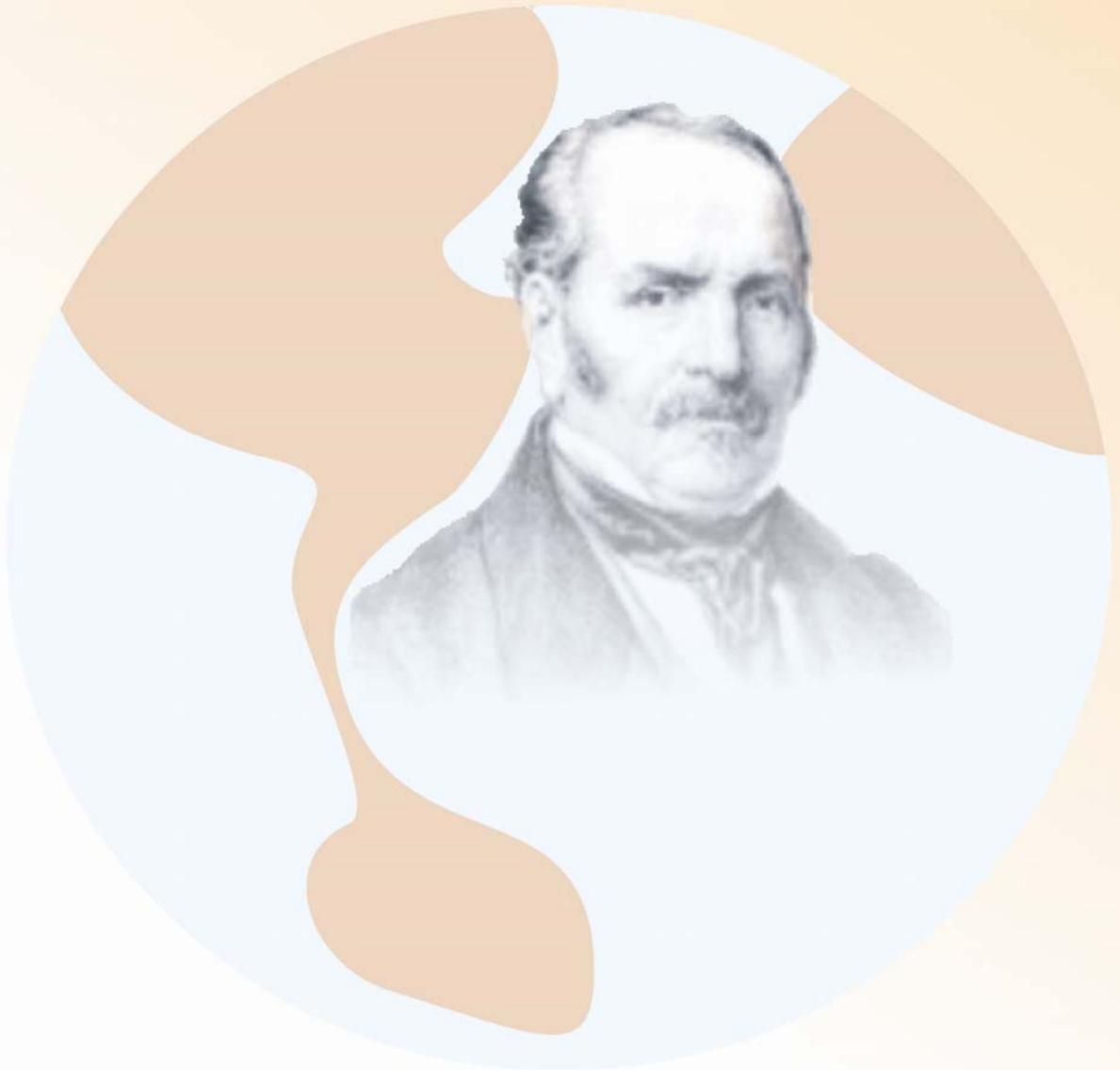


# Roadmap Program

## for the Spiritist Study and Practice

### Phase I: **Spiritism 101**



# ROADMAP FOR THE SPIRITIST STUDY AND PRACTICE



The Roadmap Program for the Spiritist Study and Practice focuses on the sole goal of promoting the study and practice of Spiritism, while contributing to the formation of Spiritist practitioners. It welcomes everyone to take its courses without distinction to sex, race, religion or nationality. Each class comprises of 1 1/2 minutes hour-study session and it is divided into three (3) phases. Registration is required and each course demands a pre-requisite one.

Phase I	SPIRITISM 101	THE SPIRITIST SCIENCE	ADVANCEMENTS ON THE SPIRITIST SCIENCE
Phase II	THE SPIRITUAL LAWS OF THE SPIRITIST PRACTICE	THE SPIRITIST THERAPY I	PRACTICE ON THE SPIRITIST THERAPY I
Phase III	INTRODUCTION TO MEDIUMSHIP	MEDIUMSHIP I	PRACTICAL GUIDELINES FOR MEDIUMSHIP

## PHASE I

### Spiritism 101

It is a 9-week program on the main teachings of Spiritism. This course is a prerequisite for more advanced courses.

### The Spiritist Science

Introduction to the Spiritist principles including a historical overview of the beginning of Spiritism, and its codifier, Allan Kardec. The Spiritist movement in the US and worldwide.

**Prerequisite:** Spiritism 101.

### Advancements in the Spiritist Science

Deep analysis of the Spiritist principles. Topics include: origin and nature of spirits, spiritual intervention in the corporeal world, divine justice, reincarnation, and different categories of inhabited worlds.

**Prerequisite:** The Spiritist Science.

## PHASE II

### **Spiritual Laws of the Spiritist Practice**

Fundamental principles of the spiritual laws that govern the Spiritist Practice. **Prerequisite:** Advancements in the Spiritist Science.

### **The Spiritist Therapy I**

Understanding the mechanisms of the passes and types of passes.

**Prerequisite:** Spiritual Laws of the Spiritist Science.

### **Practice on the Spiritist Therapy I**

Applications of the passes techniques under the light of the Spiritist Thought. This course is an essential tool for a serious spiritual treatment.

**Prerequisite:** The Spiritist Therapy I.

## PHASE III

### **Introduction to Mediumship**

To learn the two basic fundamentals of Mediumship: knowledge of the Spiritist Thought and the moral ethical values related to it.

**Prerequisite:** Practice on the Spiritist Therapy I.

### **Mediumship I**

Educate mediumship through the study in depth of the Spiritist Thought. Topics include: the mediumship faculty, types of mediumship, obsession and disobsession. Second part of the course: educate and develop the psyche faculties of the participants through exercises of harmonization and psyche perception.

**Prerequisite:** Introduction to Mediumship.

### **Practical Guidelines for Mediumship**

Application of the concept of mediumship in the mediumship meetings, in a group setting. Topics include: moral development of the mediums, analysis of the messages received, the power of faith and hope. Second part of the course: practical guidelines in the exercise of mediumship in a group setting.

**Prerequisite:** Mediumship I

“Unshakable faith is only that which can meet reason face to face in every Human epoch.” - Allan Kardec



# Roadmap Program for the Spiritist Study and Practice

## Weekly Meeting Rules and Regulations

The Roadmap Program for the Spiritist Study and Practice focus on the sole goal to promote the study and practice of Spiritism, while contributing to the formation of Spiritist practitioners. It welcomes everyone to participate to its meetings without distinction to sex, race, religion or nationality. Registration is required.

We kindly ask all participants to follow the rules and regulations written below:

1. The meetings start promptly at \_\_\_\_ (time) every \_\_\_\_\_ (day of the week), beginning on \_\_\_\_\_ (month/day/year). We kindly ask all participants to arrive prior to or on time for the meeting.
2. When getting in prior to the start of the meeting, please help us to keep a quiet and harmonious environment.
3. During the meeting, it is essential that we maintain ourselves in healthy discussion and work.
4. Please, avoid noisy conversations before and after the meetings.
5. Regarding the reserved space for the meetings, we count on all the participants' help to maintain a clean and organized room.
6. In order to progress to the next course, it is mandatory a minimum of 80% attendance in the prerequisite course.
7. If anyone needs fraternal counseling or special spiritual treatments, please let the coordinator of the meeting know of it. To contact us, please call \_\_\_\_\_ (phone or email).

We hope you enjoy it!



# Roadmap Program for the Spiritist Study and Practice

## *Rules and regulations for Facilitators and Assistants*

The Roadmap Program for the Spiritist Study and Practice focus on the sole goal to promote the study and practice of Spiritism, while contributing to the formation of a team of Spiritist practitioners. It welcomes everyone to participate to its meetings without distinction to sex, race, religion or nationality. Each meeting comprises of a 1 1/2 minutes hour-study session in this phase 1. Facilitators and Assistants will work together in order to fulfill two major responsibilities: (1) to guarantee each participant's study and understanding of Spiritism as contained in Kardec' books; (2) the organization of the meetings according to the course master's instructions. The course master may appoint facilitators and/or assistants that will take turns in the conduction of the meetings. It is essential that each facilitator and/or assistant follows the rules and regulations contained herein in order to guarantee an optimal level of achievement from participants. Assistants may help the facilitators in each assignment as well as in the preparation of the room, prayer and spiritually magnetized water distribution.

Each coordinator-facilitator shall:

1. Be committed to the two major responsibilities stated above.
2. Prepare the study theme days in advance.
3. Arrive at least 30 minutes prior to the beginning of the study session.
4. Be in charge of the room set up.
5. Welcome participants and begin the study meeting with a prayer. Take attendance at the beginning of the meeting.
6. Contact the course master after each meeting with an oral and/or written progress report.
7. Please, also report ideas and/or concerns to the course master at \_\_\_\_\_(phone) or email\_\_\_\_\_.

Thanks!

# Welcome to Spiritism 101!

## PROGRAM

Class #	Date	Topic	Facilitator/Assistants
1		History of Spiritism	
2		Existence of God	
3		Immortality of the Soul	
4		Reincarnation	
5		Nosso Lar (Book Discussion)	
6		Multitude of the Inhabited Planets	
7		Communication with Spirits	
8		Obsession	
9		The Messengers (Book Discussion)	
10		Conclusion – Seminars 1-4	

**Coordinator:** \_\_\_\_\_ (name)

**Facilitator:** \_\_\_\_\_ (names)

### Main References:

1. *The Spirits' Book* by Allan Kardec
2. *The Mediums' Book* by Allan Kardec
3. *The Gospel According to Spiritism* by Allan Kardec
4. *Heaven and Hell* by Allan Kardec
5. *Genesis* by Allan Kardec

## Seminar Groups (2 hour class)

15-minute seminars

Participants	Topic
	1 - History of Spiritism
	2 - Existence of God
	3 - Immortality of the Soul
	4 – Reincarnation
	5 - Multitude of the Inhabited Planets
	6 - Communication with Spirits
	7 – Obsession

*Schedule for Phase I – Spiritism 101*

<u>Date</u>	<u>Inspirational Message</u>	<u>Final Prayer</u>	<u>Water</u>



“A regular course on Spiritism would be given in order to develop the principles of Science and to promote the fondness for serious studies. This course would have the advantage of laying the foundation for the unit of principles, of forming enlightened followers, capable of spreading the spiritist ideas, and developing a great number of mediums. I consider this course of a nature to exercise capital influence on the future of Spiritism and its consequences.”

- Allan Kardec  
“Posthumous Works” - Project, 1868

## Plan for Lesson 1 - History of Spiritism

**Duration: 1 hour and 30 minutes**

1. Inspirational Reading from *Child of God* by Joanna de Angelis and Divaldo Franco (see assignment list)
2. Initial Prayer (facilitator)
3. Pass attendance list (facilitator)
4. Watch DVD *Lesson 1* on the History of Spiritism (10 minutes) or download from the website ([www.ssbaltimore.org](http://www.ssbaltimore.org) or [www.spiritistvideos.com](http://www.spiritistvideos.com) )
5. In pairs, address the questions in the **Exercise 1**. (15 minutes)
6. If needed, watch the DVD again to check the answers.
7. **Exercise 2.** Divide the class in 4 groups. Ask groups 1 and 2 to read and discuss TEXT # 1 (Spiritism and Spiritists), while groups 3 and 4 shall read and discuss TEXT # 2 (The Universal Control of the Spirit Teachings). (15 minutes)
8. Ask each group to briefly present the highlights of their texts. (5 minutes each – max)
9. After the presentations, ask everyone to close their eyes and try visualize and feel the Divine planning on the coming of Spiritism to our Planet Earth. (2 minutes with background music, if possible).
10. Final Prayer and Water (see assignment list)



## EXERCISE 1\*

### 1. Correlate right and left columns on the year of publication of the main Spiritist books:

(1) The Gospel Explained by Spiritism	( ) 1861
(2) The Medium's Book	( ) 1868
(3) Heaven and Hell	( ) 1857
(4) The Spirits' Book	( ) 1864
(5) Genesis	( ) 1865

### 2. Mark the correct answer to the following statements:

- Have mediumistic/spirit phenomena always existed before Spiritism?
  - No. Only after Spiritism was codified by Allan Kardec.
  - Yes. After the Fox's sisters phenomena.
  - Always and way before Spiritism came to light with Kardec.
- What was the importance of the Fox sisters' phenomena in Hydesville, NY - USA?
  - They opened the new era named Modern Spiritualism.
  - The phenomena were attractive to the general public.
  - The phenomena happened in the U.S.A. alone.
- Who was Prof. Rivail?
  - A German educator who codified Spiritism.
  - A renowned French educator who codified Spiritism.
  - A Brazilian educator who codified Spiritism.
- What was Allan Kardec's real name?
  - Hippolyte Leon Denizard Rivail.
  - Hippolyte Flammarion Rivail.
  - Hippolyte Dellane Rivail.
- Why did Prof. Rivail use the pseudonym Allan Kardec?
  - To hide from the media. And he was advised so by a Spirit Mentor.
  - To protect his loved ones. And he was advised so by a Spirit Mentor.
  - To prevent people from getting interested in Spiritism because of his famous and respected name as an educator. And he was advised so by a Spirit Mentor.
- What was happening in France at that time that caught Prof. Rivail's attention?
  - His friends were meeting to talk about politics.
  - Spirits were talking to people through the turning tables and tapings.
  - His neighbors were too noisy.

\* Answers to Exercise 1 are at the end of this lesson.

7. What was his first impression and comment about the turning table phenomena?
  - a. He believed in them right away.
  - b. He got interested a week after a friend told him about it.
  - c. He was skeptical at first saying that if tables could talk, then they must have brain.
  
8. How long did it take for him to get interested on and to start investigating the turning table phenomena?
  - a. 1 day after he heard about them.
  - b. 2 years after he heard about them.
  - c. 1 month after he heard about them.
  
9. What was Kardec's approach in his research of spirit phenomena?
  - a. Kardec asked serious questions and the Enlightened Spirits answered them through mediums.
  - b. Kardec played the role of a medium and the Enlightened Spirits answered the questions through him.
  - c. Kardec and his friends interviewed his neighbors.
  
10. Who were the main mediums' of the Spiritist Codification by Kardec?
  - a. The teenage mediums Ruth Japhet, Caroline Baudin, Julie Baudin, Ermance Dufaux, Aline Carlotti.
  - b. The adult mediums Ruth Japhet and Suely Schubert.
  - c. The senior mediums Aline Carlotti and Juana Ines.

## **EXERCISE 2**

Please, read the text below in your group and present its highlights to the other groups.

### **TEXT 1 - SPIRITISM AND SPIRITISTS**

For new things new words are necessary for the sake of clarity of language so that we may avoid the confusion inherent to the multiple meanings of various terms. The words spiritual, spiritualist and spiritualism all have a well defined meaning. To give them a new one in order to apply them to the Spirits' Doctrine would be to multiply the already numerous causes of ambiguity. Strictly speaking, spiritualism is the opposite of materialism; all who believe that there is something within them that is more than matter are spiritualists, but it does not follow that they believe in the existence of spirits or in communication with the visible world. Therefore, instead of the words spiritual and spiritualism for designating this latter belief, we have employed the words Spiritist and Spiritism. These two terms recall their origin and radical meaning, and they therefore have the advantage of being perfectly understandable. We will leave spiritualism to its own signification. Hence, we will say that the Spiritist Doctrine or Spiritism has as its principle the relations of the material world with spirits or the beings of the invisible world. The adherents of Spiritism will be called Spiritists. In a specialized sense, The Spirits' Book contains the Spiritist Doctrine; in a general sense, it is linked to spiritualism, representing one aspect of it. That is why we have inscribed the words on the title-page: Spiritualist Philosophy.

*Excerpt from The Spirits' Book by Allan Kardec, pages 27-28, Introduction. (ISC edition)*

## TEXT 2 - THE UNIVERSAL CONTROL OF THE SPIRIT TEACHINGS

If the Spiritist Doctrine were of a purely human conception it would offer no more guarantee than the enlightenment of those who actually conceived it. But no one on Earth could seriously contemplate the pretension of possessing the exclusive and absolute truth. If the Spirits who made these revelations had manifested to only one man we would have no guarantee of their origin since we would need to believe, on his word alone, what he said he had received as teachings from them. If we accepted perfect sincerity on his part, the most he could do would be to convince his circle of acquaintances. He would be able to form a sect, but never be able to form a world congregation.

God wished the new revelations to reach mankind by the quickest and most authentic path, so He entrusted the Spirits to deliver them from pole to pole, manifesting everywhere without conferring the exclusive privilege of hearing these words to any one individual. One person might be deceived, could even deceive themselves, but this could not happen when millions of people see and hear the same thing. This constitutes a guarantee for each one and for all. For the rest, it is possible to make one man disappear, but it is not possible to make everyone disappear. It is possible to bum books, but you cannot bum Spirits, and even if all the books were burnt, the base of the doctrine would still be inexhaustible because it is not to be found on Earth and would reappear in every place so that all might partake of it. If there is a shortage of men to diffuse it, there will always be Spirits whose action reaches everyone and even those whom no person can reach.

So then, it is the Spirits themselves who do the propagating with the help of innumerable mediums, disseminating all over the world. (...) Spiritism has no nationality and does not stem from any known cult that might exist; nor is it imposed by any social class seeing that any person may receive instructions from parents, relatives and friends from the beyond. The strength of Spiritism, as well as the cause of its rapid spread, resides in this universal teaching.

*Excerpt from The Gospel According to Spiritism, Introduction, item 2. (ISC edition)*

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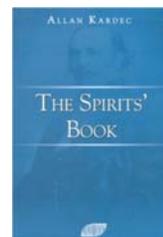
### ANSWERS TO EXERCISE 1

(1) 2, 5, 4, 1, 3

(2) 1. c; 2. a; 3. b; 4. a; 5. c; 6. b; 7. c; 8. b; 9. a; 10. a

## Plan for Lesson 2 – Existence of God

**Duration: 1 hour and 30 minutes**



1. Inspirational Reading from *Child of God* by Joanna de Angelis and Divaldo Franco (see assignment list)
2. Initial Prayer (see assignment list)
3. Pass attendance list (facilitator)
4. Read the following paragraph and brainstorm it with class participants. (5 minutes)

“The harmony that governs the forces of the universe reveals certain set combinations and goals, and thus, an intelligent power. To attribute the first formation of things to chance would be nonsense, since chance is blind and cannot produce intelligent results. An intelligent chance would no longer be chance.” (*The Spirits' Book* by Allan Kardec, Q/A 8)

5. Watch the DVD *on Lesson 2 – Existence of God* (25 minutes) or download from the website ([www.ssbaltimore.org](http://www.ssbaltimore.org) or [www.spiritistvideos.com](http://www.spiritistvideos.com) )
6. Divide class in groups of 4 and ask each group to answer questions in **Exercise 1**. (15 minutes)
7. Facilitator will check the answers of Exercise 1 with the whole class.
8. Divide the class in pairs. Ask each pair to run the activity proposed in **Exercise 2**. (15 minutes)
9. Participants may share some of their insights with the whole class.
10. After that, ask everyone to close their eyes and try visualizing and/or feeling the Divine presence. (5 minutes with background music, if possible).
11. Final Prayer and Water (see assignment list)

## EXERCISE 1

Please choose the correct answer:



1. What is the Spiritist definition on God?
    - a. The wisest and oldest man of the Universe; creator of all things.
    - b. The Supreme Intelligence of the Universe; the first cause of all things.
  
  2. Where can we find the proofs of God's existence?
    - a. It is in the cause of things which are not the work of human beings.
    - b. It is in karma and its causes only.
  
  3. What are the elements of God's Creation, the Universe?
    - a. The spiritual principle and the planets, only.
    - b. The Spiritual and the Material principles.
  
  4. Where can we find God?
    - a. In our conscience and in Nature.
    - b. Only in the miraculous events of live.
  
  5. What is prayer and its mechanism according to the Spiritist teachings?
    - a. It is a conversation that may only happen through a very spiritual person.
    - b. Thought transmission and an overflowing of the soul to God.
- 

## EXERCISE 2

### PAIR DISCUSSION – GOD'S ATTRIBUTES AND US

In The Spirits' Book, the Enlightened Spirits explained that God has many attributes such as the ones written below. In pairs, discuss how you think God's attributes may impact your life and also the performance of a Spiritist practitioner<sup>†</sup>.

- God is infinite and eternal
  - God is unchangeable
  - God is immaterial
  - God is unique (no other gods)
  - God is all-powerful
  - God is just and good
- 

### ANSWERS TO EXERCISE 1

(1) b; (2) a; (3) b; (4) a; (5) b

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<sup>†</sup> A Spiritist Practitioner is defined as someone who performs one or more of the following tasks: pass-giver, medium, counselor, speaker, spiritually-blessed water giver, supporting medium, study group coordinator/facilitator, children and youth educator, and any other roles regarding the practice of Spiritism.

## Plan for Lesson 3 – Immortality of the Soul

Duration: 1 hour and 30 minutes



1. Inspirational Reading from *Child of God* by Joanna de Angelis and Divaldo Franco (see assignment list)
2. Initial Prayer (see assignment list)
3. Pass attendance list (facilitator)
4. Watch the DVD on *Lesson 3 – Immortality of the Soul* (25 minutes) or download from the website ([www.ssbaltimore.org](http://www.ssbaltimore.org) or [www.spiritistvideos.com](http://www.spiritistvideos.com) )
5. Participants shall work individually on **Exercise 1** (5-10 minutes)
6. Facilitator shall check the answers of Exercise 1 with the whole class.
7. Divide class in groups of 4 and ask each group to work on **Exercise 2** (20 minutes to read and discuss & 5 minutes to present to the other groups)
8. In a piece of paper, draw your expression on “I am an immortal spirit.” (5 minutes with background music, if possible).
9. Final Prayer and Water (see assignment list)

## EXERCISE 1

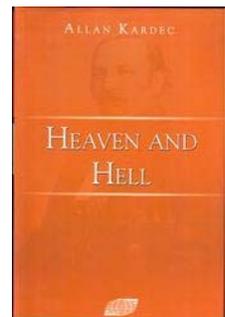
Based on the Spiritist teachings, are the following statements True or False?<sup>‡</sup>



1. Spirits are the intelligent beings of Creation.  
( ) TRUE            ( ) FALSE
  2. Spirits are created wise and experienced.  
( ) TRUE            ( ) FALSE
  3. Soul is an incarnate Spirit.  
( ) TRUE            ( ) FALSE
  4. Only incarnate spirits have perispirit (spiritual body).  
( ) TRUE            ( ) FALSE
  5. Each spirit is an individual being.  
( ) TRUE            ( ) FALSE
  6. Death occurs when the Spirit who animates that body simply leaves the body.  
( ) TRUE            ( ) FALSE
  7. There is a fluidic link connecting the physical and the spiritual bodies.  
( ) TRUE            ( ) FALSE
  8. At the moment of physical death, there will be an easy separation between body and perispirit when there is a strong cohesion between body and perispirit.  
( ) TRUE            ( ) FALSE
  9. All Spirits are destined to progress.  
( ) TRUE            ( ) FALSE
- 

## EXERCISE 2

In 5 groups, read the following excerpts of the book *Heaven and Hell* by Allan Kardec and reflect on the message relating it to the Spiritist concept *Immortality of the Soul*.



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<sup>‡</sup> The answers to Exercise 1 are at the end of this lesson.



## GROUP 1 – A HAPPY SPIRIT

### MR. VAN DURST

Formerly employed in a Government office; died at Antwerp, in 1863, at eighty years of age.

A medium having inquired of his spirit-guide, a short time after this gentleman's decease, whether he could be evoked, received the following reply: "This spirit is passing very slowly out of the state of confusion; it would be possible for him to answer your call, but it would be difficult and fatiguing for him to do so. You had better wait four days longer, when he will be ready to reply to you. Between this and that, he will have become aware of the kindly interest you have expressed for him, and he will come to you gratefully, and as a friend."

Four days afterwards, the spirit in question dictated this communication:

Dear Friend, my earthly life was of slight importance, weighed in the scales of eternity; nevertheless, I am far from being unhappy. I am in the modest, but comparatively happy, position of one who, in the earthly life, did little wrong, and yet did not sufficiently aim at perfection. I regret only one thing, which is, that I did not know what you know; my state of confusion would have been shorter and less painful. As it was, it caused me great suffering. Think what it must be to live, and yet not to live; to see your fleshly body, to be strongly bound to it, and yet to be unable to make use of it; to see those you love, and to feel that the mental action which unites you to them is becoming extinct – oh, what a terrible moment! How terrible to feel you stunned by an indefinable sensation that seizes and strangles you and, an instant afterwards, darkness! To be alive, and, the next moment, to feel yourself annihilated! You strive to regain the consciousness of your self, and you cannot grasp it; you no longer exist, and yet you feel that, nevertheless, you do exist, but in an abyss of confusion! And presently, after a lapse of time that you are unable to measure, a time of latent distress – for you have no longer the strength to feel it understandingly – after this lapse of time which seems to you interminable, to be slowly reborn into existence, to wake up in a new world! To no longer possess a material body, to no longer have part or lot in the earthly life; to feel that you are living the life of immortality! No longer to see about you men in heavy bodies of flesh, but to find yourself surrounded with the light and active forms of spirits, gliding beside you, and around you, in every direction, and in such numbers that your glance is unable to take them in; for they seem to fill the infinity of space in which they float! To see this infinity spread out before you, and to be able to transport yourself through it by the mere action of your will; to hold communion, by the mere action of your thought! Oh, Friends, what a different life from that of the Earth! What a brilliant life! What a life of delight! Hail, hail to thee, Eternity that hast received me into thy bosom! Adieu, Earth that hast held me back so long from the native element of my soul! No, I want nothing more of thee, for thou art a land of exile, and thy greatest happiness is – nothing!

But if, before quitting the Earth, I had known what you know, how much easier and more pleasant would have been my initiation into this other life! I should have known, before dying, what I had to learn afterwards, at the moment of separation; and my soul would have accomplished its disengagement much more easily. You are on the right road, but never, no, never upon the Earth, can you fully understand to what that road is leading you! Say this to my son; but say it to him so often that he may be brought to believe it, and to learn; let him do this, and, when he comes into the world in which I am, we shall not be separated...  
VAN DURST.

## GROUP 2 – SPIRIT IN AN AVERAGE CONDITION



### JOSEPH BRÊ

Died in 1840; evoked at Bordeaux, in 1862, by his granddaughter.

*Uprightness in the sight of God, and uprightnes according to the judgment of men.*

**1. Dear grandfather, will you tell me how you are situated in the spirit-world, and give me such details concerning your present life as may be useful for our advancement?**

**A.** Most willingly, my dear child. I am expiating my want of faith; but the mercy of God is great, and makes allowance for circumstances. I suffer; not as you understand suffering, but from regret that I did not make a better use of my time upon the Earth.

**2. How can you say that you did not make a good use of it? You always lived the life of an upright man.**

**A.** Yes, as men judge of uprightnes; but there is an abyss between *what passes for uprightnes among men, and the uprightnes that is approved as such by God.* I will try, for your instruction, to make you understand the difference between them.

Among you, a man is looked upon as upright if he respects the laws of his country (although this respect is, with many, extremely elastic), and if he abstains from robbing his neighbor of his property, although he may rob him of his honor, of his happiness, provided the vile hypocrite does so in ways that escape the action of the law and of public opinion. Once the long list of praises and apparent virtues are engraved on the flat stone, they believe that they have paid their debt to humanity. What a mistake! To be upright in the sight of Heaven, it is not enough to have abstained from transgressing the laws of men; it is necessary, above all, not to have transgressed the laws of God!

The upright man in the sight of God is he who, filled with devotion and charity, spends his life in doing good, in helping forward the progress of his fellow-creatures; he who, being animated with a zeal that is kindled by the foresight of the end to be obtained, is perpetually active in all the business of life; active in fulfilling the duties imposed upon him by his worldly position, for he should inculcate the love of labor among his brother; active in every good work, for he must not forget that he is a servant of whom the Master will by-and-by demand an account of the way in which he has spent his life, inculcating by his example the love of God and of the neighbor. He who would be upright in the sight of God must carefully avoid cutting remarks, the insidious suggestions, which destroy reputations and ruin positions, by dishonoring their victims or by making them objects of ridicule. The heart of the man who would be judged upright by God must be free from the least taint of pride, envy, and ambition. He must be patient and gentle with those who attack him; he must forgive, from the bottom of his heart, without effort and without ostentation, all those who have wronged him; he must love the Creator in all His creatures; he must, in short, put in practice the summary of human duties – so concise and yet so complete! – “*Thou shalt love God above all things and thy neighbor as thyself.*”

Such, dear granddaughter, is an imperfect outline of what constitutes uprightnes in the sight of God. I ask you; candidly, *did I fulfill all these conditions?* No, I was very far from doing so; I confess the fact without hesitation. I was not active in all good works, as I ought to have been; my forgetfulness of God led me into other sorts of forgetfulness which, though not punishable by human laws, are nonetheless offences against the law of God. I suffered much when I came to perceive this fact; and therefore I am able now to hope, with the consoling hope that is born of faith in the mercy of God, who sees my repentance. Tell this to others, my dear child; repeat it to all those conscience is burdened. Let them atone for past remissness by doing good to the very utmost of their power; and the Divine pity will accept their expiations and wipe out the memory of their faults.



## GROUP 3 – SUFFERING SPIRIT

### FRANÇOIS RIQUIER

François Riquier, a very commonplace person, an old miser and an old bachelor, died at C—— in 1857, leaving a considerable fortune to distant relations. He had formerly been the landlord of a lady who had quite forgotten him, and who did not even know whether he was alive or dead. In 1862, this lady's daughter, who is subject to attacks of catalepsy followed by spontaneous magnetic sleep, and who is besides a very good writing medium, saw, when in this sleep, Mr. Riquier, who wished, she said, to say something to her mother. A few days afterwards, having been evoked for the purpose of enabling him to satisfy this wish by speaking with the lady, the following conversation occurred between them:

**Q. What do you want of me?**

**A.** My money, of which they have taken the whole, the wretches! Sharing it between them. They have sold off my farms, my houses, and all my property, to divide it among them! They have broken up my fortune, as though it did not belong to me. Make them give me my rights, for they will not listen to me, and I will not put up with such an infamous robbery. They call me a usurer, and they keep my money from me! Why do they not give it back to me, since they say it was ill gotten?

**Q. But you are dead, my good man; you no longer need money! Ask of God to grant you a new existence, a life of poverty, that so you may expiate the avarice of your last one.**

**A.** No, I could not live if I were poor. I must have my money to be able to live. Besides, I don't need any other life, since I am living now.

**Q. (The following question was put, in order to bring him to a sense of the reality of his position.) Do you suffer?**

**A.** Oh yes! I am suffering tortures that are worse than the most painful disease, for it is my soul that endures them! I have constantly presented to my mind the thought of the iniquity of my life, which was a subject of scandal to many. I know that I am a miserable wretch unworthy of pity; but I suffer so much that you must help me to come out of this dreadful state.

**Q. We will pray for you.**

**A.** Thank you! Pray that I may forget my earthly riches, unless I do *that*, I shall never be able to repent. Farewell; thanks.

FRANÇOIS RIQUIER NO. 14 RUE DE LA CHARITÉ.

It is curious to see the spirit giving his address, as though he were still alive. The lady, who had no idea where he had lived, went to the house indicated and found, to her surprise that it was really the last one in which he had lived. Thus, five years after his death, he did not know that he was dead and was still undergoing all the anxiety, terrible for a miser, of seeing his property divided among his heirs. The evocation, suggested, no doubt, by some friendly spirit, had the effect of making him understand his real position and of leading him to repentance.



## GROUP 4 - SUICIDAL SPIRIT

**FRANÇOIS SIMON LOUVET (OF LE HAVRE)**

The following communication was given spontaneously at a spiritist meeting, at Le Havre, on February 12<sup>th</sup>:

“Have pity on a poor wretch who has so long been suffering such terrible tortures! Oh! Emptiness...space...I am falling! I am falling! Help me!... My God, my life was so miserable! I was very poor; I was so often hungry in my old age; it was for that, that I took to drinking, and so grew ashamed and sick of my life... I wanted to die, and I threw myself...Oh, my God! what a moment! Why could I not have waited a little longer, since I was so near the end of my days? Pray for me, that I may not always have *this dreadful void underneath me!* I shall be dashed to pieces on the stones!...I beseech you, help me, you who know the horrors that are suffered by those who are no longer on the Earth; I address myself to you although you do not know me, because I suffer so much...Why ask me for proofs? I am wretched, is not that enough? If I were hungry, instead of having to bear this horrible misery, so much more terrible, though invisible for you, you would not hesitate to relieve me by giving me a morsel of bread. I ask you to pray for me...I cannot stay any longer...Ask the happy ones who are here, and you will know whom I was. Pray for me.”

FRANÇOIS SIMON LOUVET

*(The Medium’s Guide)*. – He, who has just communicated to you, my child, is a poor wretch who had to undergo the trial of poverty upon the Earth; but he took disgust to life; his courage failed him, and the unfortunate creature, instead of looking upwards as he should have done, gave himself up to drunkenness. Having reached the lowest depth of despair, he put an end to his ill-borne trial by throwing himself from the Tower of Francis the First, on July 22<sup>nd</sup>, 1857. Take pity on his miserable soul, that has advanced but little, but that has acquired, nevertheless, sufficient knowledge of the future life to suffer and to desire a new trial. Pray to God that this favor may be granted him, and you will do a good deed.

Researches having been made, there was found, in the *Journal du Havre* of July 23<sup>rd</sup>, 1857, an article of which the substance was as follows: –

“Yesterday, at 4 p.m., the persons on the pier were painfully affected by a frightful incident; an individual threw himself from the Tower and was dashed to pieces on the stones. It was an old hauler, whose habits of drunkenness had led him to commit suicide. His name is Francois Simon Louvet. His body was carried to the house of one of his daughters, in the Rue de la Corderie; he was sixty-seven years of age.”

This man, who had been dead for six years, still saw himself falling from the Tower and being dashed to pieces on the stones. He was terrified at the void beneath him; he shuddered at the shock that was awaiting him...and, all this, for six weary years! How much longer will his agony continue? He knows not; and this uncertainty increases his anguish. Is not this state as horrible as Hell and its flames? Who has revealed these punishments? Have they been invented by human imagination? No; it is they who are enduring them who come and describe them, as others come and describe their joys. And they often do this spontaneously, without anyone having thought of them, which exclude all idea of their narratives being due to the fancy of the medium.



## **GROUP 5 – INFLEXIBLE SPIRIT**

**ANGÈLE** (*Bordeaux, France, 1862*)

A spirit who presented herself spontaneously to the medium

**1. Do you repent of your faults?**

A. No.

**Q. Then why do you come to me?**

A. To try to do so.

**Q. Are you not happy?**

A. No.

**Q. Are you suffering?**

A. No.

**Q. What is wanting to you?**

A. Peace.

Certain Spirits solely consider suffering as that which causes them to recall physical pain, but accepting at the same time that their moral state is intolerable.

**2. How can you fail to have peace in the spirit-life?**

A. Regret for the past.

**Q. Regret for the past is remorse; then, you *do* repent?**

A. No, but I dread the future.

**Q. What are you afraid of?**

A. The unknown.

**3. Will you tell me what you did in your last existence? To do so will, perhaps, help me to enlighten you.**

A. Nothing.

**4. What was your social position?**

A. Middling.

**Q. Were you married?**

A. Yes, and I had children.

**Q. Did you fulfill your duties as a wife and a mother?**

A. No, my husband wearied me, my children, also.

**5. How did you employ your time?**

A. In amusing myself, when I was a girl; in being tired of everything, when I grew up.

**Q. What occupations had you?**

A. None.

**Q. Who, then, looked after your housekeeping?**

A. The servant.

**6. Is not uselessness the source of your present regrets and apprehension?**

A. Perhaps so.

**Q. It is not enough to make that admission. Will you, to atone for the uselessness of your life, help the guilty and suffering spirits around you?**

A. In what way?

**Q. By aiding them to grow better, with the help of your counsels and your prayers.**

A. I don't know how to pray.

**Q. We will pray together; that will show you how. Will you try?**

A. No.

**Q. Why not?**

A. Fatigue.

---

ANSWERS TO EXERCISE 1 - (1) True; (2) False; (3) True; (4) False; (5) True; (6) False; (7) True; (8) False; (9) True.

## Plan for Lesson 4 – Reincarnation

Duration: 1 hour and 30 minutes



1. Inspirational Reading from *Child of God* by Joanna de Angelis and Divaldo Franco (see assignment list)
2. Initial Prayer (see assignment list)
3. Pass attendance list (facilitator)
4. Watch the DVD on **Lesson 4 – Reincarnation** (25 minutes) or download from the website ([www.ssbaltimore.org](http://www.ssbaltimore.org) or [www.spiritistvideos.com](http://www.spiritistvideos.com) )
5. In pairs, work on **Exercise 1** (5-10 minutes)
6. Facilitator shall check the answers of Exercise 1 with the whole class.
7. Divide the class in 4 groups to work on **Exercise 2**. Ask groups 1 and 2 to read and discuss CASE # 1, while groups 3 and 4 shall read and discuss CASE # 2. (15 minutes)
8. Ask each group to briefly present the highlights of their texts. (5 minutes each – max)
9. Make a list of tips for a successful reincarnation (light classical music in the background – 10 minutes). Participants may share their insights with the whole class.
10. Ask everyone to close their eyes and try visualizing and/or feeling the Divine presence during the time when your present reincarnation was being planned. (5 minutes with background music, if possible).
11. Final Prayer and Water (see assignment list)



## EXERCISE 1

In pairs, fill in the blanks while choosing the best option in parenthesis<sup>§</sup>:

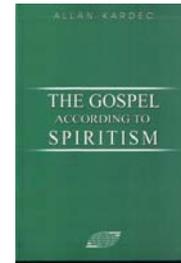
1. The concept of reincarnation \_\_\_\_\_ (is/isn't) a novelty brought by Spiritism.
2. The purpose of \_\_\_\_\_ (incarnation/reincarnation) is to atone, to repair past wrongdoings, and to foster progress.
3. Reincarnation is based on Divine \_\_\_\_\_ (injustice/justice).
4. Regarding their state as spirits, they may be \_\_\_\_\_ (*incarnate/discarnate*) that is, connected to a body; (*incarnate/errant*), that is, disconnected from the material body while awaiting a new incarnation to improve themselves.
5. \_\_\_\_\_ (Childhood/Adulthood) is a very important phase in reincarnation, because the reincarnating spirit is more moldable to new lessons.
6. The \_\_\_\_\_ (body/perispirit) contains the memory files of all of our lives.
7. A spirit \_\_\_\_\_ (may/may not) reincarnate a man in one life and as a woman in another one.
8. We may reincarnate \_\_\_\_\_ (many/few) times.
9. Reincarnation \_\_\_\_\_ (strengthen/doesn't strengthen) family ties.

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<sup>§</sup> The answers to Exercise 1 are at the end of this lesson.

## **EXERCISE 2**

### CASE DISCUSSION



**Read and discuss the following case with your group. Both cases were extracted from the book *Children Who Remember Previous Lives* by Ian Stevenson. Match your case with the the Spiritist Ideas that follow each text.**

#### **CASE # 1 – AN EMBARRASSING DOMESTIC SECRET REVEALED**

“His name is Gopal Gupta, and he lives in Delhi with his parents, who have little education and know no English. When asked to explain his rude conduct, he said he formerly lived in Mathura, where he had many servants to carry away dishes. Why should anyone ask him to remove glasses?

He also spoke of his previous father and two brothers, one of whom shot him in the chest. He told of quarreling with his former wife, and mentioned that he had owned a large company named Sukh Shancharah, which dispensed medicine. Gopal gave out most of this information on the evening of his temper tantrum.”

**SPIRITIST IDEA – From *The Gospel Explained by Spiritism*, chapter 14, item 9.**

“Having been brought from past existences, these good or evil instincts will manifest themselves from early childhood. It is necessary that parents study these instincts; all badness originates from selfishness and pride. So be on the lookout for the least sign which will reveal the existence of such vices, and then take care to combat them without waiting for them to take deep root. Do as the good gardener does: cut off all defective shoots as soon as they appear on the tree. If you allow selfishness and pride to develop, do not be surprised if later on you are paid back by ingratitude. When parents have done everything possible for the moral advancement of their children, even if they have not been successful, then they have nothing with which to reproach themselves and their consciences may remain tranquil. For the natural anguish resulting from the unproductiveness of their efforts, God reserves a great, an immense, consolation in the *certainty* that it is only a brief delay, that it will be given to them to conclude in another existence the work that has already begun, and one day their ungrateful child will recompense them with love.”

## CASE # 2 - A Dream of the Tower of London

A British physicist, Dr. Raynor Johnson, has taken time from his scientific experiments to investigate the inner side of nature as well as the outer. In one of his books, *A Religious Outlook for Modern Man*, he records this dream experience of a young girl, using her own words.

"The dream was of being a prisoner in a place that I knew to be the Tower of London. I had not seen it in real life, but I had no doubt where I was. It was very cold weather (in waking life, a hot summer). I was aware that I had been condemned to death. This, I used to dream over and over again, and after being in the dream a vigorous man, to wake up and be a little girl felt rather strange. "At last the dream changed, and I was standing on a scaffold which must have been newly erected as it smelt of sawdust. Everything was decorous and decent. The executioner knelt and apologized for what he was about to do. I took the axe from his hand and felt it, and handed it back, bidding him do his duty. When I woke up I made a drawing of the axe, which was of a peculiar shape. "Sometime after this I asked to be taken to the Tower of London, and I explained to a friendly gunsmith that I wanted to write history but could not understand the battles perfectly until I understood the weapons. 'You are right, Missy,' he said, and demonstrated to me the various uses of pike, lance, crossbow, etc. I then asked had he an axe that beheaded people? He said, 'Yes, this certainly beheaded the Jacobite Lords, but it is supposed to be very much older.' Somehow, I was not surprised that it proved to be the exact shape of the axe in my dream. "

**SPIRITIST IDEA – From Genesis by Allan Kardec, chapter 14, item 28.**

“In their essence, dreams present all three characteristics of the visions described above. Prophetic dreams, presentments and warnings belong to the first two categories. Under the third category, that is, in the fluidic creations of thought, we can find the causes for certain fantastic images, which have nothing real for the corporeal life, but that has, for the spirit, such a clear reality that the body suffers the blows (upon being hit), and one’s hair turn white under the impression of a dream. Such creations can be provoked by an exaggerated credulity, retrospective recollections, or by likes, desires, passions, fear, and remorse; it can also be caused by habitual worries, or because of the body’s needs, or still by a malfunction of the organism; finally, it can also be caused by other spirits with good or bad intentions, according to their nature.”

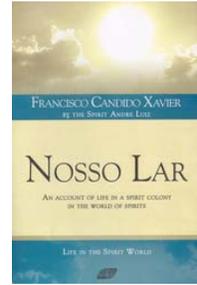
### ANSWERS TO EXERCISE 1

- (1) isn't; (2) reincarnation; (3) justice; (4) incarnate; errant; (5) childhood; (6) perispirit; (7) may; (8) many; (9) strengthen.



## Plan for Lesson 5– A Close Study on the book Nosso Lar: Our Spiritual Home

**Duration: 1 hour and 30 minutes**



### **OBJECTIVES:**

- Get to know about the medium Francisco Candido Xavier (his life, his mediumship)
- Get to know about the Spirit author Andre Luiz
- Understand the dynamics of Spirit Colonies
- Comprehend the relationship between both realms

### **PLAN:**

1. Facilitator asks someone to read an inspirational message.
2. Facilitator says the opening prayer.
3. Facilitator shall distribute the following assignment on the previous lesson day.
  - Assignment: Each participant of the class shall pick one or two of the following 38 questions regarding the chapters of the book Nosso Lar: Our Spiritual Home. Then, on the day of this lesson, participants shall bring their answers and share with the whole class. (45 minutes)

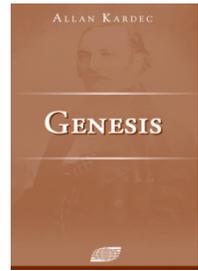
### **Questions on the book Nosso Lar: Our Spiritual Home**

1. Who was Francisco Candido Xavier?
2. Who is Andre Luiz?
3. Why is this book named Nosso Lar? (Chapter 8)
4. Who is Emmanuel?
5. In the preface of the book Nosso Lar, Emmanuel explains the objective of the book. What is it?
6. What are the lower zones? And why did Andre Luiz find himself in them after death? (Chapters 1 and 12)
7. Who rescued Andre Luiz? How did he get to be rescued? (Chapters 2 and 7)
8. In Nosso Lar, the whole city prays together. Why? What are the benefits? (Chapter 3)
9. Why was Andre Luiz considered a suicidal? (Chapter 4)
10. How will Andre Luiz acquire true healing? (Chapter 5)
11. Why is self-pity detrimental? (Chapter 6)
12. What is Nosso Lar's nutritional habit? How and why was it changed over its history? (Chapter 9)
13. What is the importance of water in the Spiritist view? How does Nosso Lar use it? (Chapter 10)
14. Are all spirit cities/colonies the same? Why? (Chapter 11)
15. Minister Clarence explains that service and cooperation are laws created by God. What does one get to be entitled to serve and help others? (Chapter 13)
16. What is the Spiritist view on certificates, degrees, and titles? Why an MD on Earth (like Andre Luiz) does not automatically become a Spirit doctor in the Spirit realm? (Chapter 14)
17. Analyze Andre Luiz' mother new perspective on motherhood and service (Chapter 15)
18. What is required to enter a more evolved spirit city? Why Andre Luiz' mother and father do not inhabit the same sphere in the spirit realm? (Chapter 16)

19. What happens to writers of books of ‘psychological poison’? (Chapter 17)
20. Describe the food habits of the different ministries of Nossos Lar. (Chapter 18)
21. What does anxiety do to the food when we eat? (Chapter 19)
22. How often do marriages of kindred souls happen on earth? (Chapter 20)
23. What is the concept of private property in Nossos Lar? (Chapter 21)
24. Define and explain the hour-bonus. (Chapters 22 and 37)
25. What does the mentor’s mean when they say “Most of us suffer from emotional hypertrophy”? (Chapter 23)
26. What happened in the spirit realm during war time? (Chapters 24 and 41)
27. What does really matter regarding service in the Spirit Realm? (Chapter 26)
28. Why are some discarnate spirits sleeping the afterlife? (Chapter 27)
29. What caused Francis’s hallucinations? (Chapter 29)
30. Why are “inheritance cases extremely delicate” from a spiritual standpoint? (Chapter 30)
31. What is the Spiritist definition of a vampire? What is the lesson learned regarding the vampire woman? (Chapter 31)
32. How can animals help in the spiritual realm? (Chapter 33)
33. Describe the mechanisms and nuances of Andre Luiz’ dream in the spirit realm. (Chapter 36)
34. Why is it needed to organize specialized first-aid services against fear? (Chapter 42)
35. What are the fields of music? What are they for? (Chapter 45)
36. Why are there reincarnations that must be planned without the direct consent of the reincarnating Spirit? (Chapter 46)
37. Are there instructive courses in the Spirit Realm? Which ones? Why? (Chapter 47)

- 
4. After the book discussion, facilitator asks participants (in pairs) to draw what they think Spirit colonies are. (10 minutes)
  5. Facilitator may ask participants to share some of the art work. (5 minutes)
  6. Final prayer and spiritually blessed water by 2 volunteers. (5 minutes)

## Plan for Lesson 6 – Multitude of the Inhabited Planets



1. Inspirational Reading from *Child of God* by Joanna de Angelis and Divaldo Franco (see assignment list)
2. Initial Prayer (see assignment list)
3. Pass attendance list (facilitator)
4. Ask participants to brainstorm on the following excerpt of the book Genesis by Allan Kardec (chapter 11, item 37):

“There are collective emigrations and immigrations from one world to another. And, new elements, new races of spirits are introduced to the population of the globe. They come to mingle with existing races, constituting new races of human beings. As spirits, they never lose anything once acquired. They carry with them intelligence and intuition of the knowledge they possess. They impress, consequently, their character on the corporeal race they came to animate. There is no need of new bodies created for especial use. Since the corporeal species exist, they find them ready to receive them; they are simply new inhabitants.”

5. Watch the DVD on *Lesson 5 – Multitude of the Inhabited Planets* (25 minutes) or download from the website ([www.ssbaltimore.org](http://www.ssbaltimore.org) or [www.spiritistvideos.com](http://www.spiritistvideos.com) )
6. Individually, work on **Exercise 1** (5-10 minutes)
7. Facilitator shall check the answers of Exercise 1 with the whole class.
8. In pairs, work on **Exercise 2**. (15 minutes)
9. Facilitator shall check the answers of Exercise 2 with the whole class.
10. **Exercise 3**. Divide class in groups of 3. Ask each group to describe how a regenerating world would be in regard to (1) parenting, (2) work relations, and (3) individual's self-image. (20 minutes). Participants may share their conclusions after they finished them.
12. Ask everyone to close their eyes and try visualizing and/or feeling their connection with our planet Earth and the gratitude for the possibility of being reincarnated on it. (5 minutes with background music, if possible).
11. Final Prayer and Water (see assignment list)



## EXERCISE 1

Correlate the open parenthesis column with the numbered column<sup>\*\*</sup>.

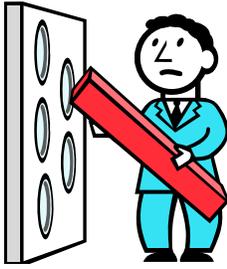
- ( ) Primitive worlds
- ( ) Worlds of tests and atonements
- ( ) Regenerating worlds
- ( ) Joyful Worlds
- ( ) Celestial or Divine Worlds

1. Worlds inhabited by pure Spirits, where only goodness exists.
2. Worlds where evil<sup>1</sup> predominates.
3. Worlds where souls who still have to atone may absorb new strength by resting from the fatigue of fighting.
4. Worlds destined to receive the initial incarnations of the human soul.
5. Worlds where goodness outweighs evil.

<sup>1</sup>*In Spiritism, evil means the absence of goodness; ignorance.*

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<sup>\*\*</sup> Key for Exercise 1 is located at the end of this lesson.



## EXERCISE 2

### FILL-IN-THE BLANK

Using the key words below, fill in the blanks of the following excerpt of *The Gospel Explained* by Spiritism (chapter 3, item 19).

KEY WORDS: Transformations, Reborn, Morally, Law of Nature, Perfect, Atonement, Progress, Regenerating, Creator

### **THE PROGRESSION OF THE WORLDS**

Progress is a \_\_\_\_\_. All beings of creation, be they animated or not, have been submitted to this law through the bounty of God, Who wishes everything to be exalted and to prosper. Even actual destruction, which appears to Man to be the end of everything, is only a means of reaching a more \_\_\_\_\_ state through transformation, seeing that everything dies only to be \_\_\_\_\_ again, suffering no consequences from the annihilation.

At the same time as living beings progress \_\_\_\_\_, so the worlds in which they live - \_\_\_\_\_ materially. If we were to accompany a world during its different phases, from the first instant the atoms destined to its construction began to agglomerate, we would see it traveling along on a constantly progressive scale, although these steps would be imperceptible to each generation. It would offer its inhabitants a more agreeable home as these generations passed, according to the manner in which they themselves advanced along their pathway to progress. Nothing in nature remains stationary. So we find that together with Man, the animals who are his helpers, the vegetables, and the habitations are all constantly marching along parallel to one another. How glorious this idea is and so worthy of the grandeur of the \_\_\_\_\_! It would be paltry and unworthy of His power if, on the contrary, He concentrated His solicitude and providence on an insignificant grain of sand, which is this planet, so restricting humanity to the few people who inhabit it!

According to this law, the world has been in a materially and morally inferior position to that which it finds itself today, and it will lift itself up in both these aspects so as to reach a more elevated degree in the future. The time has now been reached for one of these periodic \_\_\_\_\_, which will move the Earth upwards from a world of \_\_\_\_\_ to that of a \_\_\_\_\_ planet where men will be happy because God's laws will reign.

SAINT AUGUSTIN  
(Paris, 1862)

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ANSWERS TO EXERCISE 1: 4; 2; 3; 5; 1

ANSWERS TO EXERCISE 2: Law of nature; perfect; reborn; morally; progress; Creator; transformations; atonement; regenerating



## Plan for Lesson 7 – Communicability of Spirits

1. Inspirational Reading from *Child of God* by Joanna de Angelis and Divaldo Franco (see assignment list)
2. Initial Prayer (see assignment list)
3. Pass attendance list (facilitator)
4. Ask participants to brainstorm on *Matthew 10:8*

“Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons.  
Freely you have received, freely give.”
5. Watch the DVD on *Lesson 6 – Communicability of Spirits* (25 minutes) or download from the website ([www.ssbaltimore.org](http://www.ssbaltimore.org) or [www.spiritistvideos.com](http://www.spiritistvideos.com) )
6. In pairs, work in pairs on **Exercise 1** (5-10 minutes)
7. Facilitator shall check the answers of Exercise 1 with the whole class.
8. Divide the class in 4 groups and ask them to do **Exercise 2**. (20 minutes)
9. Ask each group to briefly present their answers to Exercise 2 questions. (5 minutes each – max)
10. Individually, participants shall work on **Exercise 3**.
11. Ask everyone to close their eyes and try visualizing and/or feeling the Divine essence in their mediumship, considering that everyone is a medium, according to Kardec’s definition. (5 minutes with background music, if possible).
12. Final Prayer and Water (see assignment list)

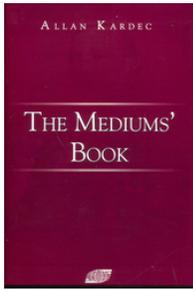
## EXERCISE 1

In pairs, address the following TRUE or FALSE statements<sup>††</sup>.

1. The human soul does not think continuously.  
 TRUE       FALSE
2. The universal cosmic fluid is the means to our thoughts.  
 TRUE       FALSE
3. The Law of the Mental Field, as described by Andre Luiz, explains that we will assimilate what we attract to ourselves.  
 TRUE       FALSE
4. Where there is thought, there are mental currents. Where there are mental currents, there is association.  
 TRUE       FALSE
5. The perispirit is not the key to mediumistic phenomena.  
 TRUE       FALSE
6. Perispirit is the sensorial organ of Spirits.  
 TRUE       FALSE
7. Mediumship is a gift of few people.  
 TRUE       FALSE
8. Everyone who is in any degree influenced by Spirits is a medium.  
 TRUE       FALSE
9. There is only one type of mediumship, the mediumship of physical effects.  
 TRUE       FALSE
10. Healing mediumship is classified as mediumship of physical effects.  
 TRUE       FALSE
11. Trance, hearing, seeing, writing mediumships are classified as mediumship of physical effects.  
 TRUE       FALSE
12. God has given mediumship to human beings for a serious and useful purpose.  
 TRUE       FALSE
13. Serious mediumship can be made into profession.  
 TRUE       FALSE

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<sup>††</sup> Answers to Exercise 1 are located at the end of this lesson.



## **EXERCISE 2**

### **DISCOVERING THE MEDIUMS' BOOK**

**In groups, address the following questions according to the Spiritist View. You may find the answers related to the following texts extracted from The Mediums' Book by Allan Kardec:**

“The spirit needs matter in order to act upon matter. Its direct instrument for doing so is the perispirit, just as an individual's is the body, and as we have just seen, the perispirit itself is indeed comprised of matter. As its intermediary agent, it has the universal fluid, which is a kind of vehicle upon which it acts, as we ourselves act upon the air in order to produce certain effects through dilation, compression, propulsion or vibration.” (M.B., item 58, Chapter 1, Part 2)

#### **1. What is the importance of the perispirit on mediumship?**

---

“Whatever mediums' ability may be, they have no ability whatsoever without the sympathetic cooperation of spirits. Whenever they do not receive anything, it is not always because they lack the faculty, but frequently because spirits do not want – or are even unable – to use them.”

“The way in which they use their mediumship is what most influences good spirits. We may abandon them when they use it on futilities or for ambitious purposes, or when they refuse to transmit our words or to collaborate in producing phenomena for incarnates who beseech them or who need to see them in order to be finally convinced. If spirits see that their mediums are no longer in harmony with their purposes or do not take advantage of the instructions and advice they give them, they withdraw and seek out more worthy wards.” (M.B., item 220, Chapter 17, Part 2)

#### **2. Can a medium lose its mediumship? Why would it happen?**

**EXERCISE 3**



In The Mediums' Book, item 341, Allan Kardec states that there are certain conditions to attract good spirits and keep off ignorant, suffering ones. Those conditions are written below in items 1 to 8. Reflecting on them, please rate where you feel yourself in regard to each condition.

Perfect commonality of ideas and sentiments among members of the Spiritist group.

10 (excellent) -----0 (poor)

Mutual benevolence among the members of the Spiritist group.

10 (excellent) -----0 (poor)

Rejection of every sentiment contrary to true Christ Consciousness charity.

10 (excellent) -----0 (poor)

A single desire to learn and improve through good spirits' teachings and the taking advantage of their advices.

10 (excellent) -----0 (poor)

Avoidance of anything in communicating with spirits that is intended solely for satisfying one's curiosity.

10 (excellent) -----0 (poor)

Respectful concentration and silence during conversations with spirits.

10 (excellent) -----0 (poor)

Association of all participants through thought when evoking spirits.

10 (excellent) -----0 (poor)

Harmony amongst all mediums, rejecting any sentiment of pride, vanity and superiority, while supporting the sole desire to make themselves useful.

10 (excellent) -----0 (poor)

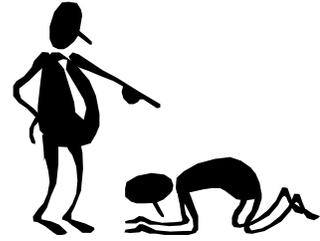
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**ANSWERS TO EXERCISE 1**

1. False; 2. True; 3. True; 4. True; 5. False; 6. True; 7. False; 8. True; 9. False; 10. True; 11. False; 12. True; 13. False.

## Plan for Lesson 8 – Obsession

Duration: 1 hour and 30 minutes



1. Inspirational Reading from *Child of God* by Joanna de Angelis and Divaldo Franco (see assignment list)
2. Initial Prayer (see assignment list)
3. Pass attendance list (facilitator)
4. In pairs, share one situation or two when you were influenced by spirits in an unhealthy manner in this present reincarnation. One or two pairs may share their experiences with the whole class, if facilitator finds it convenient.
5. Watch the DVD on *Lesson 7 – Obsession* (25 minutes) or download from the website ([www.ssbaltimore.org](http://www.ssbaltimore.org) or [www.spiritistvideos.com](http://www.spiritistvideos.com) )
6. Individually, address **Exercise 1** (5-10 minutes)
7. Facilitator shall check the answers of Exercise 1 with the whole class.
8. Divide class in 3 groups to work on **Exercise 2**. (20 minutes)
9. Ask each group to briefly present their short play on their assigned level of obsession. (5 minutes each – max)
10. Ask everyone to close their eyes and try visualizing and/or feeling the Divine presence of their guardian angel and/or mentor guiding and protecting them in this reincarnation. (5 minutes with background music, if possible).
11. Final Prayer and Water (see assignment list)

## EXERCISE 1



Based on the DVD lesson and the information received in previous classes, individually address the following questions<sup>††</sup>.

1. Can Spirits influence our thoughts and actions?  
( ) NO                      ( ) YES
2. Are there spirits who link themselves to particular individuals in order to protect them?  
( ) NO                      ( ) YES
3. Can we distinguish our thoughts from thoughts of other spirits who influence us?  
( ) NO                      ( ) YES
4. Do good spirits sometimes give bad advice?  
( ) NO                      ( ) YES
5. Do imperfect spirits incite us to unhealthy thoughts and actions because they want us to suffer as they do?  
( ) NO                      ( ) YES
6. In the Spiritist view, is obsession characterized by the healthy influence of a good spirit?  
( ) NO                      ( ) YES
7. Can we neutralize the unhealthy influence of imperfect spirits?  
( ) NO                      ( ) YES
8. Are the moral imperfections of the obsessed person an obstacle to his/her liberation?  
( ) NO                      ( ) YES
9. Is prayer an effective way of curing obsession?  
( ) NO                      ( ) YES

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<sup>††</sup> Answers to Exercise 1 are at the end of this lesson.



## EXERCISE 2

Read the following text and discuss it with your group. Put together a short (5-minute) play to enact what could be that level of obsession as per your facilitator's assignment. More detailed information on each type can be read in Chapter 23 of *The Mediums' Book* by Allan Kardec.

### **OBSESSION**

Obsession is defined as a persistent, unhealthy influence from one (incarnate or discarnate) spirit onto another (incarnate or discarnate) spirit. There are three levels of obsession: simple obsession, fascination, and subjugation.

**Simple Obsession** happens when one spirit persistently suggests unhealthy thoughts to another spirit. In this case, the person feels or knows that they are being influenced by an unhealthy, deceptive spirit.

**Fascination** has much more serious consequences. It refers to a delusion created directly by a spirit in the thought of another spirit, which in a certain manner paralyzes his or her capacity to judge the quality of the communications. Fascinated mediums do not believe themselves to be deceived.

**Subjugation** is a constriction that causes its victims' will to become paralyzed, making them act in spite of themselves. In other words, they find themselves under true *bondage*.

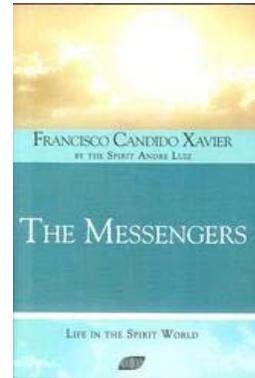
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### ANSWERS TO EXERCISE 1:

1. Yes; 2. Yes; 3. Yes; 4. No; 5. Yes; 6. No; 7. Yes; 8. Yes; 9. Yes.

## Plan for Lesson 9– A Close Study on the book The Messengers

**Duration: 1 hour and 30 minutes**



### **OBJECTIVES:**

- Understand the dynamics of Spirit Colonies
- Comprehend the relationship between both realms

### **PLAN:**

1. Facilitator asks someone to read an inspirational message.
2. Facilitator says the opening prayer.
3. Facilitator shall distribute the following assignment on the previous lesson day.
  - **Assignment: Each participant of the class shall pick one or two of the following questions for discussion regarding the chapters of the book The Messengers. Then, on the day of this lesson, participants shall bring their comments and answers to be shared with the whole class. (45 minutes)**

### **Topics to be studied on the book The Messengers**

1. What is the purpose of the book according to Andre Luiz' preface?
2. What is Emmanuel's advice as explained in his preface of the book?
3. What are the services of the Messengers' Center? Who composes it? (Chapters 2 and 3)
4. Who is trained in the Messengers' Center? (Chapter 3)
5. What is the cause of mediums and ministers when they reincarnate? (Chapter 3)
6. Vincent's case – Describe his case and tell where he failed. (Chapter 4)
7. Why do some mediums fail on Earth? What happens to them in the afterlife? (Chapter 6)
8. Octavio's case – Describe his case and tell where he failed. (Chapter 7)
9. Aceline's case – Describe his case and tell where Aceline failed. (Chapter 8)
10. Mariana's case – Describe her case and tell why she failed. (Chapter 8)
11. Joel's case – Describe his case and tell why he failed. (Chapter 10)
12. Belarmino's case – Describe his case and tell why he failed. (Chapter 11)
13. Monteiro's case – Describe his case and tell why he failed. (Chapter 12)
14. Describe Andre Luiz and colleagues visit to the Earth's crust (Chapters 14-16)
15. What are the effects of wars in the Spirit Realm? (Chapter 18)
16. \*\*\*Why do some Spirits sleep in the afterlife? (Chapter 22-23)
17. Describe the sublime effects of prayer. (Chapter 24 and 25)
18. What are the Fields of Peace? (Chapters 28-30)
19. Describe the importance of the God at Home meetings. (Chapter 35-37)
20. Are incarnates rescued during the night as their bodies sleep? How? (Chapter 38)
21. What are the problems when unprepared people participate in mediumistic meetings? (Chapter 39)
22. What are the clouds that Andre Luiz saw while volitating an Earth's city? (Chapter 40)
23. What is the importance of proper rest? (Chapter 40)
24. Are there Spirits who take care of beings in the vegetable and animal kingdom? (Chapter 41)
25. Why should people take good care of the environment? (Chapter 42)
26. Describe the Spirit preparation before a mediumistic meeting. (Chapter 43)

27. When Andre Luiz applies passes on a discarnate woman, she gets healed from her blindness. However, the Spirit Mentor gives Andre Luiz an important advice. What is it? (Chapter 44)
  28. Describe the proportion of incarnates and discarnates in the mediumistic meeting. (Chapter 46)
  29. Why do some inexperienced mediums may disturb a mediumistic meeting? (Chapter 47)
  30. Why suffering spirits are brought into mediumistic meetings? (Chapter 48)
  31. Describe the discarnation of the agonizing person. (Chapter 49-50)
- 

4. After the book discussion, facilitator asks participants to close their eyes and visualize them next to their Spirit Mentors renewing their reincarnatory plan for this lifetime. Finish this visualization by telling themselves “I will accomplish my plans under the blessings of God.” (10 minutes)
5. Final prayer and spiritually blessed water by 2 volunteers. (5 minutes).

***Congratulations!***

**You have just finished the first step of Phase I**

Now you may continue on  
**THE SPIRITIST SCIENCE**