

SpiritistNews

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Special Seminar:

I love myself. I am drug-free.
Spiritual Tools to Fight Addiction

March 12, 2005
by Divaldo Franco

Sponsored by
The Spiritist Society of Baltimore, Inc.

This special seminar is the highlight of our just launched campaign on how Spiritism can help prevent and treat addictions in general. It will cover an American true story on drug addiction; family issues and addiction; genetic, psychosocial, socioeconomic and spiritual factors that induce addiction. Divaldo Franco will give an overview of academic and spiritual therapies. One of the highlights will be education as a preponderant factor to Human Being's health.

Divaldo Franco is the keynote speaker of our campaign. In the year 2000, he was invited to speak at United Nations as one of the spiritual leaders in the world. He is Doctor *Honoris Causa* in Humanity and also in Parapsychology by American and Canadian Universities. Through his extraordinary mediumship, Mr. Franco has published almost 200 books and 70 of them have already been translated in 15 languages.



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Edited by



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SELFISHNESS: THE WORST IMPERFECTION OF ALL TIMES!

Think about the roots of Human problems. Underneath wars, anger, fear, depression, envy, jealousy, addictions, *etc.* lies selfishness as their common factor.

Isn't that a struggle when you deal with other people's selfishness? What about the consequent torments of our own selfishness?

Unfortunately, it is easy to recognize the signs of selfishness in our society. Usually, people wake up thinking of the bills they need to pay, the work they need to get done and other material goals that need to be achieved. Of course, people should be responsible to fulfill their tasks and pay their bills. But is that all there is to life? Some even claim that they focus that much on themselves, their jobs, their money, because they need to live better and make their own families live better. But, should it always be about "me" and "us", and nothing about the "others" or "them"?

If you still have questions on what selfishness really means, here is the definition given by Merriam-Webster's dictionary: a selfish person is the one who is "concerned excessively or exclusively with oneself: seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others." Isn't that what we find nowadays? Don't people spend most part of their days concerned about their own achievements without any regard to others? Sometimes, you just want to be heard by a friend, but that friend doesn't have time for you! The worst we have seen lately is people who want to talk about spirituality in order to promote themselves. Their ultimate goal isn't to raise awareness in spirituality, but to make a life out of selling its concepts, as if we could buy them in the market or in a bookstore.

This issue on selfishness is further explained in The Spirits' Book. In question 895, Allan Kardec asked the Enlightened Spirits the following: "What is the most characteristic sign of moral imperfection?" The Loving and Wise Spirits answered: "*Selfishness. Many people make a show of goodness, but it is like gilt in copper: it cannot stand up under the touchstone. A great many people possess qualities that the world takes for virtues, but they often lack resilience to resist trials, and the slightest blow to their self-esteem is sometimes enough to reveal the real character underneath. In fact, absolute disinterestedness is so rare on Earth that it approaches the miraculous. Attachment to material things indicates, in any event, a low level of progress. The more you care for the things of the world, the less you understand your destiny. On the contrary, detachment shows that the person has arrived at a wider and clearer view of the future.*"

Is there a way out of this deeply rooted selfishness? Yes, there is. And Spiritism gives us hope because it tells us of our long but certain journey to perfection and happiness. And yet, we will reincarnate as many times as needed to fulfill that ultimate goal. What a relief! We still have time. But let us start now. The sooner, the less we will suffer from its sad consequences. There will be less wars, depression, diseases, and disasters.

Let us then program ourselves for a less selfish life. Begin your day by proposing to give a hand to someone that is in need of a smile, a word, care, love, food, and give that person what she/he needs without expecting anything in return. This will certainly bring more peace and harmony to you and the world around you. ■

-The Editors

CAMPAIGN

This campaign "*I love myself, I am drug-free*" was launched by SSB in 2004. Its goal is to raise awareness of the underlying causes of addictions in general, as well as to educate the general public onto the prevention mechanisms and procedures, according to the Spiritist View.

The SSB has a broader definition of what is a Drug. ***It encompasses anything that can harm either our physical body (chemical substances, junk food, etc) or our spiritual body (selfishness, anger, pride, gossip, hatred, etc).***





Being well, or the state of well being, is a most comfortable, secure and fulfilled feeling, or isn't it? Is well being homeostasis, or equilibrium, wherein the various forces of life are balanced one upon another?! If this is true, well being can only be transitory, for forces in motion can only briefly be put into balance before they get out of whack once again. "Stability leads to instability" is a well known axiom of economics, and it may well, due to human psychology, be applicable in many, many human venues. If well being is not simply a balancing act and "feel good", what may it be?

Let's get down to basics. Spiritism asserts that the purpose of life is the advancement of souls to perfection. If this truly be the case, we must view well being as being in tune with such progress, on an individual and collective level. Viewed this way, well being is independent of human emotion and opinion; it is dependent on being connected to one's purpose. First and foremost, then, Spiritism turns the concept of well being on its head by focusing on something much, much less transitory and more likely to endure and bring maximum benefit.

In *The Spirit's Book*, Alan Kardec sets forth various spirits' answers to specific questions he put to them through a number of mediums. In this book, there are many references to the purpose of life and to one's optimal conduct. *The Gospel According to Spiritism* carries this discussion much further. A reading of the two books discloses the following concepts, truths and laws which lead one to follow one's purpose and, hence, to find well being.

We are not alone

Creation - the totality of existence - is quite well populated with incarnated and disincarnated spirits of varying degrees of advancement, each working its way toward the ultimate fulfillment of its life mission - perfection or union with God. With such a varied population, we find ourselves influenced by spirits who are helping us on our paths and by spirits who are more interested in their narrow self gratification. Well being, according to Spiritism, is enhanced by eschewing the advice, counsel and temptations of the lesser spirits in favor of the "superior" spirits, whose only interest is advancement or betterment of themselves and of others.

Self advancement is linked to the advancement and succor of others

Spiritism asserts that, on Earth, our primary duty is to love, fully and completely. We show this through charity and desire to help others, through strict adherence to Christ's moral principles and by following the counsel of our Guardian Angels. By loving and helping others, we break the bonds

that ego (the self that is separated from others) and materialism want to construct for us.



Each of us has a Guardian Angel

Fortunately, we have not been sent to earthly life without a lifeline - a connection with the being which has chosen to accept our care and advancement as its primary mission. What thought can better promote well being - even in the transitory sense - than the knowledge that we have the most wonderful of relationships at the beacon of a thought in its direction. How comforting is this relationship, and how fulfilling!

How do we combine the knowledge that we are literally swimming amidst spirits, that doing good for others leads to our well being and that a Guardian Angel has volunteered to guide us through our earthly process to our life's purpose.

Simply run each thought, word or action you do through a filter - "is this love or something else?" But to get a true answer, you must be purified enough to be able to filter out an ego-bound or lesser spirit-inspired answer. Spiritism shows the way to inner purification in the beautiful words of the *Gospel According to Spiritism*, especially in *chapters 17 and 19*. Even a beginner will begin to see results by following the precepts set forth in those chapters.

In conclusion, then, while most people may define well being as a "feel good" state of homeostasis, we would argue that it is nothing of the kind. Only constant attention to one's progress toward advancement of the soul brings well being. It may be that true well being may not feel very good from time to time, but a solid inner knowledge that one is following the counsel of one's Guardian Angel succors the pangs of doubt and momentary pain. Begin to look at the world through eyes and perceptions of your true, Guardian Angel-inspired self - and you will be well along on the path toward the fulfillment that being true to your life's purpose brings. Such is well being. ■

*SSB member

*"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

Before Other Nations

In a world where we communicate faster and get to know of other nations' issues and culture in the blink of an eye, many people struggle with existing cultural differences among nations. How should we behave, feel and think about that?



You shall conserve the dignity of home and honor, loving tirelessly the parents that provided you with birth and life.

You shall never negate your help to those who ask for support and understanding with domestic comfort.

You shall exalt it serving the soil that embraces you as a generous mother by reciprocating it with care and respect the bread that it gives you.

You shall be grateful to the space in which you live guaranteeing cleanliness and offering as often as possible the perfume of a flower that depend on your care.

You shall, after all, situate your heart in the nation that gathers brothers from the same ideal and same language. But you shall not forget that the same starry sky that looks at our aspirations embraces other nations' hopes which have received the Blessing of God as much as we have.

When you go to work every morning, remember that other human beings do the same, as the Sun announces the day. When you envelop your children in the night prayer, think of the mothers that in distant countries guard for their children, supplicating to the All Merciful protection and guidance to their loved ones.

Do not be judgemental thinking that the wealthy of some and the economic affairs of others are the reason of differences. The sufferings that chip our soul and the joys that push us ahead vibrate in thousands and thousands of hearts on the other hemisphere.

When you hear something related to other groups and nations which may be making wars, pray for them. They are brothers who do not know the painful consequences that will readjust their spirits later on. When you listen to the news related to other groups which may be under attonement, equally pray for them, so the gifts of work and patience do not become scarce for them.

Consider all as being our companions, creatures of the same Creator and children of the same Father. In the future, in the kingdoms of Spirit, you will see them in the condition of humanity – our true family.

Learn, then, from today, to banish the word “foreigner” from your dictionary. And when you refer to someone who was born in a different nation, allow fraternity to raise up from your soul to your lips, and sincerely say “our brother”.

- EMMANUEL

Paris, France, August 21, 1965.

Emmanuel was Chico Xavier's mentor.

Among Brothers of Other Lands (*Entre Irmaos de Outras Terras*) by Francisco Candido Xavier and Waldo Vieira, chapter 32, FEB, 1965.

This book is being translated by the SSB. Revised by Laura Egger.

Kids' Place

*by Carolina Strosnider**

The importance of praying



Sometimes, we don't feel too good. We hurt inside, because someone hurt our feelings, because we are scared of something, or because we know we did something bad.

What can you do to feel better?

We can talk to God. Because God is all-powerful, all-good and all-wise. God always listens to us, even if do something wrong. God will always love us no matter what.

Talking to God is called praying. We can pray anytime, anywhere. We don't have to speak out loud to God, because God always knows what we are thinking.

Praying is better in a quiet place like our bedroom before we go to sleep. In our prayers, we can thank God for the wonderful things He has given us, like our family and friends. You can thank God for anything you want.

You can also ask God for forgiveness for something you did wrong. We can also ask God for things we want or for help doing something.

By praying, we get closer to God. Praying also makes us feel better. Next time you don't feel too good inside, remember to talk to God, to pray. You can pray anytime, anywhere because God is always listening to us.

COLORING SPACE

Kangaroo



Dog

Word Search

Word search puzzles are great fun, yet they are very easy to play: Just find the words that have been hidden in the grid —up, down, forward, backward, or diagonally. Within a word search puzzle, words can overlap; i.e., a letter can be part of two or more words.

Words to find:

| | |
|--------|------------|
| FAITH | LOVE |
| GOD | IMMORTAL |
| LIFE | MEDITATION |
| PRAYER | SPIRIT |

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F R S S L A D S S G A U P R J
Z T Z B I J R L L I W W R J Y
V M I F F X C X R J C R A B H
P U G R E H V K N J J L Y C C
I U Z E I B Z L N I O L E M F
X A I R V P N V A V Z Q R Z Z
I S M N R U S J E T W B T M P
H R M R R S Y C X I V A D K W
T N O I T A T I D E M O Y B R
I G R A O L R E W F N J T U A
A R T W F Z C G O V H W E M O
F D A R O J J E V H R H P V K
Q R L C K E I Z L E E D F Y F
L M E T Q Y Y E E X O S K K S
O B A E R S J R Z G Q H D A H
    
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** SSB member*

UPCOMING EVENTS

2005 WORKSHOP SERIES

January 29 – Where Science and Spiritism Intersect
February 26 – Spiritist tools for everyday use
March 19 – Spiritist insights for health practitioners
April 30 – Spirit-influence in our well being
May 21 – Reincarnation and sexuality
June 25 – America and its role on Earth's spirituality
July 30 – Poor or rich: why?
August 27 – Spirituality at Work
September 17 – Mediumship in you
October 29 – Wars and the spirit-world
November 19 – The family I chose
December 10 – Christ consciousness

Free Admission !!!

Activities for CHILDREN (above 4 years old) are provided, while parents are at Workshop

Time:
7:30 PM - 9:00 PM

Place:
Ruscombe Mansion Community Health Center
 4801 Yellowwood Avenue
 Baltimore - MD 21209

A SPECIAL TALK

Addiction in the Light of Spiritual Science

by **Peter Hinderberger, M.D., Ph.D.**

Many people suffer from addictions. These addictions vary from alcohol, legal and illegal drugs to gambling, sex and tobacco. Genetic as well as socio-psychological factors are disposing elements. Neurotransmitters are maintaining them. In this presentation we are exploring the deeper meaning of addiction beyond the physical realm: What do addictions do to the sublime members of our human organism, our etheric, soul and spirit?

Thursday, April 21, 2005

8 PM - 9:30 PM

University of Maryland - Student Center
 222 Pine St - 2nd floor
 Multi-Purpose Room 245
 Baltimore, MD 21201



FREE ADMISSION !!!

(no registration is required)



Peter Hinderberger, M.D., Ph.D., attended medical school in Switzerland, where he was trained in traditional as well as anthroposophically-extended medicine. Dr. Hinderberger is a leader in the field of alternative treatments for cancer, and Medical Director at Ruscombe Mansion Community Health Center in Baltimore, MD. He may be reached for telephone consultation from 8:30 - 10:00 a.m., weekday mornings (except Thursday) at (410) 367-6263.

For more information on Dr. Hinderberger visit his website at:
<http://www.ruscombe.org/pract/phinderberger.html>

For more information,
 please visit our website at <http://www.ssbaltimore.org>
 or contact us at (410) 382-5328 or at ssb@ssbaltimore.org

Sponsored by

THE SPIRITIST SOCIETY OF BALTIMORE, Inc.

The Spiritist Society of Baltimore, is an Educational
 Non-Profit Organization.

JOIN OUR ACTIVITIES

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

FRATERNAL COUNSELING & SPIRITUAL TREATMENT

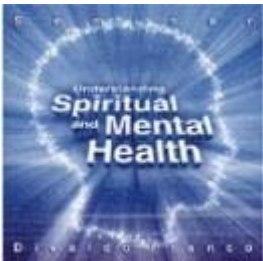
These services are offered every
Monday from 7:00-7:45PM.
 Please, contact us for more information.
 Phone: 410 - 837-0991 or 410-382-5328
 e-mail: ssb@ssbaltimore.org

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 thought.

Activities are free of charge !!!

NEW BOOKS AND CDs by Divaldo Franco (in collaboration with SSB)

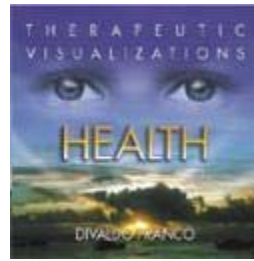


This double CD set contains Divaldo Franco's seminar "**Understanding Spiritual and Mental Health**" which happened on March 12, 2004, in the city of Baltimore, Maryland, USA. This is the first audio CD of a Spiritist seminar in the English Speaking language. The seminar covered a psychiatric analysis on the endogenous and exogenous causes of mental and spiritual disturbances (depression, anxiety, phobias, schizophrenia); a review on its pharmacological therapeutics, and an analysis of spiritual intervention and other effective psychotherapies. It beautifully describes the Spiritist view of the psychological and spiritual disturbances, as much as it gives us a clear idea of its approach to eradicate its causes and effects.



This profound and brilliant seminar, **Understanding Spiritual and Mental Health**, also generated a bilingual book (English and Portuguese, '**Compreendendo a Saúde Espiritual e Mental**') that will be launched in this event.

If you prefer the book format, this is also a great opportunity.



Therapeutic Visualizations - Health - CD is a unique material brought by the spectacular mediumship of Divaldo Franco. His spirit-mentor, Joanna de Ângelis, gives us this spiritual tool to find pathways to balance and health. "*Meditation becomes an effective way to discipline the will. It facilitates patience which helps you to conquer every day the lower tendencies that disturb you. Meditation is an imperious necessity that imposes itself before any realization. In the meditative state, you calm down your emotions and clarify your discernment, harmonizing your feelings.*" (Excerpts extracted from the book Moments of Meditation, by Joanna de Ângelis, psychographed by Divaldo P. Franco)



"**Self-Discovery, an Inner Search**, can certainly be considered a masterpiece on the Spiritist Psychology. Its spirit-author, Joanna de Ângelis, through the admirable hands of Divaldo P. Franco, brings the reader what could be considered a doctorate thesis in the topics of human psyche, its disturbances and deepest causes, as well as effective therapeutics for Humanity's greatest problems. It also summarizes a variety of theories in the field of Psychology and Psychiatry combining them with the Spiritist View of the human being and life. Moreover, Joanna de Ângelis undoubtedly develops Allan Kardec's works."

To obtain this material, please contact us by e-mail at ssb@ssbaltimore.org or call (410) 382-5328.