

Necessity marches in a cycle from life to life, and from destiny to destiny.

Money and worldly possessions, at the end of the earthly journey, are always like handfuls of mud and dust which we uselessly try to hold on to and which unavoidably slip away through our own fingers.

Enrich your heart with the joy of doing good for the pleasure which the good provides you, your only preordained idea being: To bring happiness to God's children and to give to those around you at least a little bit of love from the Infinite Love which God gives us.

*Maria Celeste*