

The image features a human hand on the left, reaching out to hold a glowing, ethereal hand on the right. The background is a deep blue space filled with stars and nebulae. The text is centered and reads "THE SPIRIT'S BOOK" at the top and "THE ENDLESS WORK" at the bottom, separated by a horizontal line.

THE SPIRIT'S  
BOOK

THE ENDLESS

---

WORK



Velhos Amigos Study Group Association

# **The Spirit's Book**

## The Endless Work

This work, elaborated by incarnated and disincarnated spirits, is structured in questions and answers, explanatory notes and complementary texts, footnotes, and prayers. It is intended for everyone who wish to initiate or deepen their bond with the Creator through an instructive and reflective reading, through prayer and the practice of love and charity, also through self-knowledge and the constant search for the intimate.

Matão-SP - Brazil - 2022



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### **THE SPIRITS' BOOK – THE ENDLESS WORK**

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## Introduction to “*The Spirits’ Book* - The endless work”

The first contact of the humanity with *The Spirits’ Book* occurred 164 years ago. Kardec and his team, with significant effort, dedication, and the help of superior spirits, formulated a work that would come to realize the union of spiritual and material planes, demonstrating, and proving this connection philosophically, using science, communicability and the interference of spirits in the world of the incarnated.

After so many years and its consequent advances terrestrial science is at its best; thus, it is necessary a complement to the initial work to develop the knowledge previously brought and to comfort all humans (incarnated and disincarnated) who need help.

For a long time, humankind has sought truth through reason, but when it is no longer enough for explanations the seek for truth is through faith. Thus came the first doctrinal studies whose purpose was to prove the contact between the spiritual and material worlds. The understanding of natural laws changed somewhat for those who adhered to belief in spirits and understandings which, before the Doctrine, consisted only of blind faith, began to be based on reasoned faith.

Known for uniting philosophy, science and religion, Spiritism is much more than that: it relies on faith allied to reason, promoting spiritual discoveries in compatibility with scientific discoveries. By transforming blind faith into rational faith, it ups the conscience of those who study the works of love with strong foundations in the intellect and morals of man and society.

The objective of this complementary work is to add to the initial work, adapting to the present day, in accordance with the natural maturation of human understanding.

As you know, you are only given what you can understand; therefore, after more than 160 years of study, today you have a much greater understanding than you had when Kardec’s first work<sup>1</sup> came to be. Here, we will

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<sup>1</sup> *The Spirits’ Book*, question 801: “Why have the spirits not always taught today what they teach from the beginning? – Do not teach children what you teach adults and you do not give the newborn food that cannot be digested. Each thing has its time. They taught many things that humankind did not understand or disfigured, but which can be understood. For this teaching, even if incomplete, they prepared the ground to receive the seed that will now blossom and bear fruits.”

address some themes already mentioned and several other current ones, which were questioned by the scholars of the Doctrine, and we, the spirits, respond, as well as in the first book.

The notes were made together by incarnated and disincarnated, with the sole and exclusive purpose of clarifying themes pertinent to the spiritual growth and morals of humanity, thus leading to the practice of love and charity.

This book consists of 598 questions with answers, explanatory notes, and complementary texts (when relevant) and also footnotes researched by incarnates.

It is important to point out that we never had the objective of deserving the concepts studied by Kardec, and yes complementing them, in a constructive and summation manner. We have no pretensions of vanity; nor does the group of incarnates who assisted in this work have them, even financially. The only true intention is to free humanity through truth and love.

This work aims to instruct more than the Spiritist public: it has the longing to awaken the existing faith in all who feel the need to follow it, without borders or prejudices. God's love is for all, and His laws will always be available to the resigned.

## **Morals**

Moral improvement is one of the most important reforms to be undertaken. Therefore, we will promote love, freedom, fraternity, and charity in search of a more just society.

For moral reform to be effective, collective and daily effort is needed, and it must be everyone's goal. Promoting the interest of each one in the pursuit of his moral improvement is what we intend with this work.

## **Conscience**

The conscience is the direct communication of all human beings with their Creator. It is through it that we can have happy moments and tranquility to continue progressing.

Even if something deceives you morally, your conscience will always show you the right path.

As it was already stated before, several themes will be approached in this work and, as much as some are difficult to accept, you will have the answers searching in your conscience.

## **The intellect**

Intellectual development is the result of several incarnations of effort and improvement. As it goes through various erratic and carnal experiences, the spirit elevates its intellect.

In this work, we intend to unite intellectual development with the morals of each individual providing thus, social progress as a result.

It is with effort, dedication, and vigil that the moral and intellectual advancement of all is guaranteed.

## **Love**

The awakening of true love is difficult; however, it is indispensable for our growth as spirits. Without love, we would be nothing; it is through it that we are allowed to renounce our pride and selfishness and develop our most sublime faculties.

Although we can evolve intellectually and morally, if we do not have love, what would be the real use of all this development?

We hope that through this work everyone may begin to see themselves as brothers, giving encouragement, help and comfort so that the growth of one is a consequence of the example of the other.

Love, among all known human qualities, is the one that most transcends barriers and is independent of religion. It must prevail, being the main law of God exemplified by Jesus in his passage through the Earth.

Of the many goals of our work, the main one is the propagation of love, elucidated through charity.

## **Faith**

Our faith in God must be proportional to His faith in us.

Creating simple and ignorant spirits, leaving free will for decision-making, and having full conviction of our final development requires a lot of faith.

Being one of the greatest characteristics of progress, faith makes us continue when we think of giving up, promoting belief without vision, and enabling us to believe in what we do not see.

Through it, we change our attitudes, reform our lives and continue sailing through the storm, as we are convinced that there will be calmer seas in the near future.

As important as faith in God is the awakening of human faith. Self-confidence is to believe in Him as a consequence, considering that we are His creatures.<sup>2</sup>

The fusion of human faith with divine faith is another objective of this work and, perhaps, what will ensure the spread of the good news to all who have faith without letting it be based on reasoning.

Brothers: you may not even see with the eyes of the body, but by allowing yourselves to see with those of conscience, you will continue without ceasing!

## The union

If we are the fruit of the same Creator, can you imagine the importance of being united?

The union promotes the collective development of all our qualities and, consequently, those of the planet. It undresses us from pride and selfishness, approaching us as brothers, so that we may know how strong we are when we are united.

As Jesus taught, where there are two or more people gathered in His name, He will be present.<sup>3</sup> Let us come together to evolve!

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<sup>2</sup> *The Gospel according to Spiritism*, chapter XIX, item 5: “The power of faith receives a direct and special application in magnetic action. Through faith, humans act upon the fluid, the universal agent, modifying its qualities and giving it an impulse that is irresistible, so to speak. Thus, those who combine a normally large fluidic power with an ardent faith can, solely by their will directed toward the good, perform the remarkable phenomena of healing and other phenomena formerly regarded as miracles, but which are nothing more than the consequences of a natural law. That is why Jesus told his apostles: If you could not heal it was because of your little faith.”

<sup>3</sup> Mt 18:20 – “Because where two or three are gathered in My name, there I am among them.”

# Foreword

## I - Complementation

On April 18th, 1857, the first work *The Spirits' Book* was released by Allan Kardec. A work of questions and answers that would come to redirect the human faith and make it go hand in hand with reason.

Over the years, the need for updating has become evident and irrevocable. As you all know, the purification of the incarnated in this plan of trials and atonements has led to new difficulties; wars that were once material have become moral, and today new themes are of utmost importance to help lead all incarnated people on a path of charity, love and more constant intimate reforms.

**Without contradicting the first book, and rather, complementing it, a set of superior spirits comes to continue the basic works, in a simple and objective text, with power of synthesis to facilitate the understanding of all beliefs, religions and ages, thus bringing new adherents to the Doctrine, in addition to reviving the faith of those who are already part of it.**

The work was carried out under the scrutiny of several scholars, who elaborated questions, which were answered by the spirits, investigating and confronting the information before its inclusion in this material. The only goal is the good promoted by the content, which will radiate through humanity.

Reasoned faith, linked to divine conscience, makes everyone have the opportunity to progress and mature spiritually. We believe that this work can help and direct everyone in this goal.

May love destroy the physical and imaginary barriers between our brothers and sisters, and therefore lead them to unity and full love.

## II - Curiosity and the Doctrine

We know that the vast majority of Spiritists are born through curiosity for the “paranormal” involved in the unknown. It is the engine that drives the spirit towards discoveries and the search for answers; it is beneficial, and, in the proper dose and purpose, it still piques interest and makes

you walk. However, just remedying it and sustaining it uselessly does not solve anything at all.

Once one seeks the truth, when it is found, it is important to face it and use it for your development. Ignorance protects you, however, the curiosity that dwells in each one does not allow you, in the course of your development, to accept unanswered questions, and this moves you closer to the truth. But you should always be humble enough to admit that some issues are still far from your understanding.

### **III - Universal elements and moral elements**

Each element of the universe has its function perfectly synchronized and previously planned by the Supreme Intelligence of the Universe. Despite the number of possibilities and transformations that mankind has already achieved (and the countless others that he will still achieve), the search for knowledge and intellectual development will depend on one's effort and resignation to understand a little more about the complex universe around them.

Almost eight billion inhabitants incarnated on the planet use universal elements for human existence all the time and depend on them for progress and development.

The universal elements depend on some moral elements, which are built within the conscience of each being, with the learnings of the incarnations.

The first moral element is love: it is the main raw material of charity, and, as we already know, outside it, there is no salvation.<sup>4</sup>

The second is faith: through it, we insist on staying on the path of progress because, even though we may succumb to some adversities, we know that tomorrow will be more promising.

The third is effort: what good is effortless love and faith? It is this that guarantees the continuity of evolution.

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<sup>4</sup> *The Gospel According to Spiritism*, chapter XV, item 5: "Charity and humility: that is the sole path to salvation; selfishness and pride: that is the sole path to perdition. [...] one cannot genuinely love God without loving one's neighbor, nor can one love one's neighbor without loving God. Thus, everything that is done against one's neighbor is also done against God. And since one cannot love God without practicing charity toward one's neighbor, all of humankind's duties are summed up in the maxim: Without charity there is no salvation."



Develop the moral elements and you will come closer to understanding the universals.

Intellect and morality must walk simultaneously.

## **IV - The greatest of laws**

Of all the laws that I have discovered and given to the world, none will match the law of love, the greatest gift that our master Jesus left us.

God, in His infinite intelligence, made it possible for us to walk according to our limited vision, but without ever failing to progress.

With each discovery, new doubts will always arise; with each question, a new search for answers, and each answer will lead to universal progress and evolution.

As much wisdom as we can acquire, it is necessary to keep in mind how small we are in the face of everything that exists, having the humility to understand and the persistence to modify the world through our example.

I believe in a different world in the way of seeing, acting and loving. I ask everyone to share this belief and exemplify it every day through effort and dedication.

Where there is a mind committed to the good, there will be hope; better days will be the consequences of the clever use of our free will as well as the free will of all humankind.

*Isaac Newton  
Matão, July 11, 2019.*

## **V - The importance of faith**

Without faith, we would go crazy thinking about the future; we would have no reason to continue and keep walking.

Faith makes us move towards the unknown, go ahead without having all the answers, promote our reforms and improvements even without knowing what awaits us tomorrow.

Reason is a crucial and important point in sustaining this faith.

Faith without reason is blind and travels tortuous and not very objective paths.

If reason is so important to sustaining faith, how can we explain the eternal evolution of the spirit? What would be the use of evolving forever? Why would we continually evolve? Where would we end up at the end of our evolution?

Complex questions require nothing more than one of the main human characteristics, which will always accompany faith: humility.

Humility to understand that the infinite is unknown, and everything that we do not know yet cannot be understood. Therefore, staying on the path one day will lead us to new answers and, certainly, new questions.

This is the essence of spiritual existence: knowing only what is compatible with us (*as seen in footnote 1*).

Want to know more? Evolve!

## **VI - The preparation**

In the same way that to face a marathon it is necessary to train with discipline, to evolve it is essential to have discipline and preparation.

When you reincarnate, you are experiencing trials and atonements, with the aim of developing your spirit through effort at each stage. Therefore, preparing yourself, through intimate reforms, the search for knowledge and the exercise of good habits, will make it easier for you to revert possible adverse situations, accepting the impossible to reverse with resilience and resignation.

Preparation is the foundation of any spirit and does not depend on anything other than effort and organization. Faith does not give you the right to be passive and lazy, because true faith comes with the action of trying.

To wait for God to contemplate you with the breath of truth without your merit and struggle is to misinterpret His laws; “He does not choose the trained, but he trains the chosen.”<sup>5</sup>

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5 2 Cor 3: 5-6 – “Not that we are sufficient of ourselves to account anything as from ourselves; but our sufficiency is from God, who made us sufficient as servants of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit gives life.”

## Prolegomena

### “The three immutable pillars”

Before analyzing any work or message, it is essential to note the time and date when it was written. It is natural that any incarnate or disincarnate will show messages proportional to the needs of their era.

The revealing messages help us to walk, giving the opportunity to make the incarnate think, discuss and reflect, without ever accelerating their natural progress, which must come from effort and dedication. If this was not so, instead of helping, the message would be shortening a natural path of evolution and “breaking” free will (a characteristic that God has given us providing the opportunity to evolve).

Some questions are timeless and wander for centuries or millennia with the same goals; among such issues are love, charity, and faith.

Developing love is not simple, but it is nevertheless necessary. It is one of the most important and complex faculties to be developed by the spirit; it is through it that the human being becomes able to follow the steps proposed by Christ more than two thousand years ago, considering Earth time. Its improvement guarantees several other essential characteristics for human evolution and makes the collectivity a priority in the eyes of the spirit.

The first love to be awakened is self-esteem; with it, we must revive the love for our close relatives and, simultaneously, for our brothers and sisters that, even though they are unknown to our eyes, they are our similar in the eyes of God.

Unpretentious charity, in turn, is love put into practice; it is through it that we realize the importance that love has in our lives and learn to realize it through examples. “Out of charity, there is no salvation” – and there never will be.

Understanding the different forms of charity and understanding them in their essence is the first step, “giving what we lack”<sup>6</sup> is the second, and exemplifying them, teaching them to our brothers and sisters, is the third. The moment there is enough charity, human evolution will be on another level: there will be no scarcity, no hunger, no misery.

All those who need essential resources will obtain them, for God has never failed to give them in abundance for our survival; however, it is we who often fail to share them with those who have less. It is worth remembering that the responsibility of those who have material or intellectual resources is proportional: “the more you are given, the more you will be charged”.<sup>7</sup>

To conclude the third (but not least) unchanging question of evolution, we have faith.

A small word of great significance and value, faith is one of the most difficult faculties to be acquired while incarnated, since we were born with the “see to believe” bias.<sup>8</sup>

Faith guarantees us the humility to understand that there is much beyond what we can see or even imagine; it allows us to believe and make use of faculties that we didn’t even know we had, because when we have true faith, we surrender our spirit to the hands of God (and there are no “hands” more capable of solving our problems, whether physical, psychic,

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6 Mk 12:41-44 – “Jesus was seated opposite the offertory box, watching the way in which people dropped their money into it, and noticing that many of the wealthy were putting in large amounts. A poor widow came and put in two small copper coins, which make a penny. Then, having called his disciples, he said to them: ‘Truly I say to you this poor widow has given more than all the others have put into the offertory box, for they have all given of their abundance, whereas she has given of her poverty – everything she had that was left for her to live on.’”

*The Gospel According to Spiritism*, chapter XIII, item 6: “[...] think of the mite of the poor who give by depriving themselves, but which weighs more on God’s scales than the gold of the rich who give without denying themselves anything. [...] In spite of a lack of money, cannot everybody give a portion of the effort, time and repose they have available? This is also the obol of the poor, the widow’s mite.

7 Lk 12:47-48 – “The servant who knows the master’s will and does not get ready or does not do what the master wants will be beaten with many blows. But the one who does not know and does things deserving punishment will be beaten with few blows. From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.

8 Jn 20:24-25 – “Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. So, the other disciples told him, ‘We have seen the Lord’. But he said to them: ‘Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.’”

or spiritual). “Faith moves mountains”<sup>9</sup> – or allows yourself to move them, according to your effort and dedication.

Happy are those who have these three pillars as guides in their incarnations, because they will never be abandoned or forsaken.

May love awaken charity and may faith never lacks for humankind to continue.

So be it!

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<sup>9</sup> Mt 17:20 – “Jesus replied to them: [...] Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”



# FIRST PART



## Doctrine of the Spirits

CHAPTER I

**Complementation**

CHAPTER II

**Universe General Elements**

CHAPTER III

**Creation**

CHAPTER IV

**Fluids in the Universe**

CHAPTER V

**Fluidic and Energetic Transmission**

CHAPTER VI

**Love for animals**





## CHAPTER I



# Complementation

The Purpose of the Work • The Doctrine Update • Choosing the Incarnate •  
Consolation • Religion cannot cause division • Globalization

## I - The Purpose of the Work

### 1. What was the purpose of publishing *The Spirits' Book* in 1857, by Allan Kardec?

– Free the incarnates through the truth, instruct them and, consequently lead them to do the good.

#### A. Was this purpose achieved?

– Yes, it obviously depends on the free will of each individual, but everything is in God's plans.

#### B. Given this, is it necessary to complement it?

– Yes, communications and forms of understanding change with the passage of time and it is important that the teachings accompany these changes.

**Note:** The intention will never be to contest what has already been written but to affirm it, more clearly and objectively, so that there is no doubt of understanding, bringing the truth in a more explicit way, with the intention to promote the practice once exemplified by the Master Jesus.<sup>10</sup>

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<sup>10</sup> *Genesis*, chapter I, item 28: "If Christ could not develop his teaching completely, it was because humans lacked the knowledge they could acquire only with time, and without which they could not comprehend it. There are things that would have seemed nonsensical in their state of knowledge back then. To "complete" his teaching must be understood in the sense of explaining and developing, rather than in the sense of adding new truths, because everything in his teaching existed in seed form; only the key was missing for capturing the meaning of his words."

**2. When the first work was launched, was it the intention to create a new religion?**

– At the launch of the first work, the intention was to assist in the transformation of humanity through knowledge, making it abdicate pride and selfishness, enhancing the practice of love through charity. Every religion created with the intention of aggregating instead of segregating the incarnated is positively viewed (*see item V – Religion cannot cause division*).

**3. Are there any translation flaws in the first work?**

– It is natural that there are incompatibilities in translation or figures of speech, but that does not compromise or dismantle the work.

**A. How do you intend to solve this problem?**

– Simplifying the language and being cautious about the terms used so that the work reaches a common meaning for most. What really matters is that everyone interprets it correctly and, mainly, do good.

**B. Is Portuguese the most appropriate language for launching this work?**

– It is possible. The dissemination of the first work was greater in Brazil, therefore, it is coherent and natural for the continuation to come from the country.

**4. Why did the Spiritist Doctrine get more widespread in Brazil if it was started in Europe?**

– There is no rule for the location; the thing is that there are people who, through their willpower, interest, and thirst for knowledge, propagate, disseminate, and exemplify the Doctrine.

*Note:* The fact that the Spiritist Doctrine had achieved greater development in Brazil was a consequence of the local pioneers, initiators who, through their choices and efforts, fought for it to remain and endured, albeit with great difficulties, because it was a new doctrine, which talked about the future life and about the communicability with the spirits.

Several cultures had their notable participation, which, influenced through spiritualism, awakened, and still awaken in people the interest in the knowledge of Spiritism in Brazil. This fact does not mean that the Spiritist Doctrine is not present in other countries or that it should not be.

Spirits have no borders or distinction of nationality or religion; because they are all children of the same Creator, they could not favor one region at the expense of the other.

## II - The Doctrine Update

To think that we should only renew our ignorance and believe that the Doctrine cannot be updated would be the same to saying that all truth has been clarified in 1857 and that, after that date, nothing else could add up to our learning in the future.

It is clear that our understanding is still limited, and our steps are slow towards progress. However, new generations inhabit the universe, with new languages and new forms of learning.

Today's science will be obsolete tomorrow; modernity is inevitable and unquestionable. We must not protect ourselves from the new, just analyze it accordingly with our conscience.

What we have learned in the past will serve as a basis for teaching in the present and improve in the future.

Do not be afraid to question and deepen into the truth; simply analyze in a judicious and sensible way.

When faced with the new, we must ask: What is the intention of this work? Does it attack anything or anyone? What is its use? Does my conscience agree, even if my pride does not accept it?

We are all passengers on a long journey, with several stops. Despite these many stops, we must continue because the only certainty we have is that the path has not yet come to an end.

### **5. Is there any specific reason for the work to be presented on this date?**

– Nothing is by chance. However, free will and the decision of the incarnate could anticipate or delay this presentation.

### **6. Updating such broad learning would be tantamount to saying that the Doctrine has an expiration date or that it has become obsolete?**

– No way! If the dictates of the Doctrine lead us to the progressive evolution, why would the codification work be condemned to stagnation? The base was a necessary beginning, but not an end.

### **7. What guarantees that this work comes from high spirits?**

– The guarantee is in the cohesion and in the content, aligning them to what you feel in the core, to understand whether there is coherence or not.

By filtering through conscience, you will perceive that the intention of the work is not to demonstrate the elevation of those who instruct you, just as it is not to convince you that there is a new communication, but yes leading you to the practice of goodness and love.

### **8. What would Kardec say about a complement of his first work of codification?**

– That it was never his intention to be the owner of the absolute truth but to open the way so that, through science and discoveries, updates could happen in a natural and constant way. I would also say that the truth accompanies the human moral evolution; therefore, it needs updates as we evolve.

#### **A. How will Spiritists, who have the first work as immutable, receive this complement?**

– We hope they receive it with much love, but if not, they will receive it by coherence, searching the conscience with the required discernment.

Nothing is immutable, only God.<sup>11</sup> You are all learners of eternal progress; today you know more than yesterday and less than tomorrow.<sup>12</sup>

#### **B. How to know what is pertinent to be clarified nowadays?**

– Everything that causes doubts or uncertainties can be questioned; the truth has no censorship or blockages and must address everything that is necessary for further clarification.

#### **C. How was Kardec convinced of the validity of the work proposed in his time?**

– He did not, but always had his faith greater than uncertainty.

**Note:** Kardec should not be placed on a “pedestal,” but should be seen as an example to follow. He faced unnumbered difficulties and it was only with a lot of effort, discipline, resignation, and unshakable faith that he overcame them and continued with conviction

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11 *Genesis*, Chapter II, item 11 – “God is immutable. If God were subject to change, the laws that govern the universe would have no stability.”

12 *The Gospel according to Spiritism*, Chapter XVII, item 3: [...] They study their own imperfections and strive incessantly to combat them. All their efforts are focused on being able to say to themselves tomorrow that they are better than they were yesterday. [...]

on the path to be followed. He made use of reason and reasoning with a lot of love and understanding that the truth is unpretentious and necessary. He stripped of pride and selfishness so that the work could be done for the benefit of humanity, and never for his own benefit. He gave up on himself for love and charity, and that was his greatest legacy. The reason for human existence is to find the truth; let each thing come in its time.<sup>13</sup>

**9. Were the spirits who answered the questions of this work present in the codification initiated by Allan Kardec, in 1857?**

– Yes, and some more, given the need to master the issues covered.

What really matters is the logical and objective clarification of the themes, with the purpose of assisting everyone in their evolution and progress.

*Note:* It is natural that this work was elaborated by the same spirits who participated in the first work. As it is a complement, its continuity is coherent.

The new participants stood out in their respective incarnations with significant contributions to humanity, and now they can continue to help it spiritually.

More important than the identification of the author is the analysis of the content and sieve through your conscience.

Putting spiritual brothers on “pedestals” does not help to follow their example; on the contrary, it moves away from the goal, by the thought that it is unattainable.

In this work, we opted for a language compatible to the time, simple and objective to avoid misinterpretation.

**10. Why, among the spirit builders of this work, are there brothers who did not participate in the first work and others who were not Spiritists when incarnated?**

– Each spirit has a “baggage” brought from its different existences acquired over time, through past effort.

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<sup>13</sup> *The Spirits' Book*, question 628: “Why hasn't the truth always been within everyone's reach? – “Each thing must come in its own time. Truth is like light: we must accustom ourselves to it little by little; otherwise, it dazzles us.”

For being a work that comes to change humanity through knowledge and intimate reforms, it became necessary that the spirits who build this work were experts in the proposed themes. It really does not matter if they were “Spiritists” or not, after all as our Master Jesus taught us, salvation is not in any religion, but in the actions practiced every day, carried out through the effort and resignation.

Mankind must give up the “plaster” that slowly turns you into untouchable and partial groups and be open to welcoming all those who are willing to learn, understand and see the voice of conscience that inhabits each one.

Each and every practice that leads to good, charity and love will be welcome and accepted by God.

Brothers with up-to-date knowledge, fruit of their tireless efforts, came to contribute to this work, with the certainty that knowledge acquired must not be kept, but transmitted.

Do not cling to anything other than that which leads to improvement, morality, charity, and that makes you give up pride and selfishness.

### III - Choosing the incarnates

#### **11. What was the criterion used in choosing the incarnated participants for the elaboration of this work?**

– The participants have a preparation that precedes this incarnation.

We do not seek perfection, but rather a joint effort, with intimate reforms and of thought, so that they could understand and be good coders of the good news.

#### **12. Could the participants have been influenced by false prophets?**

– We know the veracity of something by its content. The form of realization also has relevance.

False prophets do make a lot of noise but fail to sustain the lie for a long time.<sup>14</sup>

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<sup>14</sup> 1 Jn 4:1 – “Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.”

*The Gospel According to Spiritism*, chapter XXI, item 10: “False prophets are not found only among incarnates. They are also, and in much larger numbers, found among proud spirits, who, under the false appearance of love and charity, sow disunion and retard the work of humankind’s emancipation, infiltrating it with their absurd theories, through the mediums that serve them [...] – *Erastus*.”

The simple fact that this work was completed with so much effort, dedication and in an unpretentious way, already nullifies that possibility.

**13. With so many hard workers like Chico Xavier, what is the explanation for the choice of this imperfect team?**

– And who said that these workers are also not part of this team?

Life does not end at the moment of disembodiment, let alone helping others.

## **The distance from perfection**

When reading a work of this responsibility, it is natural that incarnates question the veracity and want to analyze its provenance. It is important to clarify, through reason, that all the incarnates of this orb, for inhabiting a world of trials and atonements, are still a long way from perfection, however, they are remarkably close to each other in their evolutionary state. There are no significant differences between one and the other, all have evolutionary states and the same opportunities for progress.

The substantial difference is in the use of free will: while some use it to build a better world, with an abundance of charity and love to our brothers and sisters, others use it to judge these brothers and sisters, forgetting to analyze the content that could enhance them.

Not even Christ, with all his examples of love, was able to please all opinions. We, with our work, also do not have this illusion. Still, if we can awaken the path of good in some brother or sister who identifies with our sayings, we will be completely satisfied.

## IV - Consolation

More than two thousand years ago, Master Jesus announced that the “Promised Consoler” would be sent through the Spirit of Truth.<sup>15</sup>

It was a parabolic way of telling us that, thus, we would be supported and although many truths have not yet been revealed, they would be, according to our evolution.

Reflect: would you be helpless for 1.857 years, until the arrival of the Doctrine of the Spirits? Are you perfect to the point that there is no need for updates?

As you reflect on these issues, you may conclude that God has been taking loving care about us all the time, through many types of manifestations in history, using people and tools to spread love, peace, and evolution. Spiritism is just one of these tools. So, in addition to not being the first it will not be the last, and many more will come.

It is important, as Spiritists, to achieve unification, never segregation from the means of reaching Christ and God.

Some values transcend times, cross borders and are independent of religion. These values are the most appropriate way for us to reach the path of progress.

May love be enough for you to give up your pride and selfishness and that you can see a little beyond what the doctrine proposes to you.

Outside charity, love, peace, and resignation, there will never be salvation, and outside humility there will be no evolution.

### 14. Is Spiritism the “Promised Consoler”?

– It is only the “recipe” for a cake, not the “ingredients”, let alone the finished cake. It is a path that depends exclusively on the effort to reach the objective.

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<sup>15</sup> Jn 14:15-17, 26 – “If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever – the Spirit of truth. The world cannot accept him because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. [...] But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.”



**Note:** And Jesus said: “Then you will know the truth and, the truth will set you free.”<sup>16</sup>, “Whoever has ears, let them hear”<sup>17</sup>. Therefore, “Consoler” in the sense to free ourselves from untruths, leading us to the true path, without subterfuges to seek the truth for what suits us.

Undress from our pride and selfishness is a process (of deconstruction) very painful. Such a confrontation leads us to self-knowledge, and that takes us from the position of victims to the position of authors of our destiny. Get us out of the comfort zone and show us that we are responsible for all our choices in this and in other existences.

The Spiritism teaches us that nothing is at random, everything is divine providence for our evolution and progress. Today we are better than yesterday, and we all are in our best version. Only unpretentious love and charity will make us better people. The comfort is in understanding and acceptance that we are flawed and under construction beings and that everything will always depend on our effort and resignation while facing adversities of life.<sup>18</sup>

**15. If knowledge builds us up and practice frees us, what else is it necessary for us to be people of the good?**<sup>19</sup>

– The persistence in your own reforms, the consistency in your acts, the coherence in your judgements (either for you or to your neighbor) and the true love for those who does not favor you.

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16 Jn 8:32

17 Mt 13:9

18 *Genesis*, chapter XVII, item 40: “Spiritism fulfills [...] all the conditions of the Consoler promised by Jesus. It is neither an individual doctrine nor a human conception; no one may be said to be its creator. It is the product of the collective teaching of the Spirits, over which the Spirit of Truth presides. It does not eliminate anything in the Gospel: rather, it completes and elucidates. [...]”

19 *The Spirits’ Book*, question 918, explanatory note by Kardec: “Truly moral individuals are those who practice the law of justice, love and charity in its most complete purity. If they interrogate their conscience concerning their actions, they will ask if they have not violated that law, if they have not committed any evil, if they have done all the good that is within their power to do, if no one has a complaint against them, and lastly, if they have done to others what they would want others to do unto them. [...]”

## V - Religion cannot cause division

Although there are several religions that differ from one another, the main objective of all should result in the union, never in the division. Every serious religion, based on morality and with a large number of coherent supporters, who agree with the reflections it promotes in their consciences, is based on the same laws, faith in God, charity and love for your neighbor. Therefore, the concepts, dogmas and discrepancies of vision remain for a background, and it may not be enough to keep us apart, but only one different way of seeking the path of good.

We all are brothers, regardless of belief. When we are incarnated, so we are for the same purpose: to evolve, to fight against our bad tendencies and assist in the development of others, in an unpretentious and constant way.

Once disincarnated, you will be faced with a “world” without religious boundaries, where there is nothing as important as love, faith, and charity. Here, you will see all that you have done right and that evil that you should not have done. Your conscience will charge you for the mistakes you have made and will comfort you by the progress achieved. So, there is still time to start your reforms, giving up the pride that prevents forgiveness, the selfishness that divides the nation and the vanity that overshadows reason.

Jesus, in his passage through the world, left us clear and unquestionable examples; discerned right from wrong, but left us no religion, because knew, in His greatness, that true religion is in what we practice for us and to our brothers and sisters. It is these achievements that will weigh on our evolution or generate our stagnation.

Do not allow your belief to prevail over the true values left by Christ. Do not accept anything that divides us, because for evolution it is necessary for you to unite in faith and charity.

*Augustine of Hippo  
Matão, October 24 th, 2019.*

**16. How to promote the integration of Spiritism with other religions?**

– The content must be the guide of your conscience; for it has no religion, only the discernment of right and wrong. Therefore, everything that pleases your conscience should be a factor of unity, not of segregation.

*Note:* Spiritism seeks to practice the teachings of the Master Jesus, promoting unity and respect through reasoned faith, which leads us to think and to seek in our conscience the true path; it is attached to study, intimate reform and the relentless search for the good, that should be exercised through the example of what we believe in, and never imposed; clearly shows that we are fruits of our present and past choices, moving away from the image of the punitive God and revealing to us that image of the infinitely good and just God, leading us to the real essence of the meaning of life: love and charity, in its most sublime forms.

## **VI - Globalization**

**17. Will globalization help spreading the Spiritist's Doctrine?**

– Yes. Globalization is a tool that will be of immense value in spreading the Doctrine so that it reaches everyone, gradually.

*Note:* The means of communication have reached in immeasurable range, covering all masses and ages. Using these resources to assist in the propagation of love is not only just, but also necessary.

**A. Can virtual communication technologies be used in the doctrinal formation in the Spiritist house?**

– As long as it happens in an aggregating way, yes. In fact, it is natural that it be so, with a view to the technological development of humanity. Material contact is still important for incarnates who tend to assimilate better the face-to-face content, however, as you know, the subject is perishable, and the important is the spiritual contact (intellectual and moral).

**18. With the launch of this work, may there be a split in the Spiritist movement?**

– The purpose is the opposite: it consists in unifying all religions through the practice of love. Something that follows the example of Christ,

and the laws of God will never come to divide people, but to unify them through reason and charity.

**19. With the scope of the work, is it expected to expand the Spiritist foundations?**

– Much more than that. We look forward to the exercise of old and new fundamentals, making them leave only the theoretical field, making good practices a habit within humanity.

**20. May the Doctrine, at a certain time, break the paradigm of incommunicability between the spiritual and material planes?**

– The Doctrine never intended to break paradigms, but to build and unify humankind. Believing in the communicability of the spiritual plane with the material one is not more important than following the laws of love through charity. When the message is true, it touches the conscience of whoever receives it, thus transforming their way of thinking and, consequently, their lives.

*Note:* The paradigms that involve the immortality of the soul<sup>20</sup> and its communicability will be broken gradually. Science itself has already revealed numerous discoveries; what was previously impossible, or improbable, became possible. Therefore, everything has its due maturation time. One day you will arrive at a greater understanding, at the right moment or time.

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<sup>20</sup> *The Spirits' Book* – Introduction to the Study of the Spiritist Doctrine, item II “[...] and we thus use soul to indicate the immaterial and individual being that dwells within and survives the body [...]”, question 134: “What is the soul? – An incarnate spirit.”

## CHAPTER II



# General Elements of the Universe

Humanity and the four energetic changes • Evolution • Scientific discoveries  
• Antimatter • Perispirit • Energy and vibration

## I - Humanity and the four energetic changes

About seventy thousand years ago, *Homo sapiens*<sup>21</sup> inhabited the Earth, living in groups of approximately ten people, collecting and hunting to survive. They were nomadic people, therefore, since there was a shortage of food, they migrated in search of new lands, thus achieving survival through constant journeys.

If we were to compare the physical appearance of these ancestors with contemporary men, there would be many similarities, but the type of thinking was primitive and turned almost exclusively to instinct.<sup>22</sup>

Over the centuries, there was the discovery of agriculture, and these peoples, consequently, discovered they could, by cultivating the land, stay in the same place for a longer time, avoid food shortages and increase its population significantly.

Then, the first hierarchical models began to emerge: those stronger and most capable of producing more were the leaders and the weaker responded to them.

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21 Hominid species to which modern mankind belongs (HOUAISS; VILLAR, 2009)

22 *Practical instructions on spiritist manifestations*: Spiritist Vocabulary: “Instinct – kind of rudimentary intelligence that directs living beings in their actions, despite their will and in the interest of their conservation. Instinct becomes intelligence when deliberation arises. By instinct, one acts without reason; by intelligence you reason before acting. In mankind, people are often confusing instinctive ideas with intuitive ideas. The latter are the ones he drew, whether in the state of Spirit, or in previous existences and of which he keeps a vague memory.”

Over time, this force had been gradually replaced by intelligence; having strength no longer guaranteed a privileged position in the group but being smart and able to command the others.

At that moment, the planet's first energetic change took place: the cooperation began to act on brute force. The brutalities arising from primitivism began to lose importance as they reduced and divided the group and, consequently, its efficiency. Although primitive and pretentious this was the initial form of collective coexistence.

After a few years, these peoples began to join forces with rival peoples and neighbors and realized that even enemies could come up with something to sum up within their evolution. Although it was not a spiritual evolution at that time, the concern with their material progress engaged unions that began to manifest.

The individual intelligences started to lose relevance once there were several intelligent members, therefore, to command, something bigger was needed. In that moment, faith appeared and through it the leaders claimed to represent their gods and thus to be above strength and intelligence.

Faith, common to all, made them follow the path because they could not contest something they could not explain: the forces of nature, the sun, the sea, among others.

Even so, scientific studies and discoveries were advancing and this faith which now was directed to nature and several gods, started to unify in just one God. At that moment, the second major energy change took place on the planet.

This "God" (unique and misunderstood) was punitive; that way, people, coerced, carried out His will, offering even their own life to honor Him, being that, in fact, it was the will of some who used of convenient interpretation to promote personal desires.

The third major energetic change on the planet occurred with the arrival of the master Jesus, who, through love, exemplified God's laws, putting them into practice through his own flesh: all humans have been given the chance to realize that it is through love and charity that moral and spiritual evolution is achieved.

In the mid 1850's, Allan Kardec, through a codification, would bring the knowledge of the Spiritist Doctrine, the eternity of the spirit and the communicability of the incarnate with the spiritual plane. That would be the fourth big energy change on the planet.

Peoples who were already civilized, organized and predominantly Christians would come to know a force that seemed to overcome gravity and reason, modifying the way of thinking of all those who sympathized with it. Still, it was a quite simple law: the law of love and charity, translated into the reaffirmation of the spiritual world within which conscience of the souls already knew.

The fifth big energetic change on the planet will be putting into practice all the theoretical knowledge that you have regarding the exercise of good, love for your brothers and sisters and charity.

After several millennia of war, pain, suffering, selfishness, ambition, and individualism, would you not be able to analyze the past enough to change the present and, consequently, the future?

*Socrates*

*Matão, August 12th, 2019.*

## **II - Evolution**

Since the mineral phase, you have been accumulating experiences, expanding the baggage of knowledge and, in addition, collecting organic issues. It is for this reason that your organism, at the height of its current evolution, carries characteristics of the first ores, which enabled you to develop. However, these elements brought from the past are constantly transformed and adapted to the needs that the “body” witnesses at the time, and these transformations have the collaboration of the instinct together with intelligence. An example of this is that you have some elements of the past in the ideal quantities for the current organism, such as calcium, carbon, magnesium, zinc etc. You will live the organic independence of these only when you reach the erratic state. Until then, take loving care of your tools.

### **21. “We are born” in the mineral, “we pass” through the vegetable and “we wake up” on the animal?**

– We are the result of an evolutionary process, and we really woke up from the instant we became conscious.

#### **A. How do we get through the Mineral Kingdom?**

– During the state in the Mineral Kingdom, modified organisms make use of ore as a means to proliferate, and they are dependent of it until the moment they are able to disengage, thus, being able to follow

their own evolutionary course. The ore that was once necessary for this proliferation becomes an essential part of that organism, which will take that connection into the future transformations (including human).

Since the beginning of our evolutionary process, the mineral, the vegetal and the animal were instruments that helped to perfect what, one day, generated our conscience.

You are not stone, but you would not exist with its “allowance” to, through its face, microorganisms, generate life. You are not plant, but you would not exist without its evolution to the animal. You are the fruits of a continuous evolutionary process, whose perfect synchrony united adaptation with later combinations.

Evidence of your mineral origin is that you depend on it in your organisms for the survival of the physical body.<sup>23</sup>

**Note:** As the science of the planet Earth has already explored, mineral olivines  $(\text{Mg,Fe})_2 \text{SiO}_4$ , allowed the generation of the first forms of life, still underwater.

The oxygen in its free form began to accumulate on the terrestrial surface between 3 and 2.4 billion years ago, and there are hypotheses that relate the oxygenation event with changes in the composition of the mainland crust, but these are difficult to demonstrate.

In short, by means of an average continental crust composition, with a variety of calculated and compiled parameters, it was possible to verify that it was, in the beginning of time (the Archean period), predominantly mafic (rich in heavy elements of iron and magnesium and poor in silica), passing through other compositions, which made possible the accumulation of oxygen in the oceans and, subsequently, in the atmosphere.

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<sup>23</sup> According to Erastova *et al.* (2017) and Kitadai and Maruyama (2018), since the hypothesis of Bernal (1914), who postulated that clay could concentrate organic compounds by adsorption in the “primordial soup”, proposed, in turn, by Oparin (1924) and Haldane (1929), the abiotic origin of life has been studied in several lines of research. Still, up to this date, there is no concrete proof of the real process that originated life, however, there are many hypotheses and research that are based on mineral surfaces as part of the ideal environment that would generate life (DOHM; MARUYAMA, 2015). In addition, amino acids have already been found (considered the essential blocks of the composition of life) in meteorites and other cosmic bodies (KVENVOLDEN *et al.*, 1970; ENGEL; MACKO, 1997), which indicates a simple chemical synthesis process in the interstellar medium. Experimental evidence is also available for the abiotic synthesis of amino acids, under a variety of potential environmental conditions on the early Earth (PLANKENSTEINER; REINER; RODE, 2006; CLEAVES *et al.*, 2008; FITZ; REINER; RODE, 2007; MILLER; UREY, 1959). The amino acid load is dependent on pH and, therefore, allows its association with different minerals in different environments.



Some minerals, rich in magnesium, like the olivines, formed through hydration reactions, mineral coils, continuously releasing free oxygen and other elements to the environment.

Nowadays, the development of the oxygen cycle is attributed to the appearance of the cyanobacteria (occurred during the Meso-Arquean Era) and the uncertainty is why it happened slowly and not continuously, fact attributed in these studies, to the composition of the continental crust.

The olivines were also used in these studies as markers, to differentiate the composition of the upper continental crust by databases and other reasons, as it was observed that they were present there in significant quantities.

The studies also found that there was no significant amount of oxygen while these mafic rocks (containing olivines) were abundant in the crust, and their decline was synchronized with the accumulation of organic matter and oxygen in the oceans; right in the sequence, the removal of these rocks was succeeded by the great oxidation event. Furthermore, it was concluded that the development of the oxygen cycle on Earth was not limited by its production in cyanobacterial habitats, but, rather, by the dominant mafic composition of the rocks of the continents in the Archean period. It was through the olivines that serpentinization was possible, involving a series of reactions that turned them into other rocks, combined with low temperatures, hyper-alkaline waters (including cyanobacterial habitats) and, extremely enriched with compounds that capture free oxygen. With the subsequent removal of these captors, in the course of millions of years, it was possible to increase the flow of free oxygen.

From the time similar to the great oxidation event to the disappearance of the olivines in the upper continental crust, the indication is that the surface of the oceans reached oxygen saturation when the serpentinization was stopped, changing the composition of the crust. In short, these studies elucidate the timing between the change in the composition of the crust with the accumulation of oxygen in the oceans and atmosphere during the Pre-Cambrian period.<sup>24</sup>

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24 Smit and Mezger (2017).

**22. From the atom to the archangel, which grade is mankind inserted in nowadays in the evolutionary scale?**

– In several. According to their free will, mankind achieves greater or lesser (higher or lower) degrees of evolution<sup>25</sup>; this does not depend on the planet or place where they live, but on the choices, they have made during their path.<sup>26</sup>

**23. Everything evolves in the nature. Is this progression a faculty only of the spirits?**

– Evolution causes progress, because in order to progress it is necessary to evolve first. Progress is the result of both intellectual and moral developments; therefore, they could not achieve it without having the necessary evolution to do so.<sup>27</sup>

**Note:** Evolution is inherent in all beings in nature, however, progress is a faculty of the spirits. We are beings in continuous process of moral and intellectual construction.<sup>28</sup>

**24. Is there a predetermined hierarchy in Creation or is it the result of evolutionary process?**

– In Creation, the “hierarchy” is a consequence of the evolutionary process. As evolution happens, the being or element increases its hierarchical position.<sup>29</sup>

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25 *The Spirits' Book*, question 843: “Does mankind have free will in their actions? – It is because they have the freedom to think, they must act. Without free will, humankind would be a machine.”

26 *Posthumous Works* – Part One, V – Spiritist Doctrine; “Souls or Spirits progress more of or less quickly through the use of free will, through work and goodwill.”

27 *The Spirits' Book*, question 780: “Does moral progress always follow the intellectual progress? – It is its consequence, but one does not follow the other always immediately.”

28 *The Spirits' Book*, question 114: “Are the spirits good or bad by nature, or are they looking to improve themselves? – Spirits improve themselves and, by doing so, they go from a lower order to a higher order.”

29 *The Spirits' Book*, question 96: “Are the Spirits all the same or is there a hierarchy among them? – They are of different orders, according to the degree of perfection they have reached.”

*The Spirits' Book*, question 115: “Were some spirits created good and others bad? – God created all simple and ignorant Spirits, that is, without knowledge. [...] Spirits acquire the knowledge passing through the tests that God imposes on them. [...]”

**25. Will there be a time when the physical body will no longer be necessary?**

– Yes, there will be but, for that, a high evolutionary degree will have to be reached.

*Note:* There will come a time, through evolution, when there will be no need to reincarnate. We will live in a spiritual way, which is our essence, but for that, much learning and reforms will still be needed.<sup>30</sup>

**26. What is the difference between our composition and that of the beings that inhabit other planets?**

– On the planet Earth, the composition is compatible to its needs, therefore it is the result of its natural evolutionary process. The similarity occurs in other orbs: the composition of the inhabitants will be the result of an equivalent evolutionary process.<sup>31</sup>

### III - Scientific Discoveries

Since the first work, several aeras have developed, promoting an important human progress.

The moral is naturally superior to how it was in the past, the intellect improved, and science, in turn, unraveled several riddles. However, as always, for each new scientific answer, there will be thousands of other questions; these will be the “engines” that will drive development of research methods and mechanisms, which, in the future, may provide new clarifications.

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<sup>30</sup> *The Spirits' Book*, question 168: “Is the number of incarnated existences limited or does the Spirit reincarnates perpetually? – At each new existence, the Spirit takes a step on the path of progress; when it has stripped itself of all impurities, it will no longer need the proofs of a corporeal life.”

<sup>31</sup> *The Spirits' Book*, question 181: “Do the beings that inhabit different worlds have similar bodies to ours? – Undoubtedly, they have bodies, because it is necessary for the Spirit to put on matter to act on it; but this wrap is more or less material, depending on the degree of purity that the Spirits arrived at, and that is what determines the differences between the worlds that we have to go through. [...]”

In addition to the material, today's science seeks to understand, with greater precision, that which is still invisible to human eyes, thus trying to fill the gaps, after centuries of inconclusive research.

Certain minds arise on the orb with immense value and utility; they are not content with doubts and develop tools and methods that will lead humanity to walk towards the so precious "meaning of life".

How did the Universe come about? What energies govern us? How was everything created? Are there new planets? Is there life outside planet Earth? Are there new universes? Of course, there are more questions than answers, which makes humility be awakened even in the brightest minds in the world, leading them to believe in a greater force, which we know as "God".

As time passes by, God will allow us to reach a much greater level of enlightenment. As we progress and improve our technology, we will little by little improve our logical reasoning and elucidating issues that were formerly answered with the argument for the existence of God.

Obviously, we will not reach all the answers, however, the search must not cease. The essential thing is that we unravel the universe for the correct purposes, always seeking construction, never destruction.

Technological advancement could be either the salvation or the destruction of the plant. This is the reason why more answers will be given to humankind when they reach the morality compatible with this privilege.

One step at a time. As moral solidifies, science will take leaps and unravel many mysteries.

### **27. What is science according to Spiritism?**

– Science is one of the pillars of Spiritism. It is a necessary tool for the development of humanity. Through it, the incarnates exercise their intellect and move toward progress, as discoveries are made.

It gives meaning to life in a rational way. When combined with faith, it is the most powerful tool of advancement.<sup>32</sup>

### **28. What is the relation between material and spiritual science?**

– As regards material science, resources are limited, whereas in spiritual they are unlimited. The spiritual science complements the material, as

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<sup>32</sup> *Genesis*, chapter IV, item 9: "[...] Science's mission is to discover the laws of nature, and since those laws are works of God, they cannot be contrary to religions founded on truth. [...] If religion refuses to move forward with science, then science will advance by itself."

it offers endless resources and enables the scientific advancements to happen using human intelligence.

**Note:** For there to be unlimited resources, intelligence would be needed unlimited as well. Resources are made available to us as we develop scientifically. The matter we know is finite, however, the resources are not only originated from it; they also proceed from the energetic scales that we still cannot understand.

**29. Where did we come from and where will we go?**

– We are the perfect combination that, among infinite probabilities, prospered; we come from God and our destiny belongs to Him. Within our limited vision we can only see the next step.

**30. In the question 243 of *The Spirits' Book*, what does it mean to “integrate oneself to God”?**

– It means to purify yourself on the path of perfection, to get closer to Him<sup>33</sup>.

**31. Given scientific pragmatism, will it be possible to Earth science prove the existence of God in the future?**

– It has already done so. Since you cannot explain the origin of everything, there you have the faithful proof of the divine existence.

**Note:** While God invites us to try to prove the reason for the existence of everything, we need to be humble enough to realize that He proves His existence to us every day, widening our limitation. Don't you agree? Prove it!

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<sup>33</sup> *The Spirits' Book*, question 969: “What are we to understand when it is said that pure spirits are gathered in the bosom of God and employed in singing praises to God? – “It is an allegory to give you an idea of the knowledge they possess about the perfections of God because they see and comprehend God [...]”; Introduction the Study of the Spiritist Doctrine, item VI: [...] Spirits belong to different orders, and they are not equal in power, intelligence, knowledge, or morality. Those of the first order are the most highly evolved spirits and they are distinguished by perfection, knowledge, and closeness to God, in addition to the purity of their sentiments and their love of the good: they are angels or pure spirits [...].”

**32. Will Earth science be able to verify that there is life intellectually superior to human on other planets?**

– Yes, with time and new discoveries, you will understand that you are just a spark in universal infinity. However, it is easier that a superior intelligence contacts you first.

**33. Can technology contribute to scientifically prove reincarnation and mediumistic processes?**

– It may, one day, but a lot of evolution is still needed.

**34. Since the first work, there have been relevant progress in science. How do spirits see this advance?**

– Naturally, as it reflects the collective effort of humanity. However, the use of these findings was not always positive; they were allowed by God for the incarnates to use them for good, but on many occasions, they were used for evil.

**35. Artificial Intelligence is increasing exponentially. In relation to this fact, are there any more bonuses or burdens for humanity?**

– It depends on its use. All technology can generate bonuses, when used constructively, and onus, when destructive. The secret relies on its purpose and dose.

*Note:* Because of free will, we are architects of our own destiny. The same goes for what we create. As advanced as our creation may be, we need to ask ourselves if humanity is ready to use it correctly. We had, in the past, several evidence that misused technology causes destruction rather than progress. It is up to mankind to learn from our past mistakes and prevent possible present and future failures. Let us ask God to give us the necessary discernment to use our good fruit in favor of good purposes. Let us pray and watch.

**36. Can robotics research that seek to connect us to electronic devices through thought, needing focus and concentration for the electrodes/sensors to capture them, collaborate so that we can have more control over our minds?**

– Robotics is also created by the human mind, so it can help in mind control. However, what will define the level of this control

are the self-knowledge and balance, factors that should come naturally with human evolution.

**37. In the view of the spirits, on what principles should Bioethics be based?**

– In the same areas in which it is already based: beneficence, autonomy, justice and not maleficence. However, it is necessary that these principles be practiced in fact, and not simply exist as a theoretical concept. You can deceive men, but never deceive the perfect divine vision.

**38. What is the vision of the spirits about the CRISPR/Cas9 technology?<sup>34</sup>**

– As long as it is applied in a moral way, it helps progress and is part of the evolutionary process.

**A. Is it ethical to apply it to the human genome?**

– Are you really prepared for this? The original creation is of God; can you improve what He created?

*Note:* To suppose we are prepared to improve the human gene to the point of comparing ourselves to the Supreme Intelligence of the University is very audacious. We are, however, in a process of evolution, including intellectual, and the search for improvement must be constant. The issue here is the application of technology; it will probably take a long time. Meanwhile, it is our obligation to keep on improving our intellect and our morals, regardless of our evolutionary state.

## IV - Antimatter

There are countless discoveries to happen; at the proper time and date, humankind will have tools of immense value in his hands, thus being able to help more effectively in the fight against diseases, reduce distances

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<sup>34</sup> The CRISPR/Cas9 technology is a genomic editing technique by which the DNA of most every living thing can be altered very accurately. The technique consists of using the system of adaptive immunity (CRISPR/Cas) in viruses that *Streptococcus pyogenes* bacteria have, which aggregate part of the virus' DNA in the genome itself, as a defense mechanism. The authors of this scientific discovery are Emmanuelle Charpentier and Jennifer A. Doudna (THE NOBEL PRIZE, 2020a).

and increase the speed of progress exponentially. However, to this, it is necessary that your intimate reforms are compatible with such achievements.

Antimatter is something that Earth science has already proven through the formation of antiatoms, when observing positively charged electrons (positrons or antielectrons), negatively charged protons (antiprotons) and nulled charged neutrons. This happens in the same way as in the constitution of the atom, but formed by these antiparticles, antiquarks and leptons that are also responsible for the antimatter formation.

The encounter of matter with antimatter provides the annihilation of both, thus producing an energy (photons) with immense potential and large scale proportionally. This energy could have several uses: to help even more in terrestrial medicine technology, be used as fuel or reduce the distances between planets significantly, for example. The energy that is generate in this reaction has a potential above the nuclear one, that is, it is promising and unlimited.

Still, like everything else in the universe, if used improperly, it can give rise to terrifying weapons of mass destruction. For this reason, we, spirituality, let development take its natural course so that, when discoveries happen, the incarnates are really prepared to use them for progress, not for further destruction.

Antimatter is already used in the spiritual world for various purposes, among them, the advanced medical treatment of incarnates. Its reaction energy with matter has invaluable potential and makes nuclear technology look obsolete, as we have already said.

The power of thought can control everything that exists, including matter and antimatter, but for this, it is necessary that the spirit already possesses certain experience and merit. Through thought, using antimatter as a source of energy, we can move absurdly fast and perform treatments that cannot yet be explained by the terrestrial knowledge.

In this case, locomotion with antimatter used as a conductor is so effective that makes the Earth's time practically "freeze", allowing that the spirit may, according to the human conception, be in several places at the same time.

May you apply technology for love, not for the achievement of power or money, and sharing the good instead of supplying your instinctive needs for power and individual satisfaction.



**39. What is time, in the view of the spirits?**

– Time is one of the most complex universal factors, about which only God has dominion and control, and it is up to you to use it in a wise and fruitful manner.<sup>35</sup>

**40. The hypothetical “wormholes”<sup>36</sup> (theoretical term that refers to a topology of the space-time continuum) – do they exist?**

– Not in the way you imagine, however, there are displacement shortcuts between space-time that you still cannot understand. There are infinite paths created by God.

**A. Where are they located?**

– Over time, you will be able to identify the location. For now, it is enough to know that they exist.

**B. Is it possible to move through time (either to the past or to the future) using these displacement shortcuts?**

– Yes, whenever it is useful, however, this displacement will depend on your evolutionary state and mainly, of necessity. So, it is important to know: you will need be able to modify the past, for it is immutable; what is up to you is to modify the present and, consequently, the future.

**41. Are there other universes?**

– Yes, there are.

**A. How were they created?**

– Through universal inflation. However, several other factors collaborated for that creation, conceived by divine power.

**B. What kinds of life live in them?**

– The most diverse ones; they are suited to each one’s situation. Just like the material life you know needs air, water, and sunlight, in other universes there may be other needs, compatible with each reality.

**C. Will we ever have contact with them?**

– One day you will but it is not possible to predict when, because this fact will occur according to the advance of both sides, depending on free will.

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<sup>35</sup> *Genesis*, chapter VI, item 2: “Time, like space, is a self-defining word. One can get a more exact idea of it by relating it to the infinite whole. [...] Time is but a relative measure of the sequence of transitory things [...]”

<sup>36</sup> Also known as “Einstein-Rosen bridges” (1935).

**42. How to explain the mystery of the uneven distribution of matter and antimatter in our universe?**

– Discovering new universes. There is much more than you are yet able to understand. Time and effort will be responsible for answering many questions and also give rise to new ones.

Antimatter has already been proven by terrestrial science, however, by the vision of the incarnate our observable universe is composed mostly per matter. In that case it would be unlikely to discover where all the antimatter in the universe has gone.

When the scientific answers run out, the power of God arises, the only one able to “neutralize” the greatest resulting forces for a bigger purpose or else, lead them to new universes.

One day you will understand the divine purposes. However, this curiosity that surrounds you is productive for it makes you walk.

**A. Which was the fate of the antimatter from the creation of our universe?**

– Most of it is in other universes, “neutralized” at the beginning, by the acting of God. With the universal inflation, it was aimed at creating new planets, composed of antimatter.

**43. With what purpose did God neutralize the antimatter of matter?**

– So that they would not annihilate themselves; doing so, allowed to emerge different universes and, consequently, opportunities for evolution.

**44. Does our physical body have antimatter in its composition?**

– Yes, but in lesser amounts, almost nil.

**A. Why don't we detect it?**

– Because there is still no use for it.

**45. From the equation of De Broglie<sup>37</sup> ( $\lambda = h / mv$ ), we can calculate the wave-particle duality of matter, arriving in lengths of waves. Would this value be responsible for the human capacity to magnetize?**

– Yes, the fact of having this duality allows you, organically, to magnetize. However, it is necessary to control and properly expand these energies, which, as already proved, are almost insignificant in their original form.

*Note:* Taking the De Broglie equation as an example, a body of mass (m) of 50kg at a speed (v) of 2m/s (7.2km/h) and Planck's constant (h) of  $6,62.10^{-34}$  J.s, we will get a length value of wave ( $\lambda$ ) in the order of  $6,63.10^{-36}$  meter (m). In other words, for macroscopic bodies – mass (m) with large values –, the associated wavelength values ( $\lambda$ ) are so small to the point where it is impossible to perceive its undulating characteristics.<sup>38</sup>

**A. How is it possible to magnetize if in the order of magnitude  $10^{-36}$  meters, the values are undetectable?**

– It is possible through mental and intentional control. With the due study and practice, the human being is able to amplify and later project its waves, expanding the energetic levels of its matter for the purpose of treatment.

**B. How does the process of intensification of this energy occur, allowing us to manipulate it?**

– As Earth Science has already proven, the human mind, from the brain, is capable of commanding everything in the material body; organs work involuntarily, and the cells regenerate in the same way. Self-knowledge, added to the practice of mental and deep control was once involuntary, thus manipulating the energies from the most elementary particles (fermions) and expanding them according to your intention. This is not

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<sup>37</sup> Maurice de Broglie was a French experimental physicist who, from the beginning, supported Compton's vision about the nature of the particles of radiation. His experiments and discussions impressed so much his brother, Louis, with the philosophical problems of physics at the time, that he changed his career from History for Physics. In his doctoral thesis, presented in 1924 to the Faculty of Sciences of the University of Paris, Louis de Broglie proposed the existence of matter waves. The rigor and originality of his thesis were recognized immediately, but due to the apparent lack of evidence De Broglie's ideas were not considered to have any physical reality. It was Albert Einstein who recognized its importance and validity and, in turn, drew attention from other physicists. Five years later, De Broglie won the Nobel Prize in Physics, and his ideas were dramatically confirmed by experiments (EINBERG; RESNICK, 1985, p. 56).

<sup>38</sup> Einsberg and Resnick (1985, p.56-65): The Nobel Prize (2020b).

a simple process and requires a self-control that very few incarnate have. However, in the future, it will be completely normal.

What is mathematically irrelevant or undetectable to you today will be the raw material for future treatments. They are not unnoticeable by chance: so, they are precisely for the acquisition of this self-control and mastery over the matter itself.

**46. Will the universe expand eternally?**

– The answer belongs to God alone; but it is logical to think so.

**47. Does the law of gravity operate on the spiritual plane?**

– No. On the spiritual plan other laws operate, not necessarily those from Earth. If a spirit is able to move through thought, then it would be infringing the law of gravity.

**48. Are there scientific laws of the material world that can be applied in the spirit world?**

– All the scientific laws of your present world come from God which, in turn, allowed you to discover them through your intellect and effort. Therefore, with His permission you may apply some on the erratic plan, only if it is useful. Communicability with spirits is an example of the use of a law that contemplates both plans.

**49. When a supernova star explodes, destroying the planets that orbit around it, what happens to the spirits that populate these habitats?**

– They are directed to new planets; nothing is lost, everything is used by God in the evolution of creatures.

## **V - Perispirit**

### **The food of the perispirit**

Just as the perisperm is the envelope around the seed, helping its germination, “perispirit” is the envelope of the spirit, whose function is to assist in the development of each one of you.

Of course, although it is a natural process, this development and its speed will depend on what you eat. Just like a fruit needs nutrients to mature, human beings need to seek, through effort, with instructions and reforms, all that is necessary for the progress of their intellect and morals.

The “fertilizer” of your charity and the “watering” of love of your practices are particularly important for the “harvest” of your spiritual evolution.

Everything that is stored in your perispirit is the result of your actions while incarnated; therefore, the best way for its development is to take advantage of the opportunity that material life gives you daily.

The perispirit is the link between matter and spirit and, as it improves, it becomes more and more subtle. The greater the progress of the spirit, the smaller the perispirit density; it is a natural, long and gradual process.

**50. Is it possible that the perispirit of an incarnated person becomes denser due to their choices?**

– Yes, it is possible, even though it is not the natural course. The semi-material density of the perispirit may vary according to the choices of the incarnated, influenced by the vibratory or energetic fields that surround them.

## **VI - Energy and vibration**

**51. What is the difference between energy and vibration?**

– There are many different types of energy, and all energies are capable forces to produce a work. As for vibration, they are waves emitted through thought, able to travel infinite distances in time/space and to merge with organic matter, promoting a balance or imbalance in the physical body and in the perispirit.

Every thought emits vibrations; the purification and destination of thoughts is what will define which vibrations will be beneficial and which will be harmful.

**52. What is the fluidic composition of a vibration?**

– The composition will depend on the applied intention. The vibration may take over several forms, however, the most common is that of waves, emitted by the power of thought.

### **53. Does the String Theory<sup>39</sup> proceed?**

– Partially. The path is correct, but some discoveries are still missing, that will come naturally in time.

The biggest one will be learning how to control these vibrations that form these elementary particles.

#### **A. How are these vibrations and frequencies conducted?**

– God, in His supreme intelligence, was the conductor of this perfect “orchestra” allowing everything you know today to be formed from elementary particles in the proper proportions.

As we evolve, we become able to modify these vibrations, thus allowing the generation of new types of energy and material recovery of what is still impossible for today’s science. The greatest power of the human being relies on thought; controlling it is the key to evolution.

#### **B. How can we scientifically prove the existence of waves originating from the strings?**

– Scientifically you still cannot, however, it is a logical path to be followed. With advances in science, you will soon have the answers.

### **54. Must we consider thought as waves and vibrations able to modify the matter?**

– It is much more than that. Waves and vibrations are means used by thought to act on matter, but not only on it; it works in the spiritual realm as well, therefore it has a much wider scope.

*Note:* Trying to define thought is very difficult at your current evolutionary state, after all, it would be necessary to possess a very wider advance so that you could understand the flexibility of this powerful God-given tool for our progress. However, the ways that thoughts use to command matter and spirit become more plausible as you are already on the way to prove that waves and vibrations can modify matter. Within the String Theory that vibrate, depending on the way they resonate, a kind of matter is generated, just like the strings of a guitar, which can emit different sounds according to the way they are played. However, in most incarnates, they vibrate

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39 Unified theory of the universe, postulating that the fundamental “ingredients” of nature are not the zero-dimensional point particles, but tiny one-dimensional filaments, called “strings”. The String Theory harmoniously united quantum mechanics and general relativity, laws previously known “from the micro” and “from the macro”, which are otherwise incompatible (GREENE, 2009, *our translation*).

only involuntarily; the great difficulty relies on learning how to coordinate them voluntarily.

As we learn that we must control our thoughts, it is important to understand that, more than affecting our mind, thought is able to affect our organic matter while we are incarnated and also our spirit after disembodied. For this reason, depending on how we conduct it, it becomes our greatest medicine or our worst poison.

**55. How can we amplify the energy emitted by our material body or organic matter?**

– By controlling thoughts and learning how to lead them. That is a slow process that demands self-knowledge and debugging.

**56. According to the laws of Physics, two bodies cannot occupy the same place in space as well as a body cannot occupy two places at the same time. Will these laws ever be overturned in the future?**

– No, matter does not really occupy the same space at the time; however, the laws are different for everything that is not material, which would break the laws of physics that you know as true actually. An example of this are the thoughts: they occupy several spaces at the same time.

*Note:* We must never forget that the laws of physics originate from the laws of God. Therefore, understanding what physics brings us means prove what we have already lived; to believe in God's laws is to hope what we will live.

**57. How is it possible for thought to break the laws of physics?**

– Thought “created” all laws, therefore, it is capable of breaking them. It is the greatest force in the Universe.

**58. How important is it to control our vibrations and thoughts?**

– It is unmeasurable. Controlling them is an organic and spiritual necessity; the universe is governed by thoughts and vibrations, and learning how to control them is a huge step towards evolution.

**59. Which is the best method to control our thoughts?**

– Practice and habit. Just as the other human virtues are acquired, thought control requires exercise and effort. It will not happen suddenly but naturally; at one time or another you will develop this control as it is part of your evolution. However, it is not up to you to wait for nature to act, but to promote this conquest through your efforts.



## CHAPTER III



# Creation

Childhood of the spirit • Material principle • Smart cells?  
• Organic life and spiritual life

## I - Childhood of the spirit

One of the biggest universal mysteries is to know how, when and the ways the spirit was originated. God, the Supreme Intelligence of the Universe, is the only one who has complete mastery and knowledge of the beginning of our existences as spirits (both incarnated and disembodied). However, it is already our knowledge that a combination of factors helped the origin of our spiritual formation. Through this formation, once initiated by the intelligent principle, added to conscience and morals, we will therefore spend thousands of years on Earth, lapidating our spirits. The greater the lapidation the less dense we will be and more dematerialized we will remain, to fulfill our “role” in the universe.

As spirits, we will go a long way to perfection, needing to repeat our experiences several times, to seek intellectual and moral improvements. However, because we are creatures of the Supreme Universal Creator, we will have any and all necessary conditions to face, with success and resignation, this process.

Once again, effort and love for all forms of life will be precious for our success.

The intelligent principle is the result of a development and natural adaptation. It is inherent to the living beings that, with the passing of their experiences, acquires an “accumulated knowledge” and intellectual development, which will be essential for the current stage of its existence, being possible to search, in the unconscious, all the baggage lived through its “facilities” and “gifts”. When we watch a three-year-old child playing the piano to perfection, there is a mixture of effort with reminiscences

of previous existences, which converge perfectly and harmoniously. Let us imagine: how many experiences we all have passed since our spiritual childhood? So, how many skills and gifts do we have that just await the effort to be unleashed? As simple as our passages in the material world may have been and in the erratic world, from the beginning of our spirit, we always add new learnings that will be useful for the current incarnation.

However, if spiritual evolution is natural, it does not mean that it is automatic. It is necessary for all of us to collaborate with the improvement of our spirits, accelerating the process of intellectual and moral development.

There are countless ways to do this: seeking for knowledge, self-knowledge, developing our love for others and exercising unpretentious charity.

We are not passengers waiting for someone else to guide us to the next station, but drivers, who lead our own existence looking for the best routes and destinations, carrying love and faith in luggage.

Finally, we cannot define precisely what happens in spiritual childhood, but the improvement, development and intellectual and moral progress of our spirits will always and exclusively depend on us.

### **60. Does the childhood period of spirits occur in a primitive world?**

– Yes, in most cases, spiritual childhood begins in the primitive world, where the human stage begins.

#### **A. Why in most cases?**

– The evolution of each being depends on their choices, free will and merit. In rare cases, the animal can also make evolutionary leaps, to the point to spend a spiritual childhood in other worlds.

*Note:* In those cases, where the leap occurs in the terrestrial animal world to generate a childhood in another world, there is the deserving of that spirit, that, through its efforts and resignation, even with few intellectual tools, managed to evolve to the point of not needing to experience childhood in a world of trials and atonements. Although it may look confusing to your eyes, this is proof that God recognizes the effort individually and privately.

## II - Material principle

### 61. What is the material principle?

– It is a combination of created and adapted elements for the formation of the matter.<sup>40</sup>

### 62. Do molecules have a spiritual principle?

– No. They are part of the matter. They have vital fluids that in turn, sustain them. Molecular movements start at the vital principle and are composed by vital and magnetic fluids. Molecules are exclusively organic, and not spiritual, although they serve the spirit, through matter, when they compose the human organism.

## III - Smart cells?

As science has already demonstrated a long time ago, the body of the incarnate is composed of bones, muscles, tissues, and organs which, in turn, are constituted by cells.<sup>41</sup> Could these contain an intelligent principle in its individuality? In other words, if cells are able to multiply, regenerate and fulfill the complex mission in the human organism, would they be smart enough to the point of having a spirit?

All the living beings on the planet have a survival instinct, and this one leads them to adaptation. The divine action behind all beings is unmis-

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<sup>40</sup> *The Spirits' Book*, question 22: "Matter is generally defined as: that which has extension; that which can impress our senses; that which is impenetrable. Are these definitions correct? – From your own point of view, they are correct because you can only talk about matters that are familiar to you. Matter, however, also exists in states that are unfamiliar. For example, it may be so ethereal and subtle that your senses cannot detect it; it is matter nonetheless, even though you do not perceive it as such."

<sup>41</sup> "[...] Most living organisms are made up of single cells. Others, like us, are vast multicellular complexes, in which groups of cells perform specialized functions and are connected by intricate communication systems. But even for the aggregate of more than  $10^{13}$  cells that make up a human body, the whole organism was generated from the cell division of a single cell. [...] Fat cells, epidermal cells. Bone cells and nerve cells look like as different as possible. Still, all these cell types are descended from a single fertilized egg cell, and all (with few exceptions) contain identical copies of the genome of the species. The differences result from the way in which these cells make selective use of their genetic instructions, according to the stimuli they receive from their environment during the development of the embryo [...]" (ALBERTS *et al.*, 2017, p. 2;29)

takable existing in the universes, providing them with the necessary tools to survive and adapt. However, instinct is a primitive intelligence, that is, it just provides enough to develop its momentary function and role.

It will be easier to understand these issues later when we will talk about instinctual development (*see item VIII of Chapter VI – Instinct, Intelligence and Conscience*). Cells “enable” everything living on the planet to develop; still, they do not have spirits. Although they do not have them, they are essential in the matter, as they are instruments that make life possible, allowing us to evolve while incarnated.

In the future, you will understand that the power of thought is able to control them, which will explain some achievements: self-healing and shapeshifting, that today are impossible, for example, will become scientifically plausible. However, there is still a long way to go before learning how to control your thoughts to the point of that feat.

The moment the incarnate conquers self-knowledge and self-control at more advanced levels, you will find that the power of thought is unlimited and that nothing is impossible for you.

## **IV - Organic life and spiritual life**

Human nature comes from a combination of natural evolution and divine facilitator interference. Living organisms work in perfect and constant harmony on the improvement of the matter and on the intensification of progress.

Once we start in the conscious state (animal period), we start to have the power to control our instincts and to empathize with pain and feeling of others.

Perfection is in the entire process: each cell moves synchronously at all stages of our evolution, preparing our matter to the human state, when we have the power to decide to conserve our bodies or damage them with our choices, addictions, and bad habits. Our selfishness begins to prevail, and our choices become less sentimental and more pretentious.

Do we deserve all this perfect harmony that generated our intelligence and evolution? With so many possibilities for improvement, growth, and detachment, do we follow the correct and beneficial path? Do we use our intelligence and experiences in favor of our neighbors and those most in need?

Evolving is not just a matter of adapting to the environment, but of helping all those who have difficulty in adjusting.

None of us are as useful or powerful as all of us united by one same goal.

Happy are those who see the pain of their neighbors and help them to come out of their difficulties, for they will find peace.

Do not allow your selfishness to prevail and your self-centeredness rule the thoughts. Allow love to be the real meaning of your existence.

Give thanks for the perfection that God brings to the universe, collaborating so that it speeds up with less hindrances caused by yourselves.

One day, we will harvest everything we sow. Aware of the obligation of the harvest, cultivate the soil of your heart, transplant seedlings of love, water with persistence and fertilize with effort and commitment.

The world will be a better place if you help it to be. You will be happier by making someone happy. The change of the universe is constant, and every reward or charge will come in due time.

Remain on the path of faith and by faith, not letting anything, anyone or any situation affect your goals.

*A Protector Spirit  
Matão, 2019.*

### **63. According to the spirits, what is life?**

– It depends. Material life is the opportunity given to the spirit to bear their trials and atonements, seeking evolution. On the other hand, spiritual life is eternal and, consequently, a constant search for knowledge, improvement, and development.

#### **A. Which is its essence?**

– Several things are essential to life but, among them, none is as relevant as love because it through love that all can connect energetically and fluidly, approaching the true evolution, in which union is essential.

#### **B. When and how does life manifest?**

– When it is necessary, in several and unnumbered ways, which have the purpose to intellectually, fluidly, and morally evolve and progress.

### **64. Could it be said that there is life in everything?**

– No, what we can say is that everything is important for life. God does not create any elements without a purpose; therefore, if it exists, it is useful for something or someone.

**65. Could we know the origin of organic life?**

– Although you cannot know its origin you can, through your thoughts and actions, modify it in the present, to the point of reaping these changes in the future. The way is through thought: exercise it.

*Note:* The desire, in this world of trials and atonements, to know the principle of life would be the same as wanting to be equated with God. You are still very far from that understanding; however, as the years pass by and you evolve, you will elucidate in your minds, through several discoveries, many other questions that once seemed impossible to clarity. This is the beauty of eternal evolution: tomorrow there will always be something that we did not know either today or yesterday. Learning is your heritage.

## CHAPTER IV



# Fluids in the Universe

Fluids • Universal fluid • Vital fluid and vital principle

## I - Fluids

Fluids compose the Universe and everything in it since the beginning of time. With technological development and advances in science, discoveries come ever closer to understanding of what is now invisible to the eyes.

If they compose the universe and, therefore, through its transformation, your bodies, you are responsible for them, even if you cannot see them.

When you have habits that promote organic health, you supply the body with vital fluid; on the other hand, when you have addictions and vicissitudes you promote its loss: it is a natural consequence<sup>42</sup>.

Nothing in the universe is given to a being without a real utility and responsibility.

Fluid manipulation is directly linked to intention and thought and can help a lot in human development, especially in healing of illnesses.

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42 *The Spirits' Book*, question 70 – explanatory note by Kardec: “[...] The amount of vital fluid is not the same in all organic beings. It varies according to species and is not constant in the same individual or in the various individuals of the same species. There are those who are saturated (so to speak) with this fluid, while others possess barely enough of it. That is why for some life is more active, more energetic and, in a certain way, more superabundant. The amount of vital fluid may become depleted and insufficient for maintaining life if it is not renewed by absorbing and assimilating substances that contain it. Finally, the vital fluid may be transmitted from one individual to another. Those who have greater quantities of it can give it to those who have less, and in certain cases they can bring back a life on the verge of being extinguished.”

Fluids are in everything, so, learning how to manipulate them is extending the reach from organic to extra matter, seeking what is still unknown today by your science.

Universal fluids are transformed into vital fluids, generating the principle of life (animating life), which will later be supplied with more vital fluids, coming from the right choices, or getting rid of them, because of the wrong ones. These vital fluids, on the other hand, can turn into magnetic in some cases, as needed<sup>43</sup>.

Universal fluids encompass both organic and inorganic lives and are present in everything that exists in the universe, animating the matter or not.

There is a universe of fluids that surrounds our plans, and it is waiting for us, at our disposal, in order to improve the quality of our lives, either materially or spiritually.

### **66. Could the fluids be modified according to our intentions?**

– Not only they can, but they are. According to our intentions, the fluids are modified and directed.

*Note:* The intention is powerful to the point that, through it, there can be the most varied forms of fluid manipulation, not just for the material (what can be seen and touched), as well as for the energetic (what cannot be seen and touched, but not necessarily of minor value). God gives us the power of fluid modification to use it for the good and rewards us for that good appliance; however, if we decide to use these fluids for evil, we will suffer the consequences of this bad choice.

The power of love can produce pure wishes, beautiful intentions, and magnificent results!

In the material life, when we exchange some bodily fluids with others, we can get some infirmities or benefits. The same occurs with fluids that are invisible to the human eyes.

The trigger of fluidic manipulation relies on the intention, and it inhabits thought; therefore, the responsibility of those who propose to manipulate the fluids is immense and unquestionable.

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<sup>43</sup> *The Spirits' Book*, question 427: "What is the nature of the agent called the magnetic fluid? – It is the vital fluid or animalized electricity and is a modification of the universal fluid."



When applying a pass, for example, our vibration will attract the fluids that we intend. Even if vibrating, the need to prepare and concentrate is fundamental. If we are not prepared or bad intentioned, we will be responsible for the negative exchange.

We can correlate the following example: in the organic life, a doctor needs great attention and responsibility when prescribing a blood bag for a patient, checking its compatibility and sanity, so that it is effectively aggregated to the health recovery of the weakened, causing no further harm in view of the initial state.

Therefore, it is up to all of us to intend the good and the prepare with pre-established concentration and intimate reforms in any works involving fluids, creating a favorable field for their greater subtleness.

## II - Universal fluid

### **67. What is the universal fluid?**

– It is the fluid emanating from the universe, the primitive elementary matter that will generate, through its transformations, several other fluids, being part of the universal formation and everything that inhabits on it, either directly or indirectly (metamorphic)<sup>44</sup>.

### **68. Could the universal fluid be considered part of the matter?**

– Yes. If it composes it, therefore, it is part of it; as we have already said, it is in everything that exists in the universe.

#### **A. Is there any direct dependency for their coexistence?**

– Matter depends on the universal fluid, whereas the universal fluid is independent of matter for its formation, but both coexist harmoniously. All organic matter has vital fluid (derived from the universal fluid), however, not every universal fluid coexists with matter.

**Note:** There are still some principles in existence that are yet out of your comprehension.

With scientific advancement it will be possible, in the near future, to better understand “which principle comes from which”, among

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<sup>44</sup> *Genesis*, chapter XIV, item 31: “As has been seen, the universal fluid is the primitive element of both the corporeal body and the perispirit, which are merely transformations of it. By its very nature this fluid, condensed in the perispirit, can supply reparatory elements to the body. [...]”

other questions. The important thing, right now, is to assimilate that matter is part of the universe, it is inserted in it, and vice versa. The universal fluid is an extremely subtle matter, whose modifications and transformations constitute the innumerable variety of organisms of nature, being the generating source of other energies, plasmas, waves and matters that “populate” the universe.

This way, the relationship between matter and the universal fluid would be exemplified: you are the fruits of your mother; therefore, you are part of her, but you are not like her. She did not depend on you to exist; even so, you depended on her to be born and she will be interconnected with you for the rest of the days, by your ties.

**69. Is the universal fluid part of the constitution of the spirit?**

– Yes, the universal fluid is part of everything that inhabits the universe.

**70. According to the first work, when we are at the erratic plane, we are able to assume the fluidic form of each orb. How is this possible?**

– Whenever there is the intention of help, God will allow us to “change from garments” to travel to other planets and do the good.<sup>45</sup>

It is a natural process on the spiritual plane, and this fluidic adjustment occurs very often.

### **III - Vital fluid and vital principle**

**71. What is the difference between vital fluid and vital principle?**

– The vital principal is what initiates all forms of life and is common to all beings, while the vital fluid is what keeps you alive and is captured according to the specific need of each being.

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<sup>45</sup> *The Spirits' Book*, question 94: “Where does a spirit get this semi-material envelope? – From each globe’s own universal fluid. That is why the perispirit is not the same on all worlds. In passing from one world to another, spirits change their envelope just as you change your clothes.”, question 94-a: “Then when spirits from more highly evolved worlds come to ours, do they take on a denser perispirit? – They must clothe themselves with your matter, as we have already said.”

The air you breathe, the food you consume and the water you drink are vital fluids that keep you alive (in matter). Your addictions and bad choices decrease these fluids, and your right choices, like a healthy life, for example, increase them (*as seen in item I – Fluids*).

**Note<sub>1</sub>:** In a complex process that is still beyond human comprehension, the universal fluid is transformed into the vital fluid. After that, the vital principle depends on this fluid for its formation, therefore, with the evolution and transformation of nature, principles will give rise to organic life, which was once only embraced by universal fluids.

Once life ceases there is no more vital fluid in that organism, however, this fluid is still present in their decomposing beings; the vital fluid ceases in the disembodied but reappears in other different forms of life.

**Note<sub>2</sub>:** Any differences in understanding are for terminology only, from different translations. For this reason, we must pay attention to the meaning, which is nothing more than the understanding that the universe emits a fluid which generates the vital fluid, that, in turn, allows the maintenance of life.

**72. Are magnetic fluid and vital fluid the same thing?**

– No, the magnetic fluid derives from the vital fluid, which, in turn, comes from the universal fluid (*see footnote number 43*).

**73. Is there any relation between vital fluid and magnetism?**

– Yes. Everything that comes from the organic matter has vital fluid.

**A. How does this conversion take place?**

– It happens through intention and purpose, that is, the conversion will occur when there is, in addition to the necessary preparation, the usefulness for the receiver.

**Note:** Vital fluid can become magnetic when needed. Magnetism (the act of magnetizing) is capable of exhaling vital fluid, turning it into magnetic. Magnetism requires prior studies to its practice (*see question 92 below*).

**74. Is the vital fluid that determines the time of human permanence on Earth?**

– The amount of vital fluid is determined by God, however, through your choices, you can shorten or prolong the time you will stay in the orb.

**A. Is the amount of vital fluid different for each individual?**

– Yes, according to the need, your daily practices and daily care.

*Note:* Vital fluid originates from the universal fluid; through it the vital principle arises and that is what makes organic life possible.

Everything that is inorganic has universal fluid (in its elements), but not vital principle.

As every matter that exists in the universe is important to the evolution of life, even a stone, when it has the vital principle as a trigger, will make the creation of life possible.

**75. *The Spirits' Book*, explanatory note to question 70 (as seen in footnote number 42), mentions that the vital fluid must be renewed by absorption and assimilation of the components it contains. Which are these substances?**

– All the ones needed for your survival.

They are in food, water and also in intended love. Such substances will give quality to the vital fluid, which is found in everything that sustains life.

**76. Do the transgenic foods have vital fluid in the same proportion of an organic food?**

– Yes. Organic life does not thrive without the vital fluid, however, if the transgenics will provide the same nutrients to those who consume them, it will depend on the quality of the studies involved before its launch in the market. That is why the importance of being equated with time research and progress.

**77. Do the transgenic alterations applied in plants and animals hurt any divine law?**

– No, provided that they are carried out in a manner compatible with the human evolutionary maturity; however, to anticipate steps with experiences not proven by science is harmful to health.

**78. When we exercise our body and keep it healthy, do we acquire more vital fluid, or do we just conserve it?**

– It occurs the acquisition of more. Everything that provides health expands your vital fluids, at the same rate that unhealthy habits decrease them.

**79. In *The Spirits' Book* it is said that whoever has the greatest amount of vital fluid may donate it to those who have less, and in certain cases, help bring life back when it is close to extinction (*as seen in the footnote number 42*). How does this happen?**

– You can only donate what you have, therefore, when you take good care of your health, both bodily and mental, you are blessed with abundance, being able to practice charity through fluid donations.

**80. In general, do children express more vitality for they have a greater amount of vital fluid?**

– Yes, but they have it for several reasons, including the fact that it is in childhood that occurs the development of organs and aggregates, requiring, thus, an abundance of vital fluid, as well as the need for spiritual detachment and material approach to fulfill their test in the world of the incarnate.

The natural law has already shown that fluids decrease with the passage of time.

**81. In the case of serious injuries or illnesses, is the vital fluid supply of the body affected?**

– Yes, it is affected, and it decreases in proportion to the disease or injury, however, it can be reset if health is restored.

**82. How does the interaction of the medicines of the Earth with the vital fluid of the incarnate occur?**

– Medicines developed by mankind, when applied correctly and responsibly, help the body produce vital fluids and self-regenerate, on the other hand, if they are applied irresponsibly, they can cause their decrease or cession.

**83. Do the stem cells, which are being used to produce organs in the laboratory, receive vital fluid from the spiritual world to multiply or is the energy needed for this come from its own replication mechanism?**

– Both, depending on the need of each case.

*Note:* God is omnipresent; He is in everything that man does and also in what man is not capable of doing. Therefore, He uses his intelligence to alter natural laws when it suits him.

In the case of stem cells, these can receive vital fluids from the spiritual world when the recipient incarnate has the due merit for that feat. It can also happen that the human application is successful with spiritual intervention.

## CHAPTER V



# Energetic and Fluidic Transmission

Intention • Pass • Pass Practice • Magnetism • Magnetism Practice

## I - Intention

There is no theme that does not generate different interpretations, views and even that do not share opinions. What truly matters, always, are the objective and the intention with which we approach it.

It is through the intention that the fluidic and magnetic forms move towards help: thought guide opportunities to evolve and dissolve everything that seemed indissoluble.

Never miss this opportunity, use your free will for the direction of good intentions and thoughts towards love.

Think about loving and love without thinking.

Incarnated life is a short journey, but with great opportunities of growth.

### **84. What is the difference between energetic and fluidic transmission?**

– Although both are moved by intention, fluids are more malleable, because energy requires a force to do a certain job.

There is a world of fluids and energies around all what you can see and feel, and you receive one or the other, according to that momentary need. We, spirits, manipulate the energy or fluid through the intention arising from the thought and we use what exists within each of the incarnates, transforming compositional elements.

**Note:** Organic matter has several force centers, which capture and distribute the energy to all the rest of that matter. Through intentions, even if unconsciously when we are embodied, we are able to manipulate the energies that were previously acquired through the transformation of vital fluids and convert them into whatever is necessary. This reaction is involuntary, however, to be brought about it depends directly on the focused intention. One example of this is the fact that each movement performed by the incarnate is fruit of an energy, derived from a fluid arising from the intention. As it has already been proven by the Earth science, there are different types of energy: heat, electricity, among others, which, in turn, depend on the fluids that exist in the universe.

In this way, we can create an analogy with water. Water is always water; it flows when it is in the river, it freezes when it is cold and it evaporates, turning into a gas, when it is in the heat. But for all these processes to happen, there needs to be a generating energy, which, in turn, to exist, needs fluid, just like everything else (organic or inorganic) that inhabits the universe. Everything that exists is involved by universal fluid, which will be transformed into vital fluid when there is the animation of matter through the vital principle. If there is not this animation, everything will remain surrounded by the universal fluid.

The intention enables several forms of transmission, among them, the energetic and fluidic. Fluidics becomes energetic, or magnetic, when necessary or useful to the receiver. It is not essential for the transmitter (passer) to know how to discriminate between the two, but, yes, to be able to purify the intentions.

*A Protecting Spirit  
Matão, June 24th, 2019.*



## II - Pass

### **85. What is the pass?**

– The pass is an energy and/or fluid transmission that is based on the intention of the person who applies it and needs the faith and merit of the receiver.<sup>46</sup>

#### **A. Is there a correct manner for its application?**

– Do not touch, keep a certain distance, with thoughts turned to the good and to Jesus.

#### **B. Should we standardize it?**

– You should not standardize it, however, there are other things that should not be done, like, for example, mystify it.

#### **C. Are there any spontaneous passes?**

– Yes, not only they exist like they occur all the time. Where there is the real good intention and love, there will be the pass.

#### **D. How long should the pass take?**

– The time of the prayer that Jesus taught us.

### **86. What kind of fluids are donated or used during the pass?**

– Those necessary for the recipient and intended by the donator.

Remembering that faith and deserving are fundamental, both for those who donate them as well as for whoever will receive them; the receivers will not receive what they do not deserve, and the donors will not give what they do not believe.

#### **A. And during magnetization?**

– During magnetization, the fluid does not necessarily have a spiritual origin, it can be donated by the applicator, who needs knowledge, study, and aptitude for such practice. It is the magnetism itself or human magnetism, which action is subordinate to mental force and, consequently, to the quality of the donated fluid.

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<sup>46</sup> *Genesis*, chapter XIV, item 18: “[...] The thought of the incarnate spirit acts upon the spiritual fluids in the same way as does the thought of discarnate spirits; it is transmitted from spirit to spirit through the same means, and depending on whether it is good or evil, it cleanses or contaminates the surrounding fluids. [...]”

**87. Is it necessary to be an ostensive medium to apply the pass?**

– No, anyone can apply it, as long as their intentions are good. So important as the good intention is the effort of wanting to do it.

The intention applied during the pass would not have the opportunity to exist if previously there was no willingness to start this charity work.

Everyone can take the pass, but still, everyone needs reforms and constant improvements, so that you become even more improved and efficient tools.

Willing is the first step, instruction is the second, and performing is the third, and the improvement is the eternal and infinite journey, after all, we are in constant evolution and progress.

### **III - Pass practice**

**88. In spiritist centers, when is a worker ready to apply the pass?**

– When the vibration is controlled, and the intention is purified the enough.

**A. Is it necessary to take the pass course?**

– Not necessarily the course, but enough knowledge to control your vibrations and intentions. What you know now as “pass” has always been a powerful transmission of love. The pass is a beautiful way to carry the love of your own intentions to a brother who needs help and encouragement.

In order for this transmission not to be contaminated, debugging of who applies and the faith of the person who receives is necessary; cleansing through intimate reforms and thoughtful is essential to amplify the effect of this beautiful gesture of love.

Study always helps, but self-control of energetic vibrations is crucial, and of thoughts, which, in consequence, will give rise to the good vibrations.

**89. What would the force centers be?**

– They are energetic points that channel the generated energy, transmitting it to regions of the body and spirit.

**A. Does the capture of this energy focuses on some specific part of the body?**

– No, it can occur anywhere.

You could not expect a pass to prevail in a particular point and lose its effectiveness in others. If it is a fluid or energetic manipulation, generated

from deserving, therefore, it can be effective in any application, considering only the intent of the applicator, not the position in which it was applied.

Infinite treatments happen all the time with incarnates, even without knowing or noticing; these small but sincere gestures of love are a form of pass. Thus, you need to demystify rites or rituals that limit your belief to what you can only rationalize.

There are unlimited ways that help you while incarnated, and what you simply need to know is to work on the intention, merit and love, for these are the points that guarantee the quality of what you receive and what you give.

## IV - Magnetism

**90. Is it correct to say that Magnetism and Spiritism are two complementary sciences?**

– Yes, they are sciences that, although unique, complement each other perfectly<sup>47</sup>.

**91. Can the water be magnetized or fluidified without the intervention of a medium?**

– Yes, it can. For the water to be fluidified, the important is the awakening of the faith of the person who is going to drink it.

## V - Magnetism practice

**92. At what moment is a spiritist house worker ready to apply magnetism?**

– In no time at all; a spiritist house is not a place for the practice of magnetism.

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<sup>47</sup> *Spiritist Magazine* – March 1858, p.114-115: “When the first spiritist phenomena appeared, some people thought that this discovery, if we may call it so, would trigger a death blow to magnetism and that something would happen as it occurs with inventions: the most refined makes you forget the predecessor. This error was soon dissipated and the close connection between these two sciences was recognized. Indeed, as both are based on existence and on manifestation of the soul, far from opposing each other, they can and should be mutually supportive: they complete each other and explain themselves mutually. [...]”

Even though there is always the intention to help, the form is as important as the goal.

Helping others is valid anyway, and simple gestures of love are more powerful than you can imagine.

Magnetism instigates curiosity and is an intriguing science, but it requires the necessary knowledge not to offer risks to those who practice it or to whom receives it. You cannot include its practice in the Doctrine or confuse it with magnetic fluid.

Magnetizing is an old activity that uses vital fluid (which can become magnetic or other) of the applicator and has as a prerequisite a mental self-control. Practicing it without this premise can be dangerous and not recommended.

Magnetic fluid is different from magnetism. It is exhaled whenever there is the necessity, through disincarnated or incarnated, duly prepared.

Magnetism itself does not need disincarnated and is full of responsibility and control of the incarnated during application.

One day, you will be prepared enough to magnetize, but meanwhile, explore better the tools you have at your disposal: faith and love.

### **93. Which would be the consequences to those who practice magnetism incorrectly?**

– Diseases, imbalances, among others.

Exercising magnetism without proper knowledge is the same as trying to perform a medical surgery without having attended the university of medicine. Besides not being able to perform the surgery, you would run the risk of injuring the patient.

And, for those who think they have knowledge without actually having it, they should consult their conscience.

Pass and magnetism are two precious tools developed by God for the purpose of helping his creation.

Pass: as the name says, it happens when the spiritual energies and fluids “pass” through the applicator and arrive at the receiver.

Magnetism: it not necessarily derived from the spiritual world; its trigger is generally organic. Through intention, the body is able to modify the energies between the applicator and receiver and transform the molecules, producing the benefit.

In both cases, intimate reforms and good intention are necessary, but as regards magnetism, this is an extremely important prerequisite, after all, the applicator is using its own energies and intentions.

**94. Can magnetism be exercised by the spirits without the intervention of a medium?**

– It not only can, as it is, whenever there is use.

**95. Which is more benefic: magnetism or pass?**

– We cannot compare. These are distinct but complementary faculties. Both are beneficial, if you have the necessary preparation.



## CHAPTER VI



# Love for Animals

Mankind and animals • The soul of the animals • Animal genetics • Animals in other worlds • Animals and the elemental spirits • Emotions and feelings • Evolution of the animals • Instinct, intelligence, and conscience • Disembodiment of animals • Respect for animals • Animals and mediumship • Extinction of species • Vegetarianism and veganism • Docility and aggressiveness in animals • Animals: passes and prayers • Love of animals • Pandemics and animals • Purity of animals

## I - Mankind and animals

Evolution generates progress, and the laws of God will always sustain our steps, from the mineral phase to perfection.

We go through adaptation processes, tests, atonements, awakening of conscience and search for fraternal and unpretentious love. We were, we are, and we will always be brothers, children of the same God.

It is important that we are able, at each step we reach, to look at the lower rungs with love and care, helping our brothers independently of your level of consciousness.

To love life is to love, respect, preserve all the creatures of God and build a better world through the good use of free will. Defend the “weaker” is to guarantee the continuity of the cycle of life, both material and spiritual.

To show gratitude for what we have become, we need to take care of those that we once were one day. Love fits into any stage of our evolution.

To walk without love is to walk without a destination; walking with love is walking with an intention.

### **96. What are the animals, according to spiritism?**

– Animals are creatures of God; we all pass through this stage to progress; it is a step into the entire process.

**97. According to the question 44 of *The Spirits' Book* (first work, 1857), the living beings came from germs which gave rise to each species. Thus, are Neo-Darwinists<sup>48</sup> and its concepts incorrect?**

– They are complements. The adaptation is also a form of evolution when we still do not have conscience to do so.

*Note:* Nature leads us to adapt constantly. Adaptation is something inherent in the spirit, which is transmitted to the body through the intelligence and, before intelligence is developed, it is done through the survival instinct.

A plant, submitted for thousands of years to unfavorable conditions, adapts slowly, so that, in the future, these same conditions become favorable. This is a proof of the perfection of God, who enables everything that exists in nature, regardless of its degree on the evolutionary scale, the opportunity to survive and remain evolving. However, God also teaches us a lesson with this episode, by highlighting that adaptation occurs “slowly”: it takes time and effort so that we can transform the unfavorable into favorable, the pain in love, and so on. Adapting is one of the qualities that guarantee the survival of any kind and is a beautiful tool developed by God.

**98. If all the components in nature and all beings on our planet are part of the Divinity, what is the participation of animals in this process?**

– They are one step to the whole.

Animals are a phase of the whole, a step to be completed in the evolutionary process. Therefore, they are essential in evolution.

You cannot build a house without a foundation, walls, and roof; in the absence of any of these elements, it would not be possible to carry out the work, as all stages are necessary for the completion of the house. The same occurs in your reincarnations, with the difference that, with effort, some beings accelerate this process, while others, more lethargic, delay it.

**99. Are humans and animals, brothers?**

– Yes, despite being in different evolutionary stages.

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48 Theory based on Darwinism that denies the heredity of acquired characters, favoring natural selection as the main factor of evolution, and incorporating knowledge of genetics and molecular biology (HOUAISS; VILLAR, 2009).



*Note:* Everyone on the planet is your brother; if not yet, one day, will be. Everything is interconnected.

**100. Considering the journey of animals evaluated and understood in the sense of Darwinian evolutionary theory<sup>49</sup>:**

**A. Do they reincarnate?**

– Yes, like humans, they are spirits in evolution, thus, they reincarnate.

**B. Can they pass through several experiences, including new species?**

– Not only they can, as they do.

**C. Will they reach the human phase?**

– Yes, after all, evolving is a characteristic of all spirits.

**D. How long, on average?**

– What would be the use of knowing that?

**101. Why do some animals live so little?**

– They live long enough to fulfill their tests.

*Note:* Neither too much nor too little: enough, although time does not reach the desire or emotional needs of its guardian. The measure of this “enough” is not the same for animals and men, because, for humans it is associated with their emotional needs. The important is the evolution of that respective animal.

Because they are in a phase of the evolutionary process, in which the durations of incarnations are shorter, they reincarnate more times, accelerating the lived experiences and its consequent evolution.

God does not harm the evolution of a spirit in favor of the will of others. He conciliates so that such experience is useful for both. It is important that you learn that to love is not about having the animal around, but that the best happens for its evolution, even if it is missed.

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<sup>49</sup> Darwinian: what or who agrees with Darwinism; Darwinism: Evolutionary Theory based on the ideas of the English naturalist Charles Robert Darwin (1809-1992), in where he proposed mechanisms based on natural selection to explain origin, transformation and perpetuation of the species over time (HOUAISS; VILLAR, 2009).

## II - The soul of the animals

### 102. Do animals have soul?

– Yes, from determined species on, the soul starts to consolidate through the development of conscience.

*Note:* Regardless of the soul consolidation stage in which they are, all animals deserve human respect and affection. Because humans are more evolved than animals, they have the obligation to tutor, respect and preserve them, and the flaws in these questions will be charged to them. “Respect for life” does not only refer to the same evolutionary level; it is especially for the most fragile beings, who lack aid and have a certain dependency.

### A. So, could we say they have a certain notion of moral sense?

– Yes; in some cases, as it has been proven by the science of the Earth.

*Note:* Sentience is the ability of beings to have sensations and feelings consciously, that is, perceiving what happens to them and surrounds them. Sensations such as pain or cold, or emotions such as fear are subjective states similar to thought and are present in most animal species. The proof has been documented, published worldwide by Philip Low, and published in a manifest known as The Cambridge Declaration, on July 7th, 2012.

### 103. How to consider the existence of a soul in animals?

– According to the evolutionary process, intricately linked to the development of primitive consciousness.

### 104. How to consider the existence of the perispirit?

– In the same way as mentioned before<sup>50</sup>.

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50 *Genesis*, chapter XIV, item 7: “The perispirit, or the fluidic body of spirits, is one of the most important products of the cosmic fluid. It is a condensation of that fluid around a focal point of intelligence or soul. We have already seen that the corporeal body also has its origin in this same fluid condensed and transformed into tangible matter. In the perispirit, the molecular transformation operates differently because the fluid retains its imponderability and ethereal qualities. The perispiritual body and the corporeal body thus have their source in the same primitive element; both are matter, although in two different states.”

**A. Is the perispirit of the animals equal to the one of the humans?**

– No. The perispirit becomes less dense with evolution; thus, in the animal phase, its density is still greater than in humans.

**B. Does it vary from species to species?**

– The variation is for each individual, and it does not concern the species, but the evolutionary stage in which they find themselves.

**105. How to consider the existence of the vital fluid?**

– The vital fluid is the animation of creatures, that is, what gives life<sup>51</sup>.

**A. Is there an intelligent principle? How does it act?**

– We were all created simple and ignorant, but we conquer the intelligence with the passing of the incarnations. It is in the animal phase that the principle of intelligence is established<sup>52</sup>.

**106. How to understand the existence of animal spirits in erraticity?**

– They inhabit a “kind of erraticity”<sup>53</sup>; however, they reincarnate with different speeds and times.

**107. How would the spiritual evolution order be like between the biological kingdoms of the planet?**

– The form and order of evolution will be in accordance with the resourcefulness of each being, through its adaptations, its qualitative leaps, and its instinctive choices. There is no rule, but generally the order is this: mineral, vegetable, animal, human and angelic.

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51 *The Spirits' Book*, question 62: “What is the cause of the animalization of matter? – Its union with the vital principle.”

52 *Genesis*, chapter XI, item 7: “[...] What God does say to them through his messengers, and what humans can deduce otherwise by themselves from the principle of supreme justice, an essential attribute of the Divinity, is that all humans have the same point of departure; that they are all created simple and ignorant with an equal aptitude for progressing by means of their individual activity; that they will all reach the degree of perfection suitable to them through their own personal efforts; that being children of the same Father, they are all objects of the same consideration; and that none are more favored or more gifted than others, nor excused from the labor that will be imposed on everyone else to reach the goal.”

53 *The Spirits' Book*, question 600: “Since the soul of the animal survives its body, does it remain in an errant state like the human soul after death? – It remains in a type of errant state because it is not united to a body, but it is not an errant spirit. The errant spirit is a being who thinks and acts of its own free will. Animal spirits do not have the same faculty.”

**A. Between the Mineral Kingdom and the “Angelical, where does the soul begin its journey?**

– Consciously, in the Animal Kingdom.

**108. How do animals evolve?**

– In a natural way, through adaptations to the environment and to the laws of nature (*see item VII – Evolution of the animals, ahead*).

**Note:** This is not to say that there is no effort involved, especially in those who live with tutors. By their own effort, the animals can learn what they are taught. At this stage, the animal must live with a “primitive free will”<sup>54</sup> which enables it to renounce instinct partially and follow the good manners it has learned. To the undomesticated, there are spirits that influence them through intuition, showing them the right path.

**109. Which are the characteristics of the individuality of the animal souls?**

– Each animal has the characteristics corresponding to its evolutionary degree.

**110. How is the formation of the group soul?**

– The group soul occurs when a series of undeveloped animals come together to seek for their development.

**A. At what stage of evolution does the group soul begin?**

– In the Animal Kingdom.

**B. Where is it individualized?**

– In the Animal Kingdom as well.

**C. Which species fit this classification?**

– Many species are in this condition, and this is part of the natural process of the spirit development.

**D. Will all the animals turn into individual souls?**

– They will all have the same opportunity. Eventually, they will become individuals, not necessarily in this group they belong and not at the

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<sup>54</sup> *The Spirits' Book*, question 595: “Do animals have free will? – They are not simple machines as you might suppose, but their freedom of action is limited to their needs and cannot be compared to human freedom. [...] Their freedom is restricted to the actions of their material life.”

same speed. In the meantime, they help, even if without conscience, the development of the others.

**E. How long does this process take?**

– The time required for each one. The highlight will come from the instinctive outcrop and efforts towards the progress of the group itself.

**F. Once there is group soul, how are the endangered or extinct species relocated to other categories?**

– In new groups.

**G. What is done with the vital fluid of an individual in a group soul when this one die?**

– It returns to the universe (universal fluid).

**H. And what is done with the intelligent principle?**

– The intelligent principle at the group phase is an aiding tool for the collective evolution. Therefore, when the individual “dies”, it returns to the universal intelligent element.

*Note:* According to *The Spirits' Book*, question 593, the animals have a primitive instinct, and the intelligence although still limited, is a consequence of its evolution. This evolutionary process results in conscience.

The animals that possess only the vital fluid, still far from having conscience, are placed in group souls that demonstrate the power of collectivity in search for evolution. The individualization will come as a result of the effort of each one.

In line with *The Spirits' Book*, question 607-a, for the soul to be individualized (that is, become a spirit), a transformation of the intelligent principle is necessary; in a certain phase, the animals do not have it in isolation, however, the sum of the instinctive efforts of the group will enable the constitution of individual souls.

Over time, some animals will start to stand out in the group and will start to individualize gradually. This process does not occur from one hour to another. Those who have not yet stood out will remain in the group until the moment they do, to the point of “deserving” an individual soul.

**111. According to *The Spirits' Book*, question 597-a, “[...] Between the souls of animals and humans there is a difference as great as there is between the human soul and God.” With the information we have today, is this equivalence still valid?**

– No, it was never valid. This message was a misunderstanding; however, if at that time you could not respect even your differences as humans, what to say about respect the animals as brothers!

Humanity knows the truth as it evolves, and this process takes time and spiritual maturation. It is not possible to tell you what you still cannot understand.

Nothing compares to the distance that God has from us, it is immeasurable and incalculable.

### **III - Animal genetics**

**112. Would it be a test for the animal to be born disabled or to become so throughout its life?**

– Yes. There is no suffering that does not generate evolution.

*Note:* The animal that is born with certain physical health problems or acquires them after its birth, undergoes a test, as well as its tutor, who will be able, through love, to help and comfort it. The tests, which everyone goes through in the evolutionary process result in progress. Passing by pain experiences makes them stronger.

**113. Is there any similarity between the formation of the animal and human fetuses?**

– In some cases, in an embryonic form.

#### **A. Why?**

– There are no spiritual reasons, only scientific ones. Some mammals have an embryonic state resembling that of humans, as you already know.

*Note:* Embryonic resemblances are one of the pieces of evidence of the evolution in biology, in which anatomical similarities are observed between animals belonging to the vertebrate group. During embryonic development, these animals have exclusive characteristics, such as: dorsal nerve tube (spinal cord), notochord (cartilaginous mold of the spine), gill clefts (which, in the case of amphibians, reptiles, birds

and mammals, will be replaced by lungs) and post anal tail (regresses in the human species).<sup>55</sup>

**B. Does the reincarnation of animals follow the same process as in humans?**

– The connection of the spirit with the material body occurs in multiple ways and at different times, depending on the need and time of maturing of each individual. Not even for humans there is a standard.

**114. Is the intrauterine life of an animal (or inside an egg, as in birds and reptiles) is as significant as it is for humans? What could this period bring of benefits or harm to them?**

– Those proportional to its evolution. Intrauterine life is important for their physical and instinctive development.

**Note:** Earth science is already evolved to the point of instructing humans about the importance of animal intrauterine life. As they are creatures of God (just like humans), they have proportional needs to their formation<sup>56</sup>.

**115. Each species have their peculiar physic characteristics. Where do they come from?**

– They come from the survival and adaptation needs to the environment they live.

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<sup>55</sup> *Genesis*, chapter X, item 25: “If we consider only the two extreme ends of the chain, there is obviously no apparent analogy; but if one goes from one link to the next without breaking continuity, one goes from plants to vertebrates without a brusque transition. One understands therefore that animals of a complex organization could be but a transformation, or if one prefers, a gradual development, imperceptible at first, from the species immediately before, and so on, step by step, all the way down to the elementary primitive being. [...]”

<sup>56</sup> The study by Mossa *et al.* (2013) demonstrated that cattle maternal malnutrition in the first trimester of gestation, resulted in a female offspring with smaller ovarian follicular reserve, increased aorta, and increased blood pressure, compared to the offspring of adequately fed mothers. The environment found during the fetal period and neonatal life exerts a profound influence on physiological factors, and the risk of disease during adulthood (BARKER, 2007; LANGLEY-EVANS, 2006). Animal studies have shown a direct association between nutrient imbalances during fetal life and future clinical conditions, including hypertension, diabetes, obesity, and renal disease. (MCMILLEN; ROBINSON, 2005)

**Note:** As previously stated, there will never be shortage of tools. Characteristics are genetically determined through information contained in the DNA and suffer influences from the environment through natural selection (*as seen in question 100*). Depending on the imposed conditions, a determined characteristic may be “favored” to the detriment of another, allowing or not the individual’s adaptation.

## **IV - Animals in other worlds**

### **116. Are there animals outside the terrestrial orb?**

– Yes. There is animal form in different places in the universes.

#### **A. Are they of the same physical constitution as those we know?**

– May or may not be, according to the inhabited orb, this readaptation occurs to allow the existence in the plurality of climatic conditions and influences of the respective planet.

#### **B. Would they be endowed with other spiritual abilities and resources?**

– Yes, those who need it for the plan in which they live.

**Note:** God grants us the necessary means to carry out our tasks, no matter what evolutionary state we are in. At each planetary passage we have the useful tools for that particular plane. We can never claim stagnation due to the lack of instruments at our disposal, but yes, for lack of effort and dedication.

### **117. What kind of animals would humans find in lower worlds, if they went there?**

– The future belongs to God; the question is: what can they do for the animals on this planet?

## **V - Animals and the elemental spirits**

### **118. Are there spirits responsible for nature?**

– Yes, there are spirits responsible for everything there is in nature.



**Note:** There is nothing created by God that does not have spiritual support. Although the hierarchy is primitive in certain living beings, the spiritual organization and responsibility for God's creations are eternal and unshakable<sup>57</sup>.

**119. Is there any relation between elementals and animals?**

– Elementals are responsible for nature; and yet, they do not present themselves in folkloric or unreal forms. The link between them and the animals is one of protection.

**Note:** It is important to discern folklore from reality. It is not about fairies or goblins, but of spirits or “forces” responsible for management, organization, and harmonization of natural cycles. Elemental spirits, therefore, are workers of God, who use forces available to help manage progress and consequent evolution.

**A. Are the elemental spirits in transition from the Animal Kingdom to Human?**

– In some cases; elemental spirits may be in transition but that is not a rule<sup>58</sup>.

## VI - Emotions and feelings

**120. Do the human and animal instincts, emotions and feelings have the same origin?**

– Each one originates according to its need. The difference happens in their use. Each one will use them in a specific moment of its evolution<sup>59</sup>.

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57 *The Spirits' Book*, question 538-a: “Do these spirits belong to the higher or lower orders of the spirit hierarchy? – That depends on whether their role is more material or intelligent, or less so: some command, others execute. Those who perform material functions are always of a lower order among spirits, just as among human beings.”

58 *The Spirits' Book*, question 538: “Do the spirits who preside over the phenomena of nature form a special category in the spirit world? Are they separate beings, or are they spirits who have been incarnated like us? – Who will be or who have been.”

59 *The Spirits' Book*, question 606: Where do the animals get the intelligent principle that comprises the particular kind of soul with which they are endowed? – From the universal intelligent element.”; question 606-a: “Then the intelligence of both humans and animals emanates from a single principle? – Of course, but in humans it goes through a development that elevates it above that of the animals.”

**Note:** No living being acquires emotional characteristics without evolutionary need. The development of these psychological characteristics is a consequence of intellectual improvement and real need. Some animals, however, have the acceleration of emotional blossoming by living with their tutors, but this is not necessarily good; it depends on the employment or usage. Human beings, with their purified free will, often seek to get close to animals and domesticate them with interests and conveniences, and this will be charged in the erraticity.

**121. At what level of development, in the field of emotions, are the animals?**

– As Earth science has already proven, animals are sentient beings (*as seen in question 102-A*). Emotional development belongs to each individual separately.

**122. What is the origin of behavioral, personality and ability diversities of the many animal species?**

– The individuality of each soul causes a diversity of reactions to the environments in which they live.

**123. Were all the tribulations, anguishes and joys experienced by an animal in its life predicted and chosen for its evolution?**

– Yes, a leaf does not move without the will of God<sup>60</sup>, however, a mountain can be moved by His will.

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60 Noble Qur'an – 6th Surah, The Cattle, verse 59: "With him are the keys of the unseen; the treasures that none knows but He. And He knows whatever is on the earth and in the sea. Not a leaf falls but with His knowledge: there is not a grain in darkness (or depths) of the earth, nor anything fresh or dry (green or withered) but is (inscribed) in a record clear (to whose who can read).

## VII - Evolution of the animals

**124. The evolution process, from a scientific point of view, is based in anatomy<sup>61</sup> and physiology<sup>62</sup>. Does the spiritual evolution also correspond to this?**

– In a way. More developed physiology and anatomy are “home” of improved spirits.

As you already know, the material body is a tool of evolution; for this reason, you would not have it complex, but with limited capacities or disproportionate.

There is a certain proportionality between the material and spiritual bodies, so that the owner of that physiology and anatomy can enjoy them to their full potential.

Knowing that the human species is the most developed in this orb, especially in its intellect, it will therefore have the greatest responsibilities with the opportunity given.

**125. The animals are in a continuous stage of evolution. Can their hominization happen on planet Earth?**

– Yes, not only they can, but it also happens.

**Note:** Earth animals can also hominize on Earth. It will depend on God’s plans<sup>63</sup>.

**126. Where do animals stand on the evolutionary scale?**

– In one step of this long climb, this phase is essential to the awakening of conscience (*as seen in question 96*).

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61 Anatomy: disposition, shape, and situation of the organs of a living being (MICHAELIS, 2008); dissection of the human body or any animal or plant for study and knowledge of its internal organization (HOUAISS; VILLAR, 2009).

62 Physiology: science that studies the functioning of the living organism (MICHAELIS, 2008); study of the functions and normal functioning of living being, especially of the physicochemical processes that occur in the cell, tissues, organs, and systems of healthy living beings; bio physiology (HOUAISS, VILLAR, 2009).

63 *The Spirits’ Book*, question 607-b: “Does this period of humanity begin on our Earth? – The Earth is not the starting point of a human’s first incarnation. The period of humanness usually begins on worlds even less evolved. This, however, is not an absolute rule and it may happen that a spirit at its human beginning may be suited to live on the Earth. Such a case is not frequent and would be an exception rather than a rule.”

**Note:** There would be no humans if there were no animals, there would be no animals if vegetables did not exist, and even less vegetables without minerals. Therefore, the human depends on the stone to perpetuate itself<sup>64</sup>.

Taking this maxim into account, we can understand the importance of the planet's conservation and how harmful it is when, by material interests, destruction takes place.

### **127. Which are the animals more evolved?**

– Those who demonstrate a principle of reasoning and conscience, being able to belong to various species.

**Note:** It does not matter what species they belong to; as long as there is a record of efforts and instinctive control, the animals may reach more refined levels of conscience.

It is clear that some species, as they have a greater number of individuals intellectually favored (such as apes<sup>65</sup>), facilitate the evolutionary process of others of the same species, but it is not a rule. So, as you know, it has been proven many times that there are

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<sup>64</sup> *The Spirits' Book*, question 585 – explanatory note by Kardec: “[...] Inert matter, which comprises the mineral kingdom, possesses no more than a mechanical energy; plants, although composed of inert matter, are endowed with vitality; animals, composed of inert matter and endowed with vitality, also have a kind of instinctive, limited intelligence, with an awareness of their existence and individuality; lastly, human beings possess everything that exists in plants and animals, and they dominate all the other classes through a special and unlimited intelligence that provides them with the awareness of their future, the perception of extra-material things and the knowledge of God.”; *Genesis*, chapter X, item 28: “However little one might observe the scale of living beings from the point of view of their organisms, one realizes that, from the lichen to the tree, and then from the zoophyte to the human being, there is an unbroken gradual chain in which all the links have a point of contact with the preceding one; in following the series of beings’ step by step, it may be said that each species is an improvement, a transformation of the one immediately beneath it. Since the human body is under identical conditions as other bodies chemically and constitutionally, that it is born, lives, and dies in the same way, it must have been formed under the same conditions.

<sup>65</sup> Ape: *sm* simian, monkey, ape. *Adj.* simian (MICHAELIS, 2008)

individuals of other species that demonstrate an elevated level of intelligence, even if they are exceptions<sup>66</sup>.

**128. Are simians the closest animals to humans?**

– Physically yes, as science has already proven.<sup>67</sup>

**A. Could it be said that we are their descendants?**

– Physically yes, but spiritually, we come from an evolutionary process. We do not come from anyone; we are a better version of ourselves.<sup>68</sup>

**129. Once humans have the dominant faculty of instinct to survive, could we place them as belonging to the animal stage, evolutionarily speaking?**

– No. In spite of these blossomed instincts, the primitive human being already possessed capabilities more developed than those of animals.

**130. Is there hierarchy among the souls of the animals? Is there subordination and authority among them?**

– The hierarchy is given according to the evolutionary degree. Every subordination aims at evolution and progress.

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66 *Genesis*, chapter XI, item 11: “To be more exact, it must be stated that it is the spirit itself that molds its own envelope and renders it adequate for its new requirements. The spirit perfects, develops and completes the organism to the degree that it feels the need to manifest new faculties; in other words, it tailors it to the stature of its intelligence. God furnishes the spirit with the materials, but it is up to the spirit to use them. That is why advanced races have an organism, or rather, a cerebral apparatus that is more perfected than that of primitive races. This also explains the special style that the spirit’s character imprints on the outline of the physiognomy and the appearance of the body.

67 Fossil analysis of *Australopithecus sediba*, a hominid that inhabited Africa about two thousand years ago, demonstrated a bony structural mixture, bringing together modern human characteristics and great apes, such as the chimpanzee (*Pan troglodytes*) (BERGER, 2013). The *Australopithecus sediba* walked with the leg fully extended and the food inverted during the balance phase of the bipedal locomotion (DESILVA *et al.*, 2013). The ribs revealed a narrow and medium upper chest, laterally, like that of the great apes, as opposed to the large cylindrical chest seen in humans (SCHMID *et al.*, 2013). The analysis of the elements of the cervical, thoracic, lumbar, and sacral spine demonstrated that the species had the same number of lumbar vertebrae than modern humans but had a functionally larger lower and flexible back (WILLIAMS *et al.*, 2013).

68 *Genesis*, chapter XI, item 15: “[...] The bodies of apes could very well have served as garments for the first human spirits, who were necessarily little-advanced; for their incarnation on the Earth, these garments were more appropriate for their needs and more adequate for the exercise of their faculties than the body of any other animal. [...]”

**Note:** Hierarchy needs a certain degree of evolution, as it comes from the organization. Still, subordinating is a survival instinctive reaction. The animals subordinate themselves to live with the group and profit which will lead them to survival and perpetuation of the species<sup>69</sup>.

**131. Does living with human beings contribute to the evolution of the animals?**

– When constructive, it helps to speed up the process. When destructive, drives many animals to extinction.

The future trend is for the coexistence to be increasingly harmonious, peaceful, and respectful.

**Note:** Living together without the respect that animals deserve will have serious consequences for the wrongdoers.

**132. Human beings do not regress spiritually from an incarnation to another<sup>70</sup>. Does this peculiarity extend to animals?**

– Yes. Despite not regressing, the speed of evolution will depend on the use of the free will of each being, even if primitive.

**133. Planet Earth is for trials and atonements. Do the animals pass through them?**

– Planet Earth is for much more than that. For trials, yes, atonements, no. Trials make them evolve, for atonements, conscience would be needed.

**Note:** There would be no reason for animals to atone, given that they do not have the debugging of free will.

To atone, it is necessary to be conscious of the acts performed, and the failures of animals come from the decisions of instinct not

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<sup>69</sup> Dominance hierarchy: social classification within a group in which some individuals give place to others, often granting useful resources without a fight. Members of this group can compete for access to limited resources or for company; however, instead of fighting at every moment, kinship relationships are formed, establishing a hierarchy among the males. These interactions lead to the emergence of a social order, which can be changed if the dominant animal is challenged by the dominated (ALCOCK, 2001).

<sup>70</sup> *The Spirits' Book*, question 778: "Could humankind regress back to the state of nature? – No, humankind must progress without ceasing and it cannot return to the state of infancy. It progresses because God has willed it. Believing that it could regress back to its primitive condition would be denying the law of progress."

yet polished. We can conclude that we only expiate the mistakes, which we have conditions to avoid.

## VIII - Instinct, intelligence, and conscience<sup>71</sup>

During the long existential journey, humankind passes by several important phases for their spiritual development. The body, which is given to us for multiple consecutive times, serves the purpose of evolution; so, it is important to take diligent care of it. The spirit, on the other hand, is eternal and, transcending multiple bodies, coexists in instinctual, intellectual, and conscious states. The instinct (primitive intelligence) is inherent in the incarnate; through it we develop survival and perpetuation of the species. Intelligence allows us more than to survive but to progress, reaching distinct levels, compared to when we did not have it. Conscience, in turn, has always been with us, since its awakening (in the animal phase), and since then it has been our direct communication with the Creator, an instrument that enables us to sift and discern good from evil.

Brethren, regardless of the evolutionary stage you are in this moment, keep in mind that, for evolution, it is necessary to make it evolve, helping your brothers who have not yet reached this stage. Having compassion for others is the same as having faith, believing that, in the past, you were imperfect, as those you judge are now.

### 134. Do animals have free will?

– Not in the human way. They make simpler choices, even instinctively. Instinct requires some choices, which animals make according to their material needs and respective evolution. The bigger the evolution, the more refined the choice will be, which, in the future, will generate free will in fact (*as seen in footnote 54*).

**Note:** Unlike people, animals have a primitive free will, essential for instinctual choices that are basic to survival and species perpetuation.

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<sup>71</sup> *Genesis*, chapter III, item 11: “[...] Instinct is the hidden force that drives organic beings to spontaneous and unintentional acts, having their self-preservation in mind. [...]”; item 12: “Intelligence is revealed through intentional, thought-out, premeditated and calculated acts, according to the turn of the circumstances. It is undeniably an exclusive attribute of the soul. Every automatic action is instinctive. The action that displays reflection, complexity and deliberation is intelligent. Intelligence is free; instinct is not.”

With the passing of the incarnations and the consequent evolution, they begin to debug it, making choices that require a certain degree of consciousness and discernment. Since conscience is awakened, free will is purified, as well as the responsibility about the use of it, and they begin to have primitive steps of discernment. Already in the human phase, free will is complete; consequently, the instinct is overshadowed by morals and intelligence, never ceasing to exist, but being controlled more often.

More evolved beings have the instinct almost imperceptible in their perispirits, as long as they have an evolved morality, to the point of not needing to fight their primal instinctual urges.

### **135. Do animals have primitive feelings?**

– Some species already have them. Feeling is the predecessor of conscience.

*Note:* Feelings precede conscience and run in parallel with intelligence. The most intellectually developed animals are also more developed emotionally. In this way, they are able to have feelings “similar” to humans, however, because they do not have the complete depuration of free will, they do not have complete conscience. Humans, in turn, carry primitive feelings hidden at their core, controlled by intellect and conscience.

### **136. Animals have instinct and intelligence. When does one overcome the other?**

– Instinct allows them to survive, intelligence, allows them to evolve; however, these were not made to be overcome but to coexist, emerging in their respective phases.

*Note:* Instinct and intelligence were not made to be overcome but conciliated. Instinct is a primitive intelligence; thus, one could not develop intelligence without having broadened instinct before. Once instinct is enlarged, the roles are inverted and the focus is now to control it, through the use of intelligence and moral<sup>72</sup>.

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<sup>72</sup> *The Spirits' Book*, question 73: “Is instinct something other than intelligence? – Not exactly; it is a type of intelligence. Instinct is nonreasoning intelligence, through which all beings provide for their own needs.” Question 74: “Can one mark a boundary between instinct and intelligence, that is, to specify where one ends and the other begins? – No, because they are often confused; but we can very well distinguish the acts that belong to instinct from those that belong to intelligence.”



**137. Could animals whose spirits have a certain degree of consciousness reincarnate in groups in which the majority is still brutalized?**

– If necessary, yes. As with humans, animals are spirits that can occupy different groups, according to their need of learning.

**A. Could they, throughout the new incarnation, be examples for those still brutalized?**

– Not only could they, but they are.

*Note:* Are there not evolved humans incarnated on planets in evolution? The same happens with animals<sup>73</sup>.

**138. On many occasions it is said that the animal died of sadness. Is it possible?**

– Not because of sadness, but because of the absence of something it was conditioned to. No matter the stage it is in, the real joy does not lie in anything material, but in what builds the spirit. The animals, being still “pure” in relation to their free will, are influenced by the conditioning they receive; thus, all joy or sadness will be the result of it. It is for this reason that, when an animal suffers from sadness, the responsibility is human.

**139. Do animals suffer from behavioral disorders?**

– Not exactly disorders, but they represent suffering from them through the misuse of its instincts.

**A. Why do some animals self-mutilate, similarly to humans with anxiety?**

– Animal self-mutilation is different from human self-mutilation. That of humans is by disorders, and that of animals is due to the absence of what was once conditioned to them.

*Note:* Behavioral disorders are fully linked to crises of conscience, therefore, animals could not possess them in this phase. We cannot mistake intelligence with conscience; the animal may have an overly sensitive primitive intelligence; however, it will not have the same emerging of his conscience.

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<sup>73</sup> *The Spirits' Book*, question 178: “In passing from this world to another, does a spirit retain the intelligence it possessed here? – Yes, indeed because intelligence is never lost. Such a spirit may not have the same means of expressing it, however. It depends both on its degree of purity and the state of the body it acquires.”

**140. How to compare the human and animal intelligences?**

– They are distinct. Each in its proper proportion and usefulness. The human intelligence is by reasoning, and the animal is by instinct (*as mentioned in question 136*).

**Note:** This does not mean that human intelligence, in all cases, surpasses the animal. Misused reasoning is sometimes more harmful than the debugged instinct. So, with reasoning, the human obligation to overcome instincts in their choices arises, but that does not always happen.

**141. Could the predominance of instinct explain irrational attitudes often taken by humans?**

– What differs the animal instinct from the human instinct is that, in humans, there is already free will, which can control instinct; in animals, there is not.

**Note:** Instinctive control is a test, even for humans. It is necessary moral improvement and effort to deal with instincts that once made you survive, but that, in the current scenario, in excess, would only harm you.

**142. Is the intelligence in humans, acquired from the animal phase, considered a qualitative leap?**

– Yes; still, it is the use of intelligence that will determine the level of progress (*as seen in question 140*).

**Note:** Intelligence is a tool gained through the evolution of that being, and surveillance in its use is the greatest challenge. When one reincarnates and is blessed with forgetfulness, humans often allow themselves to fall into material temptations and use their intelligence wrongly.

**143. Do animals have the same sensations, desires and wills as humans do?**

– No. They have sensations, desires, and wishes proportional to their evolutionary state. The opposite happens: humans have animal desires and sensations; however, it is up to them to resist and control those who are morally inadequate.

**144. Are the animals, neurologically, capable of perceiving, memorizing, having judgment or reasoning about things?**

– Not all of them. Each animal manifests its aptitudes according to its evolutionary degree. Still, most of the time, it is you who project wills and visions and actions that are simply instinctual and natural to animals (especially domestic ones).

**A. Did the primitive human being have limited cognitive faculties?**

– Yes, according to their evolutionary status, always following the due mental proportion.

**145. Is animal cognitive manifestation the principle of intelligence?**

– It is part of the principle, but itself alone is not enough. A series of other developments is necessary for intelligence to awaken.

*Note:* Intelligence does not develop with just cognition or behavior, but along with several other built-in attributes with effort in the passing of incarnations.

We are the results of a past that we cannot change, but we belong to a present that gives us the necessary conditions for improvement.

**146. What is the difference between instinct and conditioning among animals?**

– Instinctive behaviors are innate, while conditioning is acquired during the incarnation. Instinct is given by God for the survival, since the conditionings are our responsibility, therefore, it is through them that we can help the spirits of the animals, through adequate instruction, often controlling their instincts in favor of evolution.

## **Instinctive control**

During the animal phase, the development of instinctual control is natural. However, as the incarnates have a superior intelligence, it is their duty to assist animals as regards this control, when this assistance is useful for their evolution and not only for the human convenience.

Instinctual control is a slow process, which is debugged as incarnations pass by, including in the human phase, and this (instinct) is necessary to guarantee the survival of species in certain evolutionary degrees and planets. It is up to you to seek the discernment of when, how and the manner to

contribute through your interference. Our advice is that by “taming” the instinct, you ask yourself: is it good for the animal or is it good for the humans?

## **IX - Disembodiment of animals**

### **147. Do animals have trials to bear?**

– Not only they have them, but they can bear them.

### **148. What determines the lifetime of animals on Earth?**

– The determination takes place by the plans of God and also according to the use of animal instincts.

*Note:* Misuse of instincts can anticipate disincarnation of that animal, however, because they do not have a purified free will, they do not respond with the same intensity as humans. The human action is another determinant of the time lived by animals. Many return to the spiritual plane as a result of cruelty and misuse of the freedom of choice humans have.

### **149. Where do the animals go right after their disincarnation?**

– Depending on the necessity, they go to colonies or remain in the preparatory erratic phase for a few moments, until their return (*see question 106*).

#### **A. Are there colonies only for animals?**

– There are specific places for their reception.

*Note:* What happens to animals is not quite different from what happens to humans. What differs is the level of consciousness and debugging of free will; this makes humans more held responsible for their choices, since they have the possibility to discern between right and wrong more clearly.

#### **B. Is there a reincarnation plan for animals?**

– Yes, it exists for all living beings.

### **150. Does the perispirit of animals undergo deformations or changes when during chronic, accidental, or altered environment?**

– No. The deformations that occur in humans are the result of their mental impressions. In animals, however, because there are still no impressions developed, when disincarnating, they return to their original form.

**151. Are animals who are dying slowly and painfully aware of the agony and suffering to which they are undergoing?**

– Not consciously, but they do have the physical sensations.

*Note:* And these sensations will be important for the evolution of animals (and of their tutors), not allowing God the pain without purpose. Even if painful while we are incarnated and with the veil of oblivion over our eyes, having resilience to the pain suffered by animals is a demonstration of faith and evolution.

**152. Faced with a serious health condition of the animal, is euthanasia<sup>74</sup> allowed?**

– No. Life must always be preserved. If the animal is going through that, it is because that is its test.

*Note:* In *The Spirits' Book* (the first work, 1857), question 953, even if referring implicitly to suicide, it supports the answer given, as it ratifies that only God can end the existence of beings.

**153. Can the spirit of an animal suffer disturbance after disincarnation<sup>75</sup>?**

– No, for there to be disturbance, it is necessary to have conscience. The disturbance comes from the conscious self-analysis versus experienced reality.

The animals do not have an established conscience; therefore, they cannot disturb themselves.

**154. Is early disincarnation of puppies or abortion in the gestational phase related to the evolution of animals and their tutors?**

– Everything that happens has a purpose, a necessity.

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74 Euthanasia: the act of providing death without suffering to a patient affected by an incurable condition that produces intolerable pain (HOUAISS; VILLAR, 2009); 1. Peaceful death, without suffering. 2. Illegal practice that seeks, without pain or suffering, to end the life of an incurable patient (MICHAELIS, 2008).

75 *The Spirits' Book*, question 165 – explanatory note by Kardec: “At the moment of death, everything appears confused at first. The soul needs some time to recognize itself; it feels dazed, like someone waking out of a deep sleep, who tries to understand the situation. The lucidity of its ideas and the memory of its past return as the influence of the matter from which it has just freed itself is extinguished and the sort of fog that had obscured its thoughts is dissipated. The duration of the state of confusion following death varies greatly: it may last a few hours, several months or even years. [...]”

**A. What is the meaning, reincarnation or evolutionary, for still-born animals?**

– There is always a sense and purpose in God’s plans. We are born or disincarnate to evolve; nothing is wasted within the perfection of the Divine plans.

*Note:* These are God’s plans and have several variables, so we could not name just one reason.

**155. It is quite common among us to say that the animal senses the moment of death when it is about to be slaughtered. Is this true?**

– No. You could not foresee your death even during the animal phase; it occurs only in exceptional cases and with a defined utility.

**156. Does an attached tutor hinders the passage of his/her tutored when they disincarnate?**

– Yes. Thought attachment can harm both the tutor and the re-adaptation of the animal on its new journey.

In time, you will understand that longing is different from attachment, that wishing well is different from wanting to be together, among other things.

Love for animals transcends understanding, and it is often seemingly impossible not to bond with those who have already departed for the other plane.

It is at this moment that you need to develop faith, understanding that being in God’s hands is better than being in your hands and that the synonym of loving is seeing well. Love cannot be confused with possession, and human development is on the way to this understanding.

A day will come when man will learn to love and will return to the commandments proposed more than 2000 years ago, among them, “Love God above all things.”<sup>76</sup>

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<sup>76</sup> Mt 22:37-38 – “Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment.”

**157. May the tutor have chosen as an atonement or test, to go through moments of pain and longing coming from the animal companion?**

– Only if these are tests of both the human and the animal. It is not possible for your trial to generate the suffering of others if it is not its trial too. Within the Divine Justice, it is necessary the trial to be of both, thus balancing the debts.

**158. Can the animals absorb the negative energies of their tutors, and could this even lead them to death?**

– They can feel them, however, they will not suffer physic consequences to the point of leading them to death.

Negative energies affect the human organic matter and can cause great harm to health. However, it is necessary that the recipient and the donor are in the same vibrational state (*as seen in question 93*). This does not occur with the animals as they do not have the debugging of free will to the point of being able to reject the bad vibration. Therefore, they are protected by God with the preservation of their lives.

**159. Do the animals that are honored or decorated for heroism, after their disincarnation, understand this human gesture?**

– They do not understand, but they receive the good vibrations.

*Note:* And these vibrations, when they are good, have immense value for the spirit, as they allow it to remain in a heightened state, accelerating, thus, its evolutionary process.

**A. Even after disincarnation, they may suffer from negative vibrations and cursing words?**

– Because they do not yet have the understanding, they receive help in their vibrational state, helping ease the suffering.

**160. Can we meet again in the spiritual plane the animals we tutored when incarnated?**

– You can even meet them, depending on the utility.

We know that it is the desire of many tutors to meet their animals again on the spiritual plane, however, sometimes, this is not how it happens. The animal is an individual being and needs to follow its evolutionary process. Therefore, God prioritizes evolution over reunion when this is necessary.

**161. Is the length of stay of animals relative to the evolutionary degree in the colonies?**

– No, it is relative to the necessity.

**A. What is the purpose of staying there?**

– There are several purposes, always aimed at one's own or others' evolution. If they have this need, they will stay for some time, until they can follow their courses.

*Note:* Contrary to what your selfishness claims, animals are not objects, slaves, or owe you something. They are individual spirits that must follow their evolution. Thus, when inhabiting the colonies, they do it for useful reasons designated by God, and never to satiate your emotional needs or attachments. Each being has a path to follow: during the animal phase, it is led by more evolved brethren, and the moments on this plane are shortened; in the human, the flaws and purified free will make the being insist on committing the same mistakes for multiple times, delaying, because of that, the natural evolutionary process. You must not define the evolution of the animal's spirit by its permanence in colonies, but by its effort towards instinctual control.

**162. While in spiritual colonies, do animals make contact with each other even though they are of different species?**

– In some cases, if necessary, however brief.

**A. Do they live together peacefully?**

– Yes, in peace.

On the spiritual plane, a lion lives peacefully with a gazelle, because it is not necessary to feed on it to survive. In this case, the instincts developed are not those of survival, but those that will support future intelligence.

**163. Do the animals have an active life in erraticity?**

– Yes. Life in erraticity is as active as in incarnation (sometimes, even more), however, this occurs at an immensely higher speed, appearing fractions of a second in terrestrial time.

**A. Once there, are they grouped by species?**

– No, they are grouped according to the need for evolution or learning, reiterating that species can be compared to the phenotypic differences of human beings, regardless of the external appearance, but to the evolution of the spirit.



**Note:** There is not distinction of race or species in the groupings that occurred in the spiritual world. Equivalences are given according to the evolutionary degree. In the same way that a fourth-year child would not follow the content in a college and a college student would be bored in the fourth year, there is an organization proportional to the need of each being.

**B. Are there, in the same species, animals at different evolutionary degrees?**

– Yes, is there not with humans?

**C. Are their souls directed according to worthiness?**

– Yes, remembering that the merit may be due to the use of instinct.

**D. Are there other means to achieve worthiness besides instinct?**

– No. All merit, in the animal phase, comes from instinctual control. Because they do not have a purified free will, it is through instinct that animals can be tutored, leading them, consequently, to a more evolved conduct.

**164. Once in erraticity, are animals aware of what they will face in the next incarnation in favor of their evolution?**

– No. Only when they have the development of conscience. Until then, they only reincarnate in a compulsory way.

**165. Does the animal reincarnate immediately after its disembodiment or does it wait for a certain time?**

– Usually, reincarnates. However, if it is necessary for its evolution, it will wait for some time (*see question 106*).

**A. Do the disembodied animals miss their tutors?**

– Yes, but they overcome it.

**B. Can their tutors keep them to their lives even after their disembodied?**

– No.

**C. How, then, to explain popular sayings that animals after the disembodiment, keep close to their tutors?**

– There are some exceptions, just as there are several false reports; it is important to know how to discern them, and the best way to do this is to sift them through their utility.

Would all incarnates be privileged with spiritual information? What would the purpose be? It is important to reflect about this.

**Note:** Unlike mankind, animals cannot attach themselves to humans, thus harming reincarnation; so that there is this bond, it is necessary that the two spirits have the free will to remain intertwined, and animals still have not reached this evolution.

**166. Do the domestic animals that disincarnate have the right to choose about their reincarnation plan?**

– No. For they still do not have the ability to choose, such reincarnation is compulsory or reflection of a merit (*as seen in the note to question 108*).

**A. Can they reincarnate several times in the same house?**

– In some cases, depending on the utility, but it is not as frequent as supposed.

**B. Can the animal reincarnated in another family recognize its former tutor?**

– Yes, if there is merit and necessity, but this is not a rule; it will only recognize with the help of superior spirits, who will approach it through instinct and “primitive mediumship” (*see question 195 below*).

Primitive mediumship occurs in animals because they still do not have an established conscience, needing, therefore, to use their instincts to communicate with the spiritual plane. It is a kind of mediumship which, despite being crude and brutalized, fulfills its function within the evolutive proportionality of the animals.

This is so because God would never let an evolving being without communication with its original plan.

**167. Is it necessary empathy to exist so that the animal reincarnates in this or in that family?**

– Is it necessary for humans<sup>77</sup>?

**168. Do past lives mold the initial personality of the animals when they reincarnate?**

– Yes, everything from your past has a purpose for the present and the future.

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<sup>77</sup> *Spiritist Magazine* – March 1862, p. 74: “[...] You will certainly object that with reincarnation, a strange spirit can infiltrate in your lineage and that, instead of counting only gentlemen in it, shoemakers can be found. It is perfectly right; but that does mean anything. [...]”

**Note:** You are the reflection of your past<sup>78</sup>.

**169. What are the purposes of the experiences and memories that the spirit of an animal experienced?**

– As with humans when there is use, they serve as learning, to avoid future failures.

**170. Do animals have reminiscences<sup>79</sup> after disincarnating?**

– Not consciously, but they instinctively have.

**171. Are the disembodied animals taken immediately by spirituality?**

– Yes, and redirected in a specific way. Every living being needs an appropriate reception for its evolution.

**172. How and by whom are the spirits of animals welcomed when returning to the spiritual plane?**

– By specialized teams, who welcome them in a loving and instructive way.

**Note:** It is not because they are less evolved that animals do not have a spiritual support and reception. Upon arriving in the spiritual plane, every creature of God is welcomed with love, being thus forwarded to the course of natural evolution. In the brief period it stays there, it is prepared spiritually and instinctively and then led back to the material plane, in which it will be better able to take new steps towards spiritual evolution.

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<sup>78</sup> *The Spirits' Book*, question 393 – explanatory note by Kardec: “If during our corporeal life we do not have a precise memory of what we were and of what good or evil we did in our previous lifetimes, we nevertheless have an intuition of them. Hence, our instinctive tendencies are a reminiscence of our past, about which our conscience – which represents the desire we have conceived to no longer commit the same wrongs – warns us that we must resist.

<sup>79</sup> Reminiscence: memory almost faded; vague recollection (MICHAELIS, 2008); remembrance of a truth that, contemplated by the soul in the period of disincarnation (the in between that separates its material existences), when coming to consciousness, becomes evident as the foundation of all human knowledge (HOUAISS; VILLAR, 2009).

**173. Which is the treatment given to animals that have died violently?**

– As varied as possible, depending on the needs of each being. Everyone is treated with great love and received with great affection, so that they can recover.

**174. How is the communication between the rescue team and the animals?**

– In a way that is still supernatural for the incarnated, however, natural for the spirits: through thought.

**175. Are there spirits in charge of rescuing animals in slaughterhouses after the slaughter?**

– Absolutely! Wherever there is a brother reaping a life, there will be countless friendly spirits rescuing and welcoming the spirit of the fallen body. The proportion of good will always overcome that of evil.

**176. What help functions do animals play in the spiritual world?**

– Generally, they are linked to the psychic rehabilitation of the disincarnated, helping them in their emotional state and re-adapting them to the spiritual world.

## **X - Respect for animals**

For over a century, the views and concepts of human beings about evolution were proportional to the time, which makes it essential to update some of them in order to bring coherence to certain themes. Among these diverse subjects, there is the question about animals.

The animals are creatures of God; they are our past as spirit and currently members of our families, having become the emphasis of the modern society: loved, respected, and seen with the value they should have received from the beginning.

Humanity began to analyze their behavior, to unravel their levels of understanding and primitive intelligence and was surprised, feeling more empathy and affection for these beautiful creatures.

After millennia of pain, suffering and contempt, animals finally occupy their space in society, becoming more and more part of incarnated

lives. There is nothing fairer and more coherent than understanding the mysteries that surround them.

There will be a day when mankind will see them as brothers, will no longer consume them and will come to respect them even more. Until that moment arrives, it is time to learn more about them.

**177. Do animals have a guardian angel<sup>80</sup>?**

– Yes, all beings with a soul have a protector<sup>81</sup>.

**A. Is this protector individualized?**

– Not necessarily. Protective individualization will be useful when there is conscience.

Still, there is no difference between levels of individual or collective protection, as both are proposed by God, being sufficient for a determined phase.

**178. Why do some animals suffer abandonment, cruelties, and serious diseases?**

– Because of the bad choices made by humans; it is the free will that produces consequences. God, in His greatness, uses these flaws to make them evolve.

**Note:** Abandonment is not the fault of the animal, but of the “tutor”. Even so, as the universal balance is unshakable, God uses your bad choices to adapt situations that will generate progress and evolution for the animal<sup>82</sup>. The authors of bad choices will answer for these atrocities in due proportion.

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80 *The Spirits' Book*, question 490: “What is a guardian angel? – A protector spirit of a high order.”

81 *The Spirits' Book*, question 489: “Are there spirits who link themselves to particular individuals in order to protect them? – Yes, spirit friends; what you call good spirits or guardian spirits.”

82 *The Spirits' Book*, question 602: “Do animals progress by their will, like human beings, or by necessity? – By necessity. That is why there is no expiation for them.”

**179. Does subjugation have any beneficial aspect in the evolutionary process of the animals?**

– Due to the perfection of God, all suffering grants evolution through consequence<sup>83</sup>. However, subjugation is a huge mistake. The correct is the instruction or direction.

Being at a different stage of the evolutionary process does not make you superior: it makes you responsible.

**180. Does those who subjugate or mistreat animals increase their own future trials?**

– Yes, there will always be consequences for all evil acts committed by the incarnated in their free will; however, when they are beneficial, the consequences will also be.

*Note:* Caring for, watching over, and loving animals is a gift, as it is through them that we see what we were in the past and how much we evolved to reach the current moment, and it is also through them that the opportunity to practice charity and act with love to accelerate the evolution process, as it was once done to us.

**181. Is that whoever shuts up when witnessing an injustice against an animal make an accomplice?**

– More than that, this one becomes responsible. Witnessing an injustice in silence is taking the responsibility for that.

**182. How does the spirituality see the spaying of animals?**

– We are always in favor of preserving life. The mutilation will never be supported by the Creator<sup>84</sup>. For this to change, it is necessary to make the incarnates aware not to abandon the animals, and everyone can contribute with that.

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83 *Spiritist Magazine* – March 1864, p. 85: “[...] Spiritism teaches and proves us that suffering in mankind is useful to moral advancement. Who is that to tell us that the one supported by the animals does not also have its usefulness; that it is not, in its sphere and according to a certain order of things, a cause of progress? [...]”

84 *The Spirits' Book*, question 693: “Are the human laws and customs that have as their objective or as their result the creation of obstacles to reproduction contrary to the law of nature? – Everything that hinders the operations of nature is contrary to the overall law.”

**A. And spaying as a means of preventing diseases (preventive spaying)?**

– Only if there are clear indications and very high probabilities of future problems. Each case will deserve to be analyzed very carefully; otherwise, there will be consequences.

**B. And what about zoonosis and overpopulation cases?**

– It would not be the ideal, as both could be avoided, however, we know that it will take some time for humanity to adjust its procedures; we understand that, in some cases, it becomes necessary. The responsibility rests with you to prevent these events. Do you sacrifice a contagious patient or just isolate it properly?

*Note:* Abandoned animals, overloaded tutors, temporary houses... of course, there is plenty of work! Work in excess for some precisely because of the responsibility and awareness not yet developed in others.

We know that evolution does not take leaps and that progress does not happen all of a sudden, but it is necessary that we all do the part that fits us as more evolved creatures and the “older brothers” that we are. Let us focus on treating the cause of the problem, not the symptoms. Respect for all divine creation is the premise for a happier and more evolved world.

**183. What is there to say about the legalized marketing of the animals?**

– In a perfect world, life would not be commercialized. Even so, it will always depend on the intention of this action and the benefit that it will bring.

*Note:* Marketing would not be the correct means of distributing animals for their tutors (the best way would be adoption), however, in this evolutive moment of the planet Earth, it still helps indirectly the future tutors and animals, allowing the awakening of love and consequent physical and psychic improvements for many families.

**184. Which genetic improvements in animals could be considered plausible?**

– Anything that comes to improve and elevate the spirit would be welcome, but never forgetting that misuse can lead to unwanted results<sup>85</sup>.

**185. What does spirituality think about the old habits of offering animals in sacrifice to entities of power?**

– A big mistake! However, everything happened according to the evolution of the time. Now it is no longer necessary<sup>86</sup>.

**186. How can volunteering contribute with the evolution of animals?**

– In several ways: energetic, vibrational, physical, and emotional. Volunteering is the purest way of love. Since the volunteers have the knowledge and caution available, they will be practicing a beautiful act of charity.

**187. Would the sniffer animals, used in rescue and security, and those used in assisted therapy, such as dogs, cats, and horses, be incarnated in this condition by merit?**

– No, they do their jobs for rewarding. The fact that animals perform labor or charitable functions is a reflection of a man-made conditioning. It is up to humans to condition them to practices worthy of charity and love, not the demerit or inconvenient ones.

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85 *The Spirits' Book*, question 692: "Is the improvement of animal and vegetable species through science contrary to natural law? Would it not be more in conformance with that law to allow things to follow their natural course? – Everything must be done to arrive at perfection. Humans themselves are an instrument that God uses as a means for accomplishing the divine ends. Since perfection is the goal toward which nature tends, to favor such perfection is to correspond to those ends."

86 *The Spirits' Book*, answer to question 669: "[...] Amongst primitive peoples matter predominated over spirit. They yielded to their animal instincts and that is why they were generally so cruel, their moral sense had not yet developed. Second, primitive humans naturally believed that a living creature had much more value in God's sight than an inert object. This is what led them at first to immolate animals and humans later, because, according to their erroneous belief, they thought the value of a sacrifice was in proportion to the importance of the victim. Usually, whenever you buy a gift for someone, you always select one with as great a value as the friendship and consideration you want to show the person. The same applied to ignorant humans with respect to God."



**188. Labor is part of the laws of nature<sup>87</sup>. Are the animals that work attending to this law or are they being exploited?**

– It depends on the purpose they work for. If they work for a noble cause, they will be responding to this law<sup>88</sup>.

*Note:* Over time, the man will lose the dependence of animals for everyday work. In the past, it was necessary to use of horses to plow the fields and produce food, but today there are machines. In the past, the cow was indispensable to provide milk, but today it is known to extract it from vegetables. Therefore, the use of animals will happen when no other means exist for such a task and in the most moral way possible.

**189. What is there to say about those who explore the labor capacity of an animal to the point its strength is exhausted?**

– They will suffer the consequences of their actions. On Earth, everything that is planted is harvested<sup>89</sup>.

**190. We treat our pets as the “children” of the family. Does it help them in their evolution?**

– No, animals need to be treated as such. To treat them like humans deprives them of their instinctual needs, harming them. We must treat them with a lot of love, but without mischaracterizing their instincts and purposes

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87 *The Spirits' Book*, question 674: “Is the necessity of labor a law of nature? – Labor is a law of nature, and as such is a necessity per se. Because civilization both increases peoples’ needs and their enjoyments, it obliges them to work more.”

88 *The Spirits' Book*, question 677: “Why does nature itself provide for all the needs of the animals? “Everything in nature labors. Animals labor as you do, but their work, like their intelligence, is limited to their self-preservation. That is why labor does not lead to progress among them, while among human beings it has a double objective: the preservation of the body and the development of thought. The latter is also a necessity and raises them above themselves. When I say that the labor of animals is limited to self-preservation, I mean the objective toward which their labor is aimed. But while devoted entirely to providing for their physical needs, they are also unknowingly agents collaborating in the designs of the Creator. Their labor plays no less of a part in the final objective of nature, although you often do not see its immediate result.”

89 *Heaven and Hell*, Part One, Chapter VII, The Penal Code of the Future Life, item 9: “Every wrong committed, every evil act entails a debt that must be paid, if not in one existence, then in the next or other future ones, for all existences are in solidarity with one another. A debt that is paid in one existence will not have to be paid a second time.

**191. Is the need to use animals for scientific studies, drug, and behavioral research or alike real?**

– It is you who must judge each case. Animals were important to scientific development, however, nowadays there are several other alternatives. You should not seek only through the wide door<sup>90</sup>.

**192. Did the domestication of some species contribute to their evolution?**

– Yes, in some cases. Although domestication helps the development of some animals, it is possible that they reach their evolution in their natural environments.

*Note:* The domestication of animals has been used as a means of conditioning them to instinctual control. However, God, Supreme Intelligence of the Universe, would not restrict the evolutionary development of the animals only for domestic environments only; thus, countless species of animals develop as much as those domesticated in natural environments.

Domestication is an opportunity not only for the animal, but, especially for the tutor, who develops his power of assistance, resilience, and the ability to tutor. The difficulty that incarnates have to taming the animals is proportional to the more evolved spirits have to tame the evil tendencies of the incarnated: everything in stages.

## **XI - Animals and mediumship**

**193. Which would be the best conduct of human beings to help the animals in their evolution?**

– The animals appeared on this planet before mankind and followed their natural evolutionary process. God has given human beings the opportunity to help them through tutoring, and it is essential that this is responsible and worthy.

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<sup>90</sup> *The Gospel According to Spiritism*, Chapter XVIII, item 5: “The door to perdition is wide because the evil passions are many, and the pathway to evil is frequented by most. The door to salvation is narrow because those who want to go through it must make a great effort to control themselves in order to overcome their evil tendencies, and few resign themselves to doing so. It is the complement to the maxim: Many are called but few are chosen. [...]”

There is still a lot to be reformed: the first contribution is not to disturb the natural course, orchestrated by the Supreme Intelligence of the Universe, and the other is tutoring with love and respect, treating animals in an unpretentious and responsible way.

**A. Should there be a limit of our influence on them?**

– Yes, you should limit your influence on constructive matters, without the pretense to humanize or subdue them. It is necessary to understand that tutoring is not possession.

**B. How to explain certain humanized animal behaviors?**

– Through human conditioning.

**194. Are animals conscious of the existence of God, even if intuitively?**

– Intuitively, yes. Consciously, no. Still, many times they project divinity onto their tutors.

*Note:* Intuition is the most favorable way for us, from spirituality, to help animals, for they do not have a fully formed conscience, intuitions occur in instinct, thus, allowing that impulsivities be controlled when there is mutual effort (animal and protective spirit).

**195. Do animals have mediumistic faculties?**

– They have instinctive faculties, not yet overt, that is, a species of “primitive mediumship”.

**A. Can they perform what we call “unfolding”?**

– No, because they do not have mediumship like humans, however, they can unfold in sleep if there is an evolutionary utility.

**196. Are animals capable of differentiating incarnates from disincarnates through their vision?**

– When the usefulness of the animals to perceive the disincarnates through the refinement of their instincts appear, they know how to differentiate them. However, this perception cannot be confused with mediumship.

It is obvious that there is much spiritual influence in this conduct; however, they will only notice it when there are survival purposes, usually arising from deserving.

**197. For humanity, the spiritual world expresses itself in light, colors, and sounds. How do animals perceive it?**

– According to what they need to survive and evolve, depending on each animal.

*Note:* There are no rules for each individual will have the necessary tools to walk towards the spiritual development.

**198. Could spirituality manifest through animals?**

– Not in the way you are aware of. Still, all creatures of God can be His instruments whenever there is use for it.

*Note:* There are many mysteries surrounding the two planes (spiritual and material). God uses animals, just as He uses us, to the manifestation of His love.

Because we are fruits of His creation, just like the animals, we can be used as tools for the propagation of love, aid and charity, but in the human case it happens through free will.

**199. Can the animals demonstrate presentiments and premonitions?**

– They can sense through the use of their instincts, but not through premonition.

**A. What explains the phenomenon of dogs that seem to know when their tutors will arrive, even with routine irregularities?**

– Do not underestimate the senses of animals!

**200. Could animals be on the “Umbral” (mental underworld)?**

– Only in cases of aid to the disembodied humans who are there.

**A. Could an inferior spirit obsess an animal?**

– No, animals are protected for their simplicity; for not having conscience, they are not susceptible to capture these vibrations. No animal life can be used directly by erraticity to harm another incarnate, just to assist them.

## XII - Extinction of species

Animals are part of nature, thus, they must not and cannot be analyzed individually, without contextualizing the importance of the environment preservation. One who loves an animal, and yet destroys its habitat, actually, does not love it.

Animals are neither objects nor tools to fulfill the emotional needs of the incarnates. They are individual or collective spirits, in development.

The time has come for mankind to learn to use substitutive alternatives that do not harm nature. If you have the intellectual capacity of creating weapons and so many other useless things, do you not have this same ability to enable your carnal life without environmental destruction?

The planet is a living organism, and like any organism, it feels the positive and negative impacts, reacting to them. Do not wait for the Earth to demonstrate how insignificant you are to all that is in nature. Demonstrate your intellectual superiority through conservation and improvement of the environment that sustained you in the past and will sustain you in the future.

You long so much to reach higher planets, however, I question you: Have you learned to take good care of yours?

In the same way that, in the first work, we taught you to take care of the body, which is the house of the spirit, in this one, we will teach you to take care of the planet, which is the house of the body.

Be the change you long for through small attitudes and you will receive the proportional reward.

### **201. Is the extinction of species a consequence of human actions or is it just part of the natural evolutionary process?**

– It is a consequence of the actions of humans, since it is caused for misuse of free will, being different from extinctions arising from natural causes or by catastrophes.

#### **A. What is the destiny of the spirits of the species that are extinct?**

– They are relocated in new species, so that they continue their evolutionary path.

*Note:* The physical extinction does not mean the spiritual extinction. The matter is perishable, but the spirit is eternal.

**202. Why does God allow a more evolved species to extinct a not so evolved species to protect itself?**

– All living beings will go through various stages and evolutionary situations, so, who extinguished yesterday, may be extinct today. God allows us to decide what to do with our incarnations. The bad use of free will is the cause for extinction; do not forget that you will answer for your acts.

**A. Could the extinction of some species help others in their evolutionary process?**

– Yes. God equalizes everything that happens in the universe, transforming our mistakes and failures in new opportunities. In nature, nothing is lost, everything adapts<sup>91</sup>.

## **XIII - Vegetarianism and veganism**

**203. What is the meaning of the phrase “The meat nourishes the flesh”?**

– The form of expression of the Spirit of Truth at the time of the sentence was by parables: the meaning is up to the interpretation of each era and each being. We understand that matter needs matter to survive.

**Note:** The word “meat” is used metaphorically, meaning “matter”.

The current evolutionary stage of the planet still requires, in general, that we feed on organic compounds.

**204. Will there come a time when humans will no longer need to feed on meat?**

– Yes. It is already coming, but it is necessary to be careful not to accelerate this process. It is necessary to give the preparation time for the bodies of the incarnates, according to their individualities. It is up to each one to judge in your own consciences the moment you are ready.

**A. What are the consequences upon those who feed on animal meat even knowing it is a mistake?**

– Everything you do knowing it is wrong will be charged.

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<sup>91</sup> *The Spirits' Book*, question 728: “Is destruction a law of nature? – It is necessary for everything to be destroyed in order to be reborn and regenerated. What you call destruction is no more than transformation that is aimed at renewing and improving living beings.”

**205. How does vegetarianism helps humanity and animals in their spiritual evolution?**

– Preserving life through changing habits is always well regarded by the laws of God and causes positive reflections for the entire cycle – but everything at its time.

**206. If the consumption of meat was much lower and this reduced the population of animals for slaughter, would there be insufficient bodies for the reincarnate of spirits?**

– They would be redirected for other purposes. Divine programming is infallible, therefore, there would be several other paths that would lead these spirits to evolution.

**207. How does spirituality stand as regards to those who still consume products derived from animals, such as milk, eggs, honey, leather, and silk clothes?**

– It all depends on the necessity of each individual. Some can already survive without this, while others still need it. Changes must be gradual and without affecting physical health.

*Note:* With technological advancement, animal products will be replaced, thus assisting in physical and psychological detachment in relation to the consumption of these products. It will all depend on the clarification and expansion of people's circle of empathy.

## **XIV - Docility and aggressiveness in animals**

**208. Is aggressiveness of animals towards humans related to past experiences?**

– No, it is related to instinct.

**A. Is there hatred or anything similar to this among animals?**

– No, just instincts.

Hatred is a human creation; animals are a creation of God. Analyze these differences<sup>92</sup>.

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<sup>92</sup> *The Spirits' Book*, question 292: "Is there hatred among spirits? – There is no hatred except among impure spirits, and these are the ones who sow enmity and dissensions amongst you."

**209. Could an animal be labeled as good or bad?**

– Neither animals, nor humans. There is no such thing as good or bad; there is that more or less evolved. And this refers to several aspects.

**A. Is docility a sign of evolution?**

– Yes, it is the principle of love.

**B. Is the distinction between good and bad within the reach of animals?**

– Instinctively, yes. Consciously, no.

**210. What explains the aggressiveness of domestic animals against humans, even killing them?**

– Science explains: there can be reactions arising from fear, self-defense or simply, survival instinct<sup>93</sup>.

**A. In the case of an obsessed tutor, is it possible that this tutored animal becomes destabilized and even reacting aggressively to the point of attacking the tutor?**

– No, the animal could react according to the attitudes of the tutor, but not because the obsession per se.

**211. Is there a link between the spiritual evolution of the planet and the awareness of mankind about their responsibility towards animals and nature?**

– Completely! Evolution depends on awareness at the same proportion a fish depends on water<sup>94</sup>.

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93 Domestication is an evolutionary process in which the biobehavioral profile is substantially refurbished. The authors analyzed how wild and domestic animals of the same species differed in behavior, emotions, cognition, and hormonal stress responses (KAISER; HENNESSY; SACHSER, 2015). Defensive behaviors are behavioral actions that aim to minimize the chances of being harmed, that is, when faced with predatory threats, animals can become engage in different defensive behaviors such as escape, freezing, attacking, vocalizations of alarm or thanatosis (“playing dead”). The behaviors that perform and in what sequence depend on specific properties of the prey species and its predator, as well as its environment. current, internal state and previous experience (EVANS *et al.*, 2019).

94 *The Spirits' Book*, question 185: “Is the physical and moral state of living beings on each globe perpetually the same? – No. All worlds are subject to the law of progress. All began like yours: in an inferior state; however, the earth will undergo a transformation. It will become a terrestrial paradise when all humankind chooses good over evil.”



## **XV - Animals: passes and prayers**

**212. In which vital center of the animal organism does the pass or magnetism will bring greater results?**

– The pass, on anyone. Magnetism requires debugging and knowledge, for animals are even more sensitive to magnetic energies.

**A. When tutors have a spiritual life and the habit of prayer, could animals benefit from these practices?**

– Yes, through the vibrations and energies emanating, all beings will be beneficiaries<sup>95</sup>.

**213. How does saying prayers help animals in their vibration?**

– Every prayer is precious and contributes immensely to those who pray or receive it.

Prayer is an energetic and vibrational donation capable of modifying the “spiritual atmosphere” of each individual, especially if the giver and the receiver are on the same tune.

**A. How do animals tune into this vibration?**

– Even if they are not yet completely enhanced, they are creatures of God, being, therefore, able to modify their vibrations. Yet, of course, the conditioning given to them can help or hinder this process, and here is where the importance of the tutors play their roles correctly.

**214. Could we use our own hands to bless or cry out to God by an animal?**

– Yes, not only it can be done, but it should be. Where there is good intention, God will be present.

**215. What are the benefits of fluidized water for animals?**

– Countless, however, unlike humans, animals still cannot take it in faith, so that they are helped by us and by God, in order to have their illness reduced and to be supported in their physical and spiritual needs.

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<sup>95</sup> *Genesis*, chapter XIV, item 31: “[...] The curative power is thus a direct result of the purity of the injected substance; it also depends on the energy of the will, which causes a more abundant fluidic emission and gives the fluid a greater penetrating power; finally, it depends on the intentions that animate the one who wants to do the healing, whether a person or a spirit. [...]”

## **XVI - Love of animals**

### **216. Are animals capable of loving?**

– Love is demonstrated in several forms, therefore, yes, animals love, within their limitations.

### **217. Love for animals demonstrates a great achievement of society. Is it correct to love animals more than human beings?**

– No. The correct is to love all, fully and without distinction.

#### **A. Why do some people still show more love for animals than humans?**

– Because they see in them the purity, they should not have lost.

#### **B. If we already went through this evolutionary stage, what, then, has made us lose this purity?**

– The misuse of free will. It is easy to be pure when you do not have conscience and responsibilities for your actions; difficult is to maintain purity after you conquer it. The greater the knowledge, the greater the charge.

### **218. In a civilization in which misery is still very present, do the excesses in animal care become an affront?**

– No. There will always be room to take care of both humans and animals; it is up to everyone to collaborate. The union of love will always have great strength.

We cannot justify the absence of aid to animals because there is human misery, in the same way that we should not justify the lack of assistance to humans because there is animal misery. Both need to be helped. May charity extend to everyone.

## **XVII - Pandemics and animals**

### **219. Are there pandemics among animals?**

– There may be, always with the purpose of evolving the spirit through these experiences (*see Chapter IV – Destroying Calamities of Part Three – The Moral, ahead*).

**220. Do pandemics appear because of the consumption of animals?**

– In some cases, yes, as already proven by terrestrial science<sup>96</sup>.

**221. Is there any difference between the consumption of farm animals and wild animals as regards the appearance of pandemics?**

– The possibilities are proportional to the conditions in which this animal finds itself; either from a farm or being wild, the ideal would be not to consume any of them.

**222. In addition to the harm, is there any benefit to animals in pandemic periods of human diseases?**

– There shouldn't be just for these reasons, but unfortunately there are, because they are spared from the bad choices of some incarnates. They are less predated, and the pollution of the planet decreases, favoring them, consequently.

**223. Why Covid-19 did not reach the animals, being that spread across the planet among humans, leading many to disembodiment?**

– Those were not trials to be beared by them, but by you<sup>97</sup>.

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96 More than 70% of emerging infectious diseases are zoonotic (JONES *et al.*, 2008). According to the researchers Paim and Alonso (2020), the closer, in evolutionary terms, to another organism, this organism is more likely to infect us. Thus, food-borne infections are often associated with animal products because humans are evolutionarily closer to animals than to plants. Most of the new diseases that have emerged in humans in recent decades are related to the human search for more food of animal origin. The emergence of some viruses, such as human immunodeficiency 1 (HIV-1), bovine spongiform encephalopathy, severe acute respiratory syndrome (SARS) and the new influenza viruses, can be traced back to the consumption of animal foods, involving wild meat and livestock products (FAO, 2013; JONES *et al.*, 2008; WOLFE; DUNAVAN; DIAMOND, 2007).

97 *The Spirits' Book*, question 740: "Couldn't calamities also be moral trials for humankind by exposing humans to the most afflictive needs? – Calamities are trials that furnish humans with an opportunity to exert their intelligence and to demonstrate their patience and resignation before the will of God. At the same time, calamities enable them to develop the sentiments of self-denial, self-detachment, and love for their neighbor – if they are not dominated by selfishness."

## **XVIII - Purity of animals**

All creatures should be respected. Animals are beautiful for being pure, and because they are pure, they are susceptible to our cares and teachings.

Not looking with love at an animal would be the same as not looking with love for a brother who needs understanding and help.

The incarnate life gives you several opportunities to evolve. The respect by all forms of life is one of the most sublime.

Expand your knowledge about animals, your care and, consequently, your evolution. May all of you love the purity that one day you had, learn from it and continue towards progress.

# SECOND PART



## World of the Incarnate

### CHAPTER I

#### **Childhood of the Incarnate**

### CHAPTER II

#### **Return to Spiritual Life**

### CHAPTER III

#### **Return to Corporeal Life**

### CHAPTER IV

#### **Intervention of Spirits in Corporeal World**

### CHAPTER V

#### **Mysticism, Animism and Quackery**

### CHAPTER VI

#### **The Cure**

### CHAPTER VII

#### **Psychological Illnesses**



## CHAPTER I



# Childhood of the Incarnate

Childhood • Education during childhood • Evangelization during childhood

## I - Childhood

Childhood is the stage when the incarnate is more capable to learn and change; it is when they receive information without so many paradigms and emotional blockages<sup>98</sup>. Therefore, spiritual help could not be given differently: we seek the access and susceptibility of the spirit so that we can pass on the instructions and prepare the energies for the tests to come, strongly counting on the help of the tutors, who, through their teachings and examples, will help guide to a safer path the next steps in life of this newly incarnated.

Every step is important in the reincarnation process; all have their values and weight. “Let the little children come to me”<sup>99</sup> – that you may rescue in the adult life the purity acquired in childhood.

**224. Which is the phase considered “childhood” for the incarnated spirits?**

– This is variable, depending on the time maturity is reached.

**225. Will childhood ever be extinguished according to our evolution?**

– Yes, but the essence it brings, no. All stages experienced today have their own utility.

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<sup>98</sup> *The Spirits' Book* – question 383: “What is the usefulness of a spirit having to go through childhood? – A spirit incarnates in order to perfect itself. During childhood it is more accessible to the impressions it receives, and which may assist in its progress. Persons in charge of its education should contribute towards this goal.”

<sup>99</sup> Mt 19:14 – Jesus said, “Let the little children come to Me, and do not hinder them, for the kingdom of heaven belongs to such as these.”

**226. Will the maturity of the planet anticipate the maturity of a child?**

– Yes, maturity is earlier depending on the evolutionary stage of the spirit.

*Note:* We are all tied to collective evolution, so as the planet evolves, we also evolve consequently. This way, the anticipation of maturity is natural and inevitable. As moral and intellectual concepts reach higher levels, an early ripening occurs, which allows the shortening of childhood and the development of the spirit in a quicker way. So, the more evolved the planet is, the earlier maturation will be.

**227. Is there childhood in other planets?**

– Yes, and in many ways. In each one, childhood occurs accordingly to its evolution, that is, the more evolved the planet is, the earlier maturation will be.

**228. During childhood, are we conscious enough to discern right from wrong?**

– It depends on what stage you are in as a spirit. Some children learn to discern before and others, after. There is no rule.

**A. Is there an age when children can already discern the right from wrong?**

– We cannot generalize. Any and all spirit maturation necessarily goes through the phase of physical maturation, and this occurs in a suitable time for each individual, varying according to its utility. The benefit will come through numerous factors, and the intent will always be to prepare this spirit for his ascension and so that this spirit may face his trials and atonements in a more objective and dynamic way. It is important to remember that one of the main factors for maturation is the use of free will: through its use, the spirit will advance eventually; if used positively, applying the learning with intelligence, the evolutionary path will certainly be more fruitful.

**229. During pregnancy, can the fetus receive spiritual guidelines?**

– Yes, not only it can, but it does receive it. However, these are simpler guidelines, with the usefulness of preparing the fetus for the incarnation to come.



**230. Why do children touch us so much, awakening our unconditional love and our protection?**

– Because you project in them the purity that you know the duty to possess.

**A. Does it have any evolutionary utility?**

– Yes, everything has an evolutionary utility, without exceptions.

*Note:* Children pass through a momentaneous fragility, and still having delicacy in their traces and dependence on their tutors for their physical survival, love will awaken spontaneous and naturally<sup>100</sup>.

**231. Could we affirm that, in the present days and beyond, there will be mass reincarnations of more evolved, and more committed spirits with environmental causes, less aggressive, more truthful, and authentic?**

– The number of spirits to reincarnate with these characteristics is in proportion to individual and collective effort. It is natural that, in the future, those who reincarnate are more evolved, after all, evolution is irreversible, and with it, more debugged values will come.

## **II - Education during childhood**

**232. Could the spirits help form the character of a child, who, we know, is molded according to the upbringing of their parents?**

– Yes. If there is the free will from the parents to seek for instruction and put it into practice, the aid will be more effective.

**A. How do spirits help?**

– In diverse ways: still, so that help is deserved, it is necessary that the home and the people around the child are in good vibrations.

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100 *The Spirits' Book*, answer to question 385: “[...] Children are beings whom God has sent into a new existence. So that God is not accused of excessive severity, God gives them all the appearances of innocence. [...] Nevertheless, it is not merely for the children’s sake that God gives them such an appearance; it is also and especially for their parents, whose love is necessary in their fragility. Such love would be extraordinarily weakened if the parents were faced with a quarrelsome and bad-tempered character. On the other hand, supposing their children to be good and gentle, parents give them all their affection and surround them with the tenderest care. [...]”

The ways to exemplify the sublime faculty of love are almost infinite, however, one of the most notorious is helping children.

When we help someone, we are giving up our selfishness and contributing to the constitution and evolution of others; therefore, God is present. When it comes to children, then, love is even more pronounced: “Come to me the little children” (*as seen in footnote 99*)

Instructing a child is a huge responsibility, but always supported by superior spirits. Among the various means of instructing a child, what matters is not the intellectual or monetary level, but the purification of the intention.

It is through the child that love takes shape in diverse ways and directs the growth of others. Love is not just a way to help, it is the main one, and through it many other ways are produced. We, from spirituality, can directly assist when parents or guardians do not contribute. That helps the child, but does not take away the responsibility of these parents, who will respond for their absence in the formation of their tutored.

We can contribute with intuitions, through the mediumship that all of us have. It is a constant and pure work, as there is no interference from the incarnate in intuition. However, there is such an interference with what do to with it.

We can also contribute at home, so that the vibration is conducive to the development of that child, among other ways. However, all these ways are made possible only by the capacity to love.

### **233. Is it necessary the interference of the parents as regards the free will of their children?**

- Interference in the form of instruction<sup>101</sup>.

Love generates care, so it is absolutely normal for tutors to interfere to educate and protect their children from the storms of the incarnation, once they do it in a well-intentioned and instructive way. The spirits that are your children come to live with you so that you can help them to overcome their addictions and imperfections and instruct them for the duties that life has reserved for them; simultaneously, in you, parents or guardians, other stains are polished, preparing you to a new evolutionary level. May all interference come to add up and to build, not to destroy.

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101 Spirits' Book, question 582 – “Can parenthood be considered a mission? – It is, without any doubt, a mission, and at the same time, a very great duty that involves parents more than they might think concerning their responsibility for the future. God has placed children under the care of their parents so that they may guide them on the path of the good. [...]”

**234. What is the best way to prepare for the education of children?**

– We can only offer what we have. Everything starts with the intimate reform of the parents and, consequently, in the examples they will leave for each of their children.

*Note:* It is huge the responsibility of the tutors in the education of their children, as clarified in question 208, in *The Spirits' Book*<sup>102</sup>. The best way will always be the example. The divine law gives the spirits the opportunity to rebirth with beings who are able to help them to achieve their improvement; therefore, parents fulfill the role to protect these spirits with their fragility in the early years and to awaken their consciences for the good.

**235. What is the obligation of schools in relation to the moral education of our children?**

– School morality is a reflection of the human morality, therefore, the obligation to improve it belongs to all of you; as you evolve morally, you will have schools more evolved.

*Note:* The school has the role of instructing, reflecting the conditions of moral evolution of the society in which it is inserted. It is up to the tutors to promote education and a solid foundation for their children, who will, thus, always know the correct path, being able to discern between right and wrong. It is up to schools to promote the intellectual development as well as the moral, leading students to new insights; yet the work is more effective when it is done together with the family members, for this union strengthens the child's power of assimilation.

**236. How great is the psychological interference that education can cause in the future of a child?**

– It is very large; education is part of building character and values of an individual. Education is the biggest mold that exists. It is through it that we can direct our children to the path of good. It is necessary that this education comes from both school (education) and home (values), so that these beings learn to discern right from wrong earlier, making it easier,

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102 *The Spirits' Book*, answer to question 208: “[...] the spirits of the parents have the mission of developing their children through education. This is a task for them – if they fail to perform it, they will be guilty.”

thus, clever use of their free will. God allows us to improve over the years and through the lived experiences.

The responsibility in tutoring is as great as the responsibility in accepting tutoring: may you be the example of what you preach, so that your children be the reflection of your mirror.

**237. How to filter the information that reach children?**

– Using morals, knowledge, life experience and conscience.

*Note:* Childhood is a favorable period for the assimilation of values and information. It is our responsibility, as parents and educators, to take advantage of this period to guide and build a better world. Children need good examples, but the information available in the media are not always consistent with what we understand as acceptable as regards behavior and morals. We cannot be silent: it is our duty to accompany and guide them.

**238. Why is the personality of a child more susceptible to changes?**

– Because in a child the personality is still in the formation stage and opener to learning; it is in this stage that its malleability is greater (*as seen in footnote 98*).

**239. Is the loss of purity motivated by external influences?**

– We do not lose the purity by influences, but by the choices we make. It is not the environment that transforms the being; but the being that transforms the environment.

Even though you are surrounded by temptations and suffer evil influences, having the necessary resignation to do good, you will not be affected, because, in addition to resisting, you will transform your surroundings.

*Note:* We return to carnal life as children so that, from the momentary fragility of the child's body, we can awaken the love and care in our tutors. We are eternal spirits, and we carry in ourselves the essence of who we really were and are. Each reincarnation is an opportunity for evolution and learning. It will all depend on the free will and effort of each one.

**A. Do spirits influence children for good and/or for evil?**

– Because they are children and have a greater purity and innocence, the spirits of light prevail around them; according to maturity, obsessive spirits may arise, due to bad tendencies or choices.

### III - Evangelization during childhood

There is nothing more beautiful than introducing a child to some belief that leads to God.

Religion, being a creation of mankind, is either used for good or for evil. Once we are aware of this, we need to explore the bright side that it promotes; every child led to God will have better opportunities of becoming an adult of integrity and, consequently, of evolution of his spirit.

It is in childhood that we are more susceptible to learning and, as “sponges”, we then absorb the values passed on by our tutors and their examples.

If we are spirits on the path to perfection, what better way to exemplify the good path than our Creator?

By presenting the truth to a child, he or she will begin to understand what choices to make, being less approached by uneducated spirits and developing control over his/her free will.

It is worth knowing how to dose, so as not to skip important steps. Evangelize children is beautiful and essential, as long as the content is compatible with their understanding and age.

Although every serious religion leads to God, Spiritism came to bring mankind to a new level of knowledge, making it easier to interpret the natural human faculties and understand both the bonuses and the burdens of their present, past and future choices. The main focus should be to develop the charity and love in our children, because whoever is by the side of love will always be on the way to God.

#### **240. What is the importance of evangelization in childhood?**

– It is of extreme importance. It is in childhood that the individual is more able to learn, and, consequently, the formation of his character begins at this time. Bringing the children closer to God means leading them to the right path: “Let the children come to Me, do not hinder them, for the kingdom of heaven belongs to such as these” (*as seen in footnote 98*).

**Note:** It all starts “in the cradle”, and the responsibility of the parents and guardians relies in this moment. It is in childhood that the individual is more susceptible, facing a momentary purity. Approaching this individual closer to God, awakening love and the

true values of life will be the first step to the formation of his/her character.

**241. According to spirituality, when should the evangelization begin?**

– Once it is age appropriate, it may be started from birth.

**A. Does evangelizing a child in the Doctrine, as well as in other religions, mean to hamper free will?**

– No, it means to direct the individual.

**B. Regardless of creed, what is the best way to evangelize in the childhood?**

– Always based on the laws of God, instructing children about immortality of the soul and creating reasoned faith, through example.

**242. What is the best way to spread Spiritism among the young public?**

– All current media are always welcome to the propagation of the Doctrine; on the other hand, it is necessary to filter the bad content, for all the potential for good can also be used for evil.

## CHAPTER II



# Return to Spiritual Life

Disincarnation • Organs Donation • Euthanasia • Umbral (Lower Zone)  
• Spiritual Colonies

## I - Disincarnation

### **243. Is there help from the spirits in the detachment of the body?**

– Yes. There is spiritual interference in everything that is inhabiting the Earth as well as when it ceases to inhabit it.

#### **A. Will the protective spirit, or guardian angel, be by the individual's side?**

– Yes, in the same way<sup>103</sup>.

*Note:* No one will be helpless or alone. Help is a divine natural order, and we can contribute by being its facilitators. So, to receive help, we need to want it. Giving up selfish, proud, and stagnant views is the first step to discover the wonders that acceptance and love can generate.

Let us be gentle and peaceful, either to practice charity or to receive it. God is not only the Supreme Intelligence of the Universe; It is also Supreme Love. Wherever there is pain, there will be enough love to comfort ourselves and, moreover, to give to others.

### **244. When the disincarnation occurs, are the spirits helped immediately or do they keep wandering in erraticity?**

– It depends on each case. Help exists, however, for this, it is necessary the acceptance of the spirit.

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103 *The Spirits' Book*, question 492: "Are protector spirits connected to particular individuals from birth? – From birth to death. They frequently accompany them after death in the spirit life and even through numerous corporeal existences, because these existences are no more than very short phases in the life of a spirit."

**Note:** The acceptance of the spirit begins when it incarnates, when it learns through knowledge, that life is eternal and that the passage to the other plan is just another step. Here is the importance of acquiring knowledge and learning about the immortality of the soul; everything we know becomes easier to accept.

**245. Is it frequent that, when we disincarnate, we are “received” by familiar spirits or by those who were of our fellowship?**

– Yes, it is frequent, but it does not happen in all cases, after all, you are all brothers and you are obliged to live with the spiritual diversity that is given to you, as these will become your future fellowship family<sup>104</sup>.

**246. After the disincarnation, does the spirit need time to recover its energies?**

– Yes, with rare exceptions.

**247. In disincarnation, does the perispirit carry with it all the diseases of the physical body?**

– Not all, but it can carry some, according to its evolutionary state and, above all, acceptance<sup>105</sup>.

**Note:** We carry in our perispirit, after the disincarnation, the inherent impressions, the lack of resignation when facing the storms of life makes us resistant to understand that everything we go through is part of the plans of God.

**248. Why does premature disincarnation occur?**

– No leaf moves without divine utility and permission (*as seen in footnote 60*); all tests happen for some reason and, of course, they add a lot to

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104 *The Spirits' Book*, question 160: “Does a spirit immediately meet those whom it knew on earth, and who died before it? – Yes, depending on the affection they had for one another. They almost always come to receive it as it strives to return to the spirit world, and they may even help free it from the bonds of matter. It also sees many whom it had lost sight of during its sojourn on earth. Additionally, it sees those who are in the errant state and goes to visit those who are still incarnate.”

105 *The Spirits' Book*, question 257: “The body is the instrument of pain; if not its primary cause, at least its immediate cause. The soul has the perception of such pain, and this perception is the effect. The memory that it preserves of pain can be very acute, but this does not imply any physical sensation. [...] Likewise, we can assume there is something similar in the sufferings of spirits after death. [...]”



the spirits involved. The passages on Earth may be short or long, and yet they will always have a purpose.

**A. Does the death of a child occur by rescuing his/her faults and by test for the tutors?**

– It can be a test for one or for all, it depends on the schedule or be brought about by free will.

**B. What is the best way for acceptance?**

– The best way to accept is by understanding that the divine laws are perfect.

They do not always come along with our time, but yet, they will always follow the correct and adequate path for your evolution.

*Note:* We are not victims of fate, that is, nothing happens randomly, not even a premature disembodiment. A child may be in an infant body before your human sight; however, the spirit has gone through many bodies and lifetimes. A natural death is not a condemnation but a release. Your vision is still limited and attached to matter, forgetting that we are free spirits, united by ties of affinity. Only God knows how and when each will make their return.

**249. Why do some disembodied children still suffer pain?**

– Being in erraticity, they do not belong to the matter, therefore, these are just spirit impressions (*as seen in footnote 105*). Still, all suffering will lead to learning.

Suffering is something very relative: what you consider suffering, we consider an evolution tool.

God is not punishing, therefore, all the good and all the evil that we go through in our incarnations and in erraticity have the purpose of teaching us something.

We all have the ability to understand and minimize suffering in the moment when we come to realize that it is only through love that one can inhibit pain.

There has never been and there will never be any helpless spirit in the eyes of God; no matter how it presents itself, it will always have the free will to evolve one time or another.

**250. When we disincarnate in childhood, how long does it take for us to achieve adult consciousness in the spiritual plane?**

– Time is relative and depends on free will and detachment of each individual.

We are eternal and we have already gone through several terrestrial incarnations and childhoods. Disincarnating as a child does not mean that we will remain as children in spirituality. The awakening of conscience takes place gradually and peculiarly. The way in which we will remain in spirituality will be according to our free will and usefulness, according to the plans of God.

**251. Can disincarnated children be protective and/or obsessive spirits?**

– Yes, depending on the vibratory stage and their free will, remembering that the infantile state, for the most part, is material rather than spiritual.

*Note:* Disincarnated spirits, both to protect and to obsess, make use of whichever way is most effective for them (in this case, childish). In the same way that some people are sensitized to the good by the image of a child, others are for evil; however, what determines whether the feeling that touches them will guide them for good or for evil is their vibration. We own our vibratory field, and we attract exactly what we invite through our thoughts, regardless of age.

**252. When we disincarnate, do we take the knowledge of our occupation with us?**

– Everything we do in life enriches our baggage, both positively and negatively. Nothing is lost.

**253. Is the intellectual capacity of a disincarnated spirit the same when it was incarnate?**

– Although the intellectual capacity is the same, generally the use suffers significant differences. When you are detached from flesh and with a more crystalline view of the reality in which you find yourselves, you tend to use intelligence with greater dexterity, and also in the erratic state, you are freed from organic matter that limits you by nature<sup>106</sup>.

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106 *The Spirits' Book*, question 237: "Once in the world of spirits, does the soul still have the perceptions it had in this life? – Yes, and others that it did not have because its body was like a veil that obscured them. Intelligence is a natural attribute of the spirit, but it is expressed more freely when it is unshackled."

**A. Is the learning speed the same in erraticity?**

– No, it is enhanced according to the resilience of the spirit, this learning can be slower or faster according to your choices.

*Note:* The plasticity of the spiritual plane is vastly superior to the material prison in which you live. Thus, in erraticity, you will be able to reason and learn at different speeds, according to utility. And the better your intentions are, the more freedom to act you will have, after all, great powers are only given to those able to apply them to the good.

**B. Memory, in the incarnates, as times passes by, can degenerate.**

**Does the same happen in erraticity?**

– On the contrary, it purifies and amplifies itself, making them remember past choices that placed them in their current position. **Time is an ally of evolution and carries with it the power to cut corners that effort was not able to.**

## II - Organs donation

**254. At what time can the *post-mortem* removal of the organs be done, for donation, in the eyes of the spirits?**

– When all known resources for the reversal of the situation are run out.

**A. Even with consent, will the spirit feel the removal of these organs?**

– No, charity is so great that love overcomes pain.

**B. How does spirituality see those who manifest their intention to *post-mortem* donate their organs?**

– This is one of the purest, sublime and most beautiful gestures of love. It represents the full use from the examples of Christ.

*Note:* It is one of the most beautiful gestures that, while incarnated, you can practice: the donation of part of your matter, perishable and useless after you die, giving the opportunity for other brethren to prolong their lives or improve their quality.

It is an example and proof of faith to make a piece of the body that you were granted serve to support the body of brethren, many times unknown, for a longer time.

This brings joy to all good spirits and guarantees considerable evolutionary leaps, helping in the material detachment itself and increasing the focus on what really matters – spiritual evolution.

This gesture of love will not go unnoticed on your path; give a sibling what you no longer use, for what is of the material body will never be missed once you have done this beautiful gesture of love.

### **III - Euthanasia**

There was a time when humanity believed it had the power of a god and thought it represented the supreme intelligence through its material grandiosities. It built pyramids and temples, when men called “Pharaos” inhabited the Earth, finding themselves symbols of divine greatness.

With intellectual development, spiritual maturation occurred naturally and the human being, the more advanced in the evolutionary scale, became humbler and more rational. Today, the vast majority of mankind knows that we are very far from the supreme wisdom and that, even so, we must never stop seeking for it, incessantly.

Thus, we ask: what right would we have to take the life from another being, or our own, if absolutely everything is a reflection of God’s plan and designs?

Even with little power in our hands, we make mistakes and failures, and we must develop a humility that inhabits us and realize that the power of choice between incarnated life or its disincarnation is not given to us. What is up to us is to take care that our health, while incarnated, is kept at its best, thus being able to prolong our existence of evolution and learning, through incarnation.

Pain is part of our growth and learning; to end it up on our own will or out of “pity” is not correct, if to do so, life has to vanish. Accept and understand that divine choices are the most appropriate for our growth, having enough faith to sustain life, is, definitely the right choice.

May we be humble enough to follow God without wanting to have His power in our infinite unpreparedness.

**255. How is euthanasia seen by the spirits?**

– Anything that prematurely interrupts life is wrong; it would be like anticipating the disembodiment of an individual who still needs to go through some tests or atonements.

**A. Could it be considered a suicide?**

– Yes, if it is conducted by the patient itself.

**B. Would it be a homicide for those who practice it?**

– Yes, aggravated according to intention.

*Note:* Anticipating the disincarnation, even with “good intentions”, of no form is the right option, because we all have the necessary time of permanence on the physical plane. Shortening this time will hamper the evolutionary process in the incarnation. Everything has a purpose<sup>107</sup>.

## IV - Umbral (Lower Zone)

**256. What is the umbral, in the view of the spirits?**

– Umbral is a psychic state that some spirits experience, facing sufferings promoted by their own conscience, charging them about the previous bad choices. They remain there until the moment when detachment of the reasons that caused them awakens<sup>108</sup>.

**A. Why does it exist?**

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107 *The Gospel according to Spiritism*, chapter V, item 16: “Disbelief, simple doubts about the future – materialistic ideas, in other words – are the greatest incitements to suicide: they cause moral cowardice. [...] From this, one must conclude that if nothingness is the only heroic remedy, the sole prospect, then it would be more worthwhile to fall into it immediately rather than later on, and thereby suffer for less time. The propagation of materialistic ideas is therefore the poison that injects the idea of suicide into a large number of individuals, and those who become apostles of such ideas assume an awful responsibility. With Spiritism, however, wherein doubt is no longer allowed, one’s outlook on life changes. Believers know that life goes on indefinitely beyond the grave, although in other conditions. Hence the patience and resignation that quite naturally keep them from any thought of suicide; and hence, in sum, moral courage.

108 *Heaven and Hell* – Second Part, chapter IV, Punishment: “[...] Nevertheless, centuries pass; the evil spirit notices that darkness has finally swallowed it up; its circle of action has become restricted and its conscience – mute until now – makes it feel the bitter thorns of remorse. Inactive and in the grip of a whirlwind, it wanders aimlessly and, as the Scriptures say, it feels its hair stand on end out of terror. Soon, a great emptiness fills it: the time has come in which it must expiate its wrongs; reincarnation is at the doorstep, menacing; it sees as in a mirage the terrible trials that await it. The spirit would like to retreat, but proceeds forward, dropping down into the gaping abyss of life, wallowing in fear as the veil of forgetfulness falls over its eyes [...]”

– To help you in the process of transforming values, making you see the need for material and emotional detachment to proceed your natural evolutionary course.

**B. Is there hierarchy at the umbral?**

– Although it is just a mental state, there is a “hierarchy” for all dimensions, with the purpose of rescuing and improving the spirit, never to do any greater harm.

**257. Are spirits judged by “courts” when they disincarnate?**

– No. “Courts” are your own conscience, charging what you knew you should not have practiced (a kind of repentance). Superior spirits do not judge, much less condemn; on the contrary, they just instruct and assist on your progress.

**258. How are spirits conducted to umbral or to the spiritual colonies after disincarnation?**

– Through mind control; your thoughts will lead you to one way or the other; for this reason, the importance of the beginning of this control even while incarnated. More important than not committing mistakes is knowing how to deal with them, preventing you from them and looking for their non-repetition.

**A. What is the composition of these places?**

– They are composed by the most diverse existing fluids, which are compatible with the need of each situation.

**259. Will we attract similar scenarios in erraticity, according to our addictions?**

– Yes, it is natural that you attract your main inclinations. According to your addictions and “mental prisons”, you will live experiences compatible with what you vibrated<sup>109</sup>.

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109 *Heaven and Hell* – Second part, chapter IV, Punishment: “(A general exposition on the state of the guilty upon their return to the world of spirits, dictated to the Parisian Spiritist Society in October of 1860) – ‘After death, hardened, selfish and evil spirits are soon confronted with cruel doubt with respect to their present and future fate. They look around and cannot see anything on which to exert their evil influence – something that drives them to despair since isolation and inaction are intolerable to evil spirits. They cannot look up toward the places inhabited by pure spirits, and so they take into account only what is around them. Perceiving the abasement of the weak and chastised spirits about them, they attach themselves to them and make them their prey. They torment them with the memory of their past wrongs, which they continuously re-enact through derisive pantomimes.’”

**260. Is everything that exists in the spirit world shaped by the mind?**

– Not everything; the mind can sometimes be the conductor, sometimes the creator. There are no bad places created by God to promote pain and suffering, however, there are good places to promote love and healing.

**A. Is our mind, through thought, able to create good and bad experiences in the spiritual world?**

– Never underestimate the power of thought; it is able to build or destroy a part of your existence. Thought, through conscience is our direct link to God and one of the greatest powers given by Him to each of us, therefore, we must make good use of it.

**261. As described in the Spirit's Book, the coding, in the lower spheres, a spirit, when morally elevating, may lose sympathy with those that did not accompany it in the improvement efforts<sup>110</sup>. Would not this imply in making those who love it suffer?**

– No, every elevation is positive and the higher the spirit is, the more it will try to elevate others, including those who have not had the same effort. Even if there is no longer sympathy, there will always be spirits that will have it and will be able to assist them on their behalf<sup>111</sup>.

## V - Spiritual Colonies

**262. Are the spiritual colonies reserved only for morally balanced spirits?**

– Not always; colonies often serve precisely to help in restoring this balance, if the spirit is willing to give up its negative state and accept help. Every merit is an achievement.

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110 *The Spirits' Book*, question 300: "When two perfectly sympathetic spirits are united, will they remain so throughout eternity, or can they separate and unite with other spirits? – All spirits are mutually united. I am referring to those who have already reached perfection. In less evolved spheres, after a spirit has improved itself, it no longer has the same sympathy for those whom it has left behind."

111 *The Spirits' Book*, question 280: "What is the nature of the relationship between good and evil spirits? – The good ones seek to combat the evil tendencies of the others in order to help them evolve. It is a mission."

**A. Are there several colonies? Are they interconnected with Earth?**

– Yes, there are many and of different shapes which may or may not have connections with planet Earth.

**263. Do the inhabitants of these colonies have material needs?**

– Some may still possess the will, however, not the need. In the colonies, we work to make them see what is important for the respective evolution, changing material needs for tools that will help them.

**264. Can the disembodied spirit on planet Earth inhabit a transitory world, since there is no matter there?**

– If there is any use for its development and progress, yes. Matter, as you know it, belongs only to this world; your spirit is not made up of matter, therefore, it is free to move through different worlds, with diverse backgrounds. Although the perispirit is made up of semi-matter, it is just a temporary garment, which will lose its density in the course of the natural evolutionary process<sup>112</sup>.

**265. Is the atmospheric composition in which we are inserted the same in the spiritual world?**

– No, they are of different forms, according to the need of each planet.

**A. In spiritual colonies, how do climatic phenomena occur?**

– Similar to those on Earth, so that, in this way, the readaptation to new needs of each being may happen.

*Note:* It is important to know how to discern material atmospheric environment from the spiritual one; the spiritual is molded according to the needs of each being, regardless of the planet it inhabits, facilitating the readaptation of the spirit upon its arrival in the spiritual world.

**266. How do the working spirits of the colonies rescue the spirits of the umbraline regions?**

– Through invitations full of love and, above all, by the will of the rescued. It is not possible to help those who do not want help.

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112 *Practical instructions on spiritual manifestations* – Spiritist Vocabulary: “Perispirit – [...] The Spirit takes it from the world in which it finds itself and changes it as it passes from one to another; it is more or less subtle or coarse, depending on the nature of each globe. The perispirit can take all the forms, at the will of the Spirit; ordinarily it assumes the image he had in his last bodily existence [...]”



**267. Can spirits attracted to spiritual colonies go back to living with their loved ones?**

– Yes, but it is not a rule. This will only happen if there is use for the evolution of all involved.

**268. Do spirits residing in the colonies have permission to visit their incarnated family members?**

– Yes, as long as there is merit, and they have the preparation and balance needed for this.

**A. How are they transported?**

– They will go wherever their thoughts take them, as long as there is permission, usefulness and worthiness.

Even though there is the pain of passing and the attachment remains even when sympathetic spirits are separated by two planes, progress must continue. The spirit is individual and was born to evolve: in this evolution, it will face varied experiences, with different family groups, and will react in many different ways. Even so, it is necessary for the spirit to stay focused on its aim and let the past go. Letting go does not mean forgetting or losing importance but allowing this past not to be present to the point of delaying its evolution and that of its loved ones, understanding, one day, that this love it awakens for some individuals should be universal and that love is impartial and unconditional. Therefore, because we all are brothers, we have the ability to love everyone with the same determination.

**The spiritual means of transportation is thought: billions of times faster than light, it is the greatest tool developed by God to help us and connect us with our progress.**

Therefore, do not attach yourselves with your brethren who have already departed, for they are already forwarded in accordance with the divine will; attach to yourselves and to those remaining in the material world, as they depend directly on you to develop and evolve.

**269. How are children received in the spiritual colonies? What teachings do they receive?**

– We welcome them with great love and affection. The learning will be done according to the evolutionary stage, rebalancing and acceptance of each being.

**270. Why do spirits directed to spiritual colonies visit the physical plane even when they should not do so?**

– This happens through their free will; all individuals, however oriented, have the right to make choices – and they will be charged.

## CHAPTER III



# Return to Corporeal Life

Reincarnation • Forgetting the past • Memories of past lives

## I - Reincarnation

Reincarnation is an immense opportunity to start over, it is a reflection of the divine mercy, a new chance to make it different. Some reincarnations go through childhood, adolescence, adulthood and old age and do not use this opportunity to evolve.

It is important that we can touch on our broader vision and understand that evolution is a direct reflection of the effort exemplified. Jesus left us several teachings, but the biggest one was the example.

Human development depends on reincarnation, but also on what we do with it. Reinhabiting the flesh is not martyrdom, but an immeasurable opportunity to do better, so that one day we can look back and see our achievements.

Today it is important to look ahead and see what is missing to be improved. May we never lose faith in resisting our instincts in this new phase.

### **271. What is reincarnation<sup>113</sup>?**

– It is to revive in the flesh. Reincarnation is a new opportunity to fulfill trials and atonements through flesh.

#### **A. How is its organization?**

– It is composed of stages, processes, and choices.

#### **B. Is it optional or compulsory?**

– It can be either way, depending on the evolution of the spirit and the necessity.

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113 *Practical instructions on spiritual manifestations* – Spiritist Vocabulary: “Reincarnation – return of the spirit to corporeal life. [...]”

**C. In this moment, does the spirit already know about its trials?**

– Despite knowing some of them, it will understand that true learning is to experience them.

*Note:* Given the existing questions about reincarnation, the Spiritist Doctrine comes to clarify and free us from the idea of punitive God. We all are spiritual beings experiencing human experiences. Reincarnation is part of the laws of God and allows to heal, correct, and ease mistakes in the face of our multiple existences, through effort. Everything is part of the evolutionary process<sup>114</sup>.

**272. Is there any rule regarding the number of incarnations needed to the spirit?**

– No, they will occur according to the use of the free will of the individuals during their incarnations, which may decrease or increase the among of them<sup>115</sup>.

**273. Regarding the evolutionary scale of the worlds, is there an average quantity of incarnations?**

– No, but what use would there be to know that?

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114 *The Spirits' Book*, question 171, explanatory note by Kardec: "All spirits are en route toward perfection and God furnishes them with the means of accomplishing it through the trials of corporeal life. Out of divine justice, God permits them to accomplish in new existences whatever they could not do or complete in a previous trial. It would not be consistent with equity or according to God's goodness to punish forever those who, regardless of their will, had encountered obstacles to their improvement within the surroundings in which they had been placed. If the fate of all human beings is irrevocably sealed after their death, it would mean that God does not weigh the actions of all on the same scales and that God does not treat everyone impartially. The doctrine of reincarnation, which consists in accepting the fact that humans have many successive lives, is the only one that is in line with the idea of God's justice concerning those of a lower moral condition. It is the only one that can explain our future and give us hope because it offers us the means of atoning for our errors through new trials. Reason confirms this and it is what the Spirits have taught us. [...]"

115 *The Spirits' Book*, question 169: "Is the number of incarnations generally the same for all spirits? – No. Those who advance quickly spare themselves many trials. Nevertheless, since progress is almost infinite, a large number of incarnations are always required."

**274. The codification clarifies us that a spirit can advance or delay its reincarnation at their wish<sup>116</sup>. Could it also delay its disembodiment?**

– If it simply wants it, no; however, if it deserves it, through its attitudes and reforms, yes.

**275. Within the reincarnation plans, do we have the day, hour and the form or nature of the disincarnate “scheduled”?**

– Not scheduled, but programmed, although they may vary according to the use of free will. God grants an option of choosing between the good and the bad ways, and how your choices will define if your disincarnation will fulfill the natural schedule or will be anticipated<sup>117</sup>.

**A. Would it not be strange for someone to plan its own disincarnation, for example, violently?**

– Strange it would be to practice evil and believe that you do not need to atone to pay it off. When you inhabit erraticity, you have a vision of your past bad choices with such clarity that they make you want to go through the greatest of sufferings of planet Earth to achieve redemption<sup>118</sup>.

**B. Could we say that the deaths in which determinism reigns, they always have motivations linked to past lives, as well as that deaths in which personal free will predominates, always have causes linked to current reincarnation?**

– “Always” is an inadequate word to define what is the result of free will. There are deaths linked to past choices as well as disincarnation arising from present choices; however, there is no immutable determination: the only determinism of God is free will, and by using it you can architect

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116 *The Spirits' Book*, question 332: “Can spirits hasten or delay the moment of their reincarnation? – They may hasten it through strong desire. They may also delay it if they recoil from the upcoming trial, since among spirits there are cowardly and indifferent ones. However, they do not delay it with impunity; they will suffer for it, like those who refuse the medicine that restore them to health.”

117 *The Spirits' Book*, question 258: “While in the errant state and before a new corporeal existence, does a spirit have the awareness and foresight of what will happen to it during its new lifetime? – The spirit itself chooses the kinds of trials it will undergo. Its free will consists in doing so.”

118 *The Spirits' Book*, question 269: “Can a spirit be mistaken as to the effectiveness of a trial it chooses? – It may choose one that exceeds its strength, and then it succumbs. It may also choose one that will not be profitable at all; for example, a kind of idle and useless life. In such a case, however, upon returning to the spirit world it realizes that it has gained nothing and asks to make up for lost time.”

your present and future, although there is never an erasure of choices made in the past<sup>119</sup>.

**Note:** Although question 851 in *The Spirits' Book* brings the excerpt “[...] traces for itself a kind of destiny [...]”, the understanding must be that the “trace” guides us, but does not “write” our history, as this will depend on our own “writing”.

**C. As for the circumstance of disincarnation, can determinism be modified when deep and sufficient moral changes occur by the practice of charity or will there be pre-established situations, in which it is combined with fatality and, in no way, the circumstances can be changed, a kind of “destiny” occurring then<sup>120</sup>?**

– Just as you can anticipate your disincarnation through bad choices, you can slow them down with good ones, if it is useful to your evolution and, of course, always with divine permission.

**The schedule is made by you; however, God will set the time for your departure when free will cannot operate to determine it then.**

An example of this is that of someone with an incurable disease to the eyes of planet Earth, but fulfilling extra years of existence, beyond the possible by terrestrial medicine: this incarnate had a mission from his effort in this incarnation and God granted him extra time for its completion.

**276. Could someone take someone else’s life without this fact being in the reincarnation planning?**

– The fact that God can control our destinies as He pleases, it does not mean that He always does so. Once free will is granted to the spirit,

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119 *The Spirits' Book*, question 851: “Is there fatalism in the events of life according to the usual meaning attached to the word; that is, are all events predetermined, and if so, what becomes of free will? – Fatalism only exists when applied to the choice made by spirits upon incarnating to undergo this or that trial. Upon The Law of Freedom choosing a particular trial, they delineate for themselves a kind of destiny, which is the proper consequence of the position in which they now find themselves. I am referring only to trials of a physical nature. As for moral trials and temptations, spirits preserve their free will to choose good or evil and they are always able to yield or resist. [...]”

120 *The Spirits' Book*, question 872: “The issue of free will may be summed up as follows: humans are not fatally led into evil; their acts are not “written” beforehand; the crimes they commit are not the result of any decree of destiny. [...] It is the duty of education to combat evil tendencies and it will effectively do so when it is based on an in-depth study of the human moral nature. Through the knowledge of the laws that govern this moral nature, humans will manage to modify it, as intelligence is modified through education, and physical constitution through bodily care. [...]”

this is responsible for its choices and may even harm someone else, but it will answer for it<sup>121</sup>.

Still, how could anyone be harmed by a choice that did not belong to you? Death is not always harm, but liberation. You are eternal spirits, and being incarnated is not a bonus, but an opportunity of evolution. It would only be a punishment if God extinguished the spirit.

As for flesh? It would go out naturally anyway, one way or the other; yet woe to him who does evil. The obligation to respect the flesh is your exercise, so that, one day, the learning to respect the spirit of your brethren may occur.

**A. Could there be random situations or will there always be determinism in deaths from so-called “stray bullets”, in which the shooter did not intend to hit a certain person?**

– When the coincidence is something inevitable, it can have divine action<sup>122</sup> to “balance accounts”, however, it does not exempt the blame of the person who fired the shot. He who suffered evil could have his debts, but they would not be necessarily paid that way: human choice alters the schedule, and it disrupts the universal balance over and over again.

**B. During the wars where thousands or even millions of deaths occur, how are the reincarnation plans arranged: subject to chance or to determinism?**

– Neither of them; in this case we have the mirror of the misuse of your free will. However, as not a leaf falls without God’s permission (*as seen in footnote number 60*), it rebalances everything again, giving opportunities for those who did not choose to disincarnate in this way to continue their evolutionary process without damage.

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121 *The Spirits’ Book*, question 861: “Upon choosing their existence, do those who commit a murder know at the time that they would become murderers? – No. They only know that in choosing a life of struggle they will incur the probability of killing one of their fellow beings, but they do not know if they will actually do so or not. Murderers will almost always deliberate in their minds The Law of Freedom before committing the crime, and those who deliberate about something are always free to do it or not. [...] If there is sometimes fatalism, it only applies to material events where the cause is outside of you and independent of your will. As for the acts of the moral life, they always emanate from the individual him or herself, who therefore always has the freedom of choice. There is never fatalism in such acts.”

122 *The Spirits’ Book*, question 113: “[...] They are the messengers and ministers of God, whose orders they carry out to maintain universal harmony. They direct all the spirits beneath them, help them to perfect themselves and assign them their missions. They assist humans in their distress and inspire them to do good or to expiate the wrongs that keep them from supreme bliss. Sometimes these spirits are called angels, archangels, or seraphim. [...]”

## II - Forgetting the past

### Divine Providence

Sometimes, we wonder if the harm that has happened comes from the will of God. How the Supreme Intelligence of the Universe, primary cause of all things, could wish or allow evil to thrive in certain occasions?

“No leaf moves without the divine will and permission”, therefore, understanding that there are evils for a greater good is also a matter of faith.

By surrendering our lives into the “hands of God”, we should not expect to be blessed only with good things; we need to understand that we will go through many difficult situations, which will make us better people.

As to the obstacles that are unavoidable, we must have the resilience to face them, and not multiply the difficulties that we would already have, naturally. Trials are part of our lives; atonements, we are the ones who attract them.

Reflect on how many problems God has provided for your growth and how many were created by your own choices. Surely you will conclude that putting life in His hands is always the best option.

**277. When reincarnating, we go through childhood and we have to relearn to talk and walk, as if we had never done these things before. Why is that necessary?**

– When reincarnating, we are blessed with forgetfulness, so it is at this stage of childish purity, like the one we should have, and when we are susceptible to greater learning, and this is extremely important, as it provides the opportunity to adapt to the new life with the influence of our tutors.

*Note:* The forgetfulness is a blessing so that everyone has the same opportunities without benefits or harms, in the choices of each one, so that, with each new existence, everything depends on the effort of the embodied individual.



**278. At what moment does the spirit go through the process of forgetfulness?**

– At the moment its connection with the physical body is completed<sup>123</sup>.

**279. Why is forgetfulness so necessary for our evolution?**

– What would be the use of remembering? Believe: forgetfulness is an immense blessing in most cases<sup>124</sup>.

**Note:** We will always be the best version of ourselves, it would not be logical otherwise; in our previous incarnations, we were less evolved than in the current one, therefore, there is no use in discovering the atrocities that we may have committed in the past, after all, many times, this could be detrimental to our development, keeping us stuck to resentments created in other incarnations. God knows what He does, nothing happens in vain.

**280. According to *The Spirits' Book*, a spirit can succumb by deceiving itself when choosing a certain test<sup>125</sup>. If the spirits that helped it in reincarnation already knew of the weakness it carried, why would they allow the spirit to make such a choice?**

– As the name says, the will is free<sup>126</sup>.

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123 *Genesis*, chapter XI, item 18: “When the spirit must incarnate in a human body that is about to be formed, a fluidic tie, which is nothing but an extension of its perispirit, connects it to the zygote, to which it is attracted by an irresistible force from the moment of conception. As the fetus develops, the tie tightens. Under the influence of the fetus’ vital material principle, the perispirit, which possesses certain properties of matter, is united molecule by molecule to the body that is forming, a fact from which one may deduce that the spirit, through the intermediary of its perispirit, sort of takes root in the fetus, much as a plant takes root in the soil. When the fetus is fully developed, the union is complete, and the being is born to external life. [...]”

124 *The Spirits' Book*, question 394: “[...] The remembrance of our former personalities would entail serious inconveniences. In certain cases, it could cause us a great deal of humiliation; in others, it could exalt our pride and so hinder our free will. [...]”

125 *The Spirits' Book*, answer to question 393: “[...] They seek trials similar to those they have already experienced, or struggles they believe will be appropriate for their advancement. They ask spirits who are of a higher order to help them in the new task that they are about to undertake [...]”.

126 *The Spirits' Book*, explanatory note by Kardec: “[...] Spirits always enjoy their free will. It is in virtue of this freedom that in the spirit state they choose the trials of their upcoming corporeal life, and in the incarnate state they deliberate over what they will or will not do, choosing between good and evil. Denying humans their free will would reduce them to the condition of a machine.

### III - Memories of past lives

**281. During childhood, we still have a connection with reminiscences. How does this process work?**

– Given that it is a character-building age when the purity and innocence prevail, we do not necessarily have access to memories; this will only be allowed if it is useful.

**282. Is it possible, at some point, to access past lives, through spiritual guidance?**

– It is possible only when there is utility; still, it is necessary to be alert. Access to the past comes only to build, not to destroy or confuse the incarnates.

**283. Is spirituality in accordance with past lives therapy (regression)?**

– Until the uterus, yes. As regards past lives, no. What would be the use of knowing the past? Would not it be better to change the present and the future?

**A. Is correct that spiritist centers practice it?**

– No, for it is not only incorrect, but also immoral and fails with truth; what is its purpose?

*Note:* Would we be prepared to know who we were and what we really did? Search the past for answers to our present dilemmas could even aggravate our current existence. We are always looking for answers that please and strengthen us. Forgetfulness is the mercy of God towards us, promoting equality for all, without privileges. It all depends on the effort of each one. We all carry marks from other lives. Selflessly accept the life entrusted to us is a proof of faith and trust in God, who knows what is best for each and everyone. Today we are our best version<sup>127</sup>.

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127 *The Spirits' Book*, question 392: "Why does the incarnate spirit lose the memory of its past? – Human beings cannot and must not know everything. God, out of divine wisdom, wills it to be this way. Without the veil that hides certain things from them, they would be dazzled, like one who passes suddenly from the darkness into the light. By forgetting their past, they are more fully themselves in the present."



# Intervention of Spirits in Corporeal World

- Mediumship • Period of mediumship • Mediumship in childhood
- Protector spirits • Types and mechanisms • Preferences of the spirit
- Presentiments • Mediumistic practice • Improper mediumship practice
- Balanced mediumship • Mediumistic meetings • Disobsession meeting

## I - Mediumship

Mediumship, known by that name for 164 years, with the revelations brought by Allan Kardec, has always existed among mankind, however, its practice was hampered by lack of knowledge, driving many people to craziness, suicide, and prejudice. There have always been mediums, people capable of communicating with the spirit world through the gifts, which came to them with great responsibilities and utilities; however, the improvement of mediumship started at the right time, when people were already better prepared to understand it and also to understand its mechanisms.

In these years, several mediums developed their mediumship and improved the contact with the spiritual world. Today, the degree of knowledge that people possess is proportional to the responsibility to exercise this gift true, honest and seriously, since this ability is the proof of the existence of God and no apparatus made available by Him shall generate either financial or ego responses, serving only for the development of the spirit through the practice of charity and love.

Therefore, mediums, merit the knowledge given to you; we from the greater spirituality hope that you can act responsibly, worthy and befitting the purpose for which you came to this planet. Do not let your material tendencies and intentions prevail over the real sense of this instrument of

love, do not worry about animating, but, yet, instructing yourselves, that this animism may be summative and not destructive. There will be a day when mediumship will no longer be necessary, and you will understand that, because you are spirits, you possess the capacity to advise, console and instruct your less prepared brethren, but until that moment comes, be tools builders of the great harvest of the Father.

So be it!

#### **284. What is mediumship?**

Mediumship is an instrument that all incarnates have, in different intensities and forms, and that allows them to mediate: to be intermediaries between the carnal and spiritual planes<sup>128</sup>.

**Note:** Mediumship is a tool that God gave us to be exercised in an unpretentious way, for the benefit of the needy. It is inherent to the human being, presenting itself in some with greater ostentatiously. Regardless of the religion or doctrine professed, its practice must be exercised within the principles of Christian morality. Blessed light that came to comfort those who suffer – especially the mediums themselves, who, using this resource, will have great opportunities in the exercise of charity. It is necessary to study it and understand it not to fall into traps, often created by self-centeredness or by fanaticism.

It is neither mystical nor supernatural, much less an illness; should not bring financial returns, but be based on love, charity and faith based on reason. Mediumship, which should be studied and understood for its practice, is one of the foundations of the studies of the Spiritist Doctrine and is contained more clearly in *The Medium's Book*, by Allan Kardec.

#### **285. How to explain mediumship objectively?**

It is a faculty that needs mediators: instruments that need constant improvement to connect the two planes.

**Note:** Being a faculty of the human species and that exists since remote times, mediumship is not an exclusive privilege of anyone and does not make those who practice it special, but responsible. Even

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128 *The Gospel According to Spiritism*, chapter XXVI, item 10: "Mediumship is something sacred that must be practiced in a holy and religious manner. [...]"

so, its manifestation is peculiar to each individual, a process of individual and unique spiritual discovery. It is necessary to search for intellectual and moral knowledge, together with intimate reforms, so that its practice is healthy and unpretentious, and its goals are love and charity<sup>129</sup>.

**286. Is mediumship trial, atonement, or mission?**

– It can be all the options or simply one of them, depending on each case.

**A. How can we face it?**

– There is no need to face it, it is enough to learn how to live with it, through your intimate reforms, your vibration and search for instruction.

**B. As a mission, why does it occur?**

– Some evolved spirits choose to reincarnate with mediumship, with the purpose of helping other brethren.

**287. Is mediumship intrinsic to the individual?**

– Yes, in diverse ways; still, not everyone has the need to practice it.

*Note:* It is of your knowledge that you are all mediums, however, there are diverse types of mediumships that do not arouse ostensibly, but that, through your intuitions, lead you to the correct path<sup>130</sup>. Not all mediums are born needing to practice their mediumship, however, all incarnates are born needing to understand the contact with something bigger, so that they can practice the charity with greater effect.

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129 *The Gospel According to Spiritism*, chapter XXVI, item 10: “[...] Thus, those who do not have the financial means to support themselves should go and seek resources somewhere else other than in mediumship, and if necessary, devote to it only the spare time they have available. Spirits will take into account their dedication and sacrifices, whereas they will avoid those who intend to use mediumship as a means for material gain.”

130 *The Mediums' Book*, chapter XIV, item 159: “Every individual who senses the influence of spirits to any degree of intensity is a medium. This faculty is inherent to humankind. It therefore does not constitute an exclusive privilege, and there are very few individuals who do not possess it at least in a rudimentary state. Thus, we can state that everyone is a medium to a certain degree. Usually, however, this label is applied solely to those who possess a well characterized mediumistic faculty that expresses itself through patent effects of a certain intensity, which depends on a more or less sensitive physical organization. One should further note that this faculty does not express itself in all mediums in the same way. [...]”

Other religions name it in diverse ways, however, all of them share that there is the touch of God in the lives of mediums. It does not matter the name given to it: mediumship is a wonderful opportunity to evolve and assist in the evolution of others.

**288. Can mediumship manifest through studies?**

– Yes, if there is use and if it is in God's plans.

It is through studies that the most suitable and ideal means to develop mediumship occur, and it is entirely advisable that you do so. In case it is not revealed for you do not have it ostensibly, other important values will be awaked in you, which will also help in your evolution.

**289. Why do some people long to be ostensible mediums?**

– Because they think they are important or useful only when having this faculty, however, they are deeply mistaken. Mediumship is a trial, and it brings immense responsibilities and renunciations with it. There are infinite ways to be useful and help others with the same value.

*Note:* Dear brethren, mediumship is a kind of trial, atonement or mission that allows you to communicate with the spiritual plane in many ways, with the purpose of helping your brethren and yourselves, consequently.

The mediums come with great responsibility, especially for themselves. Mediumistic practice becomes clean and true in proportionality of intimate reforms, therefore, your commitment to become a better person is inevitable and essential, not to be driven to madness or insanity.

As mentioned in the first book, you will sympathize with spirits of the same vibration as yours<sup>131</sup>, so, to keep in good tunes is the first step to connecting with the good.

Ostensive mediumship happens through different means, and when it occurs, there is no doubt: the medium is able to discern and understand that that message does not belong to him/her, knowing that it comes from another beloved being. Ostensibly never comes pretentiously, biased or just to fulfill family desires or

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131 *The Spirits' Book*, question 514, explanatory note by Kardec: “[...] Sympathetic spirits are those whom we attract to us through individual affections and a certain similarity in tastes and sentiments, both in good and in evil. [...]”

provide the so expected answers; it arises impartially, has no borders, social classes, not even religion.

It is important to awaken the truth within you and the consequent peace of mind. Your conscience speaks to you: you will always know if what you practice is based on the truth or only on your fantasies and attempts to supply your ego and pride.

Do not ever play with something so serious, let other brethren have the same opportunity for which you once pleaded while standing in erraticity and that they are helped by those who have this trial. Look for other ways to treat your psychological without the need to use a tool that you do not really have. The greater the knowledge, the deeper the study. The more enhanced, the closer you will be to the discernment between what is yours and what never was.

If you come to the conclusion that you do not have the “long awaited” mediumship, feel worthy for not possessing it and, at the same time, seek for so many other ways that there are to help and love your neighbor.

### **290. What are the responsibilities of a medium?**

– To be the most faithful and transparent instrument for the benefit of your brethren, seeking for instruction, intimate reforms, and constant improvement, both moral and intellectual.

*Note:* Mediums need to understand that the responsibility is not only for themselves but also for the brethren, incarnated and disembodied, who trust in their veracity and transparency. To deceive your brethren for material benefit or support your own ego is a serious fault. May never lack truth in your actions. Good mediums are not good communicators, but those who are faithful to the assistance received from the spiritual plane, at the same time, converting the teachings received for their own lives.

### **291. Will mediumship be different in the future?**

– It will no longer be necessary in the future, everyone will be capable of making their own connections in a direct and objective way, but, for this, the development of some faculties is fundamental.

## II - Period of mediumship

### **292. Is there an ideal moment for the beginning and the end of mediumship?**

– Each individual has its own time, usually associated with its physical health and mental capacity.

The ideal moment is you who create, through the care you have to yourself. The greater the zeal for your health, both physical and emotional, more willingness you will have to face your trials, including mediumship, thus allowing you to help the greatest number of people through this act of love. However, even though taking care of your well-being, you do not have more this capacity to exercise this work towards your brethren so, it is time to end this practice, replacing it with so many other ways to love your neighbor. Never forget that the main objective of this incarnation is to evolve, and there is no evolution without virtuous deeds. Having this in mind, since the beginning of your incarnation until your last material breath, make use of your efforts to spread love, goodness, faith, and charity.

### **293. At what age could the ostensive mediums begin the contact with the spirits?**

– It depends on their preparation, evolutionary states, and the moment of their trials.

### **294. Could the unused mediumship be extinguished?**

– It does not extinguish; still, the medium can make up for it by practicing other virtuous deeds.

*Note:* Nothing is annihilated, everything takes another form of existing. Just as today is part of yesterday, we are remnants of our past; in this case, even when you no longer have the trial of mediumship, it would have been essential in your evolutionary process. As for the practice of virtuous deeds, there is no contraindication whatsoever.

### **295. Why are there mediums that ask for their mediumship blockage?**

– Because they do not want to face this test. It is especially important to know how to discern between mediumship and psyche. The relevant



point that drives man people to the spiritist centers is the carelessness with the mind and with the psychological sanity. In mediumistic cases, there is no blockage, what exists is the non-exercise of this faculty, which, as we stated above, coming together with a ruled, reformed and integral life will not cause great interference in the respective incarnation. Spiritists, do not assume that every problem is of mediumistic origin, for the potential for harm that a sick mind can cause is not to be underestimated. You may ask: how to discern one from the other? The answer is indifferent, however, the remedy is the same for both cases: intimate reform, love for your brethren, love for yourself and charity.

### III - Mediumship in childhood

#### **296. How should we deal when a case of mediumship in childhood arises?**

- With patience, understanding, guidance, naturality and lots of love.  
*Note:* We must have sensitivity to lead a child mediumship. In childhood, it is common for the children to have contact with the spiritual dimension, and, by the age of seven, they are forming their personalities (*as seen in question 228-A*); therefore, they have no aptitude to devote themselves to mediumistic development, just as adults who do not practice something perfectly if they are not qualified. At this moment, it is up to the adults to conduct it with proportional teachings to their physical ages, as skipping steps is not a suitable alternative. You should not force the blossoming of extrasensory faculties, but you can offer appropriate conditions for them to emerge spontaneously and evenly. At the right time, the spirit will have its due preparation to exercise their trial or mediumistic atonement; even so, nothing prevents tutors from starting to conduct mediumship through instruction, presenting it with the teachings of Jesus, exemplifying the family practice of the gospel, of charity, of forgiveness, listening to the reports from the children with attention and respect, naturally, without encouraging or embarrassing them.

**297. Could children practice mediumship?**

– No, for they are not yet prepared for it<sup>132</sup>.

We cannot misunderstand the possession of mediumship with its practice. There is a time for everything, speeding up the process is inadequate. The preparation for the good exercise of mediumship involves learning and constant need of intimate reforms and of thought. The child is not ready for this, as it is in the phase of personality formation and physical development, just as some adults are not, for lack of study and preparation.

**298. Why are children more sensitive to spirits?**

– Sensitivity is generated by the purity of childhood; the purer, the greater the susceptibility.

**A. How could one learn how to deal with it?**

– Purity takes the burden off them; therefore, they learn from the naturalness of that phase.

The momentary purity that occurs in carnal childhood is due to the gift of forgetfulness and non-involvement with the issues of the use of free will.

Once the spirit starts using its free will in a more independent way, it begins to give in to pride and selfishness, losing candor that it pursued once.

This question is summed up in the phrase: “Innocence protects, wisdom charges.” Therefore, being purer in childhood does not mean being more evolved, for you do not yet have the burden of choice. It is through experienced purity that it becomes clear that the path of evolution is also that of purification.

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132 *The Mediums' Book*, chapter XVIII, item 221, question 6: “Could developing mediumship in children cause problems? – Certainly, and sustaining it could also be very dangerous, because such fragile and delicate organisms would be very disturbed and their infantile imaginations too over-excited. Thus, prudent parents will keep these ideas away from them, or at least they will speak to them regarding their possible consequences from the mental point of view.”

## IV - Protector spirits

### 299. Does every medium have a protector spirit?

– Every incarnate has a protector spirit<sup>133</sup>.

**Note:** Even if you fall, there will be someone who will lift you up, even if you feel the pain, there will be those who will heal your wounds, though you walk through the abyss of depression, you will always have a help that will free you from this mental abyss. God, Supreme Intelligence of the Universe, primary cause of all things, would never leave a creature without support or protection.

Regardless of religion, you all have superior, friendly spirits in intellect and morals, in proportion to your current evolutionary state.

Do not be concerned about any weather that you may face, for you will never fight them alone. Even the loneliest of the embodied will be supported in what matters most, in the spirit.

It is up to you to learn how to listen to your protector, to pray for it, vibrate in the same tune and follow the advices in your more discreet intuitions. If they match your conscience, here is your protector sending you a message!

One day, in erraticity, you will also be a protector, giving subconscious advice to the temptations that come to consciousness, but without interfering, hoping that your mentees make the right choices; at that instant you will understand the true meaning of love. The cycle of love for your brethren is so necessary and beautiful that it is eternal; there will ever be someone to guide you to the path of good.

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133 *The Mediums' Book* – chapter XXXI, item X: “All men and women are mediums. All have a spirit that guides them in moral uprightness when they listen to it. Thanks to a special mediumship, some can communicate directly with this spirit, while others can only hear it through the inner voice of the heart and mind – this matters little, for it is always the same familiar spirit who counsels you. [...] Therefore, heed that inner voice, that good spirit who never ceases speaking to you, and you will eventually be able to hear your guardian angel, who extends its hand to you from on high. [...] – *Channing*

**300. Does the protector spirit have the power to prevent a medium from committing wrongdoings?**

– No, free will is always going to prevail, but the protector spirit can intuit the medium<sup>134</sup>.

## V - Types and mechanisms

**301. What are the existing types of mediumships?**

– The same mentioned in *The Mediums' Book*<sup>135</sup>, with some evolutions, according to the development of humanity.

There are countless types of mediumships for us spirits to communicate with the material plan, and all have the same validity of well exercised, because the “greatness” of mediumship is in good practice, unpretentious, clean and with a lot of responsibility.

The higher the level of collective progress, the more conscious they will become mediumistic manifestations. In the future, they will be unnecessary, therefore, knowing how to use the power of your thought and connect you to your conscience, you will be able to walk with your own legs, to the point there is no need for our advice of light. As for the brothers who communicate in search of help, you will be able to feel them and instruct them consciously, using only your spirit and the degree of perception for that.

**302. Could telepathy be considered a type of mediumship?**

– No, these are distinct things. Telepathy is an evolved degree of the power of thought.

Telepathy is inherent to the spirit and does not need to come from erraticity. All incarnate will be able to develop this tool over time, however, for that moment to come, many intimate reforms will be necessary. Telepathy

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134 *The Spirits' Book*, question 491: “What is the mission of protector spirits? – Their mission is that of parents toward their children: to guide their wards along the path of the good, to help them with their counsels, to console them in their afflictions and to sustain their courage in the trials of earthly live.”

135 *The Mediums' Book*, chapter XIV, item 159: “[...] Mediums usually have a special aptitude for this or that order of phenomena, which divides them into as many different varieties as there are kinds of manifestations. The main varieties are: physical effects mediums, sensitive or impressionable mediums, hearing, speaking, seeing, somnambulist, healing, pneumatographic, writing or psychographical mediums.”

will not develop before moral progress, so that its use and purpose are always constructive and charitable<sup>136</sup>.

**303. What is conscious mediumship?**

– It is a mediumship in which the medium is fully aware of the content transmitted, and may even interfere with it, both constructively as destructively.

**A. And semiconscious mediumship?**

– It is a mediumship in which, despite remaining for a few moments out of consciousness, the medium manages to remember part of the events.

**B. And unconscious mediumship?**

– Mediumship in which the medium does not remember what happened and does not interfere.

**C. Does the unconscious medium have some recourse to use for help or guidance?**

– Yes, clairvoyance and intuition will usually be present; yet it is important that you carry out your reforms, so that you will always remain well accompanied (*as seen in footnote 135*).

**304. Why are unconscious mediums rare?**

– Because unconscious mediumship, nowadays, only occurs if there is a specific need and use; otherwise, it becomes unnecessary.

Rarity does not mean superiority. It is not because mediumship is unconscious that it has more value than other existing forms. Unconscious mediumship happens when you have a specific purpose for its use, something in which the medium cannot interfere, for lack of knowledge, baggage or understanding, through animism. There are rare cases that appear on the planet at certain times when change is needed, and, for that to happen, these instruments, the unconscious mediums, will play the role to transmit these messages to the entire orb.

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136 *The Mediums' Book*, chapter XXV, item 285, question 65: "Can two persons evoking each other simultaneously transmit their thought and communicate? – Yes, and this human telegraphy will someday be a universal means of communication. Question 66: "Why can't it be practiced at present? – It already is by some, but not by many. Men and women must purify themselves more so that their spirit is freer of matter – a further reason why evocation must be made in God's name. Until then, it will be restricted to pure souls and to those who are dematerialized – something that is quite rare in the current state of earth's inhabitants."

**305. Does the unconscious medium have more difficulties in returning to the body?**

– There are difficulties, but practice may minimize them.

The degree of difficulty in recovering the body will depend on several circumstances and, especially, the preparation of each individual. The practice combined with the intimate reforms will lead to a lighter mediumship exercise, allowing the mediums who pass through this test to go through their incarnations on a relatively normal mode.

If mediumship is not practiced or these reforms are not adequate to the degree of responsibility, it may lead these mediums to hallucinations, to depression and, in more severe cases, to suicide.

**306. Where are unconscious mediums taken during the act of communication?**

– It depends on several factors. They are taken to places where they are needed, according to the needs of each one.

On the spiritual plane, there is organization and instruction; no incarnate spirit by “leaving” the body for charitable purposes, remains helpless or alone.

Everything is in the planning; each being is destined for learning or to experiences needed for your growth as a spirit, enabling also that, when you return to consciousness, you can promote changes in your brethren, propagating this knowledge from the erratic world.

Even if the medium does not remember what was done or how long was the absence, each experience is a big step in your learning and consequent evolution.

**307. How to differentiate a conscious from an unconscious medium?**

– More important than to distinguish the level of consciousness of the medium is to analyze the content of the works<sup>137</sup>.

Distinction leads to unnecessary prejudgments or paradigms for this goal. The mediator is evaluated for the content of the works, just as the spirits that communicate through this medium are evaluated.

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137 Lk 6:43-45 – “For no good tree gives bad fruit, and no bad tree gives good fruit. For every tree is judged by its fruit. Men do not get figs from thorns, or grapes from blackberry plants. The good man, out of the good store of his heart, gives good things; and the evil man, out of his evil store, gives evil: for out of the full store of the heart come the words of the mouth.”

It does not matter what kind of mediumship is practiced, what really counts is the fruit it bore.

**308. Should the conscious medium interfere in the communication if he finds it necessary?**

– If it is conscious, it can interfere as long as it is always to sum and not to harm and should never take advantage of any kind.

No type of mediumship should provide privileges or benefits to the mediums who exercise it. Mediumship is a faculty that always walks along with charity and is not focused on being provided only to family members or people close to these mediums.

The vigilance of your evil tendencies is imperative, understanding the true purpose of this mission. We are convinced that any medium has the necessary training to fight these evil inclinations and remain on the right path.

**309. Could a medium have several mediumistic faculties?**

– Absolutely. The medium may have one or more faculties which will arise according to their need.

The mediumistic possibilities are limitless when there is the real necessity as a base. God allows you to develop mediumship, being in your hands, in this way, the necessary tool for your work and what you do with it.

**310. What is spontaneous indoctrination?**

– Spontaneous indoctrination is a mediumistic faculty that comes with a specific utility. The medium, through its vibrational reforms, is able to indoctrinate brethren in need of help, spontaneously and unconsciously (vibrational indoctrination).

**A. And spontaneous absorption?**

– It is also a mediumistic faculty, which makes the medium absorb (approximately) spirits in need of help, and their indoctrination will depend on the vibrational state that the medium promotes.

**311. Could the medium lapidate the mediumship in erraticity?**

– Not only it can, but it does.

## VI - Preferences of the spirits

### **312. Do spirits have preferences upon certain types of mediums?**

– Not exactly preferences, but aptitude. Some spirits sympathize with some people, which they choose to convey their messages; even so, no spirit is exclusive to any medium, and vice versa.

Superior spirits have no possessiveness; they will always be wherever there is a need.

### **313. Why do some spirits communicate only through a determined medium?**

– Because they find energetic, intellectual, or moral compatibility with this medium, or by the utility.

### **314. Could the spirits know the thoughts of the incarnate?**

– If it is useful, necessary, and if they are evolved for that.

Our intention is not to know you out of curiosity, but to modify you, making you more accurate and useful to your progress<sup>138</sup>.

### **315. Does the medium's knowledge help in the communication of spirits?**

– Not only helps; it is essential.

We, the spirits, use the medium's collection as a first choice; by enriching it with diverse knowledge, it facilitates us in our communications and works. Therefore, we can say that the quality of the work of a spirit is proportional to the quality of the information of the intermediary. There are exceptions, and we use our own collection when there is divine permission and a purpose<sup>139</sup>.

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138 *The Spirits' Book*, question 457: Can spirits know our most secret thoughts? – They often know about what you would like to conceal even from yourselves; neither actions nor thoughts can be concealed from them.”

139 *The Mediums' Book*, chapter XIX, item 225: “[...] whenever we find mediums whose minds are full of knowledge acquired during their present lifetime, and whose spirits are rich in previously-acquired, latent knowledge proper for facilitating our communications, we will prefer to employ them, for then the phenomenon of the communication will be much easier for us [...]” – *Erastus and Timothy*.



**316. Can superior spirits communicate through any medium, regardless of his imperfect conduct?**

– Not only can they, but they do so; it is a way of molding them. Even so, it is important to always observe the content and purpose<sup>140</sup>.

**A. What is the criterion used by spirituality in choosing the medium?**

– There are no criteria. It is the plans of God, who, by having the knowledge of the trials and atonements to be fulfilled by the medium, gives him that mission.

*Note:* The state of imperfection of each individual is relative. In the face of the plurality of existences, forgetting the past limits us the evaluation. In a world of trials and atonements, all incarnate carry imperfections. Only our Creator has absolute knowledge of who we really are. We must trust, have faith and use the reason for understanding the purposes of God, who will always know what is best for everyone.

**317. After a communication, can a sublimated spirit express itself, whether to immediately remove the harmful fluids?**

– Yes, if there is the need for it.

No leaf moves without His consent (*as seen in footnote number 60*).

**318. How can you tell if the spirit is telling the truth?**

– We recognize a spirit for its works and its communications.

The best way to perceive the truth is by feeling it; there is a sign that we are approaching it, as it is compatible with our conscience when we read something that we identify with, and that presents us with a similarity, even though we have not had previous contact.

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140 *The Mediums' Book*, chapter XX, item 226, question 8: Is it completely impossible to receive good communications through an imperfect medium? – Imperfect mediums can sometimes obtain good communications since, if they have a good faculty, good spirits can use them in the absence of better ones in special circumstances. They do so only temporarily, however, because when they find others who would serve them better, they prefer them.” Observation: We should point out that when good spirits see that certain mediums cease to be good instruments, and due to their imperfections, start to become prey to deceptive spirits, they nearly always bring about circumstances that reveal their defects and they keep them away from serious, well-intentioned persons, whose good faith might be abused by them. In such cases, whatever their faculties may be, there is nothing to be sorry about.”

**319. Could a spirit in a superior stage, fall morally?**

– No, moral evolution is irreversible. Still, everyone will have free will to decide which attitudes to take in their new incarnations, and may fall into errors, but not to fall morally<sup>141</sup>.

*Note:* God created all souls having the same point of origin; none was privileged, all beings seek the same goal, which is perfection. Moral evolution is an achievement of a long reincarnation process, but it does not exempt us from error. We will always have something to evolve in distinct aspects.

**320. Can spirits in erraticity be oriented without the contest of a medium?**

– Yes, not only they can, but often are<sup>142</sup>.

**321. Can the spirits interfere in electronic devices and communicate with the incarnates even through them?**

– We could, but why would we? The technology of electronic devices is outdated for us in the spirit world, we use more suitable ways.

Our mission is not to impress you or lead you to believe in the extraordinary, for it does not exist. Spiritism came with the mission to reform you, enable you to evolve through your own effort and make you use knowledge for the practice of good and unpretentious charity.

The greatest proof you can get is to see in yourselves the profound changes that you have made with your incarnations, and these fruits will be collected in the present and in the future.

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141 *The Spirits' Book*, question 118: "Can spirits regress? – No, as they progress, they gain an understanding of what is holding them back from perfection. When a spirit finishes a particular trial, it never forgets the knowledge it acquired. A spirit may remain stationary, but it never regresses.

142 *The Spirits' Book*, question 227: "How do errant spirits learn, since it can hardly be in the same way as for us? – They study their past and seek ways to evolve. They watch and observe what is going on in the realms through which they pass. They listen to the discourse of enlightened individuals and the counsels of spirits who are more evolved than they are, and this provides them with ideas that they do not yet possess."

## VII - Presentiments

### **322. Should the medium express everything he senses?**

– No, just what is useful. It is up to the medium to select the sensations or presentiments. It is part of the trial, many times, to bear the pain of others in silence and reflection. Even though it escapes the understanding of the majority right now, everything has a learning purpose.

Most of the time, being firm in the face of the suffering of others, in silence, makes us reflect on how grateful we should be for all that God provides for us.

The key to enduring pain is also in controlling your thoughts.

### **323. How does the medium control the sensations in daily life?**

– Controlling thoughts. The full control of thought is the higher degree of evolution of the human mind, being able to approximate the material to the spiritual worlds through the exponential increase in the level of perception and vibrational control.

By controlling your thoughts, you will be able to forgive, not hurt yourselves with unavoidable torments and avoid all possible ones. You will know self-healing and you will understand that: what today presents itself as impossible or extraordinary is nothing more than a fully available and possible tool in your mental archive.

When you understand the power that thought exerts in your incarnations you will take care of it much more than today, for it may be the medicine or poison of the soul, depending on how you administer its doses.

### **324. What is the purpose of the premonitions?**

– To anticipate being able to contribute, either with help or silence, depending on the situation<sup>143</sup>.

#### **A. Are they mediumistic or telepathic?**

– Both. Intuition influences telepathic power. As in a reaction in a chain, when you are intuited by the spiritual world, this intuition is aligned to your original thoughts.

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143 *The Spirits' Book*, question 522: "Is a presentiment always a warning from a protector spirit? – A presentiment can be the inner and secret counsel of a spirit who wishes you well. It can also be an intuition about a choice made prior to incarnation – it is the voice of instinct. [...]"

The purpose of intuiting is not to discriminate what is spiritual from what is yours, but only light the way, indicating more clearly what you should follow.

Those who have premonitions intuitively or telepathically should develop the necessary discernment to know at which moments you should express or silence.

## VIII - Mediumistic practice

### **325. Should one practice mediumship without knowledge?**

– No way. Mediumistic practice is a huge responsibility. It is essential that it goes hand in hand with the incessant search for knowledge. If performed improperly, it can have vibrational, psychic, or spiritual consequences.

May the exercise of this faculty always be carried out under the supervision of your conscience and based on all the moral values you know; in view of that, you will minimize the possibility of error<sup>144</sup>.

### **A. Still not having the knowledge, can the medium exercise mediumship together with studies?**

– Ideally, you should have prior knowledge, even so, if you respect the necessary steps, you can start the exercise simultaneously.

*Note:* Doing them simultaneously means doing both; what you should not do is to deceive yourselves and perform only the mediumistic exercise without reconciling it with the studies. You grant the laic the opportunity to perform a surgery without having ever studied medicine?

### **B. What is the correct way to exercise mediumship?**

– Taking the necessary steps, with responsibility and instruction. These necessary steps run a long way towards learning, which begins through acceptance, goes through instruction, and ends in practice, however, the constant vigilance of the medium before his actions is necessary,

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<sup>144</sup> *The Mediums' Book*, chapter XX, item 226, question 3: "Will mediums who put their faculties to bad use, who do not utilize them for the good, or who do not take advantage of them for their own education suffer the consequences? – If they put them to bad use, they will be doubly punished since they will have lost the opportunity to profit from a way of enlightening themselves. A person who sees clearly and stumbles anyway is more culpable than someone who is blind and falls into a ditch."

because the temptations will occur all the time. Being a medium is not just about communicating with the good side, but also with the bad side.

Good or evil refer to the evolutionary state of these contacts – inferior or superior spirits<sup>145</sup>.

**326. Which are the ideal attributes for the exercise of mediumship?**

– Incessant search for knowledge, respect for the steps, not failing with the truth for yourself and, above all, the effort, for this is the attribute that guarantees the others.

**327. When is the medium capable of using its faculties?**

– It depends on each case; in the vast majority of them, when there is a foundation in the studies. To be capable is one of the most complex issues that exist. Who is really fully prepared for anything? The preparation is a consequence of the effort; in the case of mediumship, of various efforts: in intimate reforms, in studies and understanding, in resignation and acceptance of mediumship. After a lot of effort and some time of practice during some incarnations and also on the erratic plane, the medium becomes more prepared for this hard, but compensatory mission, which will lead him to practice unpretentious charity, assisting his brethren in their evolution and progress.

**328. How to discern what is the result of the medium or the spirit?**

– It is not necessary to discern, the important thing is to filter the content<sup>146</sup>.

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145 *The Mediums' Book*, chapter XVII, item 211: “The main difficulty encountered by most novice mediums involves having to deal with less evolved spirits, and they should consider themselves fortunate when such spirits are merely frivolous. [...] The first precaution is for mediums to arm themselves with sincere faith under the protection of God, asking the assistance of their guardian angel. [...] The second precaution is for them to dedicate themselves with scrupulous care to recognizing, through all the indications that experience offers, the nature of the first communicating spirits, whom it is always prudent to distrust. If the indications are suspect, they should fervently appeal to their guardian angel and repel the evil spirit with all their might in order to discourage it by showing that it cannot deceive them. That is why a study of the Doctrine beforehand is indispensable if the medium intends to avoid the trouble that is inseparable from a lack of experience.”

146 *The Mediums' Book*, chapter XIX, item 223, question 3: “How can we tell if the spirit who responds is that of the medium or if it is another spirit? – By the nature of the communication. Study the circumstances and language and you will be able to tell.”

It is not important to distinguish, animism can be productive as long as there is filter and coherence of the medium (*see question 367 ahead*).

You too are spirits, you are no less than us; instead of giving us more importance for our works, improve yours, so that we can work together.

**329. During sleep, can the medium exercise his faculties?**

– Not only it can, but it does. It is also during sleep that some people, who do not even know they have mediumship, carry out their work. Sleep is an immense opportunity in which the spirit detaches itself from the physical body for a fixed period of time and “walks” to other planes in their missions of progress.

While incarnated, sleep is the best opportunity to guide you, which does not make remembrance, in many cases, necessary.

Not all dreams are real, but all are useful to evolve the spirit and correct its direction during the current incarnation. You will only know what work you do if there is a need or use for your progress; otherwise, it is better to remain forgotten, but with certainty of having been helpful. It is no wonder that a good night’s sleep is demonstrably one of the greatest remedies of vigor and restoration of energies for the embodied ones<sup>147</sup>.

**330. Is it correct that the medium to give up his professional life to exercise only mediumship?**

– No. Still, the decision is up to your free will, but if you are incarnated, it is because you have missions to fulfill; therefore, it is necessary to reconcile material with spiritual life<sup>148</sup>.

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147 *The Spirits’ Book*, question 401: “During sleep does the soul rest like the body? – No, a spirit never remains inactive. During sleep, the bonds that join it to the body are loosened, and since the body does not need it while sleeping, the spirit travels through space and enters into a more direct relationship with other spirits.”

148 *The Spirits’ Book*, question 573: “What does the mission of incarnate spirits entail? – Instructing human beings, helping them to advance, and improving their institutions by direct and material means. Missions are of various degrees of generality and importance, however: the one who cultivates the soil fulfills a mission as surely as the one who rules or teaches. Everything in nature is linked together. At the same time in which a spirit is purifying itself through incarnation, it is also working to fulfill the designs of Providence. Each one has its mission in this world because each one can be useful for something.”

**331. Is it possible to give up the mediumistic practice?**

– It is up to free will; still, it would be difficult to deal with the consequences. However, if you decide not to practice it and have a regulated and useful life, not necessarily you will have negative consequences. God always allows us to have options to choose from.

*Note:* They are relentless at times, in the erratic period, when we beg for the opportunity of trials and atonements. In these moments, with a broader vision, we want to take advantage of the next incarnation to make evolutionary leaps, and mediumship is one of those forms.

When you arrive in the embodied world and feel the complexity of this trial, which is to have contact and communicability with the spiritual world, being imperfect and not having the best vibrational ranges, sympathetic with spirits of the same frequency as yours, and therefore this becomes a painful ordeal, leading many mediums to try to “open hand” of this practice, and leading some of these even to madness and suicide. It is up to the free will of each being to fulfill or not their tests, however, in the case of mediumship, abdicate the exercise, and not the faculty itself, generates even more pain.

The moral improvement and intimate reforms lead the medium to new habits and consequent new vibrational bands, making life lighter and more pleasant.

We conclude, then, that mediumship is a test that has a degree of difficulty equivalent to personal reforms: the bigger they are, the lighter they will be.

Do not run away from your trials, improve yourselves to fulfill them.

## **IX - Improper mediumship practice**

**332. Does the bad use of mediumship aggravate the incarnation of the medium?**

– Yes. Not only aggravates the incarnation but creates new atonements. The misuse of mediumship is the failure to fulfill a previously established mission for yourselves. It is the breaking of your commitment to your own real goals, and I mean real goals for, when you are in the disembodied plane, without the matter to tempt you, you yourselves seek

to fulfill trials and atone for your mistakes in order to evolve. And, when there is the misuse of a faculty that came with the purpose of doing good, the error is duplicated.

Worse than breaking a commitment is failing to fulfill an assumed agreement with yourselves, but you must never be discouraged, for “right now”, there is still time to start over and make a new future.

**333. Could the medium become sick from the misuse of mediumship?**

– Yes, in most cases. The use of mediumship without responsibility may bring either physical or mental consequences.

Soon you will understand that the illness of the body is a consequence of the illness of mind and soul, instruments that govern the physical body.

Therefore, the lack of responsibility makes your conscience generate the guilt, and this will make you sick. The best way to stay healthy is to never miss the truth in yourself: who finds inner peace will find the source of physical health.

**334. What consequences result from a poorly exercised mediumistic service?**

– If the receiver shares the same vibration, it may have physical or spiritual consequences, but if the receiver keeps good vibrations and intentions, it will not generate any sequel.

*Note:* Consequences are inevitable. Although not for the receiver, there will be consequences for the giver, for misusing mediumship, knowing the correct way to exercise it; the medium will respond for this choice in due proportions. It is necessary to believe in divine providence and trust in godliness, however, this does not give us the right to settle down and not offer the fullest of our potential, especially when the goal is the wellbeing of a neighbor.

**335. Could mediums with addictions<sup>149</sup> harm the communication from superior spirits?**

– Yes, they harm it, and, in some cases, they can even hinder it.

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<sup>149</sup> Addiction: physical or moral defect.; deformity, imperfection, viciousness, bad habit (Michaelis, 2008)



**Note:** Would you wear clean clothes without taking a shower? Even so, the moment you judge the one who has not bathed and dressed clean clothes make you just as dirty.

**336. Should unbalanced mediums exercise mediumship?**

– They should not. It is necessary to help yourself first, so that you can then help your neighbors<sup>150</sup> (*see also question 426-A*).

**Note:** “Help yourself and heaven will help you.”<sup>151</sup>

**337. What are the consequences from practicing mediumship for your own benefit?**

– Unnumbered, both physical and spiritual. One who exercises something to its own benefit has already received its rewards (*as seen in footnote number 129*).

Any type of mediumship exercised for its own good through the free will is the use, with partiality and selfishness, of a tool intended for the love of one another.

Material rewards are perishable and irrelevant compared to those you will have by knowing how to use your gifts, entrusted by God.

Think about this before seeking to supply your selfishness and self-centeredness, practice love in an unpretentious way and always look for the evolution of the spirit, because all matter will perish, and spirit will remain.

Among the consequences, the worst is the loss of peace, because even if the incarnate is satisfied by taking advantage of a gift given by God, you will never have inner peace, since the regulator of the spirit, your conscience, is part of God.

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150 *The Mediums' Book*, chapter XXIII, item 254, question 3: “Is the obsession that prevents mediums from receiving the communications they always desire a sign of their unworthiness? – I did not say that it is a sign of unworthiness, but that there can be obstacles to certain communications. They must endeavor to overcome such obstacles, which are to be found within themselves. If they do not, their prayers and supplications will do nothing. It is not enough for a sick person to tell the doctor: “Give me health; I want to get better.” The doctor can do nothing if the sick person doesn't do what is required.”

151 Josh 1:9: “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord, your God, will be with you wherever you go.”; *The Gospel According to Spiritism*, chapter XXV, item 2: “From the earthly point of view, the maxim: Seek and you shall find is analogous to this one: Help yourself and heaven will help you. It is the principle of the law of labor and, consequently, the law of progress, because progress is the child of labor, and labor sets in motion the powers of the intelligence.

## X - Balanced mediumship

### **338. How to keep mediumship balanced in a world of trials and atonements?**

– Mediumship mechanisms are compatible with the world where the incarnate inhabits, therefore, it is possible to maintain balance.

*Note:* What other purpose would there be in mediumship if not to awaken the balance and promote intimate reforms? If it were intended only to help, we, disincarnated, would practice it without the need of the incarnate.

The use of mediumship through mediums is precisely to unite business with pleasure, awaken love for others and promote balance and reforms simultaneously.

### **339. How should the medium find balance between sanity and madness?**

– It is up to the medium to seek for this balance to ease this process; self-knowledge is essential.

*Note:* “Know thyself.”<sup>152</sup>

## XI - Mediumistic meetings

### **340. What is the importance of a mediumistic work?**

– It is still its needed, because it is through mediumistic work that we manage to balance (overflow), energetically and psychologically, the medium, and forward the spirits that need to seek the path of light.

*Note:* It is a help for both: the “medium” incarnate benefits from this practice obtaining the necessary balance to proceed in his incarnation, and the disincarnated are favored by receiving the instructions

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152 *The Spirits' Book*, question 919: “What is the most effective means for improving ourselves in this life and for resisting the draw of evil? – A sage of antiquity has told you: ‘Know thyself’”, question 919-A: “We comprehend all the wisdom of that maxim, but the difficulty is precisely in knowing ourselves. By what means can we do so? – Do what I used to do when I was living on the earth. At the end of each day, I examined my conscience, reviewed what I had done and asked myself whether or not I had failed to fulfill some duty and whether or not anyone might have had reason to complain about me. It was thus that I arrived at knowing myself and at seeing what there was in me that needed to be reformed. [...]” *Saint Augustine*

from advisors, through these tools that are the mediums, and be able to follow a path of light.

However, both sides of the plan can also get harmed if they do not use this resource correctly. Everyone who practices evil will reap it in the same proportion.

**341. Is it advisable to have mediumistic meetings only in spiritist houses?**

– Yes, because prior works of spirituality are necessary to carry out a proper session.

**342. Is there an ideal number of mediums for a mediumistic meeting?**

– No, as long as there is the necessary structure for it and a quantity that does not interfere with the quality of the work, remembering that the work should be synchronized and organized.

**343. Could there be people watching in mediumistic reunions?**

– Yes, since there is an energetic and vibrational preparation, besides previous knowledge.

*Note:* Everything will depend on the intention with which you watch them. It is up to the visitors, who can go with the necessary preparation, and not just to satisfy their curiosity, stay in prayer, to contribute with the work.

**344. Is the support medium important in a mediumistic meeting?**

– It is essential. Would you build a house without a foundation? There is no mediumistic meeting without support.

*Note:* We remember that the advisor can support, if they know how to deal with the vibrations during orientation, and also that there are several disincarnate brethren who help with the support and referral of those who suffer in serious meetings.

**345. What is the best way to receive potential mediums in a spiritist house?**

– By instructing them that mediumship, despite being a trial, can be exercised as long as there are the necessary reforms, together with the studies.

All this with a lot of love, because the best reception is the one full of love and good intentions.

**A. How to discover the potentiality of a medium?**

– What would be the need to discover it? Better than revealing the potential is discovering the usefulness.

**346. When should mediums be prepared for the exercise of the mediumistic meeting?**

– From the beginning of the day, both for the spirits and for the incarnated ones.

**A. In what way?**

– Concentrating your thoughts, avoiding conflicts, and balancing your energies through prayer.

The true preparation of the mediums starts in erraticity, when they have a much broader view of their flaws and pretense, through the next incarnation, to fulfill their mission.

The trial begins with incarnating and understanding that the fulfillment of this mission requires some resignations and revisions of thoughts, understanding that the matter is superfluous towards the spiritual infinity.

**347. Could the medium be an orientator?**

– Yes, as long as this medium is not exercising mediumship at that moment and that you have the knowledge of the Doctrine.

*Note:* A musician can be a painter, but not while playing his instrument.

**A. Do the indoctrinators of a spiritist session need to have knowledge of the Doctrine?**

– It is essential, after all, it is through the exercise of this knowledge that they will lead the brethren to the path of good.

There is no possibility of giving what you do not have. In case of guidance, knowledge is especially important, as it will be through those guidelines given that the brethren will or will not follow the path of goodness, depending on their free will. Good instruction makes all the difference.

**348. What is the mechanism used to transport the spirits to a mediumistic session?**

– Spiritual roads are built through thought. The speed will always be given according to the real urgency and usefulness. There are no borders, no limits, as long as there are love and good intentions involved.

**349. Should the medium control the excesses of communicating spirits?**

– Yes, it can and must control them.

No excess is positive, the ideal is balance. What differs the poison from the medicine is the dose, so it is necessary to know what should or should not be controlled.

**350. Could incorporation produce mechanical reactions?**

– In some cases; however, these reactions not only can but should be controlled, avoiding excesses. As we have already mentioned, the balance must be what one seeks.

**351. Could a suffering spirit accompany the medium after the mediumistic meeting?**

– Yes, what attracts the spirit is the vibration. Accompanying does not mean interfering or doing harm; no spirit can take decisions for the incarnate, as this would be to break free will. The spirit can influence you for both good and evil, it is up to the incarnate the reforms and improvement of their vibrations to attract better company.

**352. Should psychography be read after mediumistic meetings?**

– It depends on its content.

The medium must practice his mediumship and let the psychography flow. However, passing the content on, is another story.

It is necessary to deeply analyze it, understanding if it is or could be harmful to others. Do not read it if you are unsure, if it is an offense, if there is something that disgraces morals or contains bad language.

This filter is essential so that mediumistic meetings are always constructive and non-destructive.

**353. In what ways does vibration affect mediumistic work?**

– In every viable way. Vibration is fundamental for the development of any work that involves both incarnates and disincarnates.

*Note:* It is essential that mediumistic works be performed in balance. The instability of thoughts generates vibratory disharmony, which is why it is important to concentrate together with meditation before the beginning of the works.

## XII - Disobsession meeting

### **354. What are the differences between mediumistic development sessions and disobsession?**

– In mediumistic development meetings, processes of guidance and direction of the spirits that need help are carried out, and then, when these are not enough to meet the needs of the incarnated, disobsession sessions must occur, in which access must be restricted and the preparation, even greater.

An essential tool in any disobsession meeting is conversation with the incarnated person who suffers with this problem, thus carrying out a double help. It is important that the incarnate understands that if you do not make the necessary changes, you will not obtain effective and permanent help (*as seen in the footnote number 150*). We, spirits, sympathize with your vibrations and actions; if you improve them, you will improve consequently, your company.

### **355. Could any medium participate in a disobsession meeting?**

– No, preparation and balance are required.

#### **A. How to select a group for this task?**

– By preparing the group with knowledge and studies and observing if it is capable for that activity.

### **356. Could the obsidiate be present in the disobsession meeting?**

– Only previously; during the session it is not always advisable, it all depends on the preparation and knowledge of this obsidiate.

### **357. To what point is it allowed that a spirit may harm the incarnate?**

– To the point the incarnate allows. In fact, no spirit can harm the one who does not give it permission<sup>153</sup>.

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153 *The Spirits' Book*, question 467: "Can people avoid the influence of spirits who incite them to evil? – Yes, because they only attach themselves to those who solicit them with their desires or attract them with their thoughts."

## CHAPTER V



# Mysticism, Animism and Quackery

Mysticism • Animism • Quackery • Mysticism in the religious character  
• Mysticism within disclosure • Pride that blinds, selfishness that stagnates

## I - Mysticism

Wherever there is truth, there will be distortion; still, it will always be up to all its identification, correction, and modification.

Mysticism is an evil that has affected countless people and religions. The mystics are the false prophets of the present days and, to gain advantages, only for themselves, they often use their personal gifts and abilities to deceive good people into following a fictitious path.

It is necessary to be aware of the signals and content failures to, thus, identify and help these brethren, the mystics, who also need help and love.

Animism has a potential for good, however, it depends directly or intimate reforms and good thoughts, of constant and endless surveillance of those who exercise it, taking care not to fall into bad practice<sup>154</sup>.

Let us be adepts of good, charity, love, and, especially, truth. Wherever there is truth, there will be peace.

May we always be guided by the truth and by faith, so that we live together in a more loving and sincere way.

### **358. What is mysticism?**

– It is the distortion of truth through esoteric or mystical matters. Mysticism lacks truth, not relying on logic, coherence, and reason.

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154 *The Mediums' Book*, chapter XX, item 226, question 11: “What conditions are necessary so that the word of highly evolved spirits comes to us without any alteration? – Desire only what is good and avoid selfishness and pride: both conditions are necessary.”

Reasoning faith is a gift from God, but not free since intelligence is the result of effort. It is necessary that we all make an effort, expanding the gift of reasoning to be able to analyze and follow the teachings of Christ and science.

Anyone who acquires such intelligence, even through effort, using to mystify, will be held responsible for this choice and will respond in the due proportion.

Using persuasive or intellectual superiority to dominate others is very serious and entails severe consequences in the “settling of accounts” of Divine Justice.

Brethren, apply your superiority to help, calm and spread the truth throughout the universe. In no way use it to mystify, because the Christ himself taught us that it is through the truth that we will attain freedom<sup>155</sup>.

### **359. What is a mystical process?**

– It occurs when the incarnate decides to forge a mediumship that it does not have.

#### **A. Why do some mediums use this practice?**

– For their own benefit, whether moral or financial, or to supply their self-centeredness.

#### **B. How to help them?**

– “The truth will set them free.” It is important to instruct them through studies, to awaken in them the awareness of their actions.

#### **C. Could mysticism be considered an obsessive process?**

– No, mysticism belongs to the incarnate itself, and it can generate obsessive processes, through their free will. Mystifying is a serious offence because, in addition to harming the evolution of the spirit itself, it persuades others in an attempt of having some financial gain, of ego or of carnal interest.

We must watch at all times to ensure that we are not looking that way; unhappy is the one who mystifies, because this is self and brethren deceiving.

God provided us with free will so that we could use it wisely. We hope that you can stay on the right path, running away from the frivolous and fleeting temptations, focused on your moral progress.

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155 Jn 8:32: “Then you will know the truth, and the truth will set you free.”



## The responsibility on propagation

In addition to voluntary mysticism and quackery, there are involuntary ones. It is not necessary for involuntary quackery and mysticism to be rooted in the subconscious for their practice to occur: it also happens when the person, who does not necessarily need to be a medium, shares, with awareness, information received without analyzing them. Nowadays, this practice becomes more common with globalization and its tools for information propagation.

Brethren, we invite you to filter the content you receive by checking your authenticity and veracity, so that they do not pass on untrue information. The unpropagated lie ceases to exist; however, disseminated, it becomes a pseudo truth.

### **360. Why are there mystifiers?**

– Due to the misuse of free will and lack of moral reform. They use their gifts, added to the faith existing in other people, for self-promotion, spreading the lie.

### **361. How can the mystifier change this attitude?**

– Accepting the truth and carrying out intimate reforms. Just like a child learns to see reality, the mystifier can free himself from this practice, with a lot of effort and dedication.

### **362. Is every medium subject to a mystical process?**

– Every human being is! It will depend on free will whether it will succumb or not.

#### **A. How to prevent this from happening?**

– Maintaining a good moral conduct, controlling your thoughts and attitudes, as well as understanding the consequences this can entail<sup>156</sup>.

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156 *The Mediums' Book*, chapter XXVII, item 303, question 1: “Deceptions are one of the most disagreeable stumbling blocks of practical Spiritism. Is there any way to avoid them? – [...] there is of course a very simple method, which is not to ask of Spiritism anything more than what it can and must give you – its goal is the moral perfection of humankind. As long as you hold to this, you will never be deceived, because there are not two different ways of understanding moral truth, but rather only that one which every man and woman of common sense can accept. [...]”

**363. Will the medium always be responsible for inappropriate attitudes, inappropriate words or identity simulations made by a spirit in psychophony?**

– Yes, either directly or indirectly.

When you are a conscious or semi-conscious medium, you can control your words and attitudes; when the medium is unconscious (which is rare), he can adapt his life through his inner reforms, in order to avoid the sympathy of inferior spirits, consequently increasing his spiritual protection.

The filter will always be the moral, which once established, allows the medium to be protected from offensive and mystifying impulses.

**364. All of us have a certain degree of mediumship and confuse the intuitive with the ostensive forms. Knowing how to distinguish between them helps us not to mystify?**

– Not falling into mysticism does not depend on the type of mediumship you have. While intuitive mediumship indirectly tells you what you should follow, the ostensive expresses this even more directly. Mysticism is a choice of embodied and does not depend on your mediumship.

Mystifying is the choice for the path of lie, the wide door searching to expand your pride or obtain some gain, using the pure and sincere faith of your brethren.

In order not to fall into mysticism, the incarnate needs to renounce bad thoughts and be resistant to temptations and influences both material and spiritual.

Most of mysticism episodes occur through “imitation”; the medium seeks for security when communicating through observation and reproduction from methods of other mediums, thus sustaining the lie. When this occurs, the medium is flooded with a deep anguish, because his conscience insists on saying that is the wrong path, but still it persists, and of course, by a psychic issue, this anguish diminishes with time (repetition), and mysticism starts to expand its roots in his subconscious, becoming real to him.

**365. How to avoid mystifications in the Spiritist practice?**

– First, being the example; secondly, having the necessary knowledge to identify and correct them, always with much love, after all, whoever practices mysticism also needs help.

Even if we have the truth clearly, it is necessary to use love towards our still mistaken brethren. The awakening for the real values is different in each one, and the way we deal with it is important so as not to cause unnecessary embarrassment to them, whom, at this moment, need your help.

**366. Can mysticism lead to a psychological disorder or to an obsessive process?**

– Yes. Every psychological disorder starts from a subliminally repeated habit, for several times, thus somatizing in the subconscious.

The truth not only ensures a good spiritual path, but also ensures mental health.

*Note:* When we promote, even if consciously, persistent patterns of behavior, we end up making them true in our subconscious, resulting in a conduct disorder. This behavior disorder generates a process of self-assertion having as a cause, psychic disharmonies that can generate physical illnesses, causing low vibration and, consequently, obsessive processes can occur. Getting out of this condition depends exclusively on the incarnate, when executing behavior changes and intimate reforms.

## II - Animism

**367. What is an animic process?**

– It is the interference of the medium in the communication of the spirit.

**A. What are its consequences?**

– They can be positive, if they add up through the instruction; or negative, if they harm communication.

Animism is something natural and occurs in most types of mediumships. It is the interference of the medium in communication, which occurs consciously or unconsciously and with good or bad intentions. What we advise mediums is to develop the intellect and morals through studies and intimate reforms, so that they can always contribute constructively, helping mediation of the spiritual plane with the physical and by being, in this context, good interpreters.

**368. In the exercise of animic phenomenon, can mysticism occur?**

– Although distinct, they can happen simultaneously.

Animism is common and every medium has it to some degree; on the other hand, mysticism is a bad conduct, aimed at the benefit of someone.

They happen simultaneously when the medium, in his exercise, goes beyond the limits of animism and turns it into mysticism of its own intention.

**369. How could a medium discern between what is his and what is from the spirit?**

– Through its studies, reforms, and practices. Over time, the medium begins to discern what belongs to him or not. Still, if reformed to the point of contributing, distinguishing will no longer be necessary.

Why do you believe you have less value than a disembodied spirit<sup>157</sup>?

**370. How to know when the practice of the phenomenon is animic or mystical?**

– Through content and consistency. As long as there is no self-benefit, and it does not harm anyone, animism is acceptable. As for mysticism, no. Even though it appears to do good, intentions are never good.

You are not able to clearly distinguish one from the other, however, through careful analysis of the content, you will be able to understand the true intention of the author of such phenomenon.

### III - Quackery

**371. What is the difference between mysticism and quackery?**

– Mysticism is the lack of truth in something that involves supernatural matters, while quackery can encompass other natural issues. Therefore, whoever is a mystifier is necessarily a charlatan, however, not every charlatan is a mystifier. Both are wrong.

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<sup>157</sup> *The Spirits' Book*, question 461: "How can we distinguish between our own thoughts and those suggested to us? – When a thought is suggested to you, it is like a voice speaking to you. Your own thoughts are usually those that occur to you at first impulse. Actually, you should not concern yourselves with such a distinction, and it is often more useful not even to know about it – you act more freely. If you make the right decision, you will act more willingly; if you make the wrong one, your responsibility will be greater."

**372. Could mystifiers and charlatans be induced and/or manipulated by less evolved spirits?**

– Yes, an action leads to the other.

Every act that leads you down the wrong path through your intentions attracts what you think and feel. The entire process of obsession and manipulation by mischief spirits happens with your permission. The fluidic energy you emanate attracts those in the same vibrational range.

## **IV - Mysticism in the religious character**

**373. What is mysticism in the religious character?**

– It is using faith to deceive or trick other brethren, thus seeking for own benefits. It is a serious misconduct, which will be charged proportionally to the mistake made.

Mysticism in any character is harmful, but in the religious it is still more serious. Using a neighbor's faith for self-promotion is making use of one of the purest feelings for its own benefit, and what aggravates even more the situation is for the mystifier to be aware of what he is doing.

Our message is that it is never too late for regrets. It is possible to change the way of acting, as there is still time. God knows the difficulties of each one and, through your love, you can provide new opportunities and new directions.

Educate yourselves, modify yourselves, demystify yourselves.

**374. Could mysticism lead to religious disbelief?**

– No, mysticism is a choice of some individuals and that does not nullify the faith of others. Believing is impersonal and independent of what the eyes can see, or the sorrows caused by manipulation<sup>158</sup>.

More important than causing religious disbelief is not losing the belief in God.

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158 *The Mediums' Book*, chapter XXVII, item 303, question 2: "Why does God allow sincere individuals who trustingly accept Spiritism to be deceived? Couldn't this lead to them giving up their belief? – If they gave up their belief for that reason, it would be because their faith was not very solid in the first place. Persons who would abandon Spiritism because of a simple deception would show that they had not understood it, and that they had missed its main point. God allows deception in order to test the perseverance of true adherents and to punish those who use Spiritism simply as a means of entertainment." – *The Spirit of Truth*

**375. What is the harm that the practice of mysticism can cause to Spiritism?**

– It confuses the adhesion of those who already follow it and hinders the adhesion of new followers.

All mysticism has some noticeable consequences and many imperceptible, so it is important to understand that most of the time, results of lying are disastrous.

Every little moral flaw that leads to mysticism is reflected in the faith of those who are already in a certain belief and those who intended to adhere to it; therefore, a small mistake today will have severe consequences tomorrow.

*Note:* It is not by chance that Christ taught you that the truth will set you free (*as seen in footnote number 155*). To be grounded in the truth is the best way to proceed without spreading the pain. A lie may seem to bring momentary comfort, however, is the sum of a burden to be carried.

**376. What is the best way to identify mysticism within the Doctrine?**

– Through content, coherence and, above all, intention. The propagation of the Doctrine, to be true, must have as a rule to be unpretentious; if there is any kind of financial or ego benefit, it will certainly be mystification<sup>159</sup>.

**377. What is the share of responsibility of the leader of a spiritist center for allowing people to practice quackery and/or mysticism?**

– The degree of responsibility is proportional to the level of consciousness, whether or not you are in the command. You all become responsible when you have the conscience and the discernment of right and wrong.

Conscience is the presence of God in you, and it is necessary to be the example so that, in a loving way, you can lead your brethren to and on the path of love.

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159 *The Gospel According Spiritism*, chapter XXI, item 5: “[...] For the advancement of their ambitions, interests and domination, humans in all eras have exploited certain knowledge they possess in order to give themselves the prestige of a supposedly superhuman power or a supposed divine mission. These are the false christs and false prophets. The spreading of enlightenment destroys their credit, and that is why their numbers dwindle to the degree that people become enlightened. [...]”

**378. Is transmitting the Doctrine without practicing it considered mysticism?**

– No, as long as you have good intentions in what you do. Nonetheless, it is essential to seek practice in what is said. Mysticism is to distort the truth.

Knowledge has as its main objective to generate practice. What would the purpose of knowing without practicing be? It would lose its meaning and reason. The realization of what has been learned is the confirmation that knowledge was worth it; it is the ultimate proof that such learning was actually acquired. Without practice, you will not “know” absolutely anything. There are countless incarnated and disincarnated who preach with their mouths what they do not feel with their hearts or do “with the hands”.

The risk is great, as you are responsible for what you know and, even more, for what you propagate (*as seen in the text “The responsibility of propagation”, in this same chapter, item I*).

The true evolution is not in knowing what you practice, but in practice what you know.

Acquiring knowledge and not practicing it is similar to planting a prune tree, water it, fertilize it, and, at the end, let the fruits fall and rot in the floor. To spread the world without being the example is to live under the hypocrisy that exists only to meet their own self-centered or vanity needs.

God gives you several opportunities, and the biggest one is “knowing”, because through it, effort and persistence are enough to be the example of what you preach.

## **V - Mysticism within disclosure**

**379. Why do some disseminators mystify the Doctrine?**

– For personal benefit and for not trusting that the Doctrine is serious and true, for if they admitted that it is, they would never do it. The atonements generated to those who do evil with conscience are much more serious than to those who practice it out of ignorance.

Mystification, through the Doctrine, causes significant harm to those who receive it and, above all, for those who practice it. Knowing that conscience is the direct communication with God, that who consciously

mystifies will not get peace by keeping its vibrations low and sympathizing with brethren of the same vibrational range, therefore, the consequences of practicing mysticism using the faith of others are enormous, and the mystifying spirit will atone for that choice in future lives (*as seen in question 373*). Truth will always be the proper path towards evolution. You must always choose to follow it and seek it tirelessly.

**380. Is it justifiable to consent mystification for fear of hurting others<sup>160</sup>?**

– Consent is participation, but more important than having reason to forbid, is to choose the right way to instruct your neighbors, without hurting them. Consent is not right, but we must not pay evil for evil. Fear explains but does not justify and must overcome by the incarnate through reforms, which will generate confidence.

**Note:** In the sense of not consenting, not participating, not colluding with the mystification exercised by others and, in addition, to forward to the instruction who practices it, let us to through the following assessments:

- 1st exam, that of censorship<sup>161</sup>: I ask myself: Do I mystify? If my answer is negative, I allow myself to blame others.
- 2nd exam, free will: Do I want to consent with the mystification? If not, so I do not intend to approve it.
- 3rd exam, that of participation: Do I want to participate in the mystification? If not, so I do not share it.
- 4th exam, that of the moral principle, regarding the differentiation between the good and the evil: Is it right for someone else to deliberately mystify? If not, this shows me that the good is not to mystify and that the bad is to mystify.

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160 *The Gospel According to Spiritism*, chapter X, item 21: “Are there cases in which it is useful to disclose someone else’s evil? – This question is very delicate, and it is here that one must appeal to charity rightly understood. If a person’s imperfections are harmful to that person alone, it would never be useful to disclose them. However, if they might cause harm to others, it is preferable to take into account the interests of the majority against the interests of only one. Depending on the circumstances, unmasking hypocrisy and falsehood may comprise an obligation because it is better for one person to fall than for several to become his or her victims. In such a case, one must weigh the sum of the advantages and disadvantages”. – *St. Louis*

161 *The Gospel According to Spiritism*, chapter X, item 19: “[...] Moreover, the criticism one casts at others must at the same time be directed at oneself, asking if one does not deserve it more.” – *St. Louis*



- 5th exam, that of conscience: Does my conscience blame me if, out of fear of hurting my brethren, I am condescending to mystification? If positive, if it accuses me, my conscience is showing me the right path, the direction that brings me closer to the laws of God: the direction of non-consent.
- 6th exam, knowledge: Can I show the mystifier the course of studies? If so, keep in mind that the instruction awakens the awareness of actions.

**381. Why, even in face of so many teachings, are there still those who misinterpret the Doctrine?**

– The interpretations happen according to the evolution of each one. It is important that they are distinct for debate, enriching learning of all. Still, the goals must always be the same.

*Note:* Reasoned faith within knowledge and lived experiences by us lead us to analyze the world around us according to what we have. Our human nature leads us to mistakes; these are part of learning and provide their consequences, everything according to evolution.

**382. What takes mystifiers to persuade so many people by extended periods?**

– The acceptance and lack of vigilance of the mystified. There is no effect without cause, and you will not be deceived if you frequently consult your conscience appropriately and feel God speaking with you.

**A. Why does God allow this to happen?**

– God does not interfere in your free will; in fact, He created it so that you might discern between right and wrong.

All things are lawful, but not everything is suitable<sup>162</sup>.

*Note:* The divine permission or denial is in our conscience, being the regulator of our actions (or, at least, it should be).

Whenever there is an opportunity, we must choose. We have at our core the difference between right and wrong and we need to be held accountable for such choices. God offers us the option of good, and it is we, through our pride, selfishness and vanity, who often choose evil.

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<sup>162</sup> I Cor 10:23: "All things are lawful, but not all things are helpful. All things are lawful, but not all things build up."

Free will is unalterable and therefore is the main tool that allows our moral and intellectual evolution. With each new incarnation, we improve our knowledge and, consequently, we learn to use it more appropriately.

Let's be true and sensible in our choices, consulting conscience and based on coherence. Thus, we will achieve progress.

### **383. How to protect the practice of the Doctrine safe from mysticism and quackery?**

– Neither supporting nor encouraging them. The best fight against lies is the search for truth, which consequently comes through knowledge.

*Note:* Before looking at the other, it is essential to analyze yourself. We cannot fight what we still have; we must be the example of what we intend to change. “The example is not the best way to teach, it is the only one” – *Albert Schweitzer*.

## **VI - Pride that blinds, selfishness that stagnates**

As mentioned in the basic works several times, pride and selfishness are the two greatest brakes of humanity<sup>163</sup>.

Overwhelmingly, pride overshadows faith, makes us unable to see the great opportunities that the incarnation beholds us and causes us immeasurable and harmful blindness.

Getting rid of pride is not a simple task, it requires major reforms, and, among them, the awakening of true humility. The good news is that the pride is not eternal; the moment we let go our vanity and we visualize our small share in universal progress, it becomes logical and rational that we are not able to fully master the truth. So, every day, we have a lot to learn and we will infinitely obtain content to evolve.

How often, in our incarnations, do the opportunities beat at our door and we waste them because of pride? We think our (shy) intelligence and (short) vision are able to see beyond our neighbors and we isolate ourselves

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163 *The Spirits' Book*, question 785: “What is the greatest obstacle to progress? – Pride and selfishness. I am referring to moral progress since intellectual progress is always occurring. [...] this state of things will only last for a while. It will change as people better understand that beyond the enjoyment of earthly wealth there is an infinitely greater and long-lasting bliss.”

in our (limited) knowledge. Often, due to pride, we make ourselves superior to others, becoming people with immutable visions.

The difficulty of the spirit in facing changes is a reality that all of us have already faced or will face during our lengthy process of evolution; the time that it will take until each one of us can undress pride is variable and proportional to the committed effort.

Selfishness eliminates love. We cannot confuse selfishness with self-love; the selfish is unable to develop unpretentious love and practice the sincere charity. So, pride is temporary, and as we progress, we will, eventually, strip it off.

Jesus taught us, by example, the importance of abandoning our way of seeing only ourselves and not seeking only for self-benefits. He exemplified us that love for our neighbors makes us evolve and that, despite that we are individual beings, we are all brethren in God's eyes.



## CHAPTER VI



# The Cure

Introduction to healing • Disease of matter • Illness of soul • Prayer and healing  
• Forms of healing • Treatment in the spiritist center • Technology in erraticity  
• Spiritual medicine and earthly medicine • The search for cure

## I - Introduction to healing

Healing will always be the result of reforms and changing habits. Instead of waiting, look for it, make it easier for it to happen, change it to see the change in your lives.

Faith heals us, because it is through it that we do everything that is necessary for our transformation and improvement.

### **384. What is healing, according to the spirits?**

– It is the resettlement of health.

The cure is a result of various organic reactions in our body, triggered by faith and deserving.

In order to be healing, the incarnated person needs to deliver his life into the “hands” of God and move forward with unshakable faith that the impossible is just a matter of perception.

Is it impossible? It depends for whom.

Still, material healing is temporary, as is the “body”. The true cure, we seek through knowledge and learning; the more we know, the less we suffer, and we will accept everything with more resignation all the steps, trials, and atonements we will have to face.

The obsession for a bodily healing is an immediatist characteristic off the incarnate of wanting, many times, to oppress illnesses that he himself caused through his bad choices.

Healing is the harvest of a long cultivation process.

**385. Does faith have the power of healing?**

– Only faith has the power of healing.

Sincere faith, seeking love for others, is a true mantle of light.

**386. What does define the worthiness for cure?**

– God.

*Note:* There are several ways to earn merit, among them, the achievement brought from one incarnation to another or by the effort in the same incarnation. It is God who defines worthiness, but we can conquer it through our reforms, our faith, both human and divine<sup>164</sup>, and the incessant quest to evolve, progress, and purify our thoughts and, consequently, our attitudes. The effort is one of the main characteristics to be developed either in material life or in spiritual life, as it will guarantee our merit both present and future.

**387. Is the cure for illnesses in faith or in merit?**

– In both, but it is worth remembering that faith is also a merit, because this comes with changing thoughts and attitudes. You seek the cure, but it only happens through your intimate reforms, which provide the merit, based in faith<sup>165</sup>.

**388. What does it take to deserve healing?**

– Do all the good you can and awaken your faith.

All healing is the result of effort and merit; often, the effort is in awakening true faith. Trusting in something you cannot see, or touch is exceedingly difficult, and this difficulty is aggravated in times of pain or suffering. Therefore, whoever achieves the cure is because of real worthiness.

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164 *The Gospel According to Spiritism*, chapter XIX, item 12: “[...] Faith is either human or divine, depending on whether people apply their faculties to their earthly needs or to their heavenly and future aspirations. [...] *A Protector Spirit*, 1863.

165 Mk 5:25-34 – “And there was a woman who had had a discharge of blood for twelve years. [...] She had heard the reports about Jesus and came up behind him in the crowd and touched his garment. For she said, ‘If I touch even his garments, I will be made well. [...] And Jesus, perceiving in himself that power had gone out from him, immediately turned about in the crowd, and said, ‘Who touched my garments?’ [...] But the woman, knowing what had happened to her, came in fear and trembling and fell down before him and told him the whole truth. And he said to her, ‘Daughter, your faith has made you well; go in peace and be healed of your disease.’”

Still, that does not mean there are not tests you need to bear or go through, having the necessary resignation and resilience will guarantee your evolutionary steps.

**389. Why do spirits treat incarnates who do not have the merit off cure?**

– Who are we to judge worthiness? Our job is to treat everyone with love and dignity. Not all healing is inherent of matter. There are much deeper healings that begin in the spirit. Therefore, when treating an incarnate with faith and love, we aim primarily at the healing of the spirit; if there is deserving, the cure will echo through the matter. The body is perishable, the spirit is not.

**390. Why do we seek the cure of our illness?**

– Illnesses generate pain and suffering, and the search for a cure is the search for that relief; still, healing the body does not mean healing the spirit: for that, intimate reforms and consequent changes in habits are necessary.

**391. Can healing occur to people who have not yet undertaken their intimate reforms?**

– Healing can happen to anyone, as long as they deserve it.

Although, the intimate reforms, through which the individual walks towards the physical, psychological and moral progress guarantee the prevention of new diseases.

**392. How does the healing of our illnesses take place?**

– It occurs through the joint work of the incarnate with the disincarnate. If there is the necessary merit and faith, it is possible to heal you.

**A. Does cure in erraticity occur at the same speed and time as on Earth?**

– No, it is not a carnal cure.

*Note:* Among the many conditions for a successful cure, we can mention the healing power of the magnetic fluid animalized by the medium; the will of the medium in giving his power; the influence of spirits to directing and increasing the strength and intentions of the person; merit and faith of who wants the healing.

**B. Can healing from spiritual treatment be temporary?**

– Yes, it depends on the choices and reforms of the incarnated who obtained it. If they return to their old habits, the illnesses may return. The only constancy is the need for intimate reforms.

**393. How can illnesses from our original programming be eased by healing?**

– Doing good; good outweighs evil.

You have a schedule, not a determination; everything can be aggravated or attenuated according to your free will. Love will always be preponderant to alleviate your faults in this and other incarnations.

Remembering that “evil” is a term you use for your understanding, basing yourselves on your knowledge, there is no harm whatsoever evil and no good that is at all good.

## **II - Disease of matter**

**394. According to the spirits, why do we get sick?**

– All matter is perishable; the disease can be caused by the misuse of the free will or for trials and atonements to be fulfilled<sup>166</sup>.

The misuse of free will usually lead to illness of the body and of the soul or to the increase of trials and/or atonements, thus making you susceptible to physical and psychological illnesses<sup>167</sup>.

**395. Are all the consequences of our mistakes verified in the form of illnesses in the physical body?**

– Not all of them, but a large part. Mistakes are part of your learning while spirits (incarnated and disembodied), and some originate guilt

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166 *The Spirits' Book*, question 964, explanatory note by Kardec: “All our actions are subjected to the laws of God. No matter how unimportant they seem to us, they could still be a violation of those laws. If we suffer the consequences of such violation, we have only ourselves to blame. We are thus the artisans of our own future happiness or unhappiness.

167 *The Gospel According to Spiritism*, chapter XXVII, item 12: “[...] It is no less certain that such troubles are the result of our infractions against God’s laws, and that if we were to observe these laws accurately, we would be perfectly happy. If we did not surpass the limit needed to satisfy our needs, we would not suffer the illnesses that are the consequence of the excesses along with the vicissitudes that such illnesses entail. [...]”



in your conscience, which, consequently, can lead to physical and psychic illnesses (*as seen in the previous question*).

**396. What are the most common cases of compulsory diseases by divine law?**

– There is no rule; all diseases come to teach you something and generate growth as a spirit, whether they are the result of trials or expiations.

**A. When the disease comes as a trial or atonement, could there be the cure of this illness?**

– Yes, not all trial or atonement is immutable; some charitable deeds, through the practice of good and deserving, compensate for some evils.

**397. Are our illnesses caused by genetics or provoked by our current choices?**

– Either way; genetic illnesses are fruits of our past choices, and future ones will be consequences of our current choices<sup>168</sup>.

*Note:* You cannot escape the consequences of one's actions<sup>169</sup>.

**398. If the body is perishable, what is the importance of seeking the cure for our physical ailments?**

– The body is the facilitator of our development, so keeping it healthy will help the evolution of the spirit, consequently<sup>170</sup>.

*Note:* The body has been entrusted to us as an instrument in our evolutionary process. According to the merit of each one, we have the body we need at each new incarnation. Nothing is by chance; it is all part of God's plan.

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168 *The Gospel According to Spiritism*, chapter V, item 4: "The vicissitudes of life are of two types, or if one prefers, they have two very different sources that are important to differentiate: some have their cause in the present life; others outside of it. On searching for the source of earthly misfortunes, it will be realized that many are the natural consequence of the character and behavior of those who bear them. [...]"

169 II Cor 9:6 – The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully.

170 *The Spirits' Book*, question 730: "Since death should lead us to a better life and deliver us from the ills of this world, and should therefore be desired instead of dreaded, why do humans have an instinctive horror of it and see it as a cause for apprehension? – We have already stated that humans should seek to prolong their life in order to accomplish their task. That is why God has given them the self-preservation instinct: it sustains them in all their trials. Without it they would frequently give in to discouragement. [...]"

### III - Illness of soul

#### 399. What is the illness of the soul?

– Lack of faith.

*Note:* Even though we had all things, though we had all powers of the universe, without faith, we would be nothing. Faith is, together with love, one of the main evolutionary characteristics of any spirit. It is through faith that we allow ourselves to see the opportunity for a better world; but faith alone is not enough, the effort is essential for faith to be achieved<sup>171</sup>.

With so many difficulties we face in a world of trials and atonements, awakening true faith is the fruit of effort, persistence and resignation. To have faith is to believe without seeing, to strive to reach the unattainable, to reach the unattainable.

The worst blind person is not the one who doesn't want to see, but the one who doesn't believe in those who see and does not follow their example. Our master Jesus and so many other superior spirits demonstrated through their attitudes the power of faith. Let us be humble enough to follow in the footsteps of those who taught us so much and make the necessary effort to awaken faith.

*Saint Augustine*  
*Matão, March 4th, 2019.*

#### 400. What is the difference between the healing of the body and of the soul?

– Body healing is material; spirit healing is energetic.

The healing of the soul is developed through your thought and intimate reforms, which constantly reflect, too, as healing the body<sup>172</sup>.

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171 *The Gospel According to Spiritism*, chapter XIX, item 11: In order to be profitable, faith must be active. It must not grow numb. [...] Preach through the example of your faith in order to give it to others. Preach through the example of your deeds in order to enable others to see the merit of faith. Preach through your unshakeable hope in order to enable others to see the trust that strengthens and encourages you to battle all the vicissitudes of life. [...] – *Joseph*

172 *The Gospel According to Spiritism*, chapter VI, item 8: “[...] Take these two words as your motto: devotion and self-denial, and you will be strong, for they summarize all the duties that charity and humility impose on you. The sentiment of a duty fulfilled will provide resignation and rest for your spirit. The heart beats better, the soul becomes serene, and the body is no longer feeble, because the body suffers more depending on how deeply the spirit is struck. – *The Spirit of Truth* (Havre, 1863)

In order for you to be able to heal your soul (perispirit), it is necessary to be detached from matter, terrestrial vices, memories that hurt, and understand that nothing else belongs to you, that you are on another mission, then life is eternal and a constant learning of how to practice charity and love your brethren more frequently.

Thought is able to generate the necessary vibration to heal all wounds and transform the whole world in a transmissive and progressive way.

The restoration of health is perishable and temporary, just like the body. However, the building of the spirit is not; this is eternal.

Everything you build through learning and good choices will serve of ladder for your evolution, regardless of the stage you are in your physical health or even that you have a body.

The greatest medicine of the soul is knowledge, and the cure is the practice of that knowledge and acceptance through faith.

#### **401. How could the mind influence the body?**

– In every viable way, both for good and bad. The power of thought is the greatest power in the universe, it is the greatest of the creations of God.

Mental capacity is infinite: when you reach the point of controlling pernicious thoughts, you will have complete physical health; even if physical health lacks for reasons of spiritual growth, you will be more resistant to illnesses that arise.

The body is given to you, for a determined time, to help the evolution of the spirit; belonging to the physical body, the brain helps you process your thoughts and to control your biological or spiritual illnesses.

The spirit, in turn, is not temporary, but eternal, and will inhabit several bodies, with different sexes and characteristics during the process of evolution, until the moment when, through earned merit, the spirit will not need more of this dense matter and will seek its progress in erraticity, where it will have new tasks and obligations.

Here is the importance of mind control; if you have a body, it is necessary that you know how to control it, and the mind is not only the best way to do this, but also the unique one.

When you control your thoughts and rationalize your senses, you manage to prolong material life and minimize pain and suffering.

Current science has already shown that, with proper mind control, human being is able to withstand issues that would be “impossible” for ordinary eyes<sup>173</sup>.

Therefore, my dear brethren, control is one of the main lessons that material life proposes to you, baggage that you will take to the spiritual plane, where thought is all you have for raw material.

The use of this control is not a selfish or individualistic faculty, but a valuable tool for collective use. By controlling yourself, you can help others to control themselves, aiding their thoughts and reinforcing a long and continuous journey in search of moral and intellectual development and resignation.

You are able to control yourself! Condition yourself for that, stay balanced, multiply love and pass on knowledge.

**A. Is it possible to heal ourselves through thought?**

– Yes, through your existing and yet unexplored potential.

Thought is the main conduit for healing; it is the greatest gift given to us by God. Through it, we can change matter, modify energies, and transform the vibrations. There are still several other functions of thought that you do not know, but that, one day, will be known and possible to carry out. Thought linked to faith and deserving, can cure any illness, both of the body and soul.

Thought can either cure or aggravate illness. It is up to you, while incarnated, to know how to manage your vibrations and make your practices more worthy of promoting good thoughts, therefore.

Healing is a consequence; thought is a driver and facilitator of this cure. On the other hand, the disease is also a consequence, and the thought, likewise, can be an enabler of it.

On the day that you know yourself better, you will be able to help more your brethren, through self-control, love and promotion of good thoughts.

Start this step by controlling the action, to later control the thought.

Think to act, and, in the future the act will be a consequence of established practice in your moral subconscious.

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173 Happiness, health, and altruism: although public health is concerned most obviously with the amelioration of diseases and disorders, primary prevention often will involve efforts to improve human well-being (i.e., happiness), often prosocial and altruistic behavior (in relation to others) (POST, 2017)

**402. Are psychic and/or material illnesses recorded in our perispirit?**

– They can be recorded, depending on the relevance we give them. Obviously, some need to last for incarnations for our learning, since not having the matter, we have the ability not to bring the impressions, if we are thus reformed and detached from the evil that they caused. In the future, the same will happen with matter, after all, psychic or physical diseases can be self-healed through the power of thought, constant intimate reforms, and improved morals.

**403. Is there any illness that can make a greater impression in the perispirit?**

– Yes, according to the importance given to it by the incarnate. Regardless of what the illness is, the impression in the perispirit is controlled by thought and, above all, by faith. If the spirit, after disincarnation, let go of the matter and have faith, there is no reason to feel impressions of the body to which it is no longer attached. However, even after disincarnation, if your thoughts related to the illness that afflicted you are kept and faith is not awoken, you will continue to feel the symptoms you had when incarnated<sup>174</sup>

**A. How can there be a cure for the diseases recorded in our perispirit?**

– Through your changes, reforms, improvements, and the awakening of faith.

You engrave in your perispirit what you give due importance to; from the moment you modify your thoughts and alter your routines for good, you are able to regenerate it, as well as your own body.

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174 *The Spirits' Book*, question 257: “[...] We have seen that such sufferings are the result of the links that still exist between the spirit and matter, that the more the spirit is disconnected from the influence of matter, that is, the more dematerialized it is, the fewer painful sensations it will suffer. [...]”

By modifying your eating habits, for example, does not your body reconstitute itself? Likewise, your perispirit: it is a reflection of your acts and thoughts<sup>175</sup>.

**404. Could the illnesses we bring from past lives through the spiritual body be neutralized, if so for our good?**

– If there is utility and deserving, everything will be allowed, with the acceptance of God.

It would be very frustrating for all spirits to think they could not neutralize past mistakes with virtuous deeds<sup>176</sup>. We must have a good perspective, even in the face of the storms of daily life failures.

We know that error and hope are part of the human instinct, therefore, it is rational to expect future times with fewer storms and even with more lulls.

No human mind is ready or able to live in eternal darkness and no light perspective. Life is a cycle, in which all humans see only with a short and perishable memory of the truth that suits them momentarily.

So, we can expect the best by accepting the worst, looking for the necessary effort for our gradual and constant growth.

## IV - Prayer and healing

**405. What is the kind of energy released during a prayer?**

– When the prayer is sincere, waves of beneficial energies are emitted, which will be conducted to their intended destination. However, in the

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175 *The Spirits' Book*, question 257: “[...] Let the spirit conquer its animal passions; let it entertain no hatred, envy, jealousy or pride; let it cease to be dominated by selfishness; let it purify itself through good sentiments; let it practice the good; let it not give to the things of this world any more importance than they deserve. Thereby, even while in its corporeal envelope, it will have purified itself by detaching from matter, and when it leaves the body behind, it will not suffer any longer from its influence. The physical sufferings the spirit underwent in the past will leave no painful memory or disagreeable impressions, because these affected only the body. The spirit is happy to be relieved of them, and its peaceful conscience will exempt it from all mental anguish. [...]”

176 *Heaven and Hell* – First Part, chapter VII, Future Punishment According to Spiritism, item 29: “Of course, God’s mercy is infinite, but it is not blind. The guilty who are pardoned are not exonerated, and until they have satisfied justice, they will suffer the consequences of their wrongs. We must understand infinite mercy to mean that God is not inexorable, but that God always leaves the door open for the guilty to return to the good.”

case of prayer, it is not just waves emitted by those who pray: they come into “contact” with the help of benefactors, being then, amplified<sup>177</sup>. This occurs in the same way in the collective prayers among the incarnated ones.

**A. When does prayer have healing power?**

– When it is done in faith, as long as there is merit.

Every well-meaning prayer will always be heard; even if it does not promote the physical healing, it will bring breath and strength to go on, thus awakening the true faith<sup>178</sup>.

**406. What is the difference between intention and faith?**

– Both are attributes of the spirit, however, there are times when faith works in conflict with reason, because, as much as it is possible to reason faith, there comes a point where having faith is believing above reason.

For intention to exist, human faith is necessary. For faith to exist, it is necessary the joining of human faith and divine faith.

Every intention with faith is more effective. Having faith is believing in victory “before the match”.

**407. Could distant prayer drive away obsessive spirits?**

– Not only can, but it pushes them away<sup>179</sup>.

The power of prayer is priceless. Talking to God and to your spiritual friends is an exercise of love of immeasurable validity.

Privileged are you when you trust that your prayer is received, and you can see through the frosted glass that is your incarnation.

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177 *The Gospel According to Spiritism*, chapter XXVII, item 14: “If prayer exerts a sort of magnetic action, one might suppose that its effect is dependent on the fluidic power – however, this is not the case. Since spirits exert this action on humans, spirits make up for the insufficiency of those who pray, when necessary, whether by acting directly in their name, or by momentarily giving them exceptional strength, when they are deemed worthy of such a favor or if it may be useful. [...]”

178 *The Gospel According to Spiritism*, chapter XXVII, item 7: “[...] What God will grant them, if asked with trust, is courage, patience and resignation. What God will also grant them are the means to extricate themselves from their difficulties with the aid of ideas suggested by good spirits at God’s urging, thus leaving them the merit. God helps those who help themselves. [...]”

179 *The Spirits’ Book*, question 479: “Is prayer an effective means for curing obsession? – Prayer is a powerful aid in everything, but you must realize that it is insufficient to simply mutter a few words to obtain what you desire. God helps those who act – not those who limit themselves merely to asking. Therefore, obsessed persons must do their part in order to destroy in themselves the cause that attracts evil spirits.”

God gave you the prayer so that you could look within, working your love and evolve, following the path of good.

Even more beautiful is that prayer directed to others, as this is unpretentious, sincere, silent, and effective.

A well-done prayer is an injection of good vibrations and, without a doubt, the first step to achieve your goals. It is a shame that, for so many times, you pray only in moments of pain, when there is the impossibility for the solution by means of the Earth. You should transform prayer with faith into habit, because it reminds you of how small and dependent you are on God. Prayer brings you closer to the Father, and makes you follow the path of love and justice<sup>180</sup>.

#### **408. Is group prayer stronger than isolated prayer?**

– Although both are important, the prayer of the community, when well-targeted, always generates a greater energy force<sup>181</sup>.

#### **409. Is it right to outsource a prayer?**

– Simply outsourcing would be a convenience, because every prayer comes to God, as long as it is done with love and faith.

To amplify the power of prayer, just expand your inner reforms and thinking.

You can ask someone else to do it, but you must never underestimate the power of your prayer, which at no time is of lesser value than that of another being.

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180 *The Gospel According to Spiritism*, chapter XXVII, item 23: “[...] Prayer! Ah! How touching are the words that leave the lips at the time one prays! Prayer is a divine mist that destroys the highest heat of the passions; the firstborn daughter of faith, it leads us to the pathway that takes us to God. [...] – *Saint Augustine*

181 *The Gospel According to Spiritism*, chapter XXVII, item 15: “The power of prayer is in the thought; it is connected neither to the words, the place nor the time in which it is done. Hence, one can pray anywhere and at any time, alone or in a group. The influence of the place or time is connected with the circumstances that may favor introspection. Prayer in a group is more powerful when all those who pray are joined by the same heartfelt thought and have the same purpose because it is as if they all speak in one voice and in unison [...]”



**Note:** Brethren, never disregard the power you have over the Creator. You are able to communicate and reach all your goals through prayer itself<sup>182</sup>.

It does not matter what level of failure or misunderstanding you have in your incarnation; divine mercy is supreme, and where there is a prayer made with faith, there will be the presence of God.

In one prayer before another, there is no greater reach; what defines it is the intensity of that faith. So do not stop praying for self-indulgence or insecurity and make your prayers with faith, for you will surely be heard.

## V - Forms of healing

### **410. Could there be healing by touch alone?**

– Who said touching is necessary?

You must never underestimate the power of faith. For the tool that is capable of moving mountains, what would it be like to perform a cure?

When we believe in God and seek to reform ourselves through effort daily, deserving is just a matter of time.

Although cure may not come in current life, it will come as a release in the perispirit, for divine mercy, besides being deserved, it can be conquered.

Touch is not necessary, as you can touch only matter, and as we have already said, there is much beyond matter.

Intention, reforms and merit will always be the best tools of the incarnated so that we can help you in your body and soul healing.

### **411. Does self-healing exist?**

– Yes, self-healing not only exists as it will be the path of humanity. For it to be effective, it is necessary to work together between knowledge and faith of the incarnate, beyond its evolutionary stage.

#### **A. Is it already applied in the world of the incarnates?**

– Yes, in rare cases, in which individuals already have self-knowledge enough and control for that.

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182 *The Spirits' Book*, question 662: "May one pray effectively for others? – The spirit of the one who prays acts out of a will to do good. Through prayer, it attracts good spirits who cooperate in the good it desires to do."

*Note:* One day, everyone will come to promote self-healing according to the gradual process of evolution. The intellect together with morals, both based on faith, will be able to promote “miracles”.

**412. How could the incarnate control and confirm a treatment of cure, for example, with stem cells?**

– When there is sincere faith and deserving, your body heals. Your physical body is a living organism, which, during incarnated life, reconstitutes itself by nature; the cells renew themselves all the time, keeping this organism healthy. When your body gets sick, it weakens your mind as a result.

The negative bias of mankind, which made you survive for so many years, now harms you, causing the loss of optimism and discredit the cure. If you can, through effort, awaken sincere faith and, of course, deserve the support, your body will be able to heal; intelligence has action in this process, but the form of triggering it is through belief and self-control.

**413. Could children have the gift of healing?**

– Yes, cure is a reflection of intention and merit, so, it does not matter the age, it is accessible to everyone.

Just as healing is linked to intention, it is linked to purity, so during childhood, your energy and vibrations are more purified, allowing, thus, a more effective “pass” with less interference from the incarnate. There are countless times when children heal you, without you even knowing it. An example is the cure of depression through a smile of a child. Lots of mothers face postpartum depression, but their children are able to awaken true love and transform what would have devastating potential in the life of the mother into something just temporary.

**414. Are there incarnates with a greater healing potential than some disembodied?**

– Both are spirits in different states. This potential comes according to evolution.

The “physical state” does not matter, but rather your mental state.

**415. Do other religions also have the power of healing?**

– All of them have. The power is not in the religion, but in faith.

Every belief that brings you closer to God and promotes the awakening of your faith will lead you to the merit of healing. It is love and charity that make the best people, regardless of creed. As you know, Christ did not leave you a religion in order not to segregate you, but love to your neighbor, to unite you for the same purpose.

Love has no religious or territorial boundaries, it transcends any economic or social classes, it is sovereign and therefore the most beautiful work of God.

You need to support others, and not just a cause, because even if this seems more coherent or advanced, the real progress will always be in intimate reforms and thought and in the practice of charity.

#### **416. How to guide incarnates who believe all their problems have a spiritual origin?**

– Instruct them, because as they are incarnated, they have their own trials and atonements.

*Note:* Claiming that our problems, while we are incarnated, have spiritual origin is the easiest way in trying to eliminate guilt of our own acts.

Even problems with spiritual origins arise from choices of the incarnates.

The incarnates are fully responsible for their trials and atonements and the spiritual plane should not be responsible for your bad choices or trends<sup>183</sup>.

We sympathize with what you produce, so if you want good company, be productive and do not give in to the worldly temptations that run through the inverse path of the evolutionary sense.

“Tell me who you are with, and I will tell you if I am going with you.”<sup>184</sup>

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183 *Genesis*, chapter XIV, item 46:” Just as infirmities are the result of physical imperfections that render the body accessible to pernicious outside influences, obsession is always the result of a moral imperfection that allows entry to an evil spirit. A physical cause may be opposed by a physical force; a moral cause must be opposed by a moral force. In order to protect oneself from infirmities one must strengthen the body; to guard oneself against obsession, one must strengthen the soul; thus, the need of those who are the object of an obsession to work on their self-improvement, which is often enough to rid themselves of an obsessor without the help of outside persons.

184 1 Cor 15:33 – “Do not be deceived: ‘Bad company ruins good morals.’”

## VI - Treatment in the spiritist center

### **417. Why, in the basic works, the healing works in spiritist centers was not encouraged?**

– It was not the right time. We needed to raise other issues, prior to procedures involving healing.

It is common, in the modern spiritist view, the paradigm of treatments for healing performed by Spiritist Centers.

These are treatments that require a lot of courage, seriousness and control. They are extremely important, as they enable the access of the spiritual world to the material world, awakening, in a more accentuated way, the faith of the participants.

It is not necessary to fear so much the exercise of “healing” in spiritist centers, the important is to be morally responsible and work with commitment, for those who do not act in this way will be responsible for their actions in due proportion.

The cure is not in a house made up of bricks or masonry, it is in every place where there is faith and deserving. Jesus demonstrated this to us by healing in the streets and villages where he passed.

**What is not plausible is to use our pride and selfishness to enrich vanity through the faith of others**<sup>185</sup>. Faith is something profoundly serious, it is a pure and intense feeling, and there is no way to play with it.

God gave us the free will to choose whether or not to have faith, but not approved in its laws, in no instant, that we would have the right to cease faith of others through our biased posture.

Here, then, lies the importance of seriousness and responsibility in what it is done.

All healing is silent and does not come from an incarnate of spirit, but from the capacity that the receiver himself possesses and has not yet awakened. It is up to us, disembodied, to help in this awakening and let God judge the merit of each one. The real cure is that of the spirit. The cure of the body is perishable and temporary. Let's do our best, based on

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185 *The Gospel According to Spiritism*, chapter XXVI, item 10: “[...] If there is one type of mediumship that requires this attitude most completely, it is healing mediumship. [...] Healing mediums, however, transmit the healthful fluid of good spirits, and do not have the right to sell it. Although poor, Jesus and the disciples charged nothing for the healings they obtained. [...]”

the seriousness of those who love their neighbor as themselves (*as seen in footnote number 2*).

**418. What is the ideal way to do the healing work?**

– Quietly, in a serious, responsible and organized way. The embodied have an extremely vital role in these works. For that to occur, it is necessary that the intimate reforms are made, and the vibrations and thoughts controlled.

*Note:* May love for our brethren be the only purpose. Healing comes according to the work of each one of us. We are all mere tools of work in the harvest of our Father. That our intentions and search for a gradual, intimate reforms are always our objective.

**419. Could it be said that spiritual treatment does not require medical treatment?**

– Never! The terrestrial treatment is necessary because we treat matter also with matter. Spiritual treatment does not dispense the material medical treatment. Today there is the joining of the two works, the healing of the soul and the healing of the physical body. Everything is part of God's plan.

God, in His infinite intelligence, knew how to package everything in its due place. He gave incarnates the ability to heal the physical body through material instruments; gave us, spirits, the ability to help the embodied when the material object is no longer sufficient to cure them.

Today, with the expansion of conscience and deeper learning, you are able to understand that the true healing is within each one of you; therefore, you are all capable of healing yourselves, and it will be up to us to make you believe that you are.

Never despise the tools of God. If He gave you the ability to treat matter with matter, combined with spiritual treatment, remain with these both.

Everything has a purpose; you must not skip one step or another but believe that purposes of God are perfect and irrefutable.

**420. In healing work, is there the need for dialogue with patients?**

– No.

**A. What is the ideal form?**

– As quietly as possible, avoiding dealing with issues of any psychological kind. Psychological issues require specific treatments, inappropriate for those moments.

**Note:** Many need these dialogues, which can be done on appropriate occasions, “apart from” the healing work, with people able to talk and, especially, to listen to those who are emotionally weakened and sick.

A job with a lot of responsibility and value which requires a lot of tact (sensitivity), not to aggravate the illness scenery; still, this is a preparatory work. During the treatment, silence should prevail, as concentration and all energies must be focused on love and on the receiver.

**421. At what moment does treatment start for the regulars of a spiritist center?**

– In the early hours of the day; when there is the intention to go, we already start the works.

Treatments start from the intention. When it is intended, therefore, treatment begins.

**422. Is it necessary to be a medium in order to heal?**

– No, as long as there is truth and good intention, everyone can heal, just as the love of a mother can cure her child.

**Note:** We will reach a point when we will be able to promote the self-healing through the power of thought (*as seen in question 411*).

**423. Must mediums have specific faculties for the work of healing?**

– Yes. It is essential that the medium has a preparation. Not all mediums possess such a faculty. Would you give a carpenter the task of painting?

Among all the necessary faculties to help others, Psychology is among the most important.

The vast majority of illnesses are born in the mind, so learn to help the mind of our brethren through the use of behavioral techniques, cognitive or analytical skills is critical to helping them achieve this so expected cure.

It is not enough to treat the effect of an illness, we need to take care of the cause, which often lies in frustration, lack of resilience and resignation. Therefore, when we help our brothers to see this, we are helping them to be cured accordingly.

**A. Is there a need for specific instruments in these works?**

– No. Instruments are only needed for material work, not for the spiritual, however, everything that can provide comfort, without characterizing a hospital on Earth, will be welcome.

**B. Is it in the reincarnation planning of the medium to practice this work?**

– Yes, without a doubt, nothing happens without a reason. Still, this is not going to be an easy task, as it will require changes in behavior, especially outside the spiritist house.

Every healing medium is born with a specific purpose. The effort and the dedication will always lead you to better practices. We must trust that God allows what is best for each one, always seeking, in studies and reforms, the constant improvement of mediumistic exercises.

*Note:* There was a time when Jesus walked on Earth performing His healings wherever he went, leaving a trail of love and faith. Upon achieving a cure that seemed impossible to the people at that time, Jesus never forgot to mention: “Your faith has made you well.” (*as seen in footnote number 165*).

If Jesus, being the most resigned spirit to inhabit this plane, possessed this humility, who are we to, at some point, think that we would be able to heal anyone but ourselves?

Let us have the necessary humility to understand that we are part of something much bigger, unknown, and unquestionable.

**424. How to know if the medium is ready for fraternal treatment?**

– Fraternal treatment requires constant and gradual intimate reforms, and this effort will lead to aptitude.

A medium is never “ready” for any work, but always in training and learning. Mediumship is like a form that mold us, it makes us grow, but it often traps us in our vanity, selfishness, and pride. Among all the challenges that the medium is imposed, the biggest one is to be unpretentious, a faculty that must be exercised constantly and especially, watched over.

Mediums, practice humility, exercise charity for all humanity.

**425. How should the medium prepare on the day of attendance?**

– The preparation of the medium must be constant, not restricted to days of treatment. The medium must perform as many intimate reforms as possible, as well as thought reforms and dietary control.

**A. What is the ideal diet on treatment days, for both mediums and patients?**

– A healthy, balanced diet, avoiding animal foods and abstaining from alcoholic beverages.

To think that preparation is of importance only for service days or mediumistic works is a mistaken view.

Mediumship is the consequence of a test or atonement, which has the objective to assist the growth of those who have it, demanding, thus, the intimate reforms and necessary changes for the growth of those individuals.

The life of the medium is not only represented on a medium table or in a fraternal treatment, but in the daily behavior and constant and evolving improvement and growing.

You need to pay attention to the signs of God, usually sent through the conscience, and follow them.

Inner peace can only be achieved with a clear conscience, and this is not by chance.

Use the love that exists in the heart of each one and change your way of thinking and acting. May terrestrial life allows you to awaken the true love for your progress and for your brethren.

It was for love that everything started, it is for love that everything must proceed.

**426. When the medium is out of balance in his life, could he perform spiritual works?**

– No, balance is a prerequisite for any kind of spiritual work. To mediate without balance would be to propagate energetic and psychological disorder.

**A. How can we tell if we are able to carry out spiritual works?**

– Self-knowledge is as important as practice itself; to know yourself is necessary to help others.

The same charity we exercise towards our brethren who seek assistance in the spiritist center is necessary for the workers, who are also exposed to the vicissitudes of life. Charity work does not make them immune; taking care of each other like a big family is imperative.



**427. What makes some people feel spiritual treatment and others not?**

– Sensitivity is linked to the faith and merit of each person. Regardless of the physical or visual sensations during treatment, what determines the cure are faith and conviction of the “patient”.

**428. Are spirits able to perform surgeries over the human robes?**

– Yes, not only are they as they make them.

Surgeries and cures occur in the perispirit; that way, interventions on the physical body are not necessary (*as seen in footnote number 44*).

**429. Some spiritual surgeries show up in Earth scans. How is this possible?**

– Energy can manipulate matter.

**A. Why does this happen?**

– To awaken faith.

The faith of those who receive healing is only confirmed by examinations; yet it was essential to the healing itself.

You must not anchor your faith in the faith of others; you are all beings that have the ability to awaken your own faith, and this, for sure, will be of great help to your physical and spiritual achievements.

The energy, in turn, is in everything and allows you to manipulate the matter through your thoughts, feelings and faith.

**430. How to avoid the excessive dependencies of some incarnated to spiritual treatments?**

– Instructing them: showing them the need to expand their studies and knowledge.

Be compassionate to everyone, lovingly seeking to free the incarnates who unconsciously created dependence on spiritual treatments, and direct them to studies and volunteer work, to understand that the greatest treatment is charity, and the best posture is balance.

## VII - Technology in erraticity

### **431. Does spirituality have equipment to treat the incarnates?**

– Yes, spiritual technology has equipment prepared for the treatment both for incarnates and disembodied.

#### **A. How do they work?**

– By energetic and fluidic forms.

#### **B. Do they have any influence on matter?**

– Yes, they have.

More important than understanding the operation of equipment and erratic technologies is understanding how you can take the most from them.

The best way to take advantage of all available technologies for us is to exercise your faith and carry out your inner and thought reforms, which, consequently, will enhance our work and equipment.

Do not let your curiosity be greater than your creed; most important than the proof of faith through what you see is the proof of benefits that it promotes, through daily changes and continuing your evolution.

### **432. How does technological development work in erraticity?**

– Development is still beyond human understanding, but application on Earth follows the possibility of receiving energy and the progress of the incarnates.

### **433. If erraticity technology is more advanced the Earth's, why do not spirits share it, in order to help us in fighting our illnesses?**

– It will be shared through your discoveries, whenever you have the preparation for that.

Even though there is an infinite desire for greater spiritual help or unravel the earthly mysteries, it is necessary for you to be able to walk “with your own feet”, for, upon arrival at your destination, you will be conditioned and prepared to deal with such achievements.

The human being should exercise more how to deal with what you have already discovered instead of just trying to unravel what has not yet been discovered.

A bird is not born knowing how to fly; it needs to practice and learn; it will only fly when the wings are useful for it to trace its own flight<sup>186</sup>.

**434. Can electronic devices and metallic objects interfere in healing treatments?**

– Yes, as Earth science has already proven<sup>187</sup>.

**Note:** It is especially important to advise regulars not to use electronic equipment and metallic objects in the service environment. The metal energetically interferes with vibrational fields, as science has already shown us.

## VIII - Spiritual medicine and earthly medicine

**435. Can Earth's physicians receive help from the spirits?**

– Not only can they, but they receive it all the time, often without knowing it.

**A. Can Earth doctors cure diseases in the perispirit?**

– No, who can cure it is the incarnate himself, through his improvements.

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186 *The Mediums' Book*, chapter XXVI, item 294, question 28: "Can spirits provide guidance in scientific research and discoveries? – Science is the work of genius and must only be acquired through work because that is the only way humans advance on their path. What would they merit if all they had to do was question spirits in order to know everything? Any imbecile could become learned at that price. The same applies to inventions and industrial discoveries. Nevertheless, there is another consideration: each thing must come in its own time, and when minds are generally mature enough to receive it. [...]"; question 29: "Are scientists and inventors never assisted by spirits in their research? – When certain discoveries' proper time has come, the spirits in charge of directing progress search for the appropriate persons to accomplish them, inspiring them with the necessary ideas but leaving them all the merit because they themselves will have to develop the ideas and carry them out. This is the process for all the great works of human intelligence. [...]"

187 In the literature, there are several reports of interference from electromagnetic sources, such as cardioversion, magnetic resonance and electrosurgery, in implanted cardiac devices (MISIRI, KUSUMOTO, GOLDSCHLAGER, 2012). The study by Martinsen *et al.* (2019) showed that the current, in electrosurgery, it can be conducted through a metal implant, with a risk significant tissue damage when used for long periods of activation or at high levels potency, depending on the length and shape of the implants. Health risks for patients associated with exposure to static magnetic fields are related to the presence of materials ferromagnetic devices or cardiac pacemakers. Several mechanisms of interaction between tissues and static magnetic fields, which can lead to potential pathological effects (FORMICA; SILVESTRI, 2004).

**436. Is there a team of spirits responsible for the hospitals in the Earth?**

– Yes. There are spiritual teams all over the Earth.

**A. How does it proceed?**

– In an organized and hierarchical way, supported by superior spirits, based on the love and competence that it exercises.

**437. Do spiritual doctors support more easily when the hospital is modern and has better equipment?**

– Support is not linked to modernization, but to vibration: our support will always be greatest where the need is greatest.

It could not be otherwise; spiritual favor does not exist, what exists is the vibrational merit so that the supported receive that they issued.

## **IX - The search for cure**

The constant search for healing the material body has been the center of attention of the incarnates, who, for several centuries, developed medicines, technologies, and new techniques, in order to give the flesh longevity and promote the evolution. Notoriously, taking care of the material body is essential and divine, but the spirit cannot be neglected: body and spirit must and can be cared simultaneously.

It is important to remember that both the physical and spiritual bodies are reflections of your actions and cares.

To obtain healing in the physical body and spiritual evolution, faith is needed, knowledge, persistence, and worthiness; therefore, it is never too late to do for deserving. With the passage of time and progressive evolution, the incarnates may promote self-healing.

The remedy for the spirit is knowledge; your search must be constant and endless. The body is perishable, the spirit is eternal.



# Psychological Illnesses

Depression • Suicide

## I - Depression

In this world of trials and atonements, your conscience begins to charge you the changes and necessary reforms; you can even do evil for free will, but you already know how to discern right from wrong.

To be incarnated is to fulfill trials, atonements and difficulties that stir and shake your vibrations all the time. It is having to resist temptation, it is being resistant to bear the pain of loss, it is to understand that you have nothing but love and the constant need for evolution. This has generated a grievance for bad thoughts, an increase in vicissitudes and, consequently, depression in many brothers.

It is important to take care of your thoughts; it is through them that you find cure or create diseases, make war or propagate peace. The thought is the most precious gift that God gave us in Creation; it is important that you can learn to use it correctly.

The consequences of depression in the lives of embodied people outweigh the flesh and they go beyond generations, reaching children, grandchildren, and future offspring. The same way bad thoughts spread to bring about evil, love and good thoughts radiate for good; therefore, **you will always be fruit of your vibrational energy.**

### **438. What is depression, in the view of the spirits?**

– As the name says, it is a slope, a circumstantial erosion in a path that tended to be straight.

The human mind has slopes of thoughts, which stem from various and different circumstances experienced. Dealing with these subliminal

erosions requires resilience, self-knowledge and discernment, and to acquire these attributes, some spirits take longer than others.

This disease that plagues humanity today is spreading as a species of “psychic contagion”, reaching children, young people, adults and the elderly; a combination of the “current phenotype” with the weak use of acceptance of the sayings of the deep and inherent conscience of being.

Its antidote depends on the effort and clever use of free will and, despite of activating biological reactions, its onset is psychic<sup>188</sup>.

**Note:** The “psychic contagion” is the result of somatization caused by living together collective; the greater the number of depressed people, the greater the affected vibrational range, and, consequently, this reaction grows in geometric progression. A clear example of this fact is that if we go back 150 years ago, there were not as many depressed people compared to that we find today<sup>189</sup>. So, it is particularly important fight negativity with positivity and infect the terrestrial orb with good vibrations and good thoughts.

#### **439. Is depression the disease of the century?**

– Yes, it is one of the main diseases of this century.

##### **A. How to avoid it?**

– The change of thinking and the search for a healthy and balanced life help a lot to avoid it.

##### **B. Does it have a cure?**

– Yes.

**Note:** There is nothing incurable or irreversible for God.

Everything can be restored and put back in order, when we know resist depression with sincere resignation and resilience.

Every disease has a remedy, every pain has a relief, every suffering has an end.

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188 *The Gospel According to Spiritism*, chapter V, item 25: “Do you know why a vague sadness sometimes weighs upon your hearts and makes you find life so bitter? – It is your spirit, which aspires to happiness and freedom, and which, bound to the body that serves as its prison, exhausts itself in vain efforts to escape. However, seeing that such efforts are useless, it falls into despondency, and the body, bearing the spirit’s influence, sluggishness, dejection, and a kind of apathy, seizes you and you find yourself unhappy.” – *François de Genève*

189 According to Klerman (1988), there are some trends that have been documented, including the increase and prevalence of depression, particularly after World War II. According to Twenge (2020), between 2011 and 2017-18, the rates of depression during adolescence in the United States increased by at least 60%, with a greater increase among girls.

Generally, what “kills” is not the disease, but how we react to it over there; every trial we face has a greater purpose for our progress<sup>190</sup>.

**440. What kinds of thoughts can trigger depression?**

– Bad, melancholy, useless thoughts, but they can be corrected and re-modeled according to the patient’s effort and the help of everyone around you.

**Note:** You already know the power of thought: the need to watch it and lead it to a positive scenario is crucial for the development of the spirit and its well-being (*as seen in footnote number 173*).

**441. Can depression lead to suicide?**

– Yes, if not treated in time.

Happy is the one who resists without making this sad choice; take the own life entails suffering and pain.

Suicide is the result of free will and, although caused by depression, there will always be a better way to go.

**442. Is depression an illness of the mind or an obsessive process?**

– Depression is a disease of the mind that consequently causes an obsessive process.

You are not depressed for being obsessed; you are obsessed for being depressive.

**443. Can depression be treated only in the spiritist center?**

– No, it must be treated simultaneously with earthly medicine, like any other illness.

Nothing can be treated only in a spiritist house; in fact, the biggest part of the treatments requires that they take place in compatible locations

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190 *The Gospel According to Spiritism*, chapter V, item 25: “[...] Believe me and strongly resist these feelings that weaken your willpower. The yearnings for a better life are innate in the spirit of all humans, but do not seek them in this world. And nowadays, as God is sending his Spirits to instruct you about the divine happiness reserved for you, patiently await the angel of deliverance, who will help you break the bonds that hold your spirit captive. Remember that, during your trial on the earth, you have a mission that you cannot doubt, whether in dedicating yourself to your family or whether in fulfilling the various obligations that God has entrusted to you. If during the course of this trial, and while performing your task, you see worries, troubles and vexations fall upon you, be strong and courageous in order to bear them. [...]” – *François of Geneve*

with the disease, but also in your own daily life, in your own mind and spirit.

The spiritist house or any other house of instruction, whether religious or not, comes as an aid to console and illuminate the next steps, but the real healing of physical or mental illness starts from the inside out in each one.

**444. Why does depression also develop in children?**

– Because children are suggestible and still have their personalities in formation.

**A. What are the main factors that cause depression in them?**

– Deformities of a physical order, psychic projections, or unconscious projections from past experiences, among others.

There are countless causes that generate childhood depression; however, you should never fail to hold responsible for the conduct that the tutors will have in each case. A child is in the process of learning and absorbing information, therefore, has the insight altered with much more dynamics. A depressive frame can be designed due to the failure of their family members' behavior, or due to genetic or mental dysfunctions, or even by digging through experiences of past incarnations, unconsciously.

As important as identifying the causes is knowing how to deal with them. Depression it is a hole in the way, however, it can be overcome with the correct conduct, love, affection, and patience. For those who suffer, it is not all okay, for whoever takes care must believe that it will be.

## II - Suicide

**445. What is suicide according to the spirits?**

– Suicide is much more than taking one's life; it is to delay the opportunity to evolve through the tests of the material world, it is to be ungrateful to God and selfish to loved ones. It is believing in a momentary escape, while creating several harms.

**A. What are its consequences?**

– Proportional to the act; suffering and pain until true detachment of the agonies prior to suicide.

Each suicide responds in proportion to their level of knowledge. Those who do not share these thoughts have an obligation to help, support



and guide these suffering brethren. It is not just do evil, which is a mistake, failing to do good is also wrong<sup>191</sup>.

**446. What drives a person to commit suicide?**

– Several issues, including: vicissitudes, lack of resilience, lack of faith, loss of hope, lack of inner peace<sup>192</sup>.

The suicide commits this act believing that, with the end of the physical body, all the problems will end as well; mistake: when faced with reality, there will be great disappointment, because the life that ends is only the organic one, the which is under his responsibility.

You must preserve what was loaned to you to follow the path of learning, seeking to evolve and still, progress.

Spiritual life is designed for eternity, unlike material life, which, being perishable, depends on your behavior for the durability entrusted to you.

**447. What to do when a person shows an intention to commit suicide?**

– Praying<sup>193</sup>. Helping, if you are able, and seeking help with some trained professional.

**Note:** Helping without proper training can mess up the process; a person, when finds itself in this mental scenario, is extremely sensitive to any kind of conduction, therefore, pronouncing wrong words can worsen the situation rather than aggregate. It is necessary for us to have humility to work within our limitations, understanding to what extent we can get, because many times, silencing and listening are the best form of assistance.

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191 *The Spirits' Book*, question 642: "In order to be pleasing to God and to ensure our future situation, is it enough simply not to do what is evil? – No. All must do good to the best of their abilities, for all will answer for all the evil that has resulted from the good they left undone."

192 *What is Spiritism*, chapter I, second dialogue – Madness, suicide and obsession: "[...] Spiritism [...] well understood constitutes a preventive against madness and suicide. Among the most numerous causes of cerebral excitement, we must consider disappointments, misfortunes, upset affections, and these causes are also the most frequent reasons of suicide. [...]"

193 *The Spirits' Book*, question 662, explanatory note by Kardec: "Through our thought and will, we possess an inner power of action that extends far beyond the limits of our corporeal sphere. A prayer for others is an act of that will. If it is ardent and sincere, it can call good spirits to the aid of those for whom we ask it so that the good spirits may suggest good thoughts to them and give them the needed strength for body and soul. [...]"

**448. Why has the number of suicides increased among young and children<sup>194</sup>?**

– The increase in the number of suicides is linked to the increase in psychic suggestion.

*Note:* Currently, the suggestion has increased due to facilitators and the media in general, which prevail in this plan; the children, for being in the formation phase, absorb it and, consequently, create negative biases in their minds, which will then lead to bad choices. To combat negative suggestion, just practice the positive<sup>195</sup>.

**449. What is madness, in the spiritist view?**

– It's the loss of reason.

**A. Can it induce suicide?**

– Yes<sup>196</sup>.

When a being goes mad and loses his reasoning ability, he needs to be supported, as it is being moved only by instincts.

You must never abandon a neighbor who has this infirmity; you must hold yourselves accountable for the cause and provide as much assistance as you can.

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194 According to the World Health Organization (apud WHO, 2019), suicide is a serious problem of global public health. Approximately 800,000 people die from suicide each year, this being the second cause of death among young people aged 15 to 29, of both sexes. Carballo *et al.* (2019) gathered relevant scientific literature addressing psychosocial risk factors for suicide of children and teenagers. The review identified three main factors that appear to increase risk: psychological factors (depression, anxiety, previous suicide attempt, drug and alcohol use and other comorbid psychiatric disorders), stressful life events (family problems and conflicts) and personality traits (such as neuroticism and impulsivity).

195 Through several studies, Twenge (2020) argues that adolescents and young adults who pass more time using digital media report lower psychological well-being, including lower overall psychological well-being (TWENGE; CAMPBELL, 2019), lower life satisfaction (BOOKER *et al.*, 2015), less happiness (TWENGE; MARTIN; CAMPBELL, 2018a), more feelings of loneliness and social isolation (PRIMACK *et al.*, 2017) and more depression (KELLY *et al.*, 2019; LIN *et al.*, 2016; TWENGE; CAMPBELL, 2018b). These associations are often considered; for example, teenagers who spend five or more hours a day (versus an hour) on electronics devices are 66% more likely to have at least one risk factor for suicide, and intense internet users are twice as likely to be unhappy as those who do less use (TWENGE *et al.*, 2017; TWENGE; MARTIN; CAMPBELL, 2018a). Similarly, Kelly *et al.* (2019) found a doubling of depression in non-users compared to more frequent social media users.

196 *The Spirits' Book*, question 376: "What is the reason for insanity sometimes leading to suicide? – The spirit suffers immensely from its constraints and from the powerlessness to freely manifest itself. Thus, it seeks a way to break its ties in death."

**450. Can obsessing spirits lead their obsessed to suicide?**

– They can induce him to seek this path, but the final decision will always be up to the free will of the obsessed. The incarnate will always have the last decision and if he is sympathizing with spirits of that vibration, he needs to seek his reforms of thoughts in order to change the company<sup>197</sup>.

**451. Disobsession works can prevent suicide, driving away the obsessing spirits?**

– No, disobsession is temporary. Carrying out intimate reforms and true changes will allow the incarnated to change their attitudes, thoughts, and vibration.

*Note:* It is an exaggeration to think that a disobsession work will prevent a suicide; while helping to alleviate the temporary burden, intimate reforms are essential for this process. Like Hippocrates, father of medicine, he taught, before healing someone, ask him if he is willing to give up the things that made him sick<sup>198</sup>.

**452. How, according to the spirits, are the murderous terrorists that are based on religious beliefs when they commit suicide, and they take the lives of several brethren with them?**

– No belief justifies this act; in this case, suicide and murder are characterized. By choosing this option, they will answer for their actions, aggravating their atonements considerably.

**A. When they believe they are with the truth, will they still be held responsible for the act?**

– Yes. But, in their conscience, do they really believe that they are with the truth?

Thought can change over time, but conscience is incorruptible; it only improves, never regresses.

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197 *The Spirits' Book*, question 469: "By what means can we neutralize the influence of evil spirits? – By doing good and placing all your trust in God, you repel their influence, and you destroy the power they desire to have over you. Guard yourselves against listening to the suggestions of spirits who excite evil thoughts in your mind, those who incite discord and arouse in you all the evil passions. Above all, distrust spirits who flatter your pride, for they are attacking you at your weakest point. That is why Jesus teaches you to say in the Lord's Prayer, 'Lord, do not let us fall into temptation, but deliver us from evil!'"

198 *The Gospel According to Spiritism*, chapter XXVIII, item 81: "[...] To a physical cause one applies a physical force; to a moral cause it is necessary to apply a moral force. To prevent illnesses, one strengthens the body; to avert obsessions, one must strengthen the soul; hence for obsessed persons the necessity to work for their own betterment, which is often quite enough to free them from their obsessor without the help of other persons. [...]"

**B. What is the responsibility of those who induce them to commit suicide?**

– Even greater, because, in addition to doing evil, they are propagating it, therefore, they will answer for the act performed and for inducing those who practiced it<sup>199</sup>.

**C. Does the perispirit also suffer the action of this physical destruction?**

– It depends on the importance the incarnate gives to it. In the perispirit the thought of the incarnate is reflected; in this way, the more materialized the incarnate is, the worse deeds will be imprinted on it; the less materialized, less will stay<sup>200</sup>.

**453. Can spirits suggest suicides to remain in the umbraline regions in order to punish them?**

– You can invite them, however, the decision to go or not will be up to each suicidal.

There will always be an invitation to the good and the bad paths. The decision is up to the free will of each one (*as seen in question 258*). No one can induce you to something you do not agree with; free will, a tool conceived by God, is sovereign to almost everything within the universe and it is through it that it is given the opportunity to progress or stagnate, according to your will, proportionate to your effort.

**454. Does suicide cause the spirit to fulfill in the following incarnation his remaining time in case he had not done it?**

– No, suicide will lead the spirit to make new atonements, proportionate to its level of consciousness when performing this act. The incarnate life is a huge opportunity that the spirit receives to evolve and dema-

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199 *The Spirits' Book*, question 946-a: “Won’t those who have driven an unhappy person to this act of despair suffer the consequences of their action? – Unfortunate beings! They will have to answer for it as for a murder.”

200 *The Spirits' Book*, question 155-a, explanatory note by Kardec: “[...] It is logical to believe that the more the spirit has identified with matter, the more it will suffer upon separating from it. On the other hand, intellectual and moral activity and elevated thoughts initiate this separation even during corporeal life, and when death finally occurs, the separation is almost instantaneous. All this is the result of studies involving individuals at the moment of death and demonstrates that the affinity that persists between the soul and the body in some individuals can be extremely painful – the spirit may even experience the horror of decomposition. Such a case is exceptional and peculiar to certain kinds of death – suicide, for example.”

terialize itself. Taking your own life is against the laws of God, and this bad choice will result in proportional consequences<sup>201</sup>.

**A. What happens to the remaining vital fluids when you cease your life by suicide, ahead of your scheduled time?**

– They will undergo a transformation, extinguishing themselves in the incarnate and having continuity in beings, through the process of decomposition, as we have already said (*as seen in question 71*).

Free will is one of the greatest proofs of God's love for us, so that no divine law is capable of nullifying the law of free will; not even the influence of our guardian angel nullifies it. When the incarnate ignores your conscience (God's voice in us) and chooses to take the life of his own body, his atonement will be directly linked to what your conscience charges you. However, God, in His infinite mercy, leaves none of His sons helpless. When committing suicide, the vital fluids that previously animated the suicidal's body now go to other beings in the natural subsistence chain and with those in charge of the decomposition processes to return to the planet such fluids, already processed, in the form of energy and organic matter, to that, in this way, they can feed and maintain the life of other beings. It's not in a mathematical way; God's plans are much more complex than you imagine. "Everything in nature is linked together [...]"<sup>202</sup> in a harmonic way, and even the exercise and misuse of free will is used by God to help all his creation.

**455. How can the Spiritist Doctrine help to prevent suicide?**

– Help is not exclusive to the Spiritist Doctrine; any religion or kind of charity helps, welcoming, listening, instructing and giving meaning to those incarnations<sup>203</sup>.

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201 *Heaven and Hell* – Second Part, chapter V, The Father and the Conscript, Observations: "[...] for it has been given to them because of the duties they are to fulfill while on earth, a sufficient reason for them not to intentionally shorten their life under any pretext. But since they have free will, no one can keep them from doing so, although they will always suffer the consequences. [...]"

202 *The Spirits' Book*, question 604

203 Studies reveal that religious and spiritual factors are increasingly being investigated in psychiatric research and suggest that religion can help people better cope with the stresses of life, reduce the incidence of depression and substance abuse, facilitate recovery from depression, improve social support and provide sources of hope, meaning in life, greater self-esteem, optimism, and satisfaction with life (KOENIG, 2009; DEIN, 2018).

#### **456. Can the guardian angel prevent suicide?**

– It can help to stop it, as long as the vibration of the incarnate allows it<sup>204</sup>.

#### **457. How is the suicidal seen before the law of God?**

– Like a son who has stumbled and will have new opportunities to redeem himself.

**Note:** No one will be abandoned by their Creator; there is no failure or mistake that is not redeemable.

Our God does not judge, condemn, punish; he just directs us to evolution through His infinite love. We need to get into the habit to reform ourselves through our good daily choices. More important than how we will be seen before the divine law is how we will act to achieve greater evolution through it.

Brethren, as it has been said to you, help us to help you; like nature depends on transformation to progress, mankind depends on your changes to improve. Fear not the obstacle or fault, learn to wall, in order to stumble less and less and follow the path of good.

#### **458. What does the suicidal find after death?**

– Pain, suffering, regret and loneliness. However, it also finds the opportunity to self-redeem.

##### **A. Does the suicidal actually have a desire to escape before performing the act?**

– Yes. He believes that, by taking his own life, his pain will cease. Foolish mistake: it only closes the cycle of the flesh, not that of the spirit, as this is eternal.

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204 *The Spirits' Book*, question 495: "Do protector spirits sometimes abandon their ward when the latter is heedless of their warnings? – They withdraw when they see that their counsels are useless, and that the ward's will is set on submitting to the influence of little-evolved spirits. They do not abandon them entirely, however, and always try to make themselves heard. Their wards are the ones who shut their ears. Their protectors return as soon as they are called. [...]" Supplementary text: "If there is a doctrine that should convert the most incredulous by its charm and sweetness, it is that of guardian angels. Isn't it a very consoling idea to know that you always have at your side beings who are more evolved than you, who are always there to counsel, sustain and aid you in scaling the rugged mountain of the good, who are more reliable and devoted friends than the most intimate connections that may be contracted on earth? These beings are there at God's orders. It was God who has placed them at your side [...]" – *Saint Louis, Saint Augustine*

## **B. Does the suicidal really want death?**

– Death is not the goal, but your way of escape.

The question is not what the suicidal wants when committing this act, but, instead, in what he intends to avoid. In general, he seeks not to face the issues that torment him deeply. The easiest way is to escape, he gives the false sense of momentary relief, but the suicidal will come across the greatest pain in making this choice: the pain of taking his own life, which it is a unique opportunity to evolve through the flesh. We mentioned being unique for, despite being plural, two lives will never have the same experience.

### **459. How to deal with mourning the suicidal of a loved one?**

– Every grieving process requires peace and understanding<sup>205</sup>; intentional love through the correct words can and must help those who suffer the loss of a loved one<sup>206</sup>. Where there is love, there will be hope and the understanding that although flesh is perishable, the spirit is eternal and constantly learning, transformation and growth, which will lead to progress. Therefore, regardless of how long it takes, we all have to go ahead and trust the time of God, so that everything can be resolved in the most pleasant and natural way.

*Francisco Cândido Xavier  
Matão, November 11th, 2019.*

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205 Studies show that four cognitive prognoses (memory characteristics, negative assessments, coping strategies, grief resilience) were significantly associated with intensity of mourning during the analyzed period (SMITH; EJLERS, 2020). Although most grieving individuals end up adapting to the loss of a loved one more or less successfully, a significantly identifiable minority will experience chronic and disabling grief. The diagnosis of prolonged grief disorder has the potential to improve detection and effective treatment of substantial cause of morbidity among people who have suffered the loss of an important person (PRIGERSON *et al.*, 2009).

206 *The Gospel According to Spiritism*, chapter XXVIII, item 72: “[...] we know the fate reserved for those who violate your laws by intentionally shortening their days. But we also know that your mercy is infinite. [...] May our prayers and your commiseration soften the bitterness of his/her suffering for not having had the courage to await the end of his/her trials! Good spirits, whose mission is to assist unfortunates, take him/her under your watch-care. Inspire him/her with repentance for his/her wrong, and may your assistance give him/her the strength to more resignedly bear the new trials that he/she will have to endure to repair it. [...]”





# THIRD PART



## MORALS

### CHAPTER I

#### **Moral of mankind**

### CHAPTER II

#### **Sexuality, Sex and Moral**

### CHAPTER III

#### **Conscience**

### CHAPTER IV

#### **Destroying Scourges**

### CHAPTER V

#### **Future Penalties**



## CHAPTER I



# Moral of Mankind

Moral and evolution • Morals • Mankind and moral • Women in the world  
• Collective morals • Moral and society

## I - Moral and evolution

To the rules established and accepted by a community for a given space of time, we call it “moral”, therefore, it is changeable, according to the evolution of humanity and society.

What once was moral tomorrow may not be, as well as what was considered moral once and it is immoral today.

Therefore, we have established that morals are completely interconnected to human evolution and, mainly, to the perception of common values of a society.

We know that there are the laws of mankind, which were made to enforce social behaviors, and their non-compliance entails punishment among incarnated ones. However, have you already questioned whether these same laws, which were elaborated to serve as a guide in conduct, are not the necessary crutch to make moral, immoral attitudes?

“I am a king, I was a slave; I paid a tribute to the republic, today it sustains me” (MONTESQUIEU, 2000, p. 122). In other words, not everything what is lawful is moral.

Those who use legality to acquire benefits that would not belong by right will answer for their attitudes, because there is no immoral gain that does not harm others.

There will come a time when the punitive laws of mankind will not be necessary, for all will have in their conscience the laws of God. Until this moment arrives, **seek in your conscience the real meaning of being moral.**

The one who has taken advantage on Earth will have already had his reward and, by entering the spiritual plane, he will have nothing more to receive<sup>207</sup>.

Morals is one of the foundations of evolution, ensuring that an entire society evolve, not just an individual. When it is well formed, well built, it can positively transform a nation, however, when it fails, it can lead to chaos and destruction.

Today there is no use of nuclear weapons, however, humanity lives an unprecedented moral warfare. It is necessary to understand the collective damage caused by benefiting from what is the right of others. The changing of the planet starts through each individual, and those who have power on Earth right now are a reflection of your own momentary morals.

## II - Morals

### **460. What is moral, according to the spirits?**

– Moral is the rule of good conduct defined by the society of an epoch, the distinction between good and evil; consists in observing the laws of God and put them into practice through effort and resignation<sup>208</sup>.

### **461. Where does morality come from?**

– Absolute morality comes from God; however, it is proportional to evolutionary state of the incarnate, being in distinct stages, according to the evolution of the society of his time.

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207 Lk 6:24 – “But woe to you who are rich, for you have received your consolation!” *The Gospel According to Spiritism*, chapter XVI, item 10: “[...] God might have wished to reward their efforts, courage and perseverance over the course of their current life. However, if they use it only to satisfy their senses or their pride, or if it becomes a cause of failure in their hands, it would be better for them not to have possessed it at all; they lose on one hand what they have gained on the other, thereby annulling the merit of their labor. When they depart the earth, God will tell them that they have already received their reward.” – *M., A Protector Spirit* (Brussels, 1861)

208 *The Spirits' Book*, question 629: “What definition may be given to morality? – Morality is the rule of good conduct; in other words, it is the ability to distinguish between good and evil. It is founded on the observance of God’s law. Humans behave correctly when they do everything for the good of all, for then they obey God’s law.”

**462. Are moral principles universal?**

– Moral principles are, whereas the practice of these principles is not. In spite of society defines morality in its respective age, practices vary according to individual evolution<sup>209</sup>.

**463. How do you know what is immoral?**

– How not to know? Look at what is intrinsic in your conscience and what is reaffirmed by your society. Only those who do not want to see, will not see<sup>210</sup>.

**464. How does moral conscience develop and purify itself?**

– The moral conscience develops according to social progress; debugging is a kind of evolution. Therefore, the more humanity evolves, the more moral values will be purified as a whole<sup>211</sup>.

**465. Was it Jesus who presented love as fundamental to life, initiating the primacy of duty and morals?**

– Jesus contributed a lot through his examples; however, the morality duty was born long before his coming to the world of the incarnate<sup>212</sup>.

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209 *The Spirits' Book*, question 636: "Are good and evil absolute for everybody? – God's law is the same for everybody, but evil especially depends on the willingness one has for doing it. Good is always good and evil is always evil, whatever a person's position may be. The difference is in the degree of responsibility."

210 *The Spirits' Book*, question 621: "Where is God's law written? – In the conscience. "; question 621-a: "Since humans carry God's law in their conscience, why does it have to be revealed to them? – They have forgotten and disregarded it; but God has willed for them to remember it."

211 *The Spirits' Book*, question 791: "Will civilization be purified one day so that the evils it has produced will disappear? – Yes, when morality is as developed as intelligence. The fruit cannot come before the blossom."

212 *The Spirits' Book*, question 647: "Is the entire law of God contained in Jesus' maxim of loving one's neighbor? – This maxim certainly reaffirms all humankind's duties toward each other, but it is necessary to show them its application, because otherwise, they will neglect such duties, as they in fact do nowadays. Moreover, natural law covers all life's circumstances, and this particular maxim refers to only one of its aspects. People need precise rules. General and overly vague precepts leave too many doors open to interpretation."

**466. Jesus, when He said that “All that you want men to do to you, do it to them [...]” (Mt 7:12), summed up the whole principle of moral?**

– Not all of it, but much of it; the moral principle is not just in accomplishing for others what you desire, but also in desiring more purity; this process takes time, but it is part of evolution<sup>213</sup>.

### **III - Mankind and moral**

Among so many stages of learning that we have gone through in our existence as spirits, the human phase is the one that brings us the absolute dependence of our fellows for our development.

The human being is essentially gregarious, unlike most of the species of animals. When we are in the human stage, we depend on the external environment to develop our cognition, culture, reasoning and even to basic issues, how to feed ourselves.

A turtle, when it is born on the beach, instinctively knows it must crack its egg and reach the sea to survive; some species of fish “know” that they need to migrate from the rivers in which they were born, swimming for long distances across the ocean, to reproduce.

In humans, however, the process is different: when they are born, they depend on their tutors to feed them, on their teachers to instruct them, and on society, to lead them to progress.

Therefore, we realize that the most evolved being on the planet is also the most dependent on aid to prosper. This does not happen occasionally: between the lines, the teachings of God happen, demonstrating that evolution is dependent on helping each other in the quest for progress.

Thus, our development depends on society, and the values from this that define the moral. Therefore, we identified that the sum of what we do by free will, even if no one is watching (individually), is indispensable in shaping the morals of an entire society; after all, the collective morality is the sum of all individual values, arriving at a “common denominator”.

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213 *The Gospel According to Spiritism*, chapter XI, item 4: “[...] One could not have a surer guide in this respect than the commandment that one should do unto others what one desires for oneself. By what right would one demand from one’s fellow beings’ better behavior, more indulgence, benevolence, and dedication than what one shows toward them? The practice of these two maxims leads to the destruction of selfishness. [...]”

If we are dependent on our brethren and our morals will reflect on all society, we conclude that an isolated attitude will end up influencing all the others.

Moral development is a relentless pursuit of all spirits, however, not giving in to the temptations and facilities that incarnated life brings is a difficult test, requiring material detachment and conviction in the values proposed by Christ.

We can absorb what is right on the planet and try to change what it is not exercising the intrinsic values in our conscience.

We must not rely on bad examples to define our own values. It is not because someone is immoral that we have a right to be. Forsooth, we have a duty to do our part, transforming the morals of those with whom we live by example.

**467. Under the view of the spirits, what does it take to be a virtuous person?**

– The person who is inspired by virtue, cultivating its qualities and constantly striving to improve them, is on the right path<sup>214</sup>.

**468. At what point can we say that an individual is in a higher stage of moral advancement?**

– The moment this person exemplifies the good learned; when your conduct is in accordance with conscience, when you are thinking for the good of all and acting in tune with your thoughts<sup>215</sup>.

People often seek to understand the virtues; however, little effort is made to conquer them. They will not come automatically and with inertia, but they will be the result of an effort, exemplified in an action practice. The virtue of a person is not what he has, but how he uses what he has achieved, not only materially, but also morally and spiritually. If you are

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214 *The Gospel According to Spiritism*, chapter XVII, item 8: “In its highest expression, virtue encompasses all the essential qualities that comprise the good person. To be good, charitable, hard-working, reasonable, and modest are the qualities of a virtuous individual. [...] A virtue truly worthy of its name does not like to show itself off; one might divine it, but it hides itself in obscurity and flees from the admiration of the masses. [...]” – *François-Nicholas-Madeleine* (Paris, 1863)

215 *The Spirits' Book*, question 893: “Which is the most meritorious of all the virtues? – All virtues are meritorious because all are signs of progress on the path of the good. There is always virtue when there is voluntary resistance to the allure of evil tendencies. However, the highest virtue consists in the sacrifice of one’s own interests for the good of one’s neighbor without ulterior motives. The greatest merit is that which is based on the most disinterested charity.”

looking for improvement, do not create the illusion of achieving it without due effort, resignation, and perseverance. You reap today what you sowed in the past.

**469. Does moral experience have the power to lead a person to full realization?**

– Full, no. Fullness is a search that depends on several factors, the moral among them; however, it does not subject only to it. There are other virtues essential for full realization, such as intellect and love.

**470. How to explain so many moral deviations?**

– Free will is the greatest explanation of all deviations, being them moral or not<sup>216</sup>.

**471. Even with all the knowledge acquired, could we say we are regressing morally?**

– No, but in some ways stagnant. This impression occurs because there are discrepancies in the behavior of some individuals regarding the moral of society; however, this is further proof that you are evolving, as what you recriminate today in some individuals, you would passively accept or still have as right by most, centuries ago<sup>217</sup>.

**472. How can more intellectual people contribute for the moral development of humanity?**

– Since intelligence is one of the main attributes of the spirit, having it developed means being responsible for its best use. Those who have a more refined intellect have the obligation to help their brethren who have not yet reached that stage. There are many ways to contribute, which will depend on what intellectual areas this individual has developed, for ex-

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216 *The Spirits' Book*, question 121: "Why have some spirits followed the path of the good, but others the path of evil? – Don't they have free will? God does not create any spirits evil from the start; they are created simple and ignorant, that is, capable of both good and evil. Those who are evil have become so through their own will."

217 *The Spirits' Book*, question 784: "Humankind's perversity is very great. Doesn't it seem like humans are regressing instead of progressing, at least from a moral point of view? – You are mistaken. Observe the whole closely and you will see that they are advancing because they have a better understanding of what evil is, leading them day by day to reform their abuses. The excess of evil will make them understand the need for the good and for reforms."



ample: if he has improved emotional intelligence, he will be able to awaken it in those who have not yet awakened it<sup>218</sup>.

Give others what once was given you, for “it is by giving that you receive.”<sup>219</sup>

**473. Will there come a day when morals will be intrinsic to the individual?**

– There will come a day when the individual will be intrinsic to morals. Like it comes from God, it is absolute, who needs to look for it and understand it, it is us, discarnate and incarnate.

**474. In view of the phrase found in *The Gospel According to Spiritism*, chapter XVII, item 4: “True Spiritists are recognized by their moral transformation and the efforts they make to overcome their evil inclinations”, is this statement valid, since every man can transform morally?**

– Yes. Spiritism revealed itself to the world with the purpose of liberating the incarnated through knowledge, making them, consequently, act for the good of oneself and of all humanity. However, it is not the absolute way of moral transformation; it happens according to the practice of incarnated, regardless of which belief you follow. **Outside charity, there is no salvation; outside Spiritism, there is**<sup>220</sup>.

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218 *The Spirits' Book*, question 779: “Do humans draw from within themselves the power to progress, or is progress nothing more than the result of education? – They advance naturally by themselves. Not all progress at the same time or in the same manner, however, and it is through social contact that the most advanced help the others to progress.”

219 Acts 20:35 – “In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’” Popularly known as “Prayer for Peace” or “San Francisco Prayer” – anonymous author.

220 *Heaven and Hell* – First Part, chapter XI, item 14: “[...] The creed that holds the absolute truth has nothing to fear of that light because the light makes the truth shine forth [...].”; *The Gospel According to Spiritism*, chapter VIII, item 10: “[...] The purpose of religion is to lead people to God, but people cannot reach God unless they are perfect. Consequently, any religion that does not enable people to become better does not meet its objective. [...]”

## The real treasure

The true value of people is not in their gowns or in their possessions, but in their morals, behavior, and kindness. Wrapped by centuries of miserliness, greed and lust, people have been leading themselves in paths that are not praiseworthy in search of material, losing focus on what really matters in construction of social ethics.

Disparities between material possessions echoed for centuries in differences and distinctions in the way we love our brothers and sisters. Abandoned the teachings exemplified by Christ and even the laws of God, and inundated with pride and selfishness, you tirelessly seek the perishable.

Prosper materially is just a tool for the evolution of the spirit made available by God, however, unfortunately, it has become the main current objective of some incarnated, making them forget that the real kingdom is not the material.

Happy are those who see the true values and correctly interpret the sense of progress. These will receive the reflection of their virtuous deeds, in the joy and prosperity of his brethren. Owning wealth on Earth is a huge responsibility, therefore, to progress and sustain the progress of others through of charity, unpretentiousness and discretion is a necessity.

Woe to those whose main objective of existence is the material rewards and forget about the responsibility to share with those who possess less. These will experience the true “poverty” in erraticity, and, then they will realize that what was once “valuable” now has no value at all. “Outside charity, there is no salvation.”

The understanding of God’s purposes, interpreting that according to Divine Justice, **you will experience multiple carnal and spiritual experiences, will make you see that, if today you are the providers, tomorrow you will be the needy.** Loving others unconditionally, sharing and giving up from selfishness, is to love God.

Conquer with effort, share without pretension, and you will receive deservingly.

*Paul of Tarsus  
Matão, June 5th, 2020.*

## IV - Women in the world

It is important to know how to discern the women of the spiritual plane and the women of the material plane: in the spiritual world, there is no defined sex; so, to the spirit, to be a woman or a man is just the choice of the “clothing” it will wear to present itself to other spirits or to the incarnated ones. In the material world, it happens differently: you are, today, taking into account male dominance and chauvinism during the last thousands of years, the reflection of your past. Humanity lived an evolutionary process in which brute (physical) force reigned, and there, men prevailed as the conductors of norms and rules that would write the stories of the future. Currently, it is still common that most of the main positions and social positions are occupied by men, which would not need to be a rule.

In the present day, there is a substantial difference from the past: despite of you women, not yet occupy your rightful position, you are already capable to rationalize gender equality. Human development, from now on, tends to be egalitarian, making it superfluous and unnecessary your past differences. Anyone in their right mind would never question the value of women, as they are the only ones capable of generating life and, in some cases without even needing male help. However, there is a difference between rationalizing and practicing this equality; this, we spirits believe that must be the center of your attention henceforth. One day, you will understand that your existences occur in both sexes; therefore, it is imperative that you respect physical differences for the sake of spiritual equality.

### **475. What is the vision of the spirits regarding the current social condition of women on the planet?**

– That the women still do not occupy their rightful place, due to the course and the direction that human evolution took by the use of free will, valuing, for much of the time, physical strength. However, can you perceive that this evolution, leading to comparisons that, in the past, seemed unlikely, occurs in accordance with the intellectual and moral development of humanity? In the future, women and men will occupy the same position on the material plane, for that is how it is on the spiritual plane.

**476. What is the place that women should occupy in society?**

– The place they desire, earned through their free will and effort; therefore, it must be, without differentiation between the sexes, the result of merit of their actions.

**477. When will all women have their rights recognized, given the barbarities committed against them throughout history?**

– Before us, they already have them recognized; before the incarnates, their rights will be the result of the natural process that has been taking place nowadays. The equality of women in society is already awakened in the conscience of the majority of individuals and it is a matter of time before it becomes something inherent to all human consciences.

**478. For what purpose does God allow such inequality between men and women?**

– God allows everything (free will), but not approves everything (conscience); the purpose of all the pains in the world will always be the evolution of the spirit. Even if you disagree with the form, trust the purpose, for He always knows what He does.

**479. Why are women still treated intellectually and economically with inferiority?**

– The inequalities that inhabit the world do not originate from God, but of people's bad choices. Therefore, any inequalities are temporary; posteriorly, evolution will certainly close this subject.

**480. Why were the discussions about the genres, which were already taking place at the time, so little addressed in the first work?**

– We could not talk about some subjects, which humanity was not yet ready to understand. Everything comes at the right time and in the useful moment; more than 150 years later, we can already deal with this theme, because you are ready for that now.

**481. What is the way to break the cycle of inequality of gender, perpetuated over the centuries?**

– The path is the natural; over the years and the consequent evolution, man tends to break with several paradigms that were once established, so that women can, in fact, occupy their rightful place in society. However,

the speed at which this process occurs, supported by common sense and by conscience, it comes from free will and the power of acceptance of the truth.

**482. Does the education we currently provide reinforce male chauvinist behavior?**

– Not necessarily the education, but the way in which you assimilate what is provided to you. It's up to you to learn to interpret, constructive or destructive, which is given to you.

**A. What is the best way to educate children not to reproduce the patriarchy?**

– There is nothing wrong with reproducing patriarchy, however, the error lies in not educating them to reproduce, equally, the matriarchy. To respect father and mother is a divine law<sup>221</sup>.

**483. What is the view of the spirits about femininity?**

– When originating from the biological factors that distinguish the sexes, while you are incarnate, femininity is natural; however, its absence must not generate social judgment or condemnation.

**A. Is it really essential for a woman to be feminine, or is femininity a mere social construction?**

– As we have said, it is natural but not essential; respect, in turn, is indispensable to any spirit, regardless of sex that occupy in the physical body.

**484. These days, it is still culturally ingrained that women have almost all the responsibility for raising their children, which overloads them, getting torn between working, taking care of the house and educate children. Do the maternal burden and the absence of paternal responsibility damage the education and development of the children?**

– The responsibility for upbringing must be equal between the parents. No overload is healthy, however, often, earthly circumstances make that, due to the father's misuse of free will, the mother is destined to raising the child alone. So, know that these women are supported by us and are never alone in God's eyes, occurring in the same way when there is the inverse of these roles.

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221 Ex 20:12 – “Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.”

**A. What consequences will this have for future generations?**

– If you do not develop the necessary resilience, it may cause negative consequences for your children; however, how much weight would you be able to support in favor of a goal as noble as the creation of a son? When life takes away your material help, God, in turn, compensates you with spiritual support; you are not alone.

**485. Is there spiritual harm to women who choose not to be mothers?**

– No, it's just a choice, as long as they made that choice for fair reasons that do not refer to selfishness.

**A. And for those who give up their children for adoption?**

– Yes. You cannot assign to another a responsibility that belongs to you, and regardless of how much it appears to be, under some circumstances, harder in your eyes, taking on such responsibility will always be possible in the eyes of God.

**486. Why do we face so many cases of femicide, especially in the family environment?**

– For the same reasons you encounter so many other human atrocities. Family relationship enhances the evils and crimes of passion because the same coexistence that allows love to emerge, when bad intentioned, emerges the hatred arising from selfishness. To get closer to God to the point to see everyone as brethren, it will be necessary to take off these garments that corrupt you.

**487. Is the current high femicide rate a mere consequence of inequality gender, which has always existed, or is it reinforced by the means of communication and the ineffective law system?**

– Both. The laws of the Earth and media tend to improve with the progress of the evolutionary process, until the time it will no longer be needed. In an evolved world, the laws that prevail are those of God, and the conscience already fulfills the functions of ponder and balance in the universal order.

**488. What is the view of the spirits about femicide?**

– It is a serious fault since the preservation of life is a divine law. All the one who does evil to others is aggravating his trials and atonements in

the proportion of the harm he committed, and this injury can be amplified due to the impossibility of defense of the oppressed. However, over time and the consequent human evolution, love must reign on the planet; the duration of this process depends on the efforts of those who inhabit it.

**A. Can femicide come from an obsessive process?**

– No, bad actions invite obsessors to get closer to who commits them, and not the other way around. The obsessive process is the result of behaviors or from improper habits. No spirit can lead anyone to pull the trigger, since free will is a God-given attribute and therefore sovereign.

**B. How can we fight femicide?**

– With love, the sincerest, exemplified through daily actions by who promotes it; in this way, hatred is fought.

**489. Why is the omission of society so common in cases of violence against women?**

– Selfishness still prevails in most incarnated in this world of trials and atonements, leading them not to pity their neighbor's pain or move to soften it. Therefore, to omit is to make a wrong judgment: the one who is silent in the face of injustice is also committing it.

**490. How to explain the silence of so many raped women?**

– The voice of the incarnated ones is silent when they fear to scream and not be heard. In the moment that, on the planet, most people are more morally evolved, silence will be rare. Fear, in turn, is a consequence of unsuccessful past experiences, lived by the raped themselves or by someone else; however, know that true fear must feel those who practice this evil: these, eventually, will have to settle accounts with the conscience itself.

**A. What is the best way to support them?**

– Loving your sisters as yourselves; listening and understanding their pains, to the point of not practicing to others what offends you.

**B. Should we denounce the violence committed even without their consent?**

– Do you not do evil without consent? Do the same way with the good.

## V - Collective morals

### Pantheism

Pantheism, in its essence, is not correct to our understanding; nonetheless, you are individual beings, in need of the collective to evolve.

The awakening of collective conscience begins in individuality, and the summation of different individuals generates the collective conscience, which allows you to evolve as a society; however, each spirit evolves in its own way and in its own time.

Those who have gone through the apprenticeship teach those who have not, so that everyone can have the same experience.

God is the cause, not the effect; if it were not that way, God would not exist, and He exists. Instead of trying to unravel his mysteries and cling to the dead-end labyrinth, we should cling to everyday issues “simple” to solve, like our inner and thought reforms. We should not think about building a house from the roof without having ready the foundation; it is necessary to live in stages, fulfill each one with excellence, so that, in the end, we have the necessary strength to continue.

Talking to our conscience is talking to God but interpreting it in the way that suits us best is not: that would be just talking to our own ego. Where does our humility dwell to think about becoming equal to the primary cause of all things? May we start our day giving up pride, selfishness, and vanity, in which we will already find difficulty enough for a few incarnations. Let's leave for God the mission of understand, create and coordinate the whole.

To find God, we do not need esoterism, much less rituals or offerings; we find Him in every gesture of love, in every act that leaves us with the necessary peace of mind and that gives us the conviction of being following the correct path. May we have the insight to understand the designs of life and the resilience to accept those we cannot understand.

Seek the truth, but do not create your own.

*Allan Kardec  
Matão, August 19th, 2019*



**491. Can we regard moral laws as directed instructions to all mankind?**

– No. God’s laws are the main instructions for mankind. As for moral laws, because they are changeable, they are momentary directions, subject to constant change<sup>222</sup> (*as seen in questions 460 and 461*).

**492. How does collective moral development take place?**

– When a set of rules and standards of good conduct are the values to be followed by the majority of humanity, then collective morality develops<sup>223</sup>.

**A. How to promote it in education?**

– Exemplifying, through practice, moral values; transmitting them for young people and children, who will shape the world to come. As well as the intimate reforms, morals require exercise and effort. As you already know, the example is not the best way to educate, it is the only one<sup>224</sup>.

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222 *The Spirits’ Book*, question 615: “Is God’s law eternal? – It is as eternal and immutable as God is.”; question 616: “Can God prescribe to humankind in one age what would be prohibited in another? – God does not err. Humans are the ones who must modify their laws because they are imperfect, but God’s laws are perfect. The harmony regulating both the material and moral universe is founded upon laws that God has established forever.”

223 *The Spirits’ Book*, question 793: “By what signs may one recognize a completed civilization? – You will recognize it by its moral development. You believe yourselves to be very advanced because you have made great discoveries and wonderful inventions, and because you are better situated and better clothed than primitives. However, you will only have the right to truly call yourselves civilized when you have finally banished the vices from your society that dishonor it, and when you finally live as brothers and sisters by practicing Christian charity. Until then, you are really no more than enlightened cultures that have passed through only the first phase of civilization.”

224 *The Spirits’ Book*, question 685-a, explanatory note by Kardec: “[...] There is an element that has not been sufficiently pondered, but without which economic science is nothing more than theory: education; not intellectual education but moral education; not moral education through books, but moral education that consists in the art of forming character; moral education that creates habits because education is the sum of acquired habits. [...]”

**493. In which moral questions must humanity refine itself, in the vision of the spirits?**

– There are countless, however, they all converge on the path of charity and dematerialization; the exchange of possessions and material power for knowledge and brotherly love is the cornerstone of that process<sup>225</sup>.

## **VI - Moral and society**

**494. How to promote moral values to build a fairer society?**

– With the example. Morals are not propagated by discourse, but by practice: start with yours<sup>226</sup>.

**495. What superior spirits propose as a method of learning moral?**

– Respect your conscience, to the point of exercising morality, allowing that, in addition to leading you to reflection, it may correct you in practicing your actions. When everyone practices, the moral learning will be consequence.

**496. Why are there so many social inequalities?**

– Since God has made it possible for mankind to possess much more than you need to survive, any inequality comes from the bad use of free will. There will come a time when men will not get peace in his conscience,

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225 *The Gospel According to Spiritism*, chapter XV, item 3: “All of Jesus’ morals are summed up in charity and humility, that is, in the two virtues contrary to selfishness and pride. [...] Blessed are the poor in spirit, he said, meaning the humble, for theirs is the Kingdom of Heaven; blessed are the pure in heart; blessed are the meek and the peace-loving; blessed are the merciful. [...] Humility and charity are the things Jesus never ceased to recommend, and for which he himself gave the example. [...]”

226 *The Gospel According to Spiritism*, chapter XI, item 12: “[...] Christ never rebuffed anyone; all those who came to him, no matter who, were never rejected. [...] when will you take him as the model for all your actions? [...] Start by making an example of yourselves; be charitable toward everybody indiscriminately; make an effort not to pay any attention to those who regard you with disdain, and leave for God the burden of all justice, because each day in his kingdom he separates the wheat from the tares. Selfishness is the negation of charity; now, without charity there will be no peace for society. [...]”

knowing he has more than he needs, when his brethren have less than they need<sup>227</sup>.

**497. When considering the conflicts that exist in the world today, could we say we are in a moral war?**

– Yes. As long as self-interest is greater than collective ones, the world will face a moral war, and, as in material wars, everyone will lose. A reform of values will be necessary for this planet to continue in the correct way. The raw material of this reform is in your conscience; just follow it faithfully.

**A. What are the consequences of this moral war?**

– Loss and destruction. Since morality is one of the main values of evolution, the losses are priceless.

**498. In the view of the spirits, what is the difference between morals and ethics?**

– While morals are universal, ethics are cultural and regional; which is right for one culture may not be right for another. However, sovereignty belongs to moral, ethics only uses moral arguments to generate this debate.

**A. What is an ethical revolution?**

– A sudden change, a shock, which is not ideal, much less the natural. What there must be is the **ethical “evolution”**, which, unlike “revolution” does not produce shocks or conflicts, in addition to being a more constructive progress.

## **It is by reforming that reform occurs**

There are several unknown issues between the spiritual and material planes, which are still beyond human comprehension. The quest for discovery is endless and has a lot of relevance.

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<sup>227</sup> *The Spirits' Book*, question 806: “Is the inequality of social conditions a law of nature? – No, it is the work of humankind, not of God; question 806-a: “Will this inequality disappear someday? – Only God’s laws are eternal. Don’t you see inequalities disappearing little by little every day? They are destined to disappear together with the predominance of pride and selfishness, leaving only the different levels of merit. “

Seeking knowledge is a necessity of the spirit, but it does not discard the faith. No matter how improved it is, there will always be issues to be clarified in the future.

The material life is different from the spiritual, however, they complement each other perfectly, because what you do for the body is reflected in the spirit, and vice versa.

There are several energetic connections between thought, intention, and action. Thought is the generator of intention, which in turn produces action. Control it is not only important, but also essential.

How to control it? When fulfilling our changes of habits and intimate reforms, subconsciously, we are installing in our thinking “the seed of the good”. With the constant repetition of virtuous deeds, good thinking becomes a habit and attracts good deeds, which consequently brings spirits who sympathize with that line closer. The opposite also happens: if we think “in the evil”, we will reflect evil.

Knowing that Jesus expects us to practice charity through love, why don't we reform?

Are momentary pleasures more important than eternal progress? Is succumbing to vicissitudes, squeamishness and lack of faith the best way to go?

Brethren, in understanding the importance of doing good, evil loses its space, consequently.

You cannot forget the responsibility of being incarnated, not only for you, but also for your neighbor and those you care for; children and youth will reflect what you exemplify.

The future of the planet depends on your simplest actions. It's not just religious issue, but also the need for evolution.

Knowing that you are in your best version today, could you imagine what you were in the past? Would not such an understanding explain your suffering?

It is critical that we can acquire the resilience needed to continue steadfast during the storms of life, for, as people have said: “Every storm is intended to generate lull and train good sailors.”

*A Protector Spirit  
Matão, July 10th, 2019*

## CHAPTER II



# Sexuality, Sex and Morals

Sexuality • Sex education • Abortion • Adoption

## I - Sexuality

The theme “sexuality” should not be a taboo or a paradigm, however, should be treated with due caution, especially in childhood when the spirit is more susceptible to influence and moral guidance.

When we mention, at this moment, a theme so avoided by all the existing doctrines and religions, in no time we intended to hurt or offend the brethren, but only to instruct them in the right path.

Supported by the laws of God and filled with love and good intentions, we desire that everyone can have the opportunity to follow the path of goodness, diminishing judgment and improving oneself morally and intellectually.

**499. In addition to reproduction, is there an evolutionary purpose in the sexual act?**

– Everything has an evolutionary purpose; it is up to you to use the sexual act correctly.

Sex is so divine that it was God’s chosen way for you to reproduce, giving continuity to life.

It is an act of love, unity, and a physical and psychic exchange of significant importance. The misrepresentation was the fruit of your free will; not satisfied with what God has given you, you have always sought more. Excesses, prevarications, and lack of morals are men’s fruits.

**You cannot confuse the pleasure that generates life with the life based just in pleasure.**

**500. Is there a reason for each person to incarnate with a certain sex?**

– Certainly, there is a reason for everything that happens inside and outside the universe.

Many times, you yourself have chosen which sex you would like to come with<sup>228</sup>.

**501. If the banalization of sex continues to reach young people, what will the consequences be?**

– How many children will not be influenced? What will be the reflexes for the future? Not dealing with the matter with due respect and discretion may affect the future of the planet. You should not be so selfish as not to think in your brethren.

Furthermore, it would be insanity to believe that young people are solely responsible by banalization. The youth of today is the mirror of their creation, of the rules or lack of them; therefore, when analyzing the flaws in your children, look internally, as you have equivalent responsibilities.

## II - Sex education

Nowadays, people seek, through their truths, to transform the truths that were exemplified by Christ. Right and wrong do not matter more than your conscience (direct communication with God). Nonetheless, you are not able to provide what you do not have.

How do you see, in the future, humanity without moral control? The respect that you desire to receive, are you providing it? You feel your freedom invaded and the desire for rights growing in your collectivity, but would you not be invading the freedom of those who think differently?

Seeing the same thesis from different angles can make you understand that everything in the universe has more than one dimension or form of interpretation. You will always have your free will respected and you will answer for it, but we ask, also, that you respect the free will of others. Love

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228 *The Spirits' Book*, question 202: "When we are spirits, do we have a preference as to whether we will incarnate into a male or a female body? – It matters little to a spirit: it depends on the trials it must undergo."; explanatory note by Kardec: "Because they are sexless, spirits can incarnate as either men or women. Since they must progress in every way, each sex, like each social position, offers them special trials, duties, and new opportunities to acquire experience. [...]"

has no sex, it has no border, no barrier, and also, as you already know, it is not fruit of sexuality, but of living together, learning and exchanging experiences. So, I ask you: is it love or sexual desire that you advocate? If love should prevail, sexual desire would not need to be a consequence.

It is not enough to believe in God only when it is convenient for you. It is necessary to develop true faith, based on the moral values of your time, for the moral values of the whole society go hand in hand. Even if there are some discrepancies, one day you will understand the difference between sex, sexuality, love and relationship. The world does not judge if you do not judge first. Instead of victimizing yourselves by the heavy circumstances that life imposes on you, observe and see if you are really valuing the right issues.

*Saint Augustine  
Matão, July 1st, 2019.*

**502. How do the spirits believe we should introduce the learning about sexuality in childhood?**

– By accompanying the collective moral evolution. Elaborating and improving, through morals, the free will of every little being. Remembering that sexuality is naturally aroused. It is instinctive and necessary for the perpetuation of the human species, today already intellectualized, however, intrinsically animal<sup>229</sup>.

**503. Would it be in the reincarnation plan to go through, in adolescence, an unscheduled pregnancy?**

– Although pregnancy, in general, is the fruit of free will, God, in His supreme intelligence, corrects the courses of destiny; everything is rearranged so that it fits into the cycle of evolution.

Over time and the consequent increase in the level of information, free will is increasingly relevant; growing knowledge generates equivalent responsibility (either for young people or for tutors, who must instruct correctly).

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229 *Genesis*, chapter X, item 26: “From the corporeal and purely anatomical point of view, humans belong to the class of mammals, differing from them only by nuances in their outward appearance; furthermore, they are of the same chemical composition as all animals, and have the same organs, the same functions, and the same modes of nutrition, breathing, secretion and reproduction. [...]”

### III - Abortion

**504. How is the legalization of abortion seen from the spiritual plane?**

– Unacceptable, since the preservation of life is sovereign<sup>230</sup>.

As difficult as an unscheduled pregnancy is, under any circumstances, this act of aborting will be lawful. You are tutors and responsible for this life, which is in formation.

Understand that you hamper the free will of the spirit when you make this decision, severely affecting this being in the reincarnation process, which will have its coming brutally interrupted. Life is a gift from God, and you cannot trivialize it in any way, preserving it always, with all your forces. May love always be your first choice.

**505. When conception occurs through rape, is it correct to abort?**

– No, it is not correct under any circumstances, for you all must pass by your own trials.

Nobody is a mother or child by chance. Divine law is wise and has as a main goal to correct or alleviate suffering. The law of cause and effect generates responsibilities for all your acts, in this, and in other incarnations. Interrupt the reincarnation of a spirit, even due to rape, is not correct: it will only bring more pain and increase the suffering of those involved. Preserving life in the face of the pain of violence is an act of love. May you always fight evil with love, however difficult it may be.

**506. Was conception resulting from sexual violence determined by a probational necessity or in sympathy with a spirit in search of reincarnation opportunity?**

– There is no rule, it depends on each case.

Every spirit will be relocated to reincarnation within the **perfect divine organization**. No one will be out of place, let alone its due time.

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230 *The Spirits' Book*, question 358: "Is artificial abortion a crime regardless of the time of conception? – A crime is always committed when the law of God is transgressed. The mother or any other person involved always commits a crime upon taking the life of a child before its birth because it prevents a soul from experiencing the trials for which the unborn's body was to have been the instrument."



**507. Is an anencephalic fetus animated by a spirit?**

– It can be if that's the test of the spirit.

There are no limits to the will of God; there are issues that still run away from your understanding (and probably will for a long time). Knowing that intelligence is an essential attribute of the spirit, how would a spirit inhabit a body without a brain?

Just as you once questioned how it would be possible to live after death, all understanding will generate a proportionate future enlightenment to the scientific and technological development of each planet. You will understand, for example, that intelligence is linked to the spirit, not to the brain, even because when it dematerializes, the spirit remains intelligent, even not having brain mass, among other issues. It is for these reasons that the abortion does not fit in any situation.

## **IV - Adoption**

Adoption is a sublime gesture of immense value. When you adopt a being in an unpretentious and impartial way, you are giving up your pride and selfishness and seeing all the Father's children as equals.

It is an advanced act in terms of evolution, because, as we have already mentioned, several times, seeing everyone as brothers is one of the biggest proposals of Christ; however, unfortunately, the current world still faces difficulties in practicing it.

Adoption should be unpretentious, thus giving everyone an opportunity to those that God puts in your ways.

One time you are the adoptee, another you are the tutor, and this cycle of teaching and learning is what builds your spirit with the necessary baggage to evolve.

In the future, you will have the ability to love others in a purer and see everyone as a family; you will realize that the greatest help there can be is fruit of the help once offered to your peers.

**508. How is adoption viewed by the spiritual plane?**

– As an immeasurable act of charity, love, and acceptance.

Adopting is an act of love and benevolence, as long as it is done in an unpretentious way. Seeing your children in someone else's children is to understand that everything does part of God's plans, which allows you

to meet in peculiar ways. In everything, there is a lesson to be learned and a purpose in the Father's eyes. Love escapes from consanguineous ties and transcends the matter in which you are inserted. You are spirits meeting again through multiple incarnations<sup>231</sup>.

**509. What is the relationship between adoption and reincarnation?**

– There may be several relationships between them, there is not just one, everything will depend on each case, separately.

The act of adoption is a beautiful gesture; in some cases, it can be related with previous existences<sup>232</sup>, however, it is not a rule, it can be just an opportunity to practice love and charity<sup>233</sup>.

**510. How to explain to the child that it is adopted? Is there an ideal age?**

– This conduct will depend on each tutor; we cannot define a correct way or specific time to report. However, the truth is always the better way, and as important as the right time is the improvement of the form. Over time and the evolution of humanity, adoptions will become something natural, there will be no more paradigms, and this gesture will be seen only with good eyes, both by society and by the adoptee.

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231 *The Gospel According to Spiritism*, chapter XIV, item 8: “[...] True family ties are not therefore blood ties, but ties of sympathy and similarity of ideas that connect spirits before, during and after their incarnations. It thus follows that two individuals born from different parents may be more like brothers through their spirits than if they were brothers through blood. [...]”

Mk 3:20-21, 31-35 – “Then he went home, and the crowd gathered again, so that they could not even eat. And when his family heard it, they went out to seize him, for they were saying: – He is out of his mind. And his mother and his brothers came and standing outside they sent to him and called him. And a crowd was sitting around him, and they said to him: – Your mother and your brothers are outside, seeking you. And he answered them: – Who are my mother and my brothers? And looking about at those who sat around him, he said: – Here are my mother and my brothers! For whoever does the will of God, he is my brother and sister and mother.”

232 *What is Spiritism*, chapter II, question 122: “If souls are independent, where does it come from the love of parents for their children and vice versa? – Spirits gather out of sympathy, and birth in this or that family is not an effect of mere chance. It depends, that yes, and more often than not, of the choice of the Spirit, who gathers those he loved in the spirit world or in existences above. [...]”

233 *The Spirits' Book*, question 886: “What is the true meaning of the word charity as Jesus understood it? – Benevolence toward everyone, indulgence toward the imperfections of others and forgiveness for offenses.”; explanatory note by Kardec: “Love and charity supplement the law of justice because loving our neighbors is to do them all the good possible, all that we would wish to be done to ourselves. [...]”

### **511. Why are some children not adopted?**

– Some, because it is part of their trials and expiations, others, because of misuse of the free will of the incarnated. The second option is the most present; the adoption should be devoid of a material vision of beauty. A child is not a product to be selected from a shelf, but a spirit seeking in a tutor the opportunity to evolve and make evolve<sup>234</sup>.

### **512. How does spirituality define the family?**

– “Family” are the people who live closely together, which we choose to cross the journey of earthly existence; the beings we need to live together peacefully and lovingly with. Even though we do not have affinities, family it is the school of how to love your neighbor, with their faults and virtues<sup>235</sup>.

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234 *The Gospel According to Spiritism*, chapter XV, item 10: “[...] Submit all your actions to the test of charity and your conscience will respond to you. Not only will it help you to avoid practicing evil, but it will lead you to practice the good, for not to have a negative virtue is not enough; it is necessary to have an active one. In order to practice the good, the action of the will is always necessary, whereas in order not to practice evil, idleness and negligence are often enough. [...]” – *Paul, Apostle* (Paris 1860)

235 *The Gospel According to Spiritism*, chapter XIV, item 8: “[...] there are two types of families: families through spirit ties and families through corporeal ties. The former is permanent, are strengthened through purification and are perpetuated in the spirit world through the many migrations of the soul. The latter are fragile like matter itself, are extinguished over time and often dissolve morally even in the current lifetime. [...]”



## CHAPTER III



# Conscience

- The consciousness • Conscience or convenience?
- Morals and conscience • Mind and brain • Obsession with physical beauty
  - The mechanisms of Psychology and Psychism

## I - The consciousness

Among so many mental confusions and questions that exist in the modern world, it is difficult to understand God's purposes and understand the importance of mind control.

Keep your mind sharp and realize the influence of the conscious state on your decisions is a particularly crucial step for your evolution.

Conscious is the state in which all of you can make the necessary changes to face an incarnation in a more profitable and dignified way. **The engine that moves the human consciousness is the will**; therefore, volunteerism drives the actions and reforms necessary for development and progress.

Without will, there is no effort, nor would you reach your goals. Introspective experiences will help you develop two important aspects in your existence: sensation and feeling, both intertwined.

Use your sensations to awaken good feelings and promote love and peace on the planet, starting from within each one of you; understand that it is not through the deeper and deeper layers of you that you will find the answers, but, in the superficial simplicity of your active and operative consciousness.

Feeling is a human capacity and awakening the feeling for you and to the next, consequently, too.

Love, feel, sensitize yourselves and eternalize love.

*Wilhelm Wundt*  
*Matão, March 8th, 2020.*

**513. What does “conscience” mean according to superior spirits?**

– Conscience is your direct communication with God, it is the means that allows your progress.

It is the discernment of right and wrong, which values you when you have good choices, and it charges you when you have bad choices (*as seen in “Conscience”, in the introduction of this work*).

**A. At what moment is there the awakening of conscience?**

– In the transition from the animal phase. Each individual at his time (*as seen in question 21*).

**The conscience is the biggest regulator on the planet, it is the only tool able to control free will and change the evolutionary plan of each being.**

*Note:* The human being, when reborn, comes endowed with instincts, supported by organic and biological processes, supported by nature, developed in many, many incarnations. Inserted the men in a world of complex relationships, these instincts are no longer enough to express your thoughts, feelings, sensations, creativity, imagination. Furthermore, human actions, once impulsive, are now intentional and conscious, for having gone through both individual and collective learning processes; your relationship with nature and with their fellowmen happens through work, as a conscious activity and articulated to your needs. This is how humanization takes place: the use of mediating instruments between human beings, which determine the passage of purely natural and instinctive processes for those of conscience development.

Nothing happens randomly, but through historical and cultural conditions, which will be improved and requalified in accordance with the breadth of understanding. Now, one can reach such a situation of improvement of the conscience that it is able to direct the actions of the incarnate to the point of taking you to take qualitative leaps in your evolutionary journey, even endowing it with a much more assertive control about your free will. It is noteworthy that the expansion of conscience is not a linear and egalitarian process in human scope. Study and understanding, the practice of charity and love, become essential sources of resources that fuel the awareness of belonging to a new stage of psychic and emotional maturity. There is, why not to say, an encounter of the being with the need of his soul, with the true meaning of life; men start to feel

the desire to do the difference, to demonstrate what it was called for. This deepens the sense of connectivity with the absolute, while linking it with its equals and with the whole.

With his strongly based values, which he brought with him when he reincarnated, and his intuition more in tune with God are the basis for his decisions and for the loving and the giving away detached. Giving and receiving become to humanity, in short, synonymous of the great love of God.

**514. How can we improve our conscience?**

– Giving up pride and selfishness, creating humility within you, accepting what your inner voice tells you and carrying out the necessary for your learning from mistakes, so that you do not commit them again.

**515. How to explain that some people, when they do evil, do not feel it weighing on their consciences?**

– Don't they feel it?

If conscience is direct communication with God, however small your level of access to it, without a doubt, you feel the regret of your failures and bad trends.

Not showing or hiding the weight of your guilt does not mean you are not feeling it; **that is why there is no irrecoverable spirit or unforgiven error.**

**516. Is conscience the greatest partner to repentance?**

– No, conscience is the greatest partner of reparation; the regret is a first step, but just regret is not enough, it is necessary to repair and rebuild<sup>236</sup>.

**A. How long will the sufferings of repentance last?**

– Until change is brought about, after all, repenting without changing is the same to recognize a fault and do nothing about it to avoid it, including in the current incarnation<sup>237</sup>.

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236 *The Spirits' Book*, question 992: "What is the consequence of repentance in the corporeal state? – Advancement while in the present corporeal life – if one has the time to mend one's wrongs. Whenever your conscience reproaches you or shows you an imperfection, you may always improve yourselves."

237 *The Spirits' Book*, question 991: "What is the consequence of repentance in the spirit state? – The spirit's desire for a new incarnation in order to purify itself. It comprehends the imperfections that have kept it from being happy and it aspires to a new existence in which it can expiate its wrongs."

**Note:** The spirit remains with the pain in the conscience until it performs the necessary changes and awakens forgiveness, in order to continue its path.

Many times, during our incarnations, we make bad choices, and this is charged to us; so, to be at peace with the conscience, it is necessary to profoundly change and forgive ourselves for the mistake we made.

## The repairing conscience

The conscience did not come just to charge us; it came, also, to repair the wounds and rough edges in our deepest feelings.

Good practice and constant intimate reforms will allow us to have peace of conscience necessary to keep walking, even after mistakes and misunderstandings of the most diverse incarnatory journeys.

Knowing the eternity of the spirit and the superiority that the conscience exerts in our thoughts and actions, we need to awaken the true improvement exercise.

Can you manage to sleep peacefully with everything that your conscience tells you?

If not, reform; if so, review and rethink: none of you is so big that it has nothing to improve. “No one is so wise that do not have something to learn.” – *Blaise Pascal*

### **517. Can a tormented conscience lead a person to mental imbalance?**

– Conscience does not torment, it appeases. What torments are the bad thoughts and not practicing what the conscience suggests.

**Note:** The conscience is the regulator of the spirit, allied with moral, intellectual, and rational development, helping a lot all the other qualities, which consequently allow spiritual evolution.

There are several parts within conscience: being aware of something, knowing how to discern right from wrong and being awake are some fragments of what conscience can provide to the spirit.

The conscience is released according to the use we apply to it; the more we hear the voice that resides in it, the more of it will be given to us to evolve and, consequently, to expand it, and this will be charged to us.

Our level of demand is proportional to our conscience.



One phase at a time, according to our merit, we will be developing our conscience and, mainly, learning to apply what it intuitively tells us in our everyday actions.

No matter what state your conscience is in: listen to it and practice the good that exists within you allows you to evolve.

**518. What is the meaning, for the conscience of the incarnate, of the tribulations of the physical body that come with old age?**

– Learning, as well as everything that occurs in an incarnation.

*Note:* Senility can be a difficult stage when viewed as the one that comes with pain, loneliness, abandonment, financial difficulties, widowhood or regrets. However, for those who believe in immortality of the spirit, in the continuity of life, reaching old age is a merit, as they can also take advantage of the “crucible” of tribulations to extract lessons that will be useful to them in the future; besides, disembodiment is not the end; on the contrary, it’s just the beginning of a new journey, whose luggage will be better equipped.

**519. Can spirits influence our conscience?**

– No, but on thoughts, both for good and for bad; moreover, the conscience is a reflection of our evolution and will always be one step ahead on the road of progress, telling us what is right and what is wrong.

**A. Is conscience the result of material or spiritual development?**

– It is the result of the spiritual, but widely used in the material; therefore, both aid the development of conscience.

**B. Can superior spirits control our conscience?**

– No, but we can awaken it through intuitions, as it is through them that they will walk towards progress.

**Conscience is not influenced by the spirits, because, as we have already said, it is our direct link with the Creator, so it is only influenceable by Him<sup>238</sup>.**

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238 *Genesis*, chapter III, item 6: “[...] God has established laws full of wisdom, which have only the good as their purpose. Humans have within themselves everything they need to comply with them. Their pathway is traced out by their conscience and the divine law is engraved on their heart; furthermore, God incessantly reminds them of these laws through messiahs and prophets, through all the incarnate spirits who have received the mission to enlighten, moralize and improve them, and, in these latter times, through the multitude of discarnate spirits who are manifesting themselves everywhere. [...]”

**520. Being able to intuit thoughts, can a protective spirit interfere with the memory of an incarnated person, so that they forget a degrading thinking?**

– You can even forget, if the incarnate wants to. This process will also depend on the individual's effort and self-knowledge.

Thought can be temporarily forgotten, but it is never erased.

**521. What is the importance of the conscience in more evolved worlds?**

– The importance is the same, however, the use is immensely greater.

## **II - Conscience or convenience?**

Many religions, and even human philosophy, have always preached that you might hear your conscience. Many incarnates repeat this motto fervently and sharply, however, there is a significant difference between listening to it, and listen to your “convenience”.

One is quite different from the other, and it is extremely important to differentiate them.

Conscience is what makes you proud and soothes your heart, giving you a feeling of mission accomplished, or it is what charges you and, even in pain, teach you to follow the path of good.

Convenience is when you try to convince yourself that something is right, when it not always is.

It is time to invert values and listen to what will truly make you grow: your conscience.

The conscience is something so complex and profound that no spirit can have access to it; since it is your way of direct communication with God, assures you non-interference with your free will.

Therefore, even if you have bad influences or crooked directions, you will always be able to choose the right path, if you know how to hear it impartially and with a lot of watchfulness, to never mix it with your untruths, forged by yourselves, to become truths.

Moral and intellectual development is essential for the conscience basis: the more morally and intellectually evolved, the further you will get in the immensity of your conscience.

It is also unchanged with forgetting, so it follows evolution of your spirit, and not just of your matter.

The good men must use all possible means to keep on the correct path, watching their steps and correcting the route, when required.

It is never too late to learn to consult your conscience, seeking coherence to keep you evolving. Stay with God.

*Paul of Tarsus*

### III - Morals and conscience

#### **522. What is the difference between morals and conscience in the view of the spirits?**

– Morals is what you practice; while conscience is all you should practice.

*Note:* Morals manifest according to the values that are current in a society, which differentiate right from wrong. They are usually values linked to laws, standards of conduct, tradition, and culture, governing a kind of social coexistence agreement. The conscience is related to the intimacy of each individual with their own being, demanding self-knowledge. All the individual choices and attitudes will result in consequences, and what gives us this vision of wisdom is the conscience, generator of pondering and balancing in relation to individual and collective behaviors.

#### **523. Does conscience evolve in proportion to morality?**

– A little more; it is necessary to have an evolved conscience to be morally evolved. Therefore, the development of conscience is what allows the moral improvement, which ends up being a reflection of the practice of conscience that exists within each one.

#### **524. Are we in a process of moral transformation?**

– Yes, like all spirits, we are, have been, and will always be. Moral transformation is constant and endless<sup>239</sup>.

Except for God, there is nothing so good that cannot be improved.

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<sup>239</sup> *Genesis*, chapter XVIII, item 2: “[...] our globe, like everything else, is subject to the law of progress. It progresses physically through the transformation of the elements that compose it, and morally through the purification of the incarnate and discarnate spirits that populate it. Both of these areas of progress accompany each other and march in parallel because the perfecting of the habitation is in keeping with the perfecting of the inhabitant. [...]”

## **IV - Mind and brain**

### **Spiritism and Psychism**

There are numerous confusions that hover on the border between Spiritism and Psychism, so it is important to clarify the differences.

Not everything that happens to us is of spiritual nature, the same way that not everything is psychic. Knowing how to determine the limit and the differences is important for our self-knowledge and consequent evolution.

Most of the individual's psychic life happens in a place of the mind without direct access: the unconscious. There live several thoughts and repressed stimuli, which are disguised through dreams and neurotic behaviors.

Dreams are the direct path to our unconscious: if it was not through them, such perceptions would not leave there. Of course, they too can be an access and contact with the spiritual world (not in all cases, just when there is a need or utility).

The id corresponds to our unconscious drives and desires, which act in conjunction with our other functions in a generally conflicting way, because the ego (conscious/reality), under the imperatives of the superego (moral) and the demands of reality, evaluates and controls the id impulses (psychic energy source), satisfying them, postponing them, or inhibiting them totally.

At this time, you may be aware of the power of the id; for being our source of psychic energy, it is also one of the most critical areas to be tamed and controlled and, as a result, has the greatest potential for human exploration. The realization that there is a source of psychic energy transcends the organic world and perpetuates in the spiritual, because even when we do not have a brain, we will still keep our mind.

Our superego is formed from our interaction with our embodied parents, from which we assimilate the orders and prohibitions (creation). It takes over the roles of judge and watchman, a moral self-awareness, controlling excellence of the id impulses and collaborating in the ego functions. There are also influences of superior or protective spirits in our superego, assisting in our formation and discernment for the future life.

The superego tames the id, that is, it represses primitive instincts, based on moral and cultural values. There is a significant difference between "repress" and "cancel". Still, we all have a mediating system of instinctual impulses of the id and our superego demands, and other spiritual

interferences that collaborate in this mediation – of course always dependent and connected to your energetic vibration.

The drive is situated on the border between the psychic and the somatic; it represents, in a psychic way, the stimuli that originate in the organism and reach the mind. It is different from instinct: it is not biologically predetermined, and it is insatiable, for it relates to desire, not need.

Therefore, we can conclude that, despite being human and natural, the drive has some negative aspects for our moral development when misused, because we overshadow the need and focus on the desires. Despite having insatiable characteristics, with time, development and evolution, the drive becomes less obvious.

*Sigmund Freud*

*Matão, November 18<sup>th</sup>, 2019.*

**525. Could brain and mind be considered the same thing?**

– No, the brain is material, while the mind is psychic.

**A. Is there any relation between the two?**

– Yes, because the materialism of the brain allows the development of the mind while you are incarnated.

*Note:* The brain is organic; it is through it that the mental development occurs, therefore, it is a particularly important instrument.

Psychism belongs to the spirit but uses the brain for its development during material life, just as an incarnate uses its body to fulfill its tests and evolve.

**526. Is thought produced by the brain?**

– Not only, but also; when incarnated, we use the brain to generate thought, while disembodied, it is not necessary.

**527. Is memory a capacity of the organic brain or of the spirit?**

– It is from the spirit. Despite using the brain for its processing, memory remains after disembodiment<sup>240</sup>.

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240 *The Spirits' Book* – Introduction to the Study of the Spiritist Doctrine, item VI: [...] Upon its return to the spirit world, the soul reenounters all those whom it had known while on earth, and all of its former lives are delineated in its memory. It can thus recall all the good and evil it had done. [...]"

**528. The Holographic Memory Theory, by Karl Pribram<sup>241</sup>, would prove scientifically the doctrinal teachings that memory is in your spirit?**

– I would not prove it, but it is a path, after all, it makes you think of other possibilities, thus opening your mind.

*Note:* In this theory, Karl Pribram mentions that the whole brain can be a tool in the use of memory. We can see traces of proof when faced with accidents or illnesses in which the affected, even losing the area responsible for memory in their brain, can rescue or preserve their memories, using from other parts of the brain. Therefore, it would be rational to compare with the spirit, which does not use the organic matter in question to keep your memories and thoughts alive. However, we will only have this proof after the disincarnation.

**529. How does science prove the existence of mind and thought?**

– Through your deeds. Everything you do or create is a consequence of use of mind and thought, despite this, science still does not prove its potentiality, only presumes it.

**530. Is free will a result of thought?**

– Yes, but not directly; free will is the result of your actions, which in turn are the result of thoughts. Indirectly, everything you know is a reflection of what you think.

**A. Does time affect our free will?**

– It is the opposite; it is free will that affects your time. Through your choices, you may enjoy the time you have better or worse.

**531. What would be the limit of freedom of thought and attitude?**

– There are no limits to freedom of thought; the limit should exist in the negative actions that thought can bring about<sup>242</sup>.

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241 Karl Pribram of Stanford University in California says that memory is not located in some specific point in the brain structure, but it is distributed evenly throughout the brain, like a hologram in space.

242 *The Spirits' Book*, question 833: "Is there something in human beings which escapes all constraint, and through which they enjoy absolute freedom? – It is through thought that they enjoy unlimited freedom, for thought knows no obstacles. Its manifestation may be hindered, but not erased."

**There are no limits to our thoughts, after all, we all enjoy of free will, however, we have a responsibility to control them<sup>243</sup>**, so that our attitude is always the search for the good. Each one reaps what plants, and to reap good attitudes, we must always preserve good thoughts, so that we can be influenced by our mentors and good-natured spirits.

**532. One day, will we have the ability to know our thoughts, being able to control them with greater dexterity?**

– Yes, this development of self-control is natural and results from evolutionary process, however, it takes time, which may be greater or lesser, depending on the use of free will and effort. Each individual will develop control over the speed of your debugging; responsibility to control the mind would not be given to the one who does not even control his own instincts. To control thoughts is a task that requires, in addition to self-control, greatly improved self-knowledge, being the most effective path towards evolution.

**533. Are the mind and body of different natures?**

– Yes, the mind is of a spiritual nature, and the body is material; yet, regardless of their essence, they are complementary and work together.

Therefore, the body depends on the mind, but the mind does not depend on the body.

**534. Can mental balance prevent illnesses in the physical body?**

– Not only can, but it avoids them. Balance is the first step towards improvement in health.

Mental balance will always be the preponderant factor for whole physical and mental health. The constant vigilance of thoughts, the search in prayer, the protection and inspiration from good spirits and being helpful in selfless work are examples of how you could certainly avoid future pain and suffering (*as seen in question 401*).

**535. When we control our thoughts, are our emotions also controlled?**

– Yes. Controlling, in this case, is synonymous of balancing or dosing emotions.

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<sup>243</sup> *The Spirits' Book*, question 834: "Are humans responsible for their thoughts? – They are responsible before God. God alone can know their thoughts and condemn or absolve them according to divine justice."

It is a healthy habit as it will allow your free will to act on your emotions, enhancing your utilities.

You can overflow with love for your neighbor, have less resentment, forgive more fervently and anger less often.

**536. Can the exercise of meditation and contemplative silence collaborate in the control and improvement of thoughts?**

– Yes, completely. Meditation and silence are tools for “look” within you, considerably increasing your perception and self-knowledge.

Knowing yourself is the first step to self-control.

**537. How can we train our minds to support the physical and moral pain?**

– Through thought control, we can learn to accept and resist these pains temporarily; even if they return or remain, they will always serve as learning and evolution.

Pain is for love. It is the constant exercise of resilience (*as seen in question 401-A*).

**538. Electromagnetic waves generated by modern systems of communication interfere in the mental field of the incarnated?**

– In the brain field, absolutely, and, consequently, because you are incarnated, in the mental field, after all, the brain is the tool used by the mind to manage the body of the incarnated.

**A. How does this process take place?**

– Interference occurs at the synapse, impairing intracellular nerve impulses<sup>244</sup>.

## V - Obsession with physical beauty

**539. What is considered beauty, in the eyes of the spirits?**

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<sup>244</sup> “In the central nervous system, a single neuron can receive information from thousands of other neurons and can, in turn, form synapses with thousands of other cells. Several thousands of nerve endings, for example, synapse on a middle motor neuron in the spinal cord, almost completely covering your cell body and dendrites. Some of these synapses transmit signals from the brain or spinal cord; others bring sensory information from the muscles or the skin. The motor neuron must combine the information received from all these sources and react by firing action potentials along its axon or remaining at rest.” (ALBERTS *et al.*, 2017, p. 633)”



– Beauty is the non-perishable and timeless attributes that enrich the spirit. It manifests itself in diverse ways, in the actions and intentions that lead to practice of self-love and love for your neighbor.

**540. What can obsession with the “perfect body” do to the spirit?**

– Any excess that harms physical and mental health is harmful in the evolutionary process; the balance is in gratefully accepting what has been assigned for God and in perfecting the true values that lead to evolution.

**541. Before reincarnating, can the spirit make aesthetic choices?**

– Only if there is use, however, while in erraticity, the spirit knows that aesthetic value is irrelevant to moral attributes and intellectuals; therefore, the aesthetic loses focus.

**542. Eating disorders motivated by aesthetic standards would be any atonement or trial of the spirit?**

– One and another thing, it will depend on each case. However, who passes through that trial or atonement can bear it if resigned enough.

**543. Interventions on the body to aesthetically repair any flaw coming from illness, accident or disability are well regarded by the spirits?**

– You have the right to use advances in medicine and technology to minimize your trials or atonements, thus improving your quality of physical or mental life. If the repair is available, there's no reason not to enjoy it; it is up to submit such a sieve to your conscience.

## **VI - The mechanisms of Psychology and Psychism**

Since the acquisition of consciousness, human being undergoes an intense and gradual psychic development, allied to the morality proportional to its time, that makes society to evolve in its way of thinking and expand the field of use psychic in everyday life.

Psychic development is allied to intellectual, because developing the intellect allows man to search for the necessary knowledge for the psychic enhancement. The moment you start to understand yourself, your instincts and why to act in a certain way, it causes, consequently, the natural progress of your effort.

Before we mention the links between Psychology and Spiritism, it is important that you understand some basic aspects of the human mind.

The human mind projects past events into the present<sup>245</sup>. Some traumas suffered in the individual's childhood generate, in the human subconscious, a projection that reflects on your current days, preventing, blocking or, even interfering directly in some actions. These actions, which, for everyone, would be a simple run, they become blocked for that individual who experienced the trauma, for example. Such projections are consequences of a mechanism of self-defense and preservation of the mind, which comes from your survival instinct, generating and accentuating the negative bias in each one.

Hundreds of thousands of years ago, humankind needed the negative bias to ensure its survival as a species; when faced with circumstances that put its life at risk, the future distrust would guarantee its preservation, for in that way it would not submit to similar new facts. In other words: the negativity, which, in turn, led to distrust, was not just welcome, but needed, in a world where humankind was not in the top of the food chain.

Over the years and social development, this bias, now installed in the mind, lost its superficial profile and started to inhabit deeper layers of the mind, being used by the human subconscious in moments of traumas.

For example, when having an unpleasant experience in childhood, the human being can acquire traumas from that experience, fearing its repetition and avoiding, subconsciously, experiencing it.

The greater the human evolution, the more internalized the instinct will be, that inhabits layers that are less, or few accessed, which reduces these natural and involuntary projections.

The connection of the psychic world with the spiritual is deep and relevant, and these projections of the mind (attribute of the spirit, as op-

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245 Projection: in psychoanalytic and psychodynamic theories, a process by which the person attributes his own individual characteristics, affects and impulses, positive or negative, to another person or group. This is often a DEFENSE MECHANISM, in which impulses, stressors, ideas, affections or unpleasant or unacceptable responsibilities are assigned to others. For example, the engine of projection defense allows a person with conflicts about expressing anger to change from "I hate him" to "He hates me". These defensive patterns are often used to justify prejudice or to evade responsibility; in more severe cases, they can develop for paranoid delusions, in which, for example, an individual who blames others for his problems may come to believe that those others are plotting against him. In classical psychoanalytic theory, projection allows the individual to avoid seeing its own defects, but modern use, to a large extent, has abandoned the requirement that the projected trait remain unknown to the *self*. (APA, 2010, p. 745).

posed to the brain, which is attribute of the physical body) go beyond incarnations, relapse into future lives of the same being, but incubated by the great gift of forgetting.

Forgetting slows down or even cancels out some projections, which are released, by the Supreme Intelligence, only when the need arises. Therefore, the being projects only what helps him in some way to evolve, not projecting occasions that would have no validity for its development.

Thus, it is clear that our evolution is a priority for the Supreme Intelligence of the Universe, however, it is clear that the effort will dose this natural and inevitable process.

As important as self-knowledge and understanding of the mental base human is knowing how to apply improvements through the correct use of psychology and the mind. Their use is essential for social and interior interaction of each being, as well as an indispensable tool for the development of the spirit. Through them, we are provided with several constructive tools, which allow us to improve our way of thinking, acting and, especially, to influence other beings with good intentions, helping them to become get rid of depressive or self-deprecating moments.

Therefore, it is essential to have self-knowledge and good practice, using the tools that come from the thoughts. Thought and intellect allow us to develop mechanisms and methods to help others through comforting words and charitable attitudes.

Charity comes from thinking together with moral development. This allows the human being to see issues that it did not see before, because the greater the morals, the greater the feeling of love for others.

Collective morality is important for the development of everyone development on an accelerated form.

The use of thinking as a development tool is complete and requires several improvements, which occur naturally during the incarnations.

More devoted beings arrive first at the greatest development, while less struggling beings arrive later, aided by those who arrived earlier.

We cannot confuse mind and brain. "Brain" is organic, while "mind" is an attribute of the spirit. The brain is used by the mind while we are incarnated, yet when the brain turns off, the mind does not suffer a break in continuity; it will occupy the erraticity and, later, another organic body, through future incarnation. The brain is a tool of the mind, not vice versa, so the brain depends on the mind, but the mind does not depend on the brain for its continuity after the disincarnation.

All of us, whether incarnated or disincarnated, will have the opportunity to develop our mind, however, it will depend on our free will to speed this process. Another attribute of the mind – in fact, the most important – is the conscience.

It is the most developed point of the human mind, and it allows moral and intellectual progress to be increasingly applied for common good.

We have attributes in our mind that facilitate our development. Cognition is a powerful mental development tool, among others.

All these complexes, but already known, mental mechanisms have evolutionary utilities and understanding them is a natural process. It doesn't mean that those who still do not understand them are not evolved or worthy to do good; all of us, regardless of evolutionary stage, just need faith, love and charity to evolve.

*Sigmund Freud*  
*Matão, August 8th, 2019.*

#### **544. What is the role of Psychology in human evolution?**

– It's essential; without studying the mind, you do not evolve. As it has already been said, matter is perishable, however, mind is eternal; by studying and understanding it, an evolutionary leap occurs in you.



# Destroying Scourges

• Pandemics and catastrophes

## I - Pandemics and catastrophes

Since the beginning of times, incarnated people undergo collective tests, which, most of the time, are caused by their own actions. In these moments, an inversion of universal values takes place: goods and possessions lose their value before the chaos installed on the orb. Who has more resources is so exposed and susceptible as well as those who do not have any, and the objective becomes the preservation of life. Even with the sacrifice of goods and possessions, the human being enters the instinctive survival mode and realizes how fragile it is to the powers of nature.

With Covid-19, you see the planet collapsing: people forbidden or prevented from leaving their homes even to work, possessions and goods disappearing in a few weeks and everything that human being values is shown to be worthless whatsoever.

We face such chaos that it becomes impossible to seek help in faith through your temples, churches or spiritist centers; afraid of imminent viral contamination, all isolate themselves, with minimal human contact.

Many of you ask: how does God allow this to happen?

All the harsh weather that happens in your life has a purpose, even when caused by yourself, through your bad choices.

They serve for the incarnated to see what is really valuable and also help to realize that faith does not depend on where you are, because it dwells inside each one, needing just to be awakened. They teach to develop contacts that are not physical and learning to express yourself with the simplicity of a glance. While all these changes happen in everyday life, God takes advantage of the moment and allows nature to reconstitute itself.

The ozone layer tends to recover from the millenary damage suffered, the oceans get cleaner, the air gets cleaner, wild animals can finally multiply without human interference. The planet shows everyone that it knows how to heal, even with so many evils caused by all of you.

The technology, developed to fuel wars and claim human lives, then, is used to save them, through respirators, and also used to approximate the embodied ones, thirsty for the minimum external contact, through the Internet. God proves to each of you how wise He is and how it is possible to use your intelligence to build rather than destroy.

Analyzing all these issues, you can finally see that everything you go through is not that catastrophic and that you are only allowed to experience what leads to evolution and progress.

Love, faith, and true treasures can never be reached by any catastrophe or pandemic; these are not material and are contained in all of you, regardless of social class or religion.

You have the freedom to make a better world, it's up to you, by love, to invert your values and do not wait for pain to understand them.

#### **545. Why do pandemics occur?**

– For distinct reasons; in some cases, they come from the bad choices of the incarnates, in others, from collective tests. However, all hypotheses will lead to evolution. With chaos, there are some reversals of values, and God, in His infinite intelligence, uses this “chaos” to direct humanity to progress: “Whoever does not come to me for love will come for pain”.

#### **546. How can spirits help humanity in times of pandemic?**

– The same way we help you in periods without it: with good insights and directions, instructing the incarnated in the search for vaccines and healing and welcoming those who passed away because of it, with much love and care.

#### **547. From the perspective of spirituality, what can humanity learn from pandemics?**

– A lot; everything that happens in the orb and outside it is for your learning, nothing happens without a higher purpose. There is a lot to extract from the crisis, including the opportunity to build a better world. By the material scope, the pandemics teach you to organize yourselves, to pre-

vent yourselves and to cooperate with each other; spiritually, they develop resilience, awaken faith, and promote charity.

**548. Were the deaths caused by pandemics already programmed?**

– Not always, it will depend on the origin of this pandemic. If promoted by the free will of the incarnated, these disembodiments would not be in the schedule of the spirit, however, begin to be part of the perfect and infallible programming of God.

**A. May we have disembodiments that are considered involuntary suicides, such as those caused by the lack of basic health care in a pandemic?**

– Any carelessness with prior knowledge is a negligence, however, there are several factors to be analyzed before considering an involuntary suicide. There are various levels of suicides; the most common are those that, despite of not taking due care, they had no intention of harming the own health, and in such cases the atonements will be softened.

**549. Have past pandemics served as a learning curve for science?**

– Yes, as mentioned earlier, chaos allows for new opportunities, and there is an expansion in scientific development. Energies that were wasted to promote destruction and war pass away to be focused on the conservation of life, and, by majeure force, the values that once were inverted or forgotten, return to their natural course.

**A. What are viruses, in the spirits view? How can these beings of creation act as if they had “intelligence”, as we see in their recurrent mutations?**

– As you presume, they are toxins that are part of nature; basically, formed by capsids, they have no intelligence, however, like all living organisms have an instinct for survival and adaptation<sup>246</sup>.

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<sup>246</sup> Viruses are intracellular parasites that have evolved several mechanisms to manipulate the host cell biology and immune defense responses using machinery and metabolism of the host cell for its establishment and propagation (BIRTH; COSTA; PARKHOUSE, 2011). Knowledge of the processes related to the viral mutation rate, which varies widely among viruses, has implications for understanding and managing drug resistance, immune escape, vaccination, pathogenesis, and the emergence of new diseases (SANJUÁN; SUNDAY-CALAP, 2016).

**550. Will there be a time when science will be able to know all the mechanisms to fight any type of virus?**

– Yes, there will come a time when humanity will be able to coexist with these viruses without being negatively affected by them, however, there is still a long way to go until you reach this point<sup>247</sup>.

**551. Can any virus created or modified by man be controlled by itself, or will it take the inspiration of spirituality to contain it?**

– Everything that is controlled by spirituality can also be conducted by the incarnate who, in turn, is also a spirit. The spiritual inspiration serves only to remind you of what already dwells in your conscience. We, from erraticity, cannot instruct you about anything that you do not yet have the capacity to understand. Therefore, we will instruct you when you can both understand and practice.

**552. How is the vibrational state of the planet in periods of pandemic?**

– It depends on how evolved it is. The vibrational state of the planet does not depend on the crisis you face, but on how you react to it; it is possible to inhabit terrible times with serenity or experiencing calm days with dread.

Balance is essential so that you do not let unwanted events affect your precious vibration for good.

**A. Can we say that pandemic diseases are a collective atonement?**

– Not necessarily, it will all depend on how they originated; if for natural reasons, they could even be a collective atonement, however, if for misuse of free will could not be an atonement but a trial.

**B. Why do some countries suffer more than others from pandemics? Are past motivations or strategic attitudes to combat diseases that result in mistakes or successes?**

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<sup>247</sup> *The Spirits' Book*, question 741: "May we avert the calamities that afflict us? – [...] As you acquire knowledge and experience you become able to avert them, that is, to prevent them if you know how to study their causes. Among the ills that afflict humankind, however, there are those of a general nature that belong to the designs of Providence, and from which all individuals receive, in a greater or lesser proportion, the share for which they are responsible. They can do nothing about these except resign themselves to God's will. But even these ills are usually aggravated by human carelessness."



– Unsuccessful combat strategies as well as better adaptability of viruses or bacteria in certain regions.

There is no country that suffers in its entirety a divine consequence, that it would not be rational; poor control of pandemics comes from poor choices carried out by a group of people who decide for the others.

**553. In the view of the spirits, in periods of pandemic, should the rulers care more about public health or the economy?**

– In these moments of tough decisions, the ideal is to establish a balance, after all, the economic downturn will also affect public health; however, unnecessary exhibitions are imprudence.

Here is the importance of moral evolution: when society is represented in a serious and unpretentious way by rulers who think about the common good, you will have the information you need to make the best decisions. While this evolutionary moment does not come, it is up to you the uncertainty built by the mirror of moral failure.

**554. According to *The Spirits' Book*, destructive scourges make part of the divine laws for the improvement of humanity. Can men be considered authors of such scourges?**

– Everything is foreseen by God, but that does not mean that everything is wanted by Him. You have, as men, the obligation to protect nature and the environment, which was granted to you to live, responding proportionately for the catastrophes that, directly or indirectly, you generate, in the same way reaping all the good you sow. Therefore, only the one who made the bad choice becomes a scourge.

## **The real touch**

Humanity is facing a terrible pandemic, which forces you to withdraw. Physical contacts, which are inherent and common to incarnated beings, became potentially lethal; love, which was once expressed through a hug, today has only been demonstrated by a distant conversation or through words.

In the same way it happens among us, in the spiritual plane: we do not possess, in matter, the density necessary to touch ourselves, however,

we develop love deep enough to touch each other through the content of our words and intentions.

If we are beings moved by conscience, the greatest “touch” we could have is the one that transcends our hearts and perpetuates itself in our souls: the touch of love, demonstrated through our vibrations, words and attitudes.

There will come a day when you will not need a pandemic to reverse your values. In the future, you will learn that “touching” someone does not depend on material contact, but simply spiritual contact.

Men live multiple times in matter and evolve through it, but never for it. Do not allow the invisible to cease to be essential and give due visibility to love and faith, which, at one time or another, will consolidate your evolutionary path.

God, you who never allowed the storm without making excellent sailors, make them improve their senses, adapting them to the new reality; make them realize that even without the “before” irreplaceable physical contact, they can, today, show love and maintain their relations.

*Saint Augustine*  
*Matão, August 2nd, 2020.*



## Future Penalties

Substantial misunderstandings • Divine justice • Forgiveness • Love • Faith

### I - Substantial misunderstandings

The main mistakes, with which you have daily contact nowadays, are from the two greatest wounds of humanity: pride and selfishness. For many centuries, humanity battles these two failures and slowly understands the harm they have caused to current days.

Gluttony is feeding you insatiably, therefore, it comes from selfishness. With so many brethren starving around you, wanting too much for you is not practicing the charity taught by Christ.

Anger, in turn, comes from pride; does not allow you to be humble enough to forgive your brethren, thereby accentuating your mistakes.

Avarice is the cult of materialism, therefore, another form of selfishness: the incessant search to possess more for you.

Lust is the carnal and passionate attachment that comes from selfishness.

Envy is one of the greatest forms of selfishness, expressed in wishing what others have achieved by their own merits.

Laziness is lack of effort, therefore, a form of selfishness. The being thinks only of his needs, leaving aside the collective good.

Superb is feeling superior and letting pride prevail.

God created us simple and ignorant so that we could evolve collectively and help each other. Although you are individual beings, you need society to progress.

We wish that you have “greed” of knowledge to search for the true understanding of your purposes; may anger never dwell in your hearts; may there never be laziness in the persistence of your struggles, always knowing to see your brethren without envy.

When pride leads you to think that you are superior to others, allow humility to restore you to your initial state, simple and ignorant.

Do not cling to the lusts of the Earth, for the only eternal life is that of the spirit.

One day, you will inhabit the spiritual plane, where greed is irrelevant and the love for your neighbors is the only path to evolution.

## II - Divine justice

**555. It is mentioned in *Heaven and Hell* (First Part – chapter VII “Penal Code of the Future Life”, item 10), referring to the spirit: “ By the nature of the sufferings and vicissitudes one endures in the corporeal life, one can deduce the nature of the wrongs committed in a previous existence and the imperfections that caused them.” What does this mean?**

– The atonement is a necessary adjustment of conduct for you to feel the pain caused to others in its true intensity. Not all pains are arising from atonements, however, with proper acceptance, these may be fulfilled even with relief. How you will view your atonements will define the quality of your faith and acceptance. The revolt with your atonement only aggravates it, as it is a way of unconsciously questioning Divine Justice. It is necessary that you know how to bear your atonements and learn from them, avoiding to create new and future ones. One who resigns and accepts his atonement is “paying the bill”, without incurring new debts.

**556. How to understand the pain of an atonement if we possess the veil of forgetfulness?**

– In the exercise of evil, deserving the pain of expiation, you know the consequences in advance, in your conscience. It is natural for the spirit to know how to discern good from evil, in proportion to its evolution, and when it knows it, and even then, practices, by opting for evil, it will be generating new atonements, which will need to be faced with resilience.

The veil of oblivion is a divine blessing, because, despite not letting you know the reason for your sufferings, it does not originate new pains related to the past, which cannot be changed.

By fulfilling your atonements with resignation, you will be learning and, consequently, developing your spirit. To know their reasons would

not free you from the necessity of fulfilling them; it would only make this execution more difficult<sup>248</sup>.

**557. If ignorance “protects” spirits who have done evil without knowledge, could they pass through umbraline moments?**

– In most cases, yes. Discernment is one of the first faculties developed by the spirit, allowing you to improve your free will, making it tame its instincts and evolve as a human being. Ignorance “protects”, but does not support it, as most of the evils committed may not seem wrong, clearly, in the minds of the spirits, however, are intrinsic in their conscience, which charges them.

In this case, going against the conscience, which is the direct communication with the Creator, prevails over not knowing the error<sup>249</sup>.

**558. When we disincarnate, can we be “enslaved” by obsessor spirits with whom we have past debts?**

– Only if you allow it; slavery is the fruit of the free will of the obsessed, not the obsessor. What enslaves you are the thoughts themselves, as mentioned above (*as seen in question 453*).

**559. Is atonement necessary even when there is honest repentance?**

– Yes, and repentance is useful to prevent further faults, but it does not erase the old ones (*as seen in question 516*). As for the tests, they can

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248 *The Spirits' Book*, question 393: “How can individuals be responsible for their deeds and redeem their wrongs if they cannot remember them? [...] – With each new existence, spirits gain more intelligence and can better distinguish between good and evil. Where would their merit be if they remembered their entire past? [...] In that new existence, if a spirit endures its trials with courage and resists them, it evolves and will ascend in the spirits' hierarchy when it returns to be among them.”

249 *Heaven and Hell*, First Part, chapter VII – Flesh is Weak: “[...] Moral responsibility for the acts of life therefore becomes intact, but reason tells us that the consequences of the spirit's responsibility must be in proportion to its intellectual development. Thus, the more enlightened it is, the more blameworthy it becomes, since with intelligence and moral sense are born the notions of good and evil, of righteousness and unrighteousness. [...]”

be reduced with intimate reform and changes in habits. Divine Justice not always accompanies human convenience<sup>250</sup>.

**560. How is the suffering of spirits for prolonged periods seen by Divine Justice?**

– Everyone is invited to regenerate, but not everyone accepts this invitation. Some brethren prefer to be stuck in their conflicted states of mind for centuries, instead of giving up pride and selfishness, in search of redemption. This is not a Divine Justice matter, but of the misuse of free will<sup>251</sup>.

**561. Can we cause a brother pain only if that is his atonement?**

– No. If that were so, whoever suffered the first pain would be atoning for what reason? God, in His infinite wisdom, created free will so that we could use it wisely; when we do not do it like that, we will pay our accounts about it. The pain may come from atonement; however, it is the bad choices of the incarnated that generate the suffering of others. God just adjusts each one's debts and credits, making them fulfill their tests and atonements.

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250 *Heaven and Hell*, First Part, chapter VII – The Penal Code of the Future Life, item 12th: “[...] The only general law is that every wrong will be punished and every meritorious act will be rewarded according to its worth.”; item 16th: “Even though repentance is the first step toward regeneration, it is not enough by itself; expiation and reparation are still required. Repentance, expiation, and reparation therefore comprise the three necessary conditions for erasing the remnants of a wrong and its consequences. Repentance softens the rigors of expiation because it awakens hope and prepares the way for rehabilitation. Only reparation, however, can annul the effect and thereby destroy the cause; otherwise, forgiveness would be an act of grace alone and not an annulment of the wrong.”

251 *Heaven and Hell*, First Part, chapter VII – The Penal Code of the Future Life, item 13th: “The duration of the punishment depends on how much the guilty spirit improves itself. No condemnation for a set amount of time is declared against it. [...] In this way, the spirit is always the arbiter of its own fate. [...]”

**562. The question 295 in *The Spirits' Book* clarifies which spirits may hold resentments for more than one lifetime<sup>252</sup>; before the divine laws, how long is a spirit allowed to nourish itself of hate, trying to harm its fellow men?**

– The divine laws do not interfere in the choices of the spirits; this will always depend on your free will and decisions. Hate breeds hate, but by giving up pride and finding the way of forgiveness, these spirits can reconcile and rediscover the well-deserved peace.

**Note:** We all have the same origin and the same destination. The spirit will always be the maker of its choices; the length of stay in ignorance of the passions will be its free will. God only wants the good for His children, allowing each one to take as much time as necessary. Nobody is doomed to eternal stagnation: we will all evolve.

**563. What are “the miseries of this world”, mentioned in the *Spiritist Magazine* of September 1863?**

– The worldly injustices caused by the lack of charity or selfishness of the humanity.

Misery is not a divine choice, but the lack of exercise of love for the next. In general, you have more than you need, but you do not know how to share what you possess, causing the miseries you know today.

However, divine wisdom makes you go through different experiences, and those who today have more than they need and do not share will experience, hence, the need without the help<sup>253</sup>.

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252 *The Spirits' Book*, question 295: “What sentiment do those whom we have wronged in this world experience after death? – If they are good, they forgive you according to your repentance. If they are evil, they may hold on to their resentment and at times even pursue you in another existence. God can allow this as a chastisement.”

253 *Spiritist Magazine*, September 1863, p.312-313, Questions and problems about the atonement and proof: “[...] Now, if we consider men on Earth, we will see that he bears all kinds of evils there, and sometimes cruel. These evils have a cause. Well, unless we attribute them to the Creator’s whim, we are forced to admit that the cause is in ourselves, and that the miseries we experience cannot be the result of our virtues. So, they have their source in our imperfections. [...] As every effect has a cause, human miseries are effects that must have a cause. If this cause is not in the current life, it must be in a previous life. Furthermore, admitting the justice of God, such effects must have a more or less intimate relationship with the preceding acts, of which they are, at the same time, punishment for the past and proof for the future. They are atonements in the sense of which they are the consequence of a fault, and evidence in relation to the profit taken from them. [...]”

**564. Having all the available tools to practice charity, why do not we practice it?**

– Why is this question addressed to us?

**Note:** Kardec interpreted the human path in search for evolution: “Out of charity there is no salvation.”

Knowledge, experience, prayer, meditation, harmonious coexistence, they equip us for the practice of charity, in the sense saved by the master Jesus (*The Gospel According to Spiritism*, chapter XV, item 5, The greatest commandment), which requires unpretentious action, away from selfishness, pride and vanity. Charity, under these conditions is the practice of love. And why do not we act like this, with so many tools at our disposal? Because we are far away from perfection, we are attached to what is “ours”, meaning that the selfishness still prevails in us, that pride drives us, and that vanity fascinates us. However, with each charitable act we perform, we already present timid flashes of lucidity that will become resplendent under the teachings of the master.

**565. In the question 167 of *The Spirits’ Book*, Kardec asks: “What is the purpose of reincarnation?” And he gets in response: “Expiation and humankind’s progressive improvement. Without reincarnation, how could there be Justice?”. Therefore, we asked: why were “the trials” left out of the answer?**

– Because these are fulfilled in the incarnation itself, most of the times generated by the incarnate himself or by the society in which he lives. On the other hand, the atonements are serious failures, which may require one or more incarnations for your fulfillment. This is because it is often necessary that the spirit regrets, in erraticity, the evils practiced while it was incarnated, deciding to return to pay off these debts<sup>254</sup>.

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254 *Practical instructions on spiritist manifestations* – Spiritist Vocabulary: “Atonement – penalty suffered by spirits as punishment for faults committed during bodily life. Atonement, moral suffering, occurs in the state of erraticity as physical suffering occurs in the bodily state. The vicissitudes and torments of bodily life are, at the same time, proofs for the future and expiation of the past.”; “Trials – vicissitudes of bodily life by which spirits purify themselves, according to the manner in which they endure them. According to the spiritist doctrine, the spirit detached from the body, recognizing its imperfection, chooses itself, by an act of its free will, the type of trial that it deems most suitable for its advancement and that it will suffer in its new existence. If he chooses a trial above his strengths, he succumbs, and his advancement slows.”



**566. Regarding question 259 in *The Spirits' Book*, which says that: “[...] the Spirit chooses the kinds of trials it will undergo [...]”, which would be these trials?**

– As varied as possible, depending on your choice. You can pass by wealth, miser, or physical limitations; however, it is the way you will react to your own choices that will define your success or failure<sup>255</sup>.

**567. Could we be considered morally advanced spirits even not being tested in all situations that would allow us to fall?**

– Yes. We do not need to go through all the pains of the world to evolve with them; love teaches, and the pain of others exemplifies. “Watch and pray”<sup>256</sup> also means looking around and learning.

**A. Spiritist works inform that material tests are only for imperfect spirits. How would the tests for spirits in higher degrees be?**

– When in higher grade, our tests will be those of our brethren. As long as humanity does not walk together towards evolution, we will all still be imperfect<sup>257</sup>.

**568. Could we affirm that the only path of the suffering spirit, which will enable its elevation to a state of greater comfort, is that of repentance?**

– Repentance makes practice possible, and it is essential for the comfort. It is not enough to repent and do nothing to repair your evils. The repair, as the name says, is the action of repairing (*as seen in footnote number 250*).

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255 *The Spirits' Book*, question 851: “Is there fatalism in the events of life according to the usual meaning attached to the word; that is, are all events predetermined, and if so, what becomes of free will? – Fatalism only exists when applied to the choice made by spirits upon incarnating to undergo this or that trial. Upon choosing a particular trial, they delineate for themselves a kind of destiny, which is the proper consequence of the position in which they now find themselves. I am referring only to trials of a physical nature. As for moral trials and temptations, spirits preserve their free will to choose good or evil and they are always able to yield or resist. [...]”

256 Mk 14:38 – “Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

257 *The Spirits' Book*, question 111: “[...] High Order Spirits [...] When they incarnate on Earth under exceptional circumstances, they accomplish a mission of progress, displaying to us the type of perfection to which humankind can aspire in this world.”; question 233: “Do spirits who are already purified ever go to less evolved worlds? – They frequently do so in order to help such worlds progress. Without these spirits, these worlds would be left to themselves, without guides to direct them.”

**569. What are the situations experienced in past lives that lead to serious illnesses?**

– More important than looking at the unchanging past is building, in the present, a better future (*as seen in question 555*).

**570. How do incarnates, who carry loads apparently a lot heavier than they can, bear these pains?**

– The same intensity of pain, once caused to others, must be endured, now for them<sup>258</sup>.

**571. How to help each other when we need help, but we do not accept it?**

– Instruct yourselves and try not to constrain, however, the decision to abdicate pride and vanity will be yours; all of you have been in the same situation one day or you will be.

*Note:* Aid is a bilateral situation, assuming that the other party can accept it or not. It is not always that those who need help see themselves as such; sometimes it is just their own contrary conviction that comes to their minds. It takes patience and empathy in the helping process. Consciously experiencing a helping process of this nature is a valuable opportunity; God allows us to experience it to improve our ability to live with our brethren in need.

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258 Rom 2:5-8 – “But because of your hard and impenitent heart you are storing up wrath for yourself on the day of wrath when God’s righteous judgment will be revealed. He will render to each one according to his works: to those who by patience in well-doing seek for glory and honor and immortality, he will give eternal life, but for those who are self-seeking and do not obey the truth, but obey unrighteousness, there will be wrath and fury.”

*The Gospel According to Spiritism*, chapter V, item 7: “Sufferings due to prior causes are frequently, like those that arise from current wrongs, the natural consequence of wrongs; that is, through justice that is strictly meted out, humans bear what they made others bear. If they were hard and inhumane, they might in turn be treated harshly and inhumanely; if they were proud, they might be born into humiliating conditions; if they were miserly or selfish, or if they made bad use of their wealth, they might be deprived of necessities; if they were bad children, they might suffer from their own children, etc. [...]”

*The Gospel According to Spiritism*, chapter XXVII, item 21: “[...] The severity of the punishment is proportional to the gravity of the wrong. “The duration of the punishment for any wrong is not set and is dependent on the repentance of the guilty and his or her return to the good. The punishment lasts as long as the obstinacy in evil; it would be everlasting if the obstinacy were everlasting; it will be of short duration if repentance is not long in coming. [...]”

**572. Could we say that all suicides must be reincarnated, obligatorily, in bodies that cause them suffering?**

– There is no such rule, each mistake has its own charge (*as seen in question 560*).

**573. Are the difficulties in family relationships reincarnatory debts?**

– The difficulty in your family relationship is the result of your pride and selfishness. Although reincarnation debts are natural elements in the evolutionary process, they come from free will, which, many times, emphasizes the material over the spiritual.

It may even be a past debt; however, it is not a rule. Watch your moral priorities because the exercise of living well collectively is a gigantic evolutionary step<sup>259</sup>.

### **III - Forgiveness**

#### **Temporary blindness**

How many times, in our incarnations, do we suffer “blindness” that harm our evolution?

As much as our conscience accuses the need to follow certain paths, we tend to see what really suits us, thus renouncing everything that is essential to exemplify the teachings of Jesus.

Being a good Christian is not just about attending a religious house or to follow a doctrine, but to fight against this “blindness” that approach us all the time during our countless lifetimes, understanding that most important than knowing is practicing what we know.

How many opportunities do we have to help a fellow man and we simply waste them to meet our temporary goals?

The worst blindness is not seeing the physical world, but not seeing with the eyes of conscience which is essential for our evolution.

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259 *The Gospel According to Spiritism*, chapter IV, item 19: “[...] God allows such incarnations of antipathetic or foreign spirits within families with the dual objective of serving as a trial for some and as a means of advancement for others. The evil ones better themselves little by little through contact with the good ones and the care they receive from them. Their character becomes milder, their habits more purified and antipathies are erased. [...]”

Helping a brother in need, giving a friendly word, reaching out to those who need it, respecting father and mother, properly educating their children, treating animals well, loving your neighbor as yourself, respecting nature, taking care of the body; so many questions that seem obvious to all of us, however, once we are incarnated, we forget to practice them, either by pride or selfishness, whether for momentary lack of focus.

The incarnation is a constant opportunity to fulfill trials and atonements, evolving with everything that we brought with us in terms of baggage or knowledge.

When not used properly, it becomes an aggravation, harming our future incarnations as well as the current one.

You must never underestimate the burden of knowledge; even though ignorance protects you, it will charge in the same proportion. You are responsible for practicing what you know.

The responsibility is not just in practice, but also in teaching those who do not yet have similar knowledge, thus encouraging the virtuous deeds.

It's instinctive that some of us need to go through the pain to promote love. Bad experiences are necessary and natural for our growth, but, rationally, it would not be that way. With the necessary study and knowledge, you would not have to put your hand in the fire to know it burns. Knowledge, experiences of others and trust in the source of those who taught you would be enough for you to take sufficient precautions not to approach your hand to the campfire.

“Temporary blinds” are generally individualistic, they only see with their eyes, instead of seeking to learn from the advice of the most experienced, who once passed through it.

An example is a parent who tells a child to be careful with certain companies, because, having in their life experiences that have harmed them, he tries to alert you and guard you from experiencing something similar. Even so, most of the time, the child will need the pain of disappointment and then understand that her father's advice was wise and pertinent.

The biggest problem with “blindness” is that it starts to become collective. One group of people starts to hold beliefs or values that only contribute for their own egos or needs, that is, one person supports the other's “blindness”; in this way, it becomes very difficult to see reality again. However, there will always be a path of light, for God, in His infinite wisdom, gave us the conscience, the final sieve so that we can discern right from wrong.

So, even though the entire world walks on crooked roads, our conscience, eventually, will lead us to green and lush pastures with the love of God.

Trust in God, in your conscience, and allow yourselves to see the essence of life as it really is.

Apart from love, faith and charity, there is no salvation.

*Saint Augustine  
Matão, July 28th, 2019.*

#### **574. What is forgiveness, in the view of the spirits?**

– Forgiveness is one of the most beautiful human abilities, exemplified by Christ in his passage through the Earth<sup>260</sup>. It is to see, humbly, your imperfections, compassionately accepting your own faults or those of your brethren. So, it is an abdication to pride and a giant evolutionary step.

#### **575. What does it mean to “forgive”?**

– Before others: rid yourselves of the garments of pride, thus acting with the necessary humility for the recognition of your imperfections, enough lest you judge your brethren by theirs.

Before yourselves: give you a new opportunity for redemption by accepting your faults to the point of seeking to correct them and thus avoiding future errors<sup>261</sup>.

**Note:** Conscience, our intimate connection with God, however immature it presents itself today, one day will manifest the ethical and moral need to relieve oneself of the burden caused by the hurts and resentments carried from the past. Forgiving the other and yourself is a human need to proceed life in a more dignified way,

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260 Lk 23:24 – “And Jesus said, ‘Father, forgive them, for they know not what they do’. [...]”

*The Gospel According to Spiritism*, chapter XXVIII, item 3, V: “[...] Give us, dear God, the strength to stifle all resentment, all hatred and all grudges in our soul. Ensure that death does not surprise us while we hold a desire for revenge in our heart. If it pleases you to take us this very day from this world, ensure that we may present ourselves to you purified of all animosity, following Christ’s example, whose last words were for his executioners. [...]”

261 *The Gospel According to Spiritism*, chapter X, item 8: “When Jesus said, “Go first to be reconciled with your brother before presenting your offering at the altar,” he is teaching that the sacrifice most pleasing to the Lord is the sacrificing of one’s resentment; that before presenting oneself to God in order to be forgiven, it is necessary to have forgiven, and that if a wrong has been committed against any brother or sister, it is necessary to have repaired it. Only then will the offering be pleasing because it will come from a heart purified of every evil thought. [...]”

freed from the shadows of the past. And so, with new looks to the future, it remains for us to rebuild the present with positive and refined perspectives.

**576. Could we consider forgiveness a conscious choice?**

– Forgiveness is a conscious choice that generates a consequent improvement in the emotional and vibratory states.

**577. Is forgiveness simply forgetting the offense?**

– No. Forgiving is accepting the offense, live with it and learn from it to the point of not seeking to practice to others what has offended you.

**578. Does forgiving the aggressor exempt him from his committed faults?**

– No. Forgiveness softens the effects of your mistakes, however, it does not take the responsibility for the mistake made away. If so, where would Divine Justice be<sup>262</sup>?

**579. To forgive is to ignore injustices?**

– No, to forgive is want not to take justice into your own hands; it is to believe in Divine Providence, however, without wishing harm to the offender.

*Note:* By no means it is to ignore injustices! Who forgives has the injustice received truly clear in the heart; however, he decides not to perpetuate in himself a cycle of facts, that is, to do justice with their own hands and to remain wishing harm to whoever this is.

**580. How to proceed in some situations where to forgive seems impossible?**

– Forgiving is not only possible, but also necessary.

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262 *The Gospel According to Spiritism*, chapter X, item 17: “[...] What are you asking of the Lord when you ask him to forgive you? Are you asking him only to forget your offenses? Forgetting them will leave you with nothing, for if God were to limit himself to forgetting your wrongs, he would not punish you, but neither would he reward you. Reward cannot be payment for the good that is not done, much less for the evil that has been done, even if the evil has been forgotten. By asking God to forgive your transgressions, you are asking him the favor of his grace that you may not fall into them again, and for the strength needed to enter upon a new pathway, a way of submission and love upon which you can add reparation to repentance. [...]” *Jean, Bishop of Bordeaux*: (1862)

Do not forget that the mistakes you condemn today are the fruit of your own past actions<sup>263</sup>.

**Note:** In these occasions, our will and decision must be above our instincts and emotions. We must be convinced that, in addition to having all the inner apparatus to practice the act of forgiveness, we will be supported by the spiritual forces that aim at the good and work to favor our evolution. Furthermore, the attitudes of our brethren who made mistakes may be a reflection of our procedure and were brought to us so that we can self-analyze and correct our evolutionary path.

**581. Is there a limit to forgiveness?**

– Forgiveness is unlimited. The limitation is due to your own vanity<sup>264</sup>.

**582. Why do we have such a tough time forgiving?**

– You have this reluctance because to forgive, it is necessary to undress the pride, which consumes you, and to put on humility, which builds you up<sup>265</sup>.

**A. How to have conviction about real forgiveness?**

– When the feelings of love and compassion overcome the memories and grudges for faults, received or committed, you will then have forgiven.

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263 *The Gospel According to Spiritism*, chapter X, item 15: “Forgiving one’s enemies is to ask forgiveness for oneself; forgiving one’s friends is to give them proof of friendship; forgiving offenses is to show that one has become better. Therefore, my friends, forgive so that God may forgive you, for if you are hard, demanding, and inflexible, if you are severe toward even a minor offense, how can you expect God to forget that every day you are in ever greater need of indulgence? [...]” – *Paul, Apostle* (Lyon, 1861)

264 Mt 18:21-22 – “Then Peter came up and said to him, ‘Lord, how often will my brother sin against me, and I forgive him? As many as seven times?’ Jesus said to him, ‘I do not say to you seven times, but seventy-seven times.’”

*The Gospel According to Spiritism*, chapter X, item 14: “[...] You shall forgive without limit; you shall forgive every offense as many times as it is committed against you; you shall teach your brothers and sisters that forgetfulness of self, which makes them invulnerable to attack, evil behavior and insult; you shall be meek and humble of heart without ever measuring your kindness; in short, you shall do for others what you would want your heavenly Father to do for you. [...]” – *Simeon* (Bordeaux, 1862)

265 *The Gospel According to Spiritism*, chapter XII, item 3: “If love toward one’s neighbor is the principle of charity, loving one’s enemies is its sublime application, for such a virtue is one of the greatest victories attainable over selfishness and pride. [...]”

**583. What is the way to promote self-forgiveness?**

– Firstly, with self-knowledge, later, changing your self-flagellation for intimate reforms and practical actions.

*Note:* We often find ourselves grappling with inner guilt. We accuse ourselves of incapables, losers, careless, weaklings, traitors. It is the past beating at the doors of our conscience and preventing us from walking in peace. Self-knowledge is the mechanism to bring out what imprisons us to pain. By having the right measure of what is buried in our conscience, it is possible to promote proper cleaning and insert us on the path of reforms and transformations of our inner self.

**A. How to recognize it?**

– Through conscience, which is the voice of God in you. When it is in peace it is a sign of divine approval; when you are at war, you must change your paths.

**584. Will there come a time when we will not need forgiveness?**

– There will come a time when your spirit will reach a high evolutionary level, to the point that nothing further offends you; however, you will still have to forgive yourself, not always for your failures, but for what you failed to do to avoid those faults of your brothers and sisters.

**585. Can lack of forgiveness bring physical and/or psychological harm?**

– Not only it can but also brings, from simple mental disturbances, it can even lead to your early death.

**586. Does forgiveness have the power to heal?**

– Yes, mainly self-forgiveness, as well as its absence can make you sick.

**587. What are the benefits for those who forgive?**

– Peace of conscience, emergence of sincere love, development of humility, among many others.

**A. And to those who apologize?**

– There are countless, among them, the “release” from guilt and the conquest of peace of mind.



**588. Is it right, when forgiving, to want God to promote justice?**

– No. The correct thing is to forgive without pretense. Justice is so advanced that it is up to the Divine Wisdom alone. When we forgive waiting for punishment to those who have offended us, then, we do not really forgive.

*Note:* Forgiving is a decision. Not forgiving, either. To keep on attached to the resentments and hurts of past acts and that are constantly revived by the heat of emotions that surrounds them often produces a highly destructive phenomenon within of our organic, psychic, and mental bodies. The difficulty or refusal in forgiving can bring about various pathological consequences. We need to be aware that the act of forgiving is liberating, it is balm that closes the inflamed wound, helps to extinguish vanity and selfishness, connecting us with our fellow men and with God.

## IV - Love

**589. How to define love, in the view of the spirits?**

– Love is the main raw material of evolution, allowing us to continue promoting good to ourselves and to others. Without love, we would be nothing. Love is not defined, it is experienced<sup>266</sup>.

**A. What “form” of love does God expect from us?**

– God waits for nothing because he knows everything. The question is: what love do we expect from ourselves?

**590. Paul of Tarsus, in one of his Epistles, refers to the nine virtues of love<sup>267</sup>. Could you explain them?**

– We could mention 99 times 9 and we still would not have mentioned all the virtues that love can promote. Love is a so powerful tool that God chose it to unite us, being the only one capable to overcome the evils of Earth; through love, evolution is just a matter of time.

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266 I Cor 13:1-3 – “If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.

267 I Cor 13:4-7 – “Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.”

**591. Is love also instinctual?**

– Yes. Love is inherent in all creatures on Earth, being enhanced and debugged with advancing evolution.

Even in a brutalized and primitive way, the care that the creatures express for the perpetuation of their species is a form of uncut love. Therefore, we were created by love, which is part of our existence and even our instinct<sup>268</sup>.

**592. Why do some demonstrate that they lack the ability to love?**

– The fact that they do not express love through their words or attitudes does not mean that they do not have the capacity of loving.

One time or another, everyone will develop an aptitude for love<sup>269</sup>, even if it is necessary, for this, to experience pain.

**593. Is love the way to reach God?**

– More than that, love is the necessary fuel for you to keep walking.

**594. Will there come a time when love will not need to be a law?**

– There will come a day when men will not need to “charge it” by the laws of the Earth, as it is a natural law. You bear it engraved in your being, and so, naturally, it will sprout, it will expand, and it will be a reason for exchange and happiness among peoples; love is engraved in the laws of God<sup>270</sup>.

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268 *The Spirits' Book*, question 890: “Is maternal love a virtue or is it an instinctive sentiment common to both humans and animals? – It is both. Nature has endowed the mother with love towards her children in the interests of their preservation, but in the animal, this love is limited to the offsprings' material needs and ceases when it is no longer needed. In humans, this love persists throughout life and consists in a devotedness and a self-denial that comprise true virtues. [...]”

269 *The Gospel According to Spiritism*, chapter XI, item 8: “Love summarizes Jesus' doctrine in its entirety because it is the sentiment par excellence, and sentiments are instincts raised to the height of the degree of progress accomplished. At their origin, humans have only instincts; more advanced and corrupted, they have only sensations; more educated and purified, they have sentiments. The exquisite apex of sentiment is love. [...] comprehending the law of love that unites all beings, you shall find in it the sweet joys of the soul, which are preludes to the joys of heaven.” – *Lazare* (Paris, 1862)

270 *The Gospel According to Spiritism*, chapter XI, item 9: “[...] Well! In order to practice the law of love as God intended it, you must progressively arrive at loving all your brothers and sisters indiscriminately. The task will be long and difficult, but it shall be accomplished. God wills it, and the law of love is the first and most important precept of your new doctrine because it is what will someday kill selfishness under any form in which it may appear, for besides personal selfishness, there is also family, caste, and national selfishness. [...]” – *Fénelon*

## V - Faith

### **595. What is the relationship between faith and reason?**

– When reason is unable to fill in the gaps left by the incarnation, faith comes into action and proves that the essential is invisible to your eyes; however, rationality leads you to have faith, for when you realize that you are unable to explain multiple universal issues, having faith becomes rational<sup>271</sup>.

### **596. What is the reason for our faith to waver in the face of harsh weather of the world we live in?**

– Bad weather is inevitable, but oscillation is not. You are able to control what evils bring you; to have the necessary resignation not to lose faith is a characteristic of evolution. “Everything is possible to the one who has faith.”<sup>272</sup>

### **597. How to measure the power of faith?**

– It is immeasurable<sup>273</sup>. Faith leads you to God, and the power of God is infinite.

#### **A. When will we awaken unshakable faith?**

– When you do not need to exhaust the other possibilities to acquire it, when you do not need to see it to believe it, the moment you realize it is the logical path to follow.

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271 *The Gospel According to Spiritism*, chapter XIX, item 7: “[...] Rational faith, that which is based on facts and logic, leaves no darkness in its wake; one believes because one is sure, and no one can be sure unless they have understood. That is why rational faith does not collapse, for unshakable faith is the kind that can stand face to face with reason in all human epochs. [...]”

272 Mk 9:23 – “And Jesus said to him, ‘If you can!... All things are possible for one who believes.’”

273 Lk 17:5-6 – “The apostles said to the Lord, ‘Increase our faith!’ And the Lord said, ‘If you had faith like a grain of mustard seed, you could say to this mulberry tree, ‘Be uprooted and planted in the sea’, and it would obey you.’”

**Note:** In this way, it is essential to instruct you<sup>274</sup>. There are simple paths, but none less serious, which can help incarnated to evolve into their journey of faith: prayer puts you in touch with sublime subtlety of good vibrations, to give and receive good, revitalizing the thoughts and the body, and study, combined with mental exercise in clarifying works, which improve their knowledge and understanding. The work on virtues, especially patience, humility, and charity, is a tripod that leverages the strengthening of true faith, giving you vitality and freshness.

### **598. What is the origin of faith?**

– Faith, like love, is inherent to humankind, and it is up to you to awaken and develop through effort; so, it comes out of dormancy in the human phase, as it requires a certain level of emotional and intellectual development.

## **Faith and love**

It is not about religion, it is not about belief, it is not about perfection absence; it is about faith, love, and resilience. Looking to others is a daily and eternal exercise. Projecting the love and faith we feel is the surest way to truth and pure charity.

**Brethren, if you lack strength, make up for it in faith, if you lack courage, make up for it in love and if one day you lack answers, look at your conscience, that God will answer you.**

There is nothing in the world more important than exemplifying what we have learned and felt.

So be it.

*Saint Augustine*  
*Matão, January 16th, 2020.*

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274 *The Gospel According to Spiritism*, chapter VI, item 5: “[...] O frail humans, who are aware of the darkness of your minds, do not stray from the beacon that divine clemency has placed in your hands to light your way and lead you, as lost children, back to the bosom of your Father. [...] O Brethren! Love one another; this is the first teaching. Educate yourselves; this is the second. [...] – *The Spirit of Truth* (Paris, 1860)

*Note:* By replacing, in the note, the word “spiritists” by “brethren”, we intend to correct a flaw of translation, after all, the Spirit of Truth communicates to everyone, regardless of belief or religion. We understand that the term “brethren” includes the spiritists, however, the term “spiritists” excludes the brethren – *Paul of Tarsus*

# **FOUR PART**



## **Collection of Prayers**

**Prayers**





# Prayers

Prayer of Peace • Prayer for the Planet • Prayer of Free Will • Prayer of Conscience  
• Prayer of Effort • Prayer of Resignation • Prayer of Reform • Prayer of the Family  
• Prayer of Persistence • Prayer of Protection • Prayer of Respect for Nature

## I - Prayer of Peace

The world needs prayer, the planet needs peace. The interests of a nation cannot be greater than our union as brethren; love must prevail and soften hearts. There is no religion or belief that prevents us unite at this moment and, in one voice, cry out for peace:

Our Father who art in heaven, at this moment, be by our side, supporting us and edifying us.

Hallowed be Thy name, calm our intentions and purify our actions.

Thy Kingdom come to us, Thou also come to ours, and teach us the way of love.

Thy will be done, on earth as it is in heaven; that your will ours will never prevail, because we are flawed, and we still need to evolve a lot.

Give us our daily bread today and may we learn to share it with our brethren.

Forgive us our trespasses as we forgive those who trespass against us; forgive us for using the examples you gave us for our own interest, allows us to be humble enough to forgive our brethren.

Lead us not fall into temptation, deliver us from all evil; protect us from our own actions and the misuse of our free will, make it possible for us to consult our prudence in our conscience before we decide.

We ask all brethren, regardless of their religion, to pray for humanity, which help to illuminate the minds of world leaders and responsible for the most important decisions, that everyone can always choose the peace and for the common good.

There are no boundaries to love: that we have bridges, not walls.  
So be it.

## II - Prayer for the Planet

Dad,

Make me kind enough to see beyond my kind.

Allow me to understand that if God generated life, I must preserve it.

When I succumb to meat-eating cravings, make me strong enough to resist and persist in the path of respect.

Solidify this purpose, so that it remains in my spirit even with the veil of oblivion.

I know the animals on the planet need my compassion, as one day I needed those who tutored me.

Protect forests, rivers, and seas so that the planet can thrive.

Emerge in my instinct love, imprison the pride that consumes me and the selfishness that blinds me.

Where there is destruction, may I take reconstruction,

Because I know that I am responsible for the world around me.

So be it.

*Francisco de Assis  
Matão, January 1st, 2021.*



### III - Prayer of Free Will

God, who gave me free will, making me the architect of my own destiny, I humbly beg you to help me clean my choices, so that I can follow the path of good.

Allow me to support the trials and atonements that existence assigns to me, with resignation and resilience.

Do not let me succumb to worldly vices and temptations, strengthen my faith so that I never forget the examples left by Christ.

Awaken the charity that exists within me, making me abdicate the pride and selfishness that so stagnate me.

Make me love my brethren indistinctly, eliminating from my existence any prejudice or discrimination that still remains.

Guide my conscience so that I always know how to discern the good from the bad.

Give me the opportunity to portray my faults and improve my victories; lead me through intuition, because I know that even if my destiny is in my hands, with your surveillance I will walk faster.

So be it.

*Luke*

*Matão, June 14th, 2020*

## IV - Prayer of Conscience

God, who allowed me to communicate with You through my conscience, grant me the discernment to use my free will wisely and consistently.

Do not let my convenience contaminate my choices; make me be worthy of Your help.

When flesh and materialism tempt me, open the eyes of my soul, so that I can continue on the path of goodness, practicing charity and developing love.

Despite knowing how flawed I am, I trust Your vigil.

Even though at times I tread obscure paths, fruit of my free will, with Thy encouragement and instruction, I will conquer redemption.

I am the fruit of Your Creation; I will seek resignation to make myself worthy of Your love.

Guide me, instruct, and protect me.

So be it!

*Michael  
Matão, June 17th, 2020.*

## V - Prayer of Effort

Jesus came to earth and taught us to love.  
He lived in his own flesh what it is to forgive.  
Faced with so many difficulties, the effort exemplified us,  
At the moment that, on a cross, his evildoers he redeemed.  
So we learn that however great the atonement that bothers,  
There is no way to fail when we see everyone as brothers.  
More important than waiting for God's help emerge,  
Is to strive to, in this way, do to deserve  
God is just, not punitive.  
He does not allow us to suffer without a valuable motive,  
Which is why we continue to evolve, even though our choices take us  
away from the love.  
We ask God to give us the strength to face our trials with competence,  
And when difficulties arise, may we never forget  
To reach out to those we met.  
With the certainty that every effort is the cornerstone to reach high  
above,  
Thank you, Jesus, for the examples You left us.  
Protect us with Your infinite love!

*Scheilla*  
*Matão, June 17th, 2020.*

## VI - Prayer of Resignation

God, grant me the resignation necessary to endure my trials; I place my existence in Your hands.

I trust that You will know how to lead me to the best path, and I will strive to be worthy of Your help.

Make my heart overflow with love, so that charity can become habit in my life.

Forgive my momentary revolts; I will always submit to Your will, for only You are the Supreme Intelligence of the Universe, You who contemplated me the opportunity to exist.

Do not let me lack the humility to see how dependent I am from You.

In times of adversity, make me discern good from evil; I have the conviction that, following Your laws, I will achieve progress.

Do not let me succumb to worldly desires. The helm of my spirit is in Your hands, yet I will help you by rowing.

So be it.

*Peter*

*Matão, June 17th, 2020.*

## VII - Prayer of Reform

Creator, allow me to stay on the path of reform, making it strong in the face of adversity that the incarnation brings me.

I know how perfect Your creations are; I promise to try my best to meet the immeasurable opportunity You have given me.

Even though I walk on crooked roads, do not let me fall into temptation.

Make my spirit live in constant improvement, purify my morals, and enriches my intellect, so that in addition to reforming me even, I can convey my examples to my brethren.

You are the guide of my existence; I thank You for giving me life and even more, for allowing me to be a changeable being capable of progress.

I humbly ask You to keep me focused on my goals of evolution; even though the experience of the flesh takes me off the rails, it puts me back through conscience, so that I may be, in tomorrow, superior to what I am today.

Deliver me from doing evil, lead me to good.

So be it.

*James  
Matão, June 17th, 2020.*

## VIII - Prayer of the Family

My beloved Father,

You taught me to respect my family as You did; you told me that, through it I would find Your Kingdom; so, I come to thank You for giving me the opportunity to share with them the best moments of my incarnation.

Protect my family, freeing them from all the harm the world can compromise; make me patient enough to understand the differences and bright enough to learn to forgive the mistakes that are part of the coexistence.

I know that I need to improve my being to enrich my relationship, do me wise to withstand our collective trials.

I know that the family You left me transcends blood ties, therefore, I allowed myself one day to achieve evolution, to see everyone as brethren.

I am grateful for the family You have given me. I will strive to follow Your examples.

So be it.

*Saint Augustine*  
*Matão, January 1st, 2021.*

## IX - Prayer of Persistence

Father, even though there are countless trials that make me think of succumbing, give me persistence to stay on the path.

I know that I can persist when I seek to be in the moral direction of Your examples.

Allow my life to be enveloped in Your mantle of light; build the purity that will one day inhabit my spirit with Your tools of love.

I know how much you suffered to follow Your values, even if my tests, close to Yours, be incomparable, I earned them and I will remain following my schedule, because I trust You.

When evil surrounds me with negative intuitions, be the breath of peace in my conscience, which appeases my soul and strengthens my purpose.

When I weaken and think about giving up, instruct me, making me continue to follow in Your steps.

I trust in Your protection, and I know that by Your side I will never be alone.

Even if the time comes to make my passage to the spirit world, I will not be shaken and I will continue to believe in You, for You taught me that Your Kingdom is not of Earth.

You are the ruler of heaven and Earth, make me persist in Your love.  
So be it!

*Bartholomew  
Matão, June 18th, 2020.*

## **X - Prayer of Protection**

My protective guardian angel,

As painful as material life may seem to me, never allow that I lose faith to the point that, even for a moment, I fail to recognize Your love and your care.

I know I am inundated with the pride that consumes me and the selfishness that blinds me, but I will expand my vision and see how dependent I am from You!

When my eyes finally close in this world, I will trust that they will open again at Your side, for only you understand my longings.

However big my vigil is, I know that I will make many mistakes, but with You by my side I can resurface and regain my value.

Let not worldly temptations deceive me to the point of astray of my ways; protect me from all harm, especially from the one who I practice to myself; govern my spirit and guide my steps.

So be it!

*Archangel Raphael  
Matão, July 21st, 2020.*



## **XI - Prayer of Respect for Nature**

Father, I know that I am the fruit of Your creation. I would like to thank You for allowing that I have arrived here, bringing with me all the luggage of Your constructions.

If my body has minerals, it is because You allowed that, one day, I could belong to the rock; therefore, make me strong like it.

Deliver me from ingratitude, which makes me destroy what I once was.

Overflow love from my heart, that I may learn to love all ways of life and to respect them as myself.

I promise to be a laborer of Your work, making the world a place of peace and conservation.

When the time of my death comes, I want to be proud of my achievements in Your name, as I know that the only baggage, I will take with me is the one that You helped me carry.

So be it!

*Francisco de Assis  
Matão, January 1st, 2021.*



## Final considerations

This work aims at the moral construction of the incarnates of all religions, being dedicated as an evolutionary guide to the spirits that with it identify. It is designed to synchronize with the conscience of all spirits who seek to practice the teachings of Christ and progress through the self-love and the love for others.

Feeling a need for answers to the new questions that natural human evolution proposed, we, from the first work, *The Spirits' Book*, came through an objective language, using the available tools at the time, remind you of the true purposes of corporeal and spiritual existences.

We hope, with this work, to awaken intrinsic values in you, who have remained asleep or camouflaged by uncontrolled instinct and materialism, helping you to reach the true goal of any spirit: the evolution.

It will depend on your free will to view these teachings with a momentary superficiality or to bring them into daily practice, thus reflecting, about what will be the next important steps to be followed towards progress.

It does not matter what your choices will be; we, protective spirits, will be by your side, instructing you through your intuition and correcting you in the difficult yet glorifying evolutionary journey.

The love we feel for all of you, regardless of your level of acceptance to this work it is immeasurable; however, it will always be incomplete without practice of those who read it and without propagation by all who identify with it, to the point where they want to share it with their fellow men.

With divine help and good spirits, we hope we were clear enough in order to elucidate the main doubts of humanity for the current moment.

We look forward to meeting you in new opportunities. Build in the present “the home” that you intend to inhabit in the future.

*Paul of Tarsus  
Matão, August 18th, 2020.*



## Dedication

This book is not for profit.

We thank once again the group of incarnated who through the tireless effort and dedication made it possible to launch our work.

We dedicate this book to all those who seek, through knowledge, improve good practice, regardless of belief or religion and the whole humanity in its different evolutionary phases.

There will come a time when humanity will walk by faith and not just by sight; this work will not be able to achieve its goals if it is destined to stagnation.

To be continued...



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## **“FOR LOVE WE START, WITH FAITH WE CONTINUE”**

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