



# Spiritual Treatment **GUIDELINES**

**Spiritual Treatment is a therapeutical tool to be combined  
with appropriate medical and/or psychological therapy.**

*"When you fall down, pick yourself up and start over again.  
You are an ever-unfolding soul temporarily enrolled in the school of life."  
- "Child of God" by Joanna de Angelis through Divaldo Franco*

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## **1. WELCOME**



Dear friend, the Spiritist Society of Baltimore is here to serve you.

We welcome you to our fraternal counseling and spiritual treatment services. We are honored to serve you.

We understand that you may be going through a difficult moment in your life. Perhaps a family member has disappointed you or an unexpected situation threatens your plans. Please, friend, rest assured that the Spiritist Society is here to help you navigate these difficult waters. Although, in most instances, we cannot remove the rocks of your path, you will find it easier to walk it holding the hands of friends than alone. Our hope is to be this friend and to offer you a steady and trusty hand during your journey in this lifetime.

### **GOD KNOWS**

There are different moments in your life when, engrossed in problems,  
you feel ignored and think nobody knows the troubles you bear.

**God knows.**

Sometimes you may feel desperately unhappy and totally deserted.  
Still you will not be alone.

**God knows the reason of your suffering.**

**When, in deep anxiety and abused and detracted by slander,  
you wish to abandon your task, put your faith in God, and wait.**

**God knows why this must be so.**

**Surprised by a cruel fate which thwarts your most cherished plans,  
do not give yourself up to revolt and do not despair.**

**God knows what is best for you.**

**Crucified by a disease of unknown cause,  
bow your head in prayer and wait a little more.**

**God knows your disease is a path to future happiness.**

**God knows everything!**

**Just let yourself be guided by Him; seek attunement to His mercy and wisdom,  
do the best you can, and leave a trace of light along the road you travel.**

**For such is the attitude of the one who has put himself in the hands of God,  
and whom in God shall progress.**

**Joanna de Angelis**

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*Mediumistic message received by Divaldo P. Franco from the book **Child of God***

## 2. DESCRIPTION OF OUR SERVICE

The Spiritist Society of Baltimore does not charge, either directly or indirectly, for the fraternal counseling/spiritual treatment. We believe that God has never charged us for any of His blessings, therefore we also do not charge for the spiritual help that we offer you. During your treatment, it may be suggested that you read a book or listen to a CD that is available in our bookstore. If you prefer not to purchase them, you can borrow them, free of charge, from our library.

Before you receive the spiritual treatment, we offer you the opportunity to go through fraternal counseling sessions. Trained Spiritist counselors will speak with you about what you are going through and advise you on solutions for your inner transformation and treatment.

We request that you arrive approximately 10 - 15 min prior to the beginning of our meeting (Mondays at 7 PM). This allows you to settle in, store your belongings, sit comfortably, relax from the stress of traffic and your daily activities, and calm your mind to participate in the initial prayer. By arriving early, you will reap the most benefits from the sessions. When our spiritual treatment begins we will lock our doors to provide better and focused treatment to all without any distractions.

Our activities start promptly at 7 PM with an initial prayer and reading, followed by a 15-20-minute commentary about an inspirational message. Soothing music or meditational tape may be played. These initial moments are already part of your treatment.

When called, please come to the designated room or stay in where you are. We will illuminate the room in dim yellow or blue light. You will notice several people in prayer. All are praying for your recovery. The objective of the dim lights is to aid in the concentration of those who are praying.

You will be asked to sit in a chair and 2 or more people will apply "passes" (or "laying on off hands") to you. If you would like to receive more information about passes, you may ask any member of the Spiritist Society or read about it in the Spiritist Tools section of this manual. We will gladly answer your questions and recommend appropriate reading material. **During the passes, your body will never be touched.** When you are receiving the passes, try to continue meditating about the initial prayer and reading while also observing your thoughts - and maybe, you will find an answer to your questions.

After the passes, a glass of spiritually magnetized spring water will be offered to you. **Nothing has been added to the water.** More information about this spiritually magnetized water can be found in the Spiritist Tools section of this manual.

Once you leave the room, you should return to your home. Avoid doing activities, such as shopping, visiting friends or dining out. Make this a treatment night. Remember to raise your thoughts towards God and pray before going to sleep.

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## 3. INFORMED CONSENT

I have read and understood the above description of the fraternal counseling/spiritual treatment. Particularly, I noticed:

- (1) The SSB services are free of charge.
- (2) The ambient lights will be dimmed in order to favor a calming and relaxing atmosphere.
- (2) I will not be physically touched during the passes' session.
- (3) No substances whatsoever will be added to the spiritually magnetized water offered at the end of the session.

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(Signature)

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(Date)

**4. REGISTRATION FORM**

**Fraternal Counseling and Spiritual Treatment Registration Form**

The purpose of this form is to obtain critical and important information about you, which may be of assistance in your treatment. This information will never be disclosed to anyone outside of the Society nor to anyone who is not working directly in your treatment.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_

Please provide us with a brief description of your concerns or problems that may be disturbing your well-being.

Physical: \_\_\_\_\_  
\_\_\_\_\_  
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Emotional: \_\_\_\_\_  
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Spiritual: \_\_\_\_\_  
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\_\_\_\_\_

## **5. SPIRITUAL TREATMENT**



Spiritual treatment is a therapeutical tool to be combined with appropriate medical and/or psychological therapy.

Like any medical procedure, the spiritual treatment also requires preparation and patient's help. Thus, our spiritual treatment requires certain guidelines for its success before, during and after its sessions.

### **BEFORE**

1. The night before, pray to God asking that your Spirit-mentor help your treatment during the time that your body is resting at sleep time.
2. Prepare yourself when you awaken on the day of treatment by raising your thoughts to God in prayer and / or meditation.
3. Make sincere effort not to enter in any arguments during that day. Maintain yourself in prayer and faith.

### **DURING**

1. As you leave your home/work, attune yourself with God and the Spirit-mentors through prayer.
2. As you arrive in the treatment room, avoid noisy conversations and maintain yourself in silence. Try to put yourself in harmony/balance with the spirit-doctors by meditating and paying attention to the message that is read by a member of the Spiritist Society.
3. Follow the coordinators' instructions. This is a time in which you open up your mind for the beginning of the treatment.
4. As you receive treatment, place yourself in a trustful state of mind. Trust God, trust the loving team working with you, also believe in the power you have within yourself.

### **AFTER**

No treatment can be successful without a good, healthy diet and lifestyle.

Study item 8 of these guidelines and use the Spiritist Tools as a part of your treatment.

## **6. ABSENTEE TREATMENT**

This is the type of treatment that is carried out without the patient being present in the Spiritist center. There are instances in which a patient is physically unable to come to the spiritual treatment session because of distance involved or the patient is bed-ridden. Sometimes it may be the case of someone who is in dire need but he/she does not believe in Spiritism or in any other belief. Therefore, Absentee Treatment makes it possible to be of assistance to anyone in either physical or spiritual need.

This process is usually carried out in conjunction with the Mediumship Development Session. At a pre-arranged time especially reserved for this purpose, the names of those patients needing this type of assistance are called out individually, and the group spends a few moments in concentrated prayer, directing their thoughts exclusively to each person, as their names are called. This procedure creates a greater concentration of energies in their direction and the energies are multiplied according to the number of persons joined in prayer, rather than, as is usually supposed, by the length of time dedicated to each name.<sup>1</sup>

*Proceedings for at-a-distance patients are much the same as those previously given for the patients who are present.*

### **IN ORDER TO BE HAPPY...**

*Emmanuel*

**Trust** your Creator.  
**Feel** the presence of the Supreme Being.  
**Welcome** simplicity.  
**Focus** your mind on constructive thoughts.  
**Find** the positive in people and events.  
**Shield** your heart from resentment.  
**Inspire** hope and optimism.  
**Consider** the needs of others and ease them.  
**Assist** others without expecting repayment.  
**Help** much.  
**Expect** little.  
**Serve** always.  
**Sow** happiness.  
**Life** extends us opportunities...  
**Happiness** is just a natural consequence.

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*Inspirational writing by F. C. Xavier*

### **DO NOT LOSE IT!**

*Andre Luiz*

**Do not lose hope.**  
There are millions of people who would relish having the resources that are now at your disposal

**Do not lose your sense of humor.**  
Aggravation will take away from your life by depleting inner strengths.

**Do not lose your tolerance.**  
Your imperfections are continuously being tolerated by others.

**Do not lose your serenity.**  
The problem may not be as difficult as you think.

**Do not lose your modesty.**  
The mountain is above the plane, but beyond the mountain there is an infinite horizon.

**Do not lose the opportunity to help.**  
Sooner or latter you will need the assistance of others.

**Do not lose time.**  
New days will come but each moment is only lived once.

**Do not lose your patience.**  
Think of the everlasting patience of the Creator.

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*Inspirational writing by F. C. Xavier*

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<sup>1</sup> Practical Guide for Magnetic and Spiritual Healing by Jussara Korngold, Absentee Pass. Chap 9. SAB 2003.

## 7. Current Causes of Afflictions<sup>2</sup>

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.

*How many fail due to their own fault! How many are the victims of their own imprudence, pride and ambition!*

*How many ruin themselves for lack of discipline or perseverance, for wrong conduct, or for not having limited their desires!*

*How many unfortunate marriages there are because they result from calculated self-interest or vanity, and because the heart has played no part!*

*How many disagreements and disastrous quarrels could have been avoided with more moderation and less susceptibility!*

*How many ills and infirmities are the consequence of intemperance and excesses of all kinds!*

*How many parents are unhappy with their children because they did not combat their bad inclinations right from the start! Whether from weakness or indifference, they allowed the seeds of pride, selfishness and foolish vanity to develop in them, withering their hearts. Afterward – much later – in reaping what they have sown, they are surprised and afflicted by their children's lack of respect and gratitude.*

Let all those who are stricken in their hearts by life's vicissitudes and disappointments calmly examine their conscience. Let them go back step by step to the source of the misfortunes that afflict them and see whether they would not often say, *"If only I had or had not done this or that, I would not be in such a conundrum."* Who then can they blame for all their afflictions but themselves? Humans are thus in the majority of cases the artisans of their own misfortunes. But instead of acknowledging this fact, they find it simpler and less humiliating to their vanity to accuse fate, Providence, bad luck or their unlucky star, whereas their unlucky star lies in their own carelessness.

Misfortunes of this nature assuredly comprise a noteworthy contingent in life's vicissitudes, and humans will avoid them only by working for their moral as well as their intellectual improvement.

Human law reaches certain wrongs and punishes them; condemned persons can thus be said to bear the consequences of what they have done. However, the law does not and cannot reach every wrong; it touches mainly the wrongs that harm society and not the ones that harm those who commit them. God, however, wills the progress of all creatures, which is why God does not fail to punish any departure from the moral path. There is no wrong, no matter how small, or any infraction of the divine law that does not have powerful and unavoidable consequences that may be more regrettable or less so. Hence it follows that in both small and great matters, humans are always punished for that in which they have sinned. The suffering that is the sin's consequence is a warning that they have erred. It gives them experience, enabling them to sense the difference between good and evil and the need to improve themselves so that in the future they may avoid what has been for them a source of bitterness; otherwise, there would be no motive for mending their ways, and trusting in their impunity they would delay their advancement and, consequently, their future happiness.

Experience, however, sometimes arrives a bit late, after life has already been wasted and troubled, after strength has already been spent and after evil no longer has a remedy. Then the person will say, *"If only at the beginning of my life I had known what I know today, how many wrongs I would have avoided! If I had it to do all over again, I would do everything differently. But there is no more time left!"* Like the lazy worker who says, *"I have wasted my day,"* he or she likewise says, *"I have wasted my life!"* Nonetheless, just as the sun rises the next day for the worker and a new day begins that allows him or her to make up for lost time, so also after the night of the

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<sup>2</sup> *The Gospel According to Spiritism by Allan Kardec, chapter 5, International Spiritist Council's edition*



grave, the sun will shine with a new life, making it possible to take advantage of the experiences of the past and make good resolutions for the future.

### **Prior causes of Afflictions<sup>3</sup>**

However, if there are misfortunes in this life of which humans are the primary cause, there are others which, at least in appearance, are completely foreign to them and which seem to touch them fatalistically. Such is, for example, the loss of loved ones and family breadwinners; such are, furthermore, the accidents that no foresight could have prevented; the reversals of fortune that frustrate all measures of prudence; natural disasters and congenital infirmities, especially those that take from their unfortunate victims the means of earning their livelihood through labor, such as physical disabilities and mental impairment, etc.

Those who are born into such conditions have obviously done nothing in their present life to deserve, without compensation, such a sad fate, which they could not avoid, which they are powerless to change by themselves, and which puts them at the mercy of public commiseration. Why, then, are there such unfortunate beings, while right beside them under the same roof and in the same family there are others who have been favored in every way?

Finally, what can be said of those children who die at a very young age, and who knew of life only suffering?

These are problems that no philosophy has yet been able to resolve, anomalies that no religion has been able to justify, and which would be the negation of God's goodness, justice and providence according to the hypothesis that the soul is created at the same time as the body and that its fate is irrevocably set after a stay of but a few instants upon the earth. What caused these souls, having just left the hands of the Creator, to bear such miseries in this world, and to merit, in the future, any sort of recompense or punishment, when they could have done neither good nor evil?

Nevertheless, in virtue of the axiom that *every effect has a cause*, these miseries are effects that must have a cause, and if one believes in a just God, then that cause must also be just. Consequently, since the cause always precedes the effect, and since the cause in this case cannot be found in the present life, then it must be prior this life, that is, it belongs to a previous existence. On the other hand, since God can neither punish us for the good we have done nor for the evil we have not done, then if we are being punished it is because we have done evil. If we have not done evil in this life, then we did it in another. This is an alternative that is impossible to escape and whose logic shows on what side the justice of God lies.

Therefore, humans are not always or fully punished in their current existence, but they can never escape the consequences of their wrongs. The prosperity of evil persons is only momentary and if they do not expiate their evil today, they will tomorrow; likewise, those who suffer today are expiating their past. The misfortune that at first seems to be undeserved thus has its reason for being, and those who are suffering may always say, *"Forgive me, Lord, for I have sinned."*

Sufferings due to prior causes are frequently, like those that arise from current wrongs, the natural consequence of wrongs that were committed previously; 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.

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<sup>3</sup> *The Gospel According to Spiritism by Allan Kardec, chapter 5, International Spiritist Council's edition*

Thus, through the plurality of existences and the function of the earth as an expiatory world, one can explain the anomalies displayed in the distribution of fortune and misfortune between good and bad persons on this world. This anomaly exists in appearance only because it is considered from the point of view of the present life.

However, if we elevate ourselves by means of thought so as to embrace a series of existences, we will see that everyone receives the share they deserve without harm to what will be given to them in the spirit world, and that God's justice is never broken.

Humans must never lose sight of the fact that they are on a less evolved world and that they are kept there solely because of their imperfections. With each vicissitude, they must tell themselves that if they belonged to a more advanced world, it would not be happening, and that it depends on them alone – by working to improve themselves – not to have to return to this world.

Life's tribulations may be imposed on hardened spirits or those too ignorant to make a choice knowingly, but they are freely chosen and accepted by *repentant* spirits who want to repair the evil they committed and to try to do better. So it is that, having performed its task poorly, the spirit asks to start over so as not to lose the benefit of its labor. Therefore, tribulations are at the same time expiations that punish the past and trials for the future, which they prepare. Let us render thanks to God, who, out of divine goodness, grants humans the possibility of reparation and does not irrevocably condemn them for their first wrong.

One must not think, however, that every instance of suffering endured on this world is necessarily the indication of a specific wrong. They are often simply trials chosen by a spirit to finish its purification and to accelerate its advancement. Hence, expiation always serves as a trial, but a trial is not always an expiation. Trials or expiations, however, are always signs of a relatively low order spirit, because one who is perfect has no more need of being tested.

Consequently, a spirit may have acquired a certain degree of elevation, but wanting to advance further, it requests a mission, a task to complete. The more trying the struggle, the more it will be recompensed if it emerges victorious. Such are, more specifically, those persons of naturally good instincts, of elevated spirit and noble innate sentiments, who seem to have brought nothing evil from their previous existence, and who endure the greatest afflictions with wholly Christian resignation, asking God that they might bear them without complaining. On the other hand, one may consider as expiations those afflictions that provoke complaint and compel humans to rebel against God.

Suffering that does not provoke complaint may undoubtedly be an expiation, but this indicates it was voluntarily chosen beforehand rather than imposed, and it is a test of a strong resolution, which is a sign of progress.

Spirits cannot aspire to perfect happiness as long as they are impure. Any kind of blemish prevents their entry onto blissful worlds. They are like the passengers on a plague ship, to whom entrance to a town is forbidden until they have been purified. It is in their many corporeal existences that spirits rid themselves little by little of their imperfections. The trials of life enable advancement when well accepted. As expiations, they erase wrongs and purify.

It is the medicine that cleanses the sores and heals the patient. The graver the illness, the stronger the medicine must be. Therefore, those who suffer greatly must tell themselves that they have much to expiate, and should rejoice at being healed sooner. It depends on them, through resignation, to make such suffering profitable and not to waste the fruit by complaining. Without resignation, they will have to start all over again.

## 8. SPIRITIST TOOLS

- 8.1 - God at Home
  - 8.2 - Passes
  - 8.3 - Prayer
  - 8.4 - Spiritually Magnetized Water
  - 8.5 - Fraternal Counseling
  - 8.6- Reading and Listening Inspirational Materials
  - 8.7- Intelligent Sleep
  - 8.8 - Inner Transformation
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### 8.1- God at Home

In a challenging world, it is essential that the family finds ways to protect and recharge its forces in the light of spiritual teachings. The God at Home meetings are these wonderful opportunities in which the Spirit-guides/mentors can help the family/home members. Following the example of Jesus Christ, we recommend these familial meetings in which we attune ourselves with God.



Here are some guidelines to these family meetings:

- Choose day and time to have the God at Home meeting on a weekly basis. Be consistent!!!
- Invite family members and/or friends to participate. However, if no is available, do it alone. Children are also encouraged to attend, and a special time during the meeting should be reserved for them, given their age and maturity level (*see guidelines for children below*)
- Start it with a short, heartfelt prayer.
- Read and study inspirational messages from books such as the Gospel According to Spiritism, Child of God, or any others that fit the purpose.
- Close this meeting with a prayer.
- Maximum time recommended for the meeting: ~60 min.
- Do not use these meetings to bring up family/personal issues.

### *Guidelines for children<sup>4</sup>*

In order to allow all family members and friends to be a part of this meeting, it is important to keep the youngest members happy and occupied while still being a part of the Group. Depending on the age of the children, the following are some suggestions to help you achieve this goal. Parents are encouraged to add ideas to this list as they are in the best position of knowing their attention span and interests:



- **Book coloring** - Religious theme book is encouraged.
- **Bead strings** - Creating strings of colorful beads can be fun and entertaining.

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<sup>4</sup> The Gospel at Home by Allan Kardec Educational Society (2001). The Gospel at Home is also an excellent reference book for this type of gathering.

- **Drawing** - Making outlines of each other's hands and then coloring them in; or maybe drawing the Group members can be engaging.
- **Play dough** - A favorite pastime for kids and a great source of creativity.
- **Writing** - Possibly, they can write a very short prayer or a letter to God.
- **Puzzles** - Always welcome!

## 8.2 - Passes

The pass is a transfusion of energies that alters the entire cellular field. Science teaches us that the atom is not the indivisible component of matter, but that prior to it are sub-atomic principles, and that prior to those principles is thought. In Nature, everything originates in the spirit. If we renew our thoughts, everything within us is modified. In magnetic healing, the sending and receiving of this spiritual assistance helps the patient to help him/herself. The enlivened mind is able to renew the microscopic organisms in the body and healing begins. The pass has a decisive influence in healing when received with respect and confidence/faith.<sup>5</sup>

In other words, passes are the transference of spiritual fluids from a pass-giver and/or Spirit source to a patient. Spiritism divides passes into three types:

- (1) **magnetic**, in which the energy source is the pass-giver;
- (2) **spiritual**, in which the energy source is the Spirit; and
- (3) **mixed**, in which the source is both.

Spiritists believe that, in practice, most passes are of the third type.<sup>6</sup>



*There we can observe three aspects of the pass<sup>7</sup>:*

- It offers the patient some relief from suffering, even though a cure might not necessarily be achieved.
- It offers the pass-giver an opportunity to be charitable and to serve others.
- It offers the spiritual workers a more effective means of helping those in need.

<sup>5</sup> In the Domain of Mediumship by Andre Luiz (Spirit) through F.C Xavier, SAB (2004).

<sup>6</sup> David J. Hess – Spirits and Scientists – Ideology, Spiritism and Brazilian Culture, 1991, The Pennsylvania State University.

<sup>7</sup> Magnetic & Spiritual Healing by Jussara Korngold, SAB (2003)

### 8.3 - Prayer

Prayer is an invocation through which, by means of thought, Man enters into communication with the being to whom he directed himself. This may be for the purpose of asking for something, giving thanks or as a glorification. We may pray for ourselves or for others, for the living or for the dead. Prayers addressed to God are heard by those Spirits who are charged with the execution of His will. All those addressed to good Spirits are referred to God. When someone prays to beings other than God, these are serving as mediators or intercessors, because nothing can happen without God's wishes<sup>8</sup>.

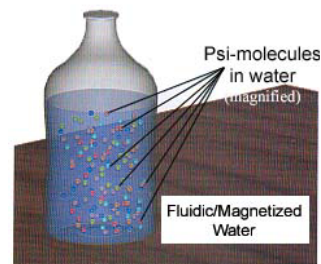


*“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.” (Matthew, 6: 5-8)*

Jesus clearly defined the quality of prayer. When you pray, he said, you shouldn't draw attention to yourself, but pray in secret. Don't make your prayers overly long; it isn't the number of words that guarantees you a hearing, but their sincerity. If you have anything against another person, forgive him or her before you pray: prayer that comes from a heart touched by uncharitable feelings is not pleasing to God. Finally, pray with humility as the tax collector did, not with pride like the Pharisee. Look at the imperfections in your character, not at your good qualities; and if you compare yourself to someone else, look at your own faults first<sup>9</sup>.

### 8.4 – Spiritually Magnetized Water<sup>10</sup>

The human body is known to be composed of about seventy percent of water. In Spiritism, it is a common practice to offer a small quantity of water to the patient after receiving the pass as a complement to this process and as a means of revitalizing the physical body. This is not ordinary water, because it has been saturated with beneficial fluids (psi-molecules) originated in the spiritual world under the guidance of the Spiritual Benefactors responsible for the work of passes.



This is why it is called fluidically magnetized water. This special water enables the patient to retain energies and increases the absorption potential of restoring fluids received during the pass. This will allow the patient to continue to receive spiritual benefits between the pass sessions. It is also very helpful for the digestive organs to receive a direct influx of spiritual fluids.

Ordinary water has the possibility of conserving spiritual fluids for indefinite periods of time without having their properties suffer any deterioration. Being of an inorganic nature this substance also plays an important part in the revitalization of the physical body and is, in fact,

<sup>8</sup> The Gospel According to Spiritism by Allan Kardec chap 27 item 9

<sup>9</sup> The Gospel Explained by Spiritism, Chapter 27, (1) and (4), p. 255

<sup>10</sup> Practical Guide for Magnetic and Spiritual Healing by Jussara Korngold, Magnetic Properties of Matter. Chap 13., SAB (2003). Figure adapted from 'Manual do Passista' by Jacob Melo

the primal vehicle of vitality and thought to act as a possible link between organic and inorganic principles.

### **8.5 – Fraternal Counseling**



Spiritist Centers offer this modality of fraternal assistance in order to help newcomers and anyone who is in need of counseling due to physical, psychological and/or spiritual disturbances. The fraternal counselors are especially trained on both the knowledge of Spiritism and the techniques of counseling.

### **8.6 – Reading and Listening to Inspirational Materials**

It is essential that you cultivate the habit of reading inspirational books as well as listening and watching spiritually uplifting programs, especially during the period of your spiritual treatment. Such habits should help you attune to good thoughts, which are necessary for your treatment. We also suggest that you get used to reading an inspirational message before you leave your home and meditate on it during that day. Spiritist books are of great help.



**The Spiritist Society of Baltimore has a bookstore where you can buy inspirational books and CDs. In case you do not want to buy them, you can borrow any of them from our library.**

### **8.7 - Intelligent Sleep**

The purpose of sleep is to rest the body. The spirit, however, doesn't need rest. So, while the physical senses are resting, we, Spirits, partly freed from the body, enjoy all our faculties. Sleep allows us to renew ourselves both at the organic and the psychic level. While the body recovers the energy it spent during its waking hours, the spirit renews itself through contact with other spirits. From what it is given to see, hear, and learn in this state, the soul receives directives that come forth during the day as intuitions. Sleep, then, represents the temporary return of the exile to the true world; it is comparable to a moment of freedom granted to a prisoner. But, sometimes, just as in the case of an unrepentant prisoner, the Spirit does not always use its moments of freedom for its own progress. If it is inclined to wrong-doing, it will spend its time in the company of like-minded Spirits instead of in the company of good Spirits and it will go to places where it can give free rein to its desires. And suffering is increased.

## What happens while we are sleeping?

### 1. *Physically...*

#### The brain is active.

- There are different sleep stages
- REM (Rapid Eye Movement)

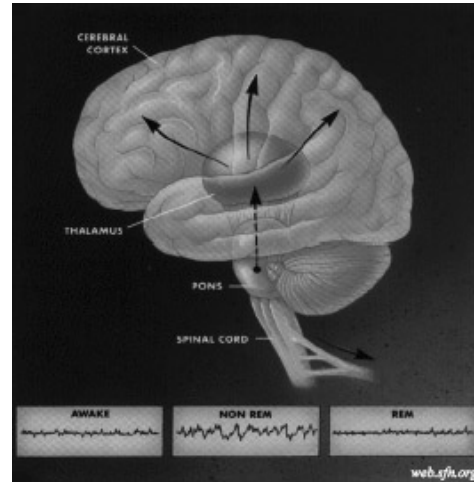
**Dreams phase!**

#### Important for:

1. Stability of brain synapses;
2. Memory consolidation;
3. “Almost all synaptic activations in embryonic circuitry in some animals occur during sleep states”;
4. “A marked increase in the excitability of the brain’s internal communication systems occurs during REM sleep.”

### 2. *Spiritually...*

- The spirit is never inactive!
- We have continuous thought.
- Our abilities are expanded while the body is resting.
- The body does not need his presence, then the spirit travels through space.



When people sleep, they experience periods of Rapid Eye Movement. During this stage, which is associated with dreaming, the brain becomes very active. REM sleep and dreaming are triggered by the pons and neighboring structures in the brainstem. The pons sends signals to the thalamus and the cerebral cortex — which is responsible for most cognitive activities. The pons also sends signals to shut off the neurons in the spinal cord. (Illustration by Lydia Kibluk)

#### Importance

1. To keep in touch with the spiritual plane.
2. It is a way to offset our close contact with earthly energies.
3. To replenish ourselves in the sources of higher good.
4. It is a time of leisure before returning to our tasks.
5. Reinforce our goals for this reincarnation.

## 8.8 – Inner Transformation

Inner transformation is fundamental for those who really want to live better. It is a great opportunity to get to know yourself. Inner transformation consists of an inner journey where you get used to self-observation of your acts, especially the negative tendencies, and work on them in order to eliminate or change them. St. Augustine proposed a good example in how you can work on this self-knowledge:

*-"At the close of each day, examine your conscience, review everything you have done, and ask yourself whether you have not failed in some duty, whether someone might not be within their rights to complain of you. Through this method you will come to knowledge of yourself and discover what there is about you that still needs reforming. If you examine your actions in this way every evening and pray for increased insight into your motives, you will find the strength to improve for God will assist you. Ask yourself what you have done and what your aims were in doing it. Examine whether you have done anything that you would criticize in someone else or that you would be ashamed to be known as having done. Also ask yourself this question: **'If I were to die now, would I have to dread the sight of anyone?'** Further, consider sincerely anything you might have done against God, your neighbors, or yourself. The answers to these questions will either put your conscience at rest or show you some of the moral weakness you still have to eliminate (...)*

(...)This question and answer format is more direct than relying on maxims, which we rarely apply to ourselves in any case. It requires objective answers-yes or no-without any room for excuses. By the sum of each, we can assess more easily how much good and bad we carry within us<sup>11</sup>.



### Secret Thoughts

I hold it true that thoughts are things  
Endowed with bodies, breath, and wings,  
And that we send them forth to fill  
The world with good results – or ill.  
That which we call secret thought  
Speeds to the earth's remotest spot,  
And leaves its blessings or its woes  
Likes tracks behind it as it goes.  
It is God's law. Remember it  
In your still chamber as you sit  
With thoughts you would not dare have known,  
And yet make comrades when alone.  
These thoughts have life; and they will fly  
And have their impress by-and-by,  
Like some marsh breeze, whose poisoned breath  
Breathes into homes its fevered breath.  
And after you have quite forgot  
Or all outgrown some vanished thought,  
Back to your mind to make its home,  
A dove or raven, it will come.  
Then let your secret thoughts be fair;  
They have a vital part and share  
In shaping worlds and molding fate –  
God's system is so intricate.

Newspaper: The Progressive Thinker  
Chicago, IL. May 27, 1939

<sup>11</sup> The Spirits' Book by Allan Kardec, question 919



## **9. OUR SPIRITIST CENTER – OUR ACTIVITIES AND SERVICES**

*The SSB is an educational non-profit organization and our main goal is the education and the instruction of all those who are interested in learning and practicing Spiritism.*

### **Activities and Services**

#### **Workshops and Talks on the Spiritist Thought**

**(Saturdays 6:00 – 7:30 PM)** Special workshops and talks on the Spiritist Thought are offered to the public. No registration or charge is requested. Passes and Spiritually Magnetized Water are offered at the end of the service.

#### **Roadmap Program for the Spiritist Study and Practice**

These meetings take place every **Thursday from 7:30PM to 9:00PM** for the study of Spiritism. Anyone that is willing to learn more about the Spiritist Thought is very welcome to this study group. Check website about registration.

#### **Fraternal Counseling & Spiritual Treatment**

These services are offered every **Monday from 6:00- 8:00PM**.

Anyone who undergoes a difficult time due to physical, psychological and/or spiritual imbalance is eligible to receive the fraternal counseling and the spiritual treatment. These services comprise of prayers, instructions and special passes followed by spiritually magnetized water.

#### **Mediumship Educational Meetings *(by invitation only)***

These meetings take place every **Monday** from 8:00 PM to 10:00PM for the study and practice of mediumship according to Spiritism.

Mediumship is a natural faculty that needs to be understood and educated as much as our intelligence. These meetings are an opportunity to study and educate our mediumship within a group in a safe and charitable manner.

#### **SPYC - Spiritist Program for Youth and Children**

This program encompasses on teaching youth and children about the inspirational teachings of Spiritism. Check website for registration.

Please, contact us for more information.  
Phone: 410-382-5328 or 410 - 837-0991  
e-mail: [ssb@ssbaltimore.org](mailto:ssb@ssbaltimore.org)

**SELF- OBSERVATIONAL FORMS**  
**(Weekly)**

Spiritual Treatment Self Analysis Form  
Week 1

1- How have you felt during the past week?

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2- Have you felt better after practicing the God at Home meeting during the past week?  
What has improved in your life?

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3- How are you feeling today?

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4- How did you feel during and after today's treatment?

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5- What would you like to improve in your life today and how can you make it happen during the coming week?

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Recommendations to help you improve your life:

- 1- Prayer
- 2- God at Home
- 3- Spiritually Magnetized Water
- 4- Intelligent Sleep

*"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. And the second is like it: "Love your neighbor as  
yourself" **Jesus Christ***

Spiritual Treatment Self Analysis Form  
Week 2

1- How have you felt during the past week?

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2- Have you felt better after practicing the God at Home meeting during the past week?  
What has improved in your life?

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3- How are you feeling today?

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4- How did you feel during and after today's treatment?

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5- What would you like to improve in your life today and how can you make it happen during the coming week?

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Recommendations to help you improve your life:

- 1- Prayer
- 2- God at Home
- 3- Spiritually Magnetized Water
- 4- Intelligent Sleep

*Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke unto you, and learn of me, for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light - (Matthew, 11: 28-30).*

Spiritual Treatment Self Analysis Form  
Week 3

1- How have you felt during the past week?

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2- Have you felt better after practicing the God at Home meeting during the past week?  
What has improved in your life?

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3- How are you feeling today?

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4- How did you feel during and after today's treatment?

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5- What would you like to improve in your life today and how can you make it happen during the coming week?

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Recommendations to help you improve your life:

- 1- Prayer
- 2- God at Home
- 3- Spiritually Magnetized Water
- 4- Intelligent Sleep

*Blessed are the pure in heart: for they shall see God (Matthew, 5: 8).*

Spiritual Treatment Self Analysis Form  
Week 4

1- How have you felt during the past week?

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2- Have you felt better after practicing the God at Home meeting during the past week?  
What has improved in your life?

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3- How are you feeling today?

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4- How did you feel during and after today's treatment?

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5- What would you like to improve in your life today and how can you make it happen during the coming week?

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Recommendations to help you improve your life:

- 1- Prayer
- 2- God at Home
- 3- Spiritually Magnetized Water
- 4- Intelligent Sleep

*"When you fall down, pick yourself up and start over again. You are an ever-unfolding soul temporarily enrolled in the school of life." From the book "Child of God" by Joanna de Angelis through Divaldo Franco, p.45.*

Spiritual Treatment Self Analysis Form  
Week 5

1- How have you felt during the past week?

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2- Have you felt better after practicing the God at Home meeting during the past week?  
What has improved in your life?

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3- How are you feeling today?

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4- How did you feel during and after today's treatment?

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5- What would you like to improve in your life today and how can you make it happen during the coming week?

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Recommendations to help you improve your life:

- 1- Prayer
- 2- God at Home
- 3- Spiritually Magnetized Water
- 4- Intelligent Sleep

*"We can live without religion and meditation, but we cannot survive without human affection."*  
**DALAI LAMA**

Spiritual Treatment Self Analysis Form  
Week 6

1- How have you felt during the past week?

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2- Have you felt better after practicing the God at Home meeting during the past week?  
What has improved in your life?

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3- How are you feeling today?

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4- How did you feel during and after today's treatment?

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5- What would you like to improve in your life today and how can you make it happen during the coming week?

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Recommendations to help you improve your life:

- 1- Prayer
- 2- God at Home
- 3- Spiritually Magnetized Water
- 4- Intelligent Sleep

*"We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world."*  
**Buddha**



Spiritual Treatment Self Analysis Form  
Week 7

1- How have you felt during the past week?

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2- Have you felt better after practicing the God at Home meeting during the past week?  
What has improved in your life?

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3- How are you feeling today?

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4- How did you feel during and after today's treatment?

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5- What would you like to improve in your life today and how can you make it happen during the coming week?

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Recommendations to help you improve your life:

- 1- Prayer
- 2- God at Home
- 3- Spiritually Magnetized Water
- 4- Intelligent Sleep

*"There are different moments in your life when, engrossed in problems, you feel ignored and think nobody knows the troubles you bear. GOD KNOWS..."*

**Joanna de Angelis**

Spiritual Treatment Self Analysis Form  
Week 8

1- How have you felt during the past week?

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2- Have you felt better after practicing the God at Home meeting during the past week?  
What has improved in your life?

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3- How are you feeling today?

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4- How did you feel during and after today's treatment?

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5- What would you like to improve in your life today and how can you make it happen during the coming week?

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Recommendations to help you improve your life:

- 1- Prayer
- 2- God at Home
- 3- Spiritually Magnetized Water
- 4- Intelligent Sleep

"Good spirits empathize with everyone who is good or wants to improve. Inferior spirits, on the other hand, prefer wrong-doers or people who have tendencies in that direction. In either case it is the affinity of feelings that gives rise to special ties between spirits and people."  
(Spirits' Boo q 484)