

SpiritistNews

Volume 1, Issue 1, Nov/Dec 2003



Welcome!!!

Welcome to the first issue of our SpiritistNews. This bimonthly newsletter will be reporting articles on the spiritist thought as well as a summary of each workshop theme and upcoming events sponsored by The Spiritist Society of Baltimore (SSB). In this special issue, we are covering topics related to the seminar on Health and Spirituality.

LOOK AFTER BOTH BODY AND SPIRIT

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Edited by



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Do you need to mortify the body in order to reach moral perfection? In answering this question I turn to elementary principles. First, I begin by showing you the importance of taking good care of the body because its health or sickness has a significant influence on the soul. The soul is, after all, a sort of prisoner of the flesh; and if the soul is to function, prance, and rejoice in freedom (albeit relative), the body must be sound, alert and vigorous. Consider the following situation. Suppose that both body and soul are in perfect condition: What should you do to maintain the balance between their very differing aptitudes and needs? Two systems have arisen with supposed answers to this situation: the system of the ascetics, who want to chastise and subdue the body; and the system of the materialists, who glorify the body and want to annihilate the soul. These are, in fact, two forms of violence and one is about as foolish as the other. Between these two perspectives is a large and indifferent mass of people. They lack both conviction and passion, they are tepid in love and stingy in pleasures. Ask yourself, then, Where is the wisdom in any of this? Where is the science of living? No where at all. But do not doubt for a moment that this great problem would remain unsolved if the Spiritist Doctrine had not come to help the researchers and to demonstrate the real relation-

ship between the body and soul, to show them that, since the two are absolutely necessary to each other, both body and soul have to be looked after. Love your soul, but also take care of your body, which is the instrument of the soul. Not to pay attention to its needs is to ignore the Laws of Nature, which is akin to ignoring God. Do not blame your body, either, for failings that happen only because you misuse your free will and for which the body is about as responsible as a misguided horse is for the accidents it causes. Besides, will you be more perfect if in chastising your body you do not become less selfish, less arrogant, more loving toward your neighbors? No, this is not the way to perfection, which can only

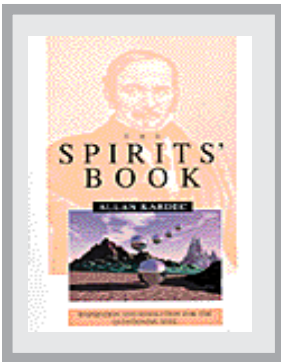
“Love your soul, but also take care of your body, which is the instrument of the soul.”

be found in the betterment of the spirit. When it comes to your lower tendencies, subdue and slight them; indeed, reform them in the forge of your good resolutions. This is the way to make your soul responsive to the Divine Will. This is the one and only way to perfection. 11 - **Georges, A Guardian Spirit (Paris, 1863).** ■

GOSPEL EXPLAINED BY THE SPIRITISM by Allan Kardec- *Be Perfect*. Chapter 17, item 1864. *edited by AKES*

“Unshakable faith is that which can stand face to face with reason in all epochs of humanity.”

Allan Kardec



BODY & SPIRIT

Is the free exercise of the spirit's faculties subordinated to the development of his corporeal organs during his incarnation?

“Those organs are the soul’s instruments for the manifestation of its faculties; that manifestation is, therefore, necessarily subordinated to the degree of development and perfection of those organs, as the perfection of a piece of manual work depends on the goodness of the tool employed.”

May we infer a connection between the development of the cerebral organs and that of the moral and intellectual faculties?

“Do not confound effect and cause. A spirit always possesses the faculties that belong to him; but you must remember that it is not the organs that give the faculties, but the faculties that incite to the development of the organs.”

The Spirits' Book by Allan Kardec - Questions 369 and 370. - *edited by AKES.*

Because people wrongly believe that their nature cannot be changed, they often consider themselves relieved of the responsibility of trying to correct their faults. This applies especially to faults that they willingly indulge in—their pursuit of pleasure or that would require a great deal of persistence and inner strength to eliminate. This is why, for example, people who are prone to angry outbursts usually blame an “uncontrollable temper” for their pattern of behavior. Instead of admitting their guilt, they point to some physiological cause of their anger, and in this way shift the blame for their problem onto God still another result of the pride that is at the heart of human imperfections.

Unquestionably, some people are more likely to commit violent acts than others, just as some muscles are more flexible and more capable of acts of strength. But do not think that the real cause lies in their physical constitution. You can rest assured that a peaceful spirit, even in a strong, muscular body, will always be peaceful. But a violent spirit, even when it occupies a feeble body, will not be any milder; its anger will simply take on a different form. One

"Anger does not mean that you don't have good qualities; but it can stop you from doing good, and it may lead you into great evil. These two facts alone should be enough for human beings to make the necessary effort to overcome this emotion..." - A Guardian Spirit (Bordeaux, 1863). .."

A N G E R

is characterized by self-control, the other is given to uncontrolled outbursts.

It is not the body that causes raging anger or any other vice. All the higher qualities, and all the lower ones, come from the spirit. If not, where would merit and responsibility lie? The person who has a physical deformity cannot do anything to remedy that situation because his spirit lacks the power to correct it. What he can change is his internal impulses when, that is, the desire to change is strong enough. And do

not doubt that the power of such desire is nearly unlimited as you can see when you look at the truly m i r a c u l o u s transformations in people’s lives that happen around you daily. It is important

to realize that human beings are only controlled by their vices because they want to be. People who really want to free themselves can always do it. If this were not so, the Law of Progress would not exist.

-Hahnemann (Paris, 1863)■

GOSPEL EXPLAINED BY THE SPIRITISM by Allan Kardec – *Blessed The Meek and the Peacemakers – Anger, item 10* – Chapter 9, 1864. - *edited by AKES*

SUGGESTED PRAYER TO BE SAID...

...by the sick person: God, You are all justice. The illness You saw fit to send me I must deserve, since You never allow suffering without a just cause. So I entrust my cure to Your infinite mercy. If You decide to restore my health, blessed be Your Name! And if it is necessary for me to suffer more, blessed be Your Name just the same. I submit to Your wise purpose without complaining, knowing that what You do can only be for the good of Your creatures. Dear God, let this sickness be a timely warning to me—one that will cause me to meditate on myself. I accept it as correction for my past and a test of my faith, and out of respect for Your Will.

...for the sick person: Dear God, Your plans are inaccessible to us and in Your wisdom You have allowed this illness to afflict [name]. I implore You, God, to look on this suffering with pity and, if You see fit, to bring it to an end. Good spirits, ministers of the Almighty, I ask you to second this request

to ease [name]’s sufferings. Direct my thoughts so that a balm is poured over his/her body and comfort poured into his/her soul. Inspire [name] with patience and the acceptance of God’s Will. Give [name] the strength to support the pain with Christian resignation so that the fruits of this test will not be lost.

... by the Healer: Dear God, if it pleases You, use me as an instru-ment, even if I am not yet worthy of such opportunity. Let me cure this sickness if You so desire it, because I have faith in You. I know that I cannot do anything alone. Let the good spirits concentrate their beneficial energy in me so that I can send it to the sick person. Free me, too, from all thoughts of pride and selfishness that might alter its purity.

GOSPEL EXPLAINED BY THE SPIRITISM by Allan Kardec- *A Collection of Spiritist Prayers* - Chapter 28, 1864. - *edited by AKES*

FREE MEDIUMSHIP

"Like the apostles, who were mediums in their own right, the mediums of today receive their gift freely from God."

The gift consists in the ability to serve as an interpreter to the spirits who come to impart teaching, to lead people to the pathway of goodness, and to nourish their faith. It is not right to charge for this gift because the message mediums convey is not the result of their own ideas or research or personal work. Note here that God wants the light to reach everyone not to disenfranchise the poorest of the poor. The poor should never be able to say that they do not have faith because they could not pay for it, or that they were denied encouragement and expressions of affection from their departed loved ones because of a lack of money. For this reason, mediumship is not limited to a privileged few-it is found everywhere. To make someone pay for it is to turn it away from its providential purpose. Mediumship is sacred and should be practiced in a saintly and devout manner.

If there is one type of mediumship that demands this attitude more absolutely than the others, it is healing. In the medical world, a physician offers his or her knowledge,

often gained at the cost of painful sacrifice. A healing practitioner gives of his or her own energies and sometimes even health. A price can be put on their services. The spiritual-healing medium, however, relays healing energies from the good spirits themselves and so does not have the right to charge for them. Remember that Jesus and His apostles, although poor, did not charge for the cures that were brought about through them.

Persons lacking necessary financial support can earn a living from whatever activity they like-except mediumship. If necessary, they should devote to mediumship only the time they have available after providing for their material needs. For their part, the good spirits will value the devotion and sacrifices of these persons. They will, however, turn away from mediums who intend to use them as stepping stone to earthly gratification. ■

GOSPEL EXPLAINED BY THE SPIRITISM by Allan Kardec - *Freely you have received, freely Give* - Free Mediumship. Chapter 26, 1864. -edited by AKES.

The Gift of Healing

1. "Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give."

(Matthew, 10.- 8)

2. "Freely you have received, freely give," Jesus told His disciples. With these words He recommended that no one be charged for something that hadn't cost anything in the first place. Now, what the disciples had received freely was the gift of healing the sick and casting out devils (i.e., wrongdoing spirits). God gave these gifts to them in order to ease others' suffering and to spread the faith. So Jesus told the disciples not to commercialize their gifts, i.e., to use them to earn profits or make a living.

GOSPEL EXPLAINED BY THE SPIRITISM by Allan Kardec - *Freely you have received, freely Give - The Gift of Healing*. Chapter 26, 1864. - edited by AKES.



MECHANISMS OF HEALING

The universal cosmic principle is the primitive element of the corporal body and of the perispirit, which are only transformation of it. By the sameness of its nature this elementary principle can furnish to the body the restorative principle. Being condensed in the perispirit, the propelling power is the spirit, incarnated or discarnated, which infiltrates into a deteriorated body a part of the substance of its fluidic body. The cure is performed by the substitution of an unhealthy molecule for a healthy one. The curative power will then be drawn from the purity of the inoculated substance. It depends also upon the energy of the will, which provokes a more abundant fluidic emission, and gives to the fluid a greater force of penetration. In short, it is the intentions of him who desires to cure, *let him be man or spirit*. The energy which emanate from an impure source are like defective medical substances.

The effects of the fluidic action upon illnesses vary according to circumstances. Its action is sometimes slow, and requires a prolonged treatment, as in ordinary magnetism. At other times it is rapid as an electric current. There are some persons endowed with such a magnetic power, that they perform upon certain ill people instantaneous cures only by the laying-on of hands (*passes*), or sometimes by the sole act of will. Between the two extreme poles of this faculty there is an infinite variety of distinctive shades. All the cures of this kind are from the different varieties of magnetism, and differ only in the power and rapidity of their action. The principle is always the same: it is the cosmic principle that plays the role of therapeutic agent, the effect of which is subordinated to its quality and to special circumstances. ■

GENESIS by Allan Kardec - *Cures*, Chapter 14. 1868. -edited by Spiritist Alliance for Books

"...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 neighbour as yourself.'
Jesus Christ

JOIN OUR ACTIVITIES !!!

2004 WORKSHOP SERIES

- Jan 31 – The Spiritist Thought and Humankind
- Feb 21 – God and Us
- Mar 13 – To be or Not to be a Spirit
- Apr 03 – Reincarnation: Our many lives, Our many opportunities
- Apr 24 – Past lives, Past memories
- May 15 – Sleep and Dreams
- Jun 05 – We are never alone
- Jun 26 – Our mediumship, Our Sixth Sense
- Jul 17 – And life Goes on
- Aug 07 – Astral Cities: Our spiritual homes
- Aug 28 – Guidelines for Eternity
- Sep 18 – Peace at Work
- Oct 16 – SOS Family
- Nov 13 – Love, Justice and Compassion
- Dec 11 – Our Destination: Happiness

7:30 - 9:00 PM

Ruscombe Mansion Community Health Center
4801 Yellowwood Avenue - Community Hall

SPIRITIST THOUGHT STUDY GROUP

These meetings take place every **Thursday** from 8:00PM to 9:30PM for the study of the Spiritist Doctrine. They are open to the general public. For more information, please contact us.

Phone: 410 - 837-0991 or 410-382-5328
e-mail: ssb@ssbaltimore.org
<http://www.ssbaltimore.org>

FRATERNAL COUNSELING & SPIRITUAL TREATMENT

These services are offered every **Monday** from 7:00-7:45PM. Please, contact us for more information.

Phone: 410 - 837-0991 or 410-382-5328
e-mail: ssb@ssbaltimore.org

Mediumship Educational Meetings (by invitation only)

These meetings take place every **Monday** from 8:00 PM to 9:30PM for the study and practice of mediumship according to the Spiritist Doctrine.

Phone: 410 - 837-0991 or 410-382-5328
e-mail: ssb@ssbaltimore.org

DO NOT LOSE IT !!! A. 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 your desire to learn.
Death itself is a lesson.

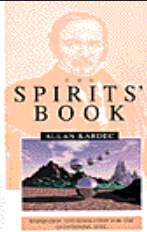
Do not lose the opportunity to help.
Sooner or later you will need the assistance of others.

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.

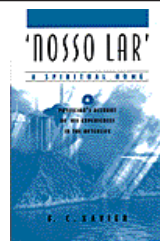
Inspirational writing by F. C. Xavier.
Produced by Allan Kardec Education Society - AKES.

RECOMMENDED BOOKS



The Spirits' Book Allan Kardec

"The Spirit's Book contains the basic tenets of the Spiritist Doctrine. But whether one is a Spiritist or not, this book is a must-read for every spiritually-inclined person. The "dialogues" between Kardec and the spirit instructors reveal a wisdom that challenges many of our preconceived notions about our spiritual reality, as well as about the causes and purposes of many things and events that are seemingly inexplicable. On a more personal level, the questions and answers featured in the book invite us to a better understanding of the higher-self within each of us; they also show us how our past can be reflected in our present successes and struggles and how we can unlock the gates to a brighter, better future. Throughout, Kardec's flawless logic, coupled with the spirits' superb discernment and compassion, make *The Spirits' Book* a source of inspiration and resolution for the questioning soul, a guide for living ethically in our unsettled world." - *edited by AKES.*



Nosso Lar - A Spiritual Home F.C. Xavier

André Luiz Collection

"The former physician André Luiz's articulate and compelling reporting reads more like a novel than a detailed, compelling document of afterlife existence that it is. Rarely does one find information about the afterlife that is both inspirational and informative — but such is the case here." *edited by AKES.*



Life and Life Goes on...

F.C. Xavier
André Luiz Collection

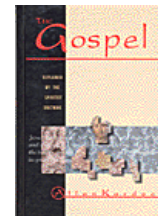
"This is a true story that illuminates life. In Evelyn's courage you will discover the force of faith, and traces of the invisible design that guides every person's return to love." - *by AKES*



Guidelines for Safety

D. P. Franco & J. R. Teixeira

The two most renowned medium-speakers of the spiritist movement nowadays answer important questions regarding multiple aspects of mediumship according to the Spiritist Doctrine. They offer safe guidelines for those who would like to understand and practice mediumship in a safe and charitable way. - *edited by Frater*



The Gospel - Explained by the Spiritist Doctrine

Allan Kardec

"The Gospel rediscovers the richness of the New Testament. Allan Kardec's selection of the timeless moral teachings of Jesus is the rock on which we are called to establish our spiritual houses and to build a new human community. It reintroduces us to a work that has shaped our thought for thousands of years." - *edited by AKES.*