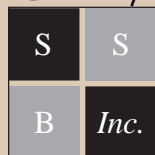




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Edited by



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## SSB

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Daniel Santos  
Vanessa Anseloni

## Can Spiritism Improve Our Mental Health?

As a mental health practitioner, I became interested in Spiritism not only for my own spiritual development but also to learn what Spiritist practices could contribute to the well being of my clients.

In the 1970's, Transpersonal Psychology attended to our spiritual nature by practices such as centering, visualization, and meditation. However Transpersonal Psychology was overshadowed by cognitive-behavioral therapy and talk therapies which primarily focused on the client's thoughts and feeling. With the popularity of books like Thomas Moores's *The Care of the Soul* and M. Scott Peck's *The Road Less Traveled*, Americans demonstrated their interest in Spirituality for self-improvement and support for daily life functioning.

Spiritism offers practices for the maintenance of mental health and treatments for mental disturbances. Prayer is explained as the opening of our hearts to our Creator, God the Father/Mother, or our favorite spiritual being such as Christ, the Buddha, Mother Theresa, etc. with a natural outpouring of words describing our petitions for ourselves, others, and the world as well as our gratitude for the spiritual help that we readily receive. Books such as *Recipes for Peace* and *Living and Loving* psychographed by Divaldo Franco from the spirit Joanna de Angelis provide illuminating thoughts to begin our day and to clear the effects of the day before going to sleep. Examples of prayers are found in *The Gospel According to Spiritism* (a metaphysical interpretation of Christ's teachings). A weekly time for spiritual reading and prayer through the spiritist practice of 'God at Home' strengthens our mental health and the mental health of our family. The practice of meditation by listening to the therapeutic visualizations on Divaldo Franco's Health CD releases stress and when used on a daily basis potentiates mental health treatments.

Specialized treatments for mental disturbances are lovingly given free of charge at Spiritual Treatment Clinic in the Spiritist Center. Fraternal counseling

enables people to reframe or gain a new understanding of their problems as opportunities for growth. They then work to release their fears which are creating blockages to the flow of universal love and compassion within themselves and through themselves to others. Trained spiritist healers<sup>1</sup> give persons seeking help 'passes' of healing energies. These spiritual healers act as instruments of the spirit psychiatrists and spirit therapists who work along with the person's Spirit guides and spiritual mentors to treat the mental disturbances. These 'passes' are hand movements through the energetic fields or perispirit<sup>2</sup>



around the person's body which facilitate the release of negative energies by the permutation of beneficial spiritual fluids. Spring or distilled water can be spiritually magnetized to be used throughout the week between the spiritual treatments to further support the person's return to well being.

As I have done these practices and experienced the specialized treatments I can testify to their effectiveness. They complement both allopathic and homeopathic medicine and/or the use of herbs and supplements for healing mental disturbances or imbalances. Furthermore, I have found the spiritists themselves to be exceptional role models of Spiritism. Their warmth, generosity, and loving acceptance and encouragement of everyone they meet is genuine and provides a healing balm so necessary in these stressful times.

So the answer to the question "Can Spiritism improve our mental health?" is **YES!** ■

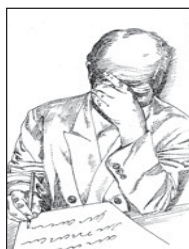
-Paula Schmidt, Ed. D.  
Clinical Psychologist and SSB member

### Editor's note:

<sup>1</sup>Although the word *healer* is used here, we clarify that in Spiritism healing comes from God and His messengers, the superior Spirits.

<sup>2</sup>Please check *March/April 2004* and *Sept/October 2004* issues for more information on what is perispirit, passes, fluidic water, spiritual treatment, ect. - website: [www.ssbaltimore.org](http://www.ssbaltimore.org).

## Chico Xavier: the greatest medium of modern times



Jesus once said: "by the fruits, we will know the tree" and we tell that Chico Xavier certainly was a very good tree in the Orchard of God. Besides his unaccountable messages of comfort to those who lined up to see him, he was a model in how to make good use of a mediumship. As a medium, Mr. Xavier produced more than 400 books, several of them have been translated into English, Esperanto, French, Greek, Japanese, etc. Always simple and humble, he has never profited in any way from his mediumship...

Read more on page 4

## THE GRANDEUR OF RENUNCIATION



1471 - 1528

**Albrecht Durer**, the excellent German painter, before he was well known, and needing to study, agreed with a young friend, a fellow artist, on the need to move to a place of greater culture where they could improve their styles. As neither had the help of a Maecenas, it was agreed that one would take a menial job as a dishwasher whilst the other painted, so that with the sale of the first paintings the one who was working would then take up his studies.

Having established the basis of their undertaking, the two friends started to work. Albert said - *"I shall dedicate myself to work"*... - whilst the other replied: - *"I am older and I already have a job at the restaurant"*.

Having agreed with his friend, Durer began to study and paint.

When they had saved up an amount that would allow the other to study, the latter gave up his job and went to School. He noticed, however, that the coarse work had destroyed his tactile sensibility and upset his motive rhythm. He realized that he would never be brilliant, he even discovered the superior talent of his friend.

Endowed with noble sentiments, he renounced his career and carried on working. One night, returning from the studio, Durer silently opened the door and remained motionless in the shadows as he saw the moonlight entering the by the skylight and illuminating hands in an attitude of prayer. It was his friend, kneeling and beseeching blessings for his companion to triumph and succeed as a painter.



The artist, moved by the sight, rendered it immortal in a small canvass, that passed on to posterity with the name *"Study of the hands of an apostle"*, at the altar of Heller, now at Albertina, Viena.

Renunciation is the emotion of Higher Spirits transformed into blessings on the pathway of men.

He who renounces, establishes future guidance for his neighbour in a climate of peace.

Renunciation is the most beneficial for he who offers it.

To be able to yield, when it is easy to quarrel; to recognize an other's worth, when at their side, giving them opportunity of development; to help without competing, these are lofty expressions of renouncement that give life a meaning of significative grandeur.

The path that is today covered with thistles and thorns, is the same that yesterday was blessed and free, but that was journeyed with selfishness.

The rough pathway marked by today's swamp, is none other than that which was left in abandonment.

The road which is difficult to get through, is the fruit of the negligence of those who went along it.

The walking feet always return to the known route, like the heavenly bodies in their periplus through space return to the same course, obeying the mathematics of universal gravity.

Happy are they, that give in today to receive tomorrow; those who give now to be enriched later; those who understand that true happiness is to help and to pass by without imposing or taking. He who renounces fills his soul with peace, attracting life's gratitude for that which has been received.

**Jesus**, renouncing the throne of the Almighty came to live with us and bear us.

Recognizing our smallness, He renounced His grandeur.

To make Himself understood, He renounced His transcendental wisdom.

To love us, He renounced His tranquillity, and suffered for us.

And renouncing His own elevation, he waits for us.



*Recipes for Peace* by Joanna de Angelis(spirit) & Divaldo Franco

## Letters to the Editor

### GUIDANCE LEADS TO FORMATION OF SPIRITUAL CENTER

I believe that God has blessed all of us with spiritual guidance for our journeys here on earth. Whether you use the term guide, mentor, "still small voice," or angel - we all can access that part of ourselves which is a reflection of the Divine within. When we do, we are often greeted by the most loving and direct communications from our guides.

My angel's name is *Grace*. The comfort of her presence has sustained me through many Dark Nights. Her guidance over the years has helped shape my life immeasurably. Her latest "suggestion" has led me to develop The *SpiritWorks* Resource Center located in Lutherville, Md.

*SpiritWorks* became a reality through an incredibly generous gift from a donor who wishes to remain anonymous. When I struggled with the guidance, concerned about the financial aspects of such an undertaking, Grace pointed me in the right direction for funding. When I resisted her suggestion regarding location, she held firm and the perfect space was delivered. The physical creation of the Center has now been completed with the help of many loving friends who have volunteered their time and energy.

As a philanthropic outreach to the public, *SpiritWorks* offers a place where information, programs, and workshops addressing spiritual interests and concerns are presented. We hold that "the paths to God are many," and as such, there is no bias toward any particular spiritual persuasion or religion. Any individual or group whose purpose is to help expand spiritual awareness is invited to use our space.

The **Spiritist Society of Baltimore** is a perfect example of the type of organization whose own goals and mission are directly aligned with ours. We are delighted to welcome the **SSB** to its new home at The *SpiritWorks* Resource Center.

by Judith Campbell

Executive Director of Health Awareness, Inc.

### My Experience with Spiritism

*I was born in a spiritist family. My grandfather had first jointed a Spiritist group in the year of 1959 in Sao Paulo, Brazil. In 1984 he together with my mother and my aunt continued with the meetings at that Spiritist center. I participated in the spiritist activities for children and my mother would read children's books on Spiritism to my brother and me. But it was not until I was 16 that the teachings on the Spiritism would deeply got into me. At that time I had 1 year left to graduate from high school and a question came to mind, what if I dye before I get my degree? It may seems an innocent question but it was really terrifying for me because on my mind a degree would be the only way to prove that I had accomplished something in my life. That was when the teachings of Spiritism helped me to realize the importance of the immortality of the soul. The great relieve came specially when I learned that everything we go through, the experiences, the great moments in our lives will be with us as spirit, nothing would be wasted. Therefore, it is a not a degree that I would acquire that would measure my qualities as a spirit, I am much more than that. Many other lessons I have been learning along the years through Spiritism. At the present moment I have been working on the lesson of serving. To serve our neighbor and our society help us to fight against selfishness and pride. I decided not to wait to have more time or not to have problems in order to be able to help a friend or give some of my time to work at the Spiritist centers. I have been learning not to wait for the moment in which I think I can do it, that I can perfectly speak English to speak at the Spiritist meetings in the United States because this time may never come. Because one thing is true, at the end we receive more than we give.*

by Fabiana F. Moura, PhD

SSB member and Founder of the Spiritist Group of Davis, CA

## LIFE'S TRIALS: EMERGING AS A BETTER PERSON



Metaphors abound about the effect of disagreeable or uncomfortable circumstances. “Trial by fire”, “hardening steel with high heat” and even “no pain, no gain”. On the other hand, we certainly have a

natural tendency to seek happiness and pleasure and eschew difficulty and trial. These words are meant to offer a Spiritist view of trial and suffering in the hope that they may serve as a guide to understanding affliction and its role in betterment.

Let's first consider tests. This particular kind of trial often follows completion of some lesson or another. For example, if you are attempting to overcome a vice, you will often experience a challenge to check your progress. Viewed in this way, a test is simply a logical extension of your exertion of will to better yourself. Certainly there can be complicated processes at work in the administration of your test, such as competing Spirits urging you to go this way or that. But, if you recognize a test for what it is and you truly will to overcome your defect, you will triumph to the extent that your moral awakening allows.



Successful completion of a test requires faith, exercise of will toward your moral objective and, surrender to your higher attributes. It may seem contradictory that you at once exercise will and surrender, but key to the successful application of will and surrender is to recognize that your small will is not the will in question. You must link your little human will to that of the Divine, as expressed through your Guardian Angel. You must constantly ask – “what is the highest good here?” It's remarkable how quickly tests go when you adopt the twin powers of Will and Surrender. It is through this means that you can escape your human bound ego, the part of you which seeks self-advantage.

Another type of trial is a more chronic situation which can be called an affliction. Afflictions may present as addiction, illness, moral depravity or any number of other human weaknesses which

separate us from the perfection which is on our path. How does one best get through a “dark” period of affliction? Of course, the answer to this question is highly individualized, but there are certain principles which can guide you.

Question 486 in The Spirits Book enjoins us to bear afflictions with resignation, comparing the process of enduring affliction to the taking of an unsavory medicine which cures. Kubler-Ross and others have documented states of illness (affliction). They note that the last state is “acceptance” or resignation. It is in this state

– after the denial, struggle, conflict and bitterness – that the ground is plowed for real learning and awareness. It is, of course, appropriate to struggle and to exercise will. Being passive is not the issue here. But, after all is done and tried, resignation may well be the proper course, as it leads to insight and awareness. It is in these latter two states that real progress can be made, helping you truly overcome the affliction. Remember, healing and cure are two different concepts. Cure refers to removal of physical symptoms; healing refers to a broader process in which the affliction is no longer recognized and its power quashed.

Your attitude toward difficulties and afflictions is central to overcoming them. Seeing them for what they are – expiations of your past excesses, volunteering to allow another to demonstrate kindness, natural cause of exercise of free will toward less than high intentions – whatever the cause, afflictions bring you a blessing in the form of a way to betterment. Viewed this way, comfort is a welcome respite in the continual challenge to overcome affliction with resignation and joy that, sometime in the future, you are sowing the seeds of your betterment. It is rare to be able to fully understand the causes and ramifications of your afflictions. But it is enough to recognize them as teachers and helpers on your way to betterment. Take stock of your afflictions now, and rejoice for their presence in your life. You may well find that your burden will lighten and your road will feel less bumpy ■

by Jim Pursely  
(SSB member)

### *In the presence of Sex*



*Sex is a Divine source and therefore should be taken seriously without abuse.*

*Psychologically speaking, in terms of sex, each person has a different view.*

*In any aspects of sex, think before acting, for the word given generates bonds for the spirit.*

*Do not try to simplify the affection needs of others by your own needs.*

*Although, love is a sublime and constant light the understanding of this varies in many different ways, on the pathway of evolution.*

*When having sex, make use of your common sense so that you do not feel guilty.*

*In any relationship, remember the basic rule: “do not do to others as you would not have them do to you.”*

*A honourable work which gives you support is a solid certainty against prostitution.*

*Do not deceive anyone on the pathway of love as you yourself might end up deceived.*

*Do not build your happiness by making other people's lives a misery. For every unbalanced relationship there will be a rectification on the basis of the reincarnation.*

*If someone has made a mistake relating to sexual experience, think honestly if you would not have done the same if you had a similar opportunity.*

*Do not judge the sexual failures or problems of others, but respect them, just as you would like to be respected in this matter. Sexual life is a private issue between two people. Therefore, if one of the partners*

*brings their problems to light, perhaps this person is guiltier than his partner is, as he participated in the same experiences.*

*With any difficulties or problems of sex, be merciful with those who are facing it.*

*Remember, on the basis of support and comprehension, if today is your day to give perhaps tomorrow is going to be your day to receive.*

Green Light by F.C Xavier and Andre Luiz, published by SGB-UK, 2004



## LIVING TO SERVE



**Francisco Cândido Xavier** (Chico Xavier) is considered the most prolific psychographic medium of all time. He was born in Pedro Leopoldo, Minas Gerais, Brazil, on April 2<sup>nd</sup>, 1910. He has lived in the town of Uberaba since 1959. He only completed his primary studies and worked as a shop assistant and later as a modest civil servant. He has been retired since 1958. He had a difficult childhood and the need to work from

an early age was, in his words, "an indescribable blessing."

His first Spiritist meeting was in May 1927. Two months later he started to exercise his mediumship publicly, at the age of 17. In 1931 he saw his mentor Emmanuel for the first time. In those early days, Emmanuel asked Chico if he was really willing to work on mediumship with Jesus. He said he was, if the Good Spirits stayed with him. Emmanuel said he would not be forsaken, but added that he needed to work, study and make efforts for goodness. Chico asked Emmanuel if he thought he was up to the task. Emmanuel replied: "Certainly, provided you try and respect the three basic points in this Service..." As the benefactor remained silent, the young man asked: "What is the first one?" "- *Discipline*," Emmanuel replied. "And the second one?" "- *Discipline*" was the answer. "And the third one?" "- *Discipline*". The medium remembers another important teaching he received in those early days:

"I remember that in one of his first contacts with me, Emmanuel told me that he intended to work with me for a long time, but that I should above all, try to follow the teachings of Jesus and the lessons of Allan Kardec. He added that if one day he taught me something that were not in accordance with Jesus or Kardec, then I should stay with Jesus and Kardec, and try to forget him."

In 1932, the Brazilian Spiritist Federation (FEB) published his first book, "Parnassus of the Beyond". Today his published books count more than 400. Several are translated into English, Esperanto, French, Greek, Japanese, etc. Always simple and humble, he has never profited in any way from his mediumship. He has withstood criticism and mockery of all possible sorts with true Christian

resignation. With the medium Waldo Vieira, he travelled to the United States and Europe, where they visited England, France, Italy, Spain and Portugal, always serving the Spiritist Doctrine. From the books he has published, over 12 million copies have been sold, only of those edited by FEB, which count 88. His historical novels, "2000 Years Ago," "50 Years Later," "Hail, Christ" and "Paul and Stephen," prompted the author Roberto Macedo to write the book "Historical-Geographic Vocabulary of Emmanuel's Novels," in which the writer explains the historical events contained in those books.

The André Luiz collection of books is at one time revealing, doctrinal and scientific. The 15 books in great part complete previous works about life after discarnation by authors such as Swedenborg, A. Jackson Davis, Reverend G Vale Owen and others. The books "Nosso Lar – A Spiritual Home" and "And Life Goes On," already available in English, are part of that collection.

In 1997, Francisco C. Xavier completed 70 years of continuous mediumistic activity. Until that year he received more than 400 books, by hundreds of Spiritual authors, about the most diverse subjects and in various styles, including poems, chronicles, novels and short stories about general and Brazilian History, science, philosophy, religion, children's books, etc.

He has dedicated days and nights to his brothers and sisters in humanity. Health problems in his youth and middle age, including eye problems and surgeries, have not stopped him from fulfilling his mission to assist those in need. His outlook is only one: love of his neighbours, disinterest in material gains and a constant and exclusive concern with other people's happiness.

Chico Xavier was a gift from Above to our troubled times, enriching our values with his life of true Christian spirit.

One of his wish was to die on a day that the Brazilian people were happy. And his wish was fulfilled on June 30, 2002, when people in Brazil were celebrating the soccer world cup championship. On that day, Chico Xavier traveled peacefully to the Spiritual realm leaving his legacy on how to **Live and Serve**.

*Adapted from the SGNy website*

### A Tribute to Humanitarian Francisco Xavier

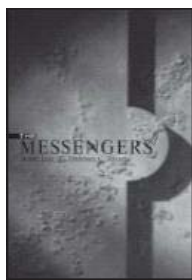
#### A Legacy of Hope and Love

Allan Kardec Educational Society

presents:

A joyous evening of reliving the life, achievements, and wisdom of Francisco Xavier. The event will culminate with the launching of **The Messengers**, one of Xavier's most influential books. Also, Divaldo P.Franco will be the keynote speaker on this event. *Don't miss it!!!*

#### THE MESSENGERS



Everyone wants to know what happens when our bodies die. *The Messengers* is about life in the after life. André Luiz's is a masterful work that affirms in vivid colors the reality of ceaseless life. Reflections, self-analysis, and commitment to change are the common notes in the life story of the many people he interviews, and whose life he follows. André Luiz has given us *The Messengers* so we too can understand that death is but a door to another world and that, truly, life goes on.

**Saturday, July 9, 2005, 6:00 p.m.**  
Community Church of New York,  
40 East 35 St., New York, NY 10016

For more information  
go to: [www.allan-kardec.org](http://www.allan-kardec.org)  
email: [akesbooks@cox.net](mailto:akesbooks@cox.net)  
Tel.: 602.996.3123

### New Spiritist Books in English

The Spiritist Alliance for Books (SAB) in collaboration with the International Spiritist Council is launching two new books:

- **Our Daily Bread** (by Emmanuel/Francisco C. Xavier)
- **Disobsession** (by André Luiz/Francisco C. Xavier & W. Vieira)

The Spiritist Group of Brighton, U.K. is launching:

- **Courage** (by Francisco C. Xavier/Various Spirits)

- **Endearing Gems From Francisco C. Xavier** (by J. Korngold & M. Levinson) published by SAB



To order these books write to: [sab-books@sgny.org](mailto:sab-books@sgny.org)

The distribution of these books in the U.S. will be made through the *Spiritist Alliance for Books*.

For more information go to <http://www.sgny.org>

## 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 himself, 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 burn books, but you cannot burn 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. If there had been but one interpreter, however favored he might have been, Spiritism would barely be known. To whatever class he belonged, that interpreter would have been the object of caution to many people and not every nation would have accepted him, whereas the Spirits communicate to the four corners of the Earth, to all peoples, to all sects, to all parties and everyone accepts them. 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. This is how it had to be accomplished if it was to lead all mankind towards brotherhood. If it did not maintain itself in neutral territory it would nurture dissensions instead of pacifying them.

The force of Spiritism, as well as the cause of its rapid spread, resides in this universal teaching. Where the word of one solitary person, even with the help of the press, would take centuries to become known by all, millions of voices are making themselves heard simultaneously in every corner of this planet. All are proclaiming the same principles and transmitting them on all levels, from the scholarly down to the most ignorant, in order that no one

be disinherited. So far, this is an advantage that no other doctrine has to offer. If Spiritism then be the truth, it is not afraid of being unwanted by man, nor of modern revolutions, nor of the physical subversions of this globe, because nothing can touch the Spirits.

We know that Spirits, due to differences in their various individual capacities, do not possess all the truth and do not claim to. It is not given to all to be able to penetrate certain mysteries. The knowledge of each one is proportional to their evolution. Ordinary Spirits know nothing more than does Man himself, but amongst them, as amongst men and women, are

those who are presumptuous and falsely wise, who think they know everything, but who in fact are ignorant; these are the systematical ones who take their own ideas to be the truth. In short, it is only the highly evolved Spirits, those who are almost completely dematerialized, who find themselves free from earthly ideas and prejudices. It is also known that less scrupulous Spirits do not hesitate to deceive by taking names which do not belong to them in order to impose their utopian ideas. As a result of all this and in relation to all that is outside the exclusive field of moral education, the revelations that any one medium may receive will have an individual character, without any stamp of authenticity and should be considered as personal opinions, from this or that Spirit, and it would be imprudent to accept them or thoughtlessly propagate them as absolute truths.

*The Gospel According to Spiritism by Allan Kardec, Introduction, item 2. published in 1864. (English version by AKP)*

### Do It Anyway

"Kind words can be short and easy to speak, but their echoes are truly endless."

*People are often unreasonable,  
Illogical, and self-centered;  
**Forgive them anyway.***

*If you are kind,  
People may accuse you of selfish, ulterior motives;  
**Be kind anyway.***

*If you are successful,  
You will win some false friends and some true enemies;  
**Succeed anyway.***

*If you are honest and frank,  
People may cheat you;  
**Be honest and frank anyway.***

*What you spend years building,  
Someone could destroy overnight;  
**Build anyway.***

*If you find serenity and happiness,  
They may be jealous;  
**Be happy anyway.***

*The good you do today,  
People will often forget tomorrow;  
**Do good anyway.***

*Give the world the best you have,  
And it may never be enough;  
**Give the world the best you've got anyway.***

*You see, in the final analysis,  
It is between you and God;  
**It never was between you and them anyway.***

*Written by Mother Theresa*



## UPCOMING EVENTS

### 2005 WORKSHOP SERIES

**June 25** – America and its role on Earth's spirituality

**July 30** – Poor or rich: why?

**Free Admission !!!**

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

Time:

**7:30 PM - 9:00 PM**

Place:

*SPIRITWORKS* Resource Center  
1300 York Rd - Building C, 3th Floor  
Luterville, MD 21093

*Special Talk*

**SPIRITISM IN OUR DAILY LIVE**  
by Miguel & Terezinha Sardano

**Saturday, May 28, 6PM-8PM**  
Place: 1300 York Rd - Building C, 3th Floor  
Luterville, MD 21093

## Be Aware !!!

After May 28/2005  
All our activities will be held at new location:

*SPIRITWORKS* Resource Center  
1300 York Rd - Building C, 3th Floor  
LUTERVILLE, MD 21093

"See SSB website for directions"

## A SPECIAL WORKSHOP

### Living The Harmonial Philosophy The Life and Teachings of Andrew Jackson Davis with Tom Cratsley\*

Andrew Jackson Davis was more highly regarded and well known in the 19th century than Edgar Cayce has been in the 20th century and yet his influence has been all but lost to time. In this workshop we will review some of the many contributions Davis made to modern thought and the understanding of the human condition. We will also review his rise from illiteracy to the prophet of his century.

In addition to lecture, this workshop will include discussion, meditation, and other exercises so that the principles of the harmonial philosophy can be better understood and practically applied.

**Thursday, June 2nd, 2005**

**7 PM - 10:00 PM**

at new location:

*SPIRITWORKS* Resource Center  
1300 York Rd - Building C, 3th Floor  
LUTERVILLE, MD 21093

**FREE ADMISSION !!!**

(no registration is required)



\*Tom Cratsley, B.S. A dynamic healer and teacher, Tom has developed innovation methods for healing which achieve consistent results. His joyful approach opens the hearts of all who work with him. Tom studied psychology and religion at Harvard Divinity School. He has traveled extensively for over 20 years teaching and healing throughout the U.S. and Canada.

He is one of the directors of *Lily Dale Assembly*, mecca of the spiritualist movement in the U.S.

For more information,

please visit our website at <http://www.ssbaltimore.org>  
or contact us at (410) 382-5328 or at [ssb@ssbaltimore.org](mailto: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](mailto:ssb@ssbaltimore.org)

### FRATERNAL COUNSELING & SPIRITUAL TREATMENT

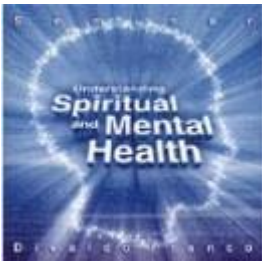
These services are offered every **Monday** from 7:00-7:45PM. Please, contact us for more information. Phone: 410 - 837-0991 or 410-382-5328  
e-mail: [ssb@ssbaltimore.org](mailto:ssb@ssbaltimore.org)

### 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)

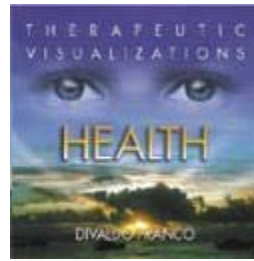


This double CD set contains Divaldo Franco's seminar "Understanding Spiritual and Mental Health" which happened on March 12, 2004, in the city of Baltimore, Maryland, USA. This is the first audio CD of a Spiritist seminar in the English Speaking language. The seminar covered a psychiatric analysis on 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](mailto:ssb@ssbaltimore.org) or call (410) 382-5328.