

# SpiritistNews

Year 5, Issue 3, May/June 2007



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Daniel Santos, Ph.D.  
Vanessa Anseloni, Ph.D.

## What is Spiritism?

Spiritism, a word created by Allan Kardec, is a Science that studies the origin, nature and destiny of spirits and the relations between the corporeal and the spiritual life. It is a Science, but it is not a laboratory science because the object of investigation is the psyche, individualities, and the spirits that come when they want. It is a science of observation. At the same time, it is also a philosophy because it explains who we are, where we came from, where we are heading and why we suffer. What is the purpose of our life on Earth? Who has not asked this question yet? Why do evil people 'progress' and the good ones suffer so much? Why are there so many contagious infectious diseases? What about birth defects? Why does the degeneration of the body happen? Why the misery of some and the abundance of others? Thus, our philosophy was born on the foundation of reincarnation.

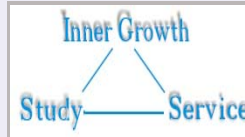
Reincarnation is not a theory generated by Spiritism. It is a philosophy of humanity. It is founded in the basic works of Hindu philosophy from over 4,000 years old. Even Jesus

mentioned reincarnation, but using other words: resurrection of the flesh. Accordingly, as we can find in Hebrew: "Greioqu", which means "to take a new body".

This philosophy has brought us great hope. Spiritism has also brought to us a moral view of life and mediumship. What is this moral view? It is the Gospel of Jesus, because of its synthesis on the moral qualities of human beings. Happy are those who love. Those who are loved are not always happy. All of those who wish to be loved are psychologically childish. They are never happy and always want more. (...)

To sum up, Spiritism is this philosophy that propagates love, compassion and charity, the teaching of "do not do unto others what you do not wish them to do unto you". This is the greatest ethico-moral proposition to humanity. This is the ethico-moral basis of religious consequences because it gives us a sense of religiousness that links us to God.

(From the book *The Dynamics of Our Sixth Sense* by Divaldo Franco, 2007).



## Living Fully



"Once you learn how to die, you learn how to live!"  
(From "Tuesdays with Morrie" by Mitch Albom)

Death is, from day one, the only certainty we have in our lives. Yet, we live life in denial of this certainty. Possible reasons include fear and the belief or sense that this is the real world and death is the end

Everything else does not define who we are. Everything else is just circumstances and tools given to us in a specific life time to propel our spiritual growth. Thus, a well lived life is one rich with experiences that fulfill our essence and constitute our true property. True property is nothing that the body can use but everything that serves the soul - such as intelligence, knowledge, and moral qualities<sup>2</sup>.

The best approach to life, according to Morrie, is to know that we are going to die and to be prepared for it at any time. This is how we can become more involved with our lives while living. The consequence of not thinking about death is that some of us are already half-dead while alive. We become too involved with materialistic things that do not satisfy us. Thinking about death and acknowledging that it is our re-entrance into the real world enhances life. Morrie suggests that we start stripping away all the extra stuff in our lives and to focus on the essentials. He suggests that we do as the Buddhists do: ask the bird on your shoulder daily: is today the day?

Here are some suggestions of questions that might help us focus on what is essential to get ready to die by living from now on, the *real life*: do you know yourself? Do you have unfinished business with anyone? At the end of your day, does anyone have any complaints about you? Are you healing? Are you giving? Are you in peace with your mind? Have you forgiven yourself and others? Are you learning and loving as much as you can?

- by Suzana Simoes  
(Conscious Living Spiritist Group - FL)

## References:

1. Mitch Albom; 1997. Tuesdays with Morrie. Anchor Books, A division of Random House, Inc. New York, NY.
2. Allan Kardec; 2000. The Gospel According to Spiritism. Allan Kardec Educational Society. Philadelphia, PA.

## Intelligent sleep and Mediumship

In the book "In the Domain of Mediumship"<sup>1</sup>, Andre Luiz mentions that "What amazes me is the incessant service everywhere. While awake and during sleep, in life as well as in death." Service is the way we can achieve progress. Fortunately, we can continue serving during our sleep time.

On chapter 20 of the same book referred above, the author narrated the story of a woman who is betrayed by her husband. After a heartfelt prayer, she lays down with a painful feeling in her heart. The spirit mentor applied passes to her head, which made her fall asleep. "After a few moments, her body controlled by sleepiness, she approached us out-of-body. However, she did not manifest sufficient consciousness in our plane, as we would have desired." She wanted to see and hear her husband, the mentors allowed her to do so. Finally, she fell in pain and the mentors embraced her, comforting her with loving words.

This is one example of what happens on Earth during sleep time. The physical bodies rest to restore their energy, whereas our souls travel short or long distances in different vibrational levels. It all depends on the person's thoughts. Elevated thoughts drive us to elevated dimensions in which we can replenish our spirit. And, unhealthy thoughts drive us to lower spiritual levels, which later may be recalled as nightmares.

In The Spirits' Book, question and answer 402, the Enlightened Spirits mentioned that "The spirits who at death are promptly freed from matter are those who, during their life, have had what may be called **intelligent sleep**. Such persons, when they sleep, regain the society of other spirits superior to themselves. They go about with them, conversing with them, and

gaining instruction from them; they even work, in the spirit-world." Thus, we conclude that we shall create the healthy habit of working on our intelligent sleep. An intelligent sleep starts before we go to bed, as we tune our thoughts in a loving vibration with the power of prayer. We can ask that God allows us to either gain instruction, treatment (if needed), and/or work. That is when service may continue in our lives. We can, then, communicate with our beloved ones, and restore ourselves in a healing place. Also, we can gather together with other spirits in a spiritual classroom or be part of a team who helps rescuing suffering incarnate and/or discarnate spirits. These are just few of the many activities we can do during sleep time.

In the case of mediums, it is important to understand that our service doesn't stop when the spiritist meeting is finished. During sleep time, our soul travels to different places, wherever service is required. Under the mentors' guidance, we may be able to help and bring loving comfort to our incarnate or discarnate brothers and sisters. After we fulfilled our nightly task, we return to our physical bodies to continue our daily tasks.

As mediums, we are called to serve. And we can also be of service during our intelligent sleep. To achieve it we must turn to prayer. In Andre Luiz's words, "prayer is like a blessed light that assimilates superior mental forces, which aid us in redemption and ascension"<sup>2</sup>. So, let's pray and make intelligent use of our sleep time! ■

- by Alba Nydia Morales

<sup>1</sup>In the Domain of the Mediumship - by Francisco C. Xavier and the Spirit Andre Luiz, Life in the Spiritual World. Published by LSC - Brazil, 2006.  
<sup>2</sup>Page 157.

## What happens while we are sleeping?

### Physically

- The brain is active.
- There are different sleep stages.
- REM (*Rapid Eye Movement*) periods.

*Dreams phase*

### Important for:

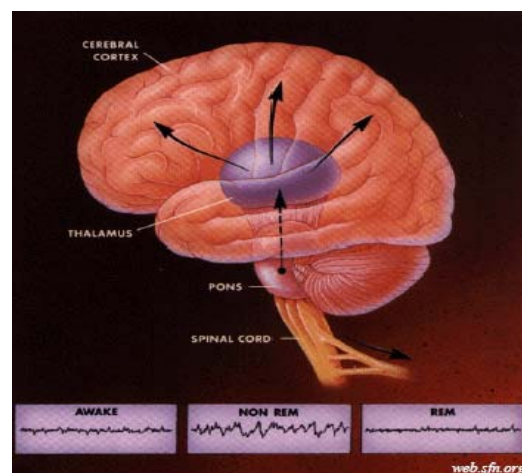
1. Stability of brain synapses;
2. Memory consolidation;
3. "Almost all synaptic activations in embryonic circuitry in some animals occur during sleep states;"
4. "A marked increase in the excitability of the brain's internal communication systems occurs during REM sleep."

### 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.

### 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.



When people sleep, they experience periods of Rapid Eye Movement (REM). 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 Kibiuk)



## A Short Story: A Matter of Using Your Faith

Mrs. Clara Ashcraft is 78 years old. She attends the elderly day care where I work as a physical therapist. She suffers from different ailments. She is obese, has arthritis, diabetes, and chronic obstructive pulmonary dysfunction which makes her breathing heavy at times. She sits in her chair all the time, approximately 6 hours a day. She is wheeled to the bathroom by our nurse assistants where she stands to transfer to the toilet. Mrs. Ashcraft can walk short distances with difficulty. Her knees, her back, and her arms hurt when she walks more than 2 minutes at a very slow pace. I have to use tons of "cheering" in order to get her to stand up and to walk. She often refuses the physical therapy that would be so beneficial to her. Once in a while, I am successful in getting her up and walking close to two hundred feet. She consistently complains and asks the Lord to help: "Oh Lord, help me", she says over and over.

I met Vanessa Anseloni for the first time when I was in Baltimore attending the Event that celebrated 150 years of *The Spirits' Book*. She mentioned how the use of the patient's belief system in medicine has positive results in recovery. I decided to integrate spiritual conversations into my treatment strategies.

The last time I approached Mrs. Ashcraft, her response was the same "not today, I don't feel too well." I took the occasion to remind her that with the Lord we can do anything that we want and that He would certainly help her. I asked her if she considered herself a person of faith to which she replied with a "yes." So I asked her how she was using her faith and if she was using it at all. How good is it to have a faith and not use it when you need it the most? This is the time to use your faith. The Lord will help you but he needs you to do your part. She replied to my comment with an enthusiastic yes. She got up and walked for 3 minutes without complaining.

Not only did she do that, but she got up later in that afternoon and walked for a second time.

The gist of our story is that faith removes mountains. In this case, the mountain was Mrs. Ashcraft's lack of motivation and her cluster of diseases. When we ask for help, our prayers will always be answered but do not forget that God helps those who help themselves - but not those who limit their actions to asking for help. Now ask yourself: what comprises your mountain? How strong is your faith? And finally, are you helping yourself? ■

-by **Suzana Simoes**  
(Conscious Living Spiritist Group-FL)



### Tips to develop a Spiritually Healthy personality:

1. **Decide firmly to bring to consciousness the possible biggest number of obscure aspects of your personality that relates to the various dimensions of Life;**
2. **Know how to accept pain and material discomfort, searching for means to solve the aversive situations;**
3. **Renounce perfectionism and the demands of futile vanity;**
4. **Develop a pleasant and generous personality, even if you lack material resources;**
5. **Understand your singularity, accepting your limitations respecting other people as they are;**
6. **Eliminate hurts of family, getting closer to those who do not understand you yet;**
7. **Recognize your external self, your personas, as agents of your personal development;**
8. **Identify yourself with your divine essence getting closer to spirituality;**
9. **Confide the visible aspects of your shadow to someone, asking for a feedback on those not perceived;**
10. **Learn how to forgive sincerely, comprehending human acts, which you could have done as well;**
11. **Take total responsibility for all of your actions and the consequences come from them;**
12. **Avoid slipping away from the world and its complex relations assuming your social identity;**
13. **Always be using your creativity as an instrument of personal growth.**

From the book "*Happiness without guilt*" by Adenauer Novaes, p. 93 - Published by the "Fundação Lar Harmonia" 2005.

## Spiritist Facts



**1858** - Kardec publishes *La Revue Spirite* [Spiritist Review], a journal for psychological studies.

The first issue of this magazine contains accounts of the first studied Spirit manifestations, apparitions, evocations, etc., as well as news pertaining to the Spiritist movement. The magazine was headquartered at 8 Rue des Martyrs, Paris.

**1858** - On April 1, the *Société Parisienne des Études Spiritiques* [Parisian Society for Spiritist Studies] is legally established. (Kardec often shortened

that name to Spiritist Society of Paris, Society for Spiritist Studies, or simply Society of Paris in his articles and conversations). It is during the weekly meetings of the Society that good part of the studies and mediumship activities supervised by Kardec take place.

**1859** - *Qu'est-ce que le Spiritisme* [What is Spiritism] is published. The book is an introduction to the knowledge of the spirit world obtained through Spirit manifestations, and contains the basic precepts of the

Spiritist Doctrine, as well as replies to main opposing arguments.

**1860** - The second edition of *The Spirits' Book* is published in March. The description «Spiritualist Philosophy» appears above the title for the first time. This new edition, which became the definitive one, contains 1019 questions and answers, divided into four parts.

*The Spiritist Review* – special edition celebrating Allan Kardec's bicentenary (1804 – 2004) - Published by the International Spiritist Council – ISC..



**"Reason requires that an intelligent effect must have an intelligent force as a cause."** - Allan Kardec (in *The Spirits' Book*)

## SPIRIT TEACHINGS

### WHOEVER HAS WILL BE GIVEN MORE

"Whoever has will be given more; whoever does not have, even what he has will be taken from him." I invite you to reflect on these great teachings, which often seem so paradoxical. "Whoever has" refers to people who know the meaning of the divine word. They've gained this knowledge only because they've striven to be worthy of it and because God, Who is merciful and loving, strengthens the efforts of anyone who inclines toward goodness. Their sustained efforts and unwavering persistence bring upon them the blessings of God. These people are like magnets, attracting to themselves the best sources of inspiration and progress, the abundant grace that makes them strong enough to scale the sacred mountain, at the top of which they'll find rest after their labor.

"Whoever does not have, even what he has will be taken from him." This is the figurative counterpoint to the first part of the phrase, not a literal



*The disciples came to him and asked, "Why do you speak to the people in parables?" He replied, "The knowledge of the secrets of the kingdom of heaven has been given to you, but not to them. Whoever has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him. This is why I speak to them in parables: Though seeing, they do not see; though hearing, they do not hear or understand. 'In them is fulfilled the prophecy of Isaiah, 'You will be ever hearing but never understanding; you will be ever seeing but never perceiving.'"*  
- Matthew, 13:10-14

one. Consider that God doesn't take back the good once it's given. Oh! Blind and deaf humanity! Please, open your minds and your hearts; see with the eyes of your spirit and listen with your souls. Above all, don't misinterpret so grossly and unjustly the words of the One Who makes the Justice of God shine brilliantly before you. No, it isn't God who takes away from the one who has little - it's the soul itself, by its wastefulness and carelessness; it doesn't know how to preserve, nurture, and grow the gift of love that it's been given.

The son who doesn't cultivate the fields his father has left him will soon see them covered with weeds. Is the father, then, taking away a harvest the son didn't look after? No, he isn't. If the seeds that would have produced the crop die because of the son's neglect can the son rightfully blame his father because they didn't produce anything? He cannot. Instead of blaming his loss on the father who actually gave him a field ready for cultivation, the son should complain to the real instigator of his problems - himself. Only after that, and armed with new energy and true regret for his mistake, can he go out to do the hard work ahead. Through sheer will power, he plows the hard land, sustained by heartfelt repentance and hope. Then he can sow the good seeds he has separated, and water them with his love and compassion. Then God, the God of love and compassion, will give him more of that which he already has. And he will see his efforts crowned with success; one grain will produce a hundred, another a thousand. So take courage, workers! Take up your harrows and your plows; work with your hearts; tear out the weeds; sow the good seed the Lord has given you and the dew of love will cause the fruits to grow.

- A Spiritual Friend (Bordeaux, 1862).  
In: The Gospel Explained by The Spiritist Doctrine by Allan Kardec: Chap. 18, AKES, 2003

## BODY & SOUL

*(...) 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. Don't 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 don't become less selfish, less arrogant, more loving toward your neighbors? No, this isn't the way to perfection, which can only 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.*

- Georges, A Guardian Spirit (Paris, 1863)  
In: The Gospel Explained by The Spiritist Doctrine by Allan Kardec: Chap. 17, AKES, 2003.



# Spiritism offers an anti-depression aid kit\*



As with any other mental disorder, depression has biological, psychological and spiritual roots. Among the first ones are hereditary, neurocircuitry, and neuropharmacological factors. Psychologically, grief, guilt, repressed emotions in general can induce depression. Spiritually, depression can be caused by one or more of the

following factors: melancholy; past lives trauma; unbalanced mediumship; and obsession. We will leave the explanation of the root causes of depression for another article. Now it is time to talk about the prevention and treatment of this widespread disorder.

The best way to treat depression is to prevent it. The visionary Spiritist Dr. Bezerra de Menezes, also known as the doctor of the poor in Brazil, stated that *"the Spiritist psychotherapy allied to modern healing techniques will definitely contribute to change Humankind's mental chart."*

In Spiritist centers, we recommend that any depressive patient also see a physician and/or a psychologist in order to take care of possible physical and/or psychological problems that may have caused the depression.

Along with that advice, the Spiritist therapy offers incredible insights and treatments to depression. Spiritism is an opportunity for those who would like to increase their levels of spirituality which can induce health to the mind and body. According to recent research articles published in PubMed (a service from the National Library of Medicine and the National Institute of Health), more than 1,800 medical publications over the last 25 years show a strong correlation between spirituality and health.

The Spiritist therapy encompasses seven tools that could be effective in either preventing and/or treating depression: (1) Inner Transformation; (2) Therapeutic Visualizations; (3) Prayer; (4) Passes; (5) God at Home; (6) Intelligent Sleep; (7) Disobsession.

Truly, all lies in the mind. Therefore inner transformation is an essential tool to either prevent or treat depression. The reprogramming of the ill mind is crucial to open new doors to a more fulfilled life. Allan Kardec, in a comment to question and answer 685 of The Spirits' Book, explained that we need to acquire new habits, in order to grow stronger in spirit. Later, in the book Genesis, Kardec wisely explained the dynamics of thoughts (*see diagram in Jan/Feb-2007 issue*). Our thoughts are electromagnetic forces that travel through the universal cosmic fluid. Depending on the intensity and frequency of our thoughts and the direction of our will, those thoughts will get condensed, by manipulating this energy that surrounds and permeates us. They will induce the saturation of the perispiritual molecules which in turn will be materialized. This is the reason why therapeutic visualizations may serve as an indispensable tool to inner transformation and empowerment of the Self. Through Divaldo Franco's extraordinary mediumship, we have been exposed to therapeutic visualizations that can, as a consequence, induce deep healing of the mind and the body. Those can be found in his CDs *Inner Journey and Health*. In support of this mind-

body connection, several scientific articles have reported that those who are prone to forgive have better health scores.

If in any way, you find it difficult to go through the inner journey, then prayer may be another necessary tool to overcome obstacles. Prayer is subjective, but is not an abstract act. It is as real as any other action we may perform in life. Recently, Dr. Andrew Newberg, MD, a neuroscientist at Penn State University, has shown that when we pray or meditate, specific brain areas light up in his imaging studies. Those praying moments should also be brought to your home, which we call "God at home" meetings (*see instructions on the Jan/Feb 2005 issue*). Invite family and friends to join you once a week and read an inspirational message together. Ask someone, when possible, to say a heartfelt prayer, praise and be grateful to the Supreme Intelligence and Love of the Universe, God. This shall bring new energy to you and your loved ones. In cases of depression, it can deeply cleanse your mind and the spiritual environment of your home, protecting from and rescuing the suffering spirits.

At the end of the day, you can add one more tool to your anti-depression kit: the intelligent sleep. When your body is sleeping, you, spirit, are more active, because you are emancipated from it. In The Spirits' Book, we observe that the Loving Spirits have recommended that we use that time "to regain the society of other spirits superior to ourselves. Talk to them and gain instruction from them." Thus, every night, before you lay down to sleep, pray so that the spirit guides bring you to the Spirit clinics where you will truly be treated by the doctors of the Spirit realm.

Moreover, you can make use of the spiritist fluidotherapy in the spiritist center. Fluidotherapy uses passes and spiritually magnetized water to treat you. In Dr. Andre Luiz's words *"Passes is a fluidic-magnetic procedure that has the objective of restoring the equilibrium of the complex Spirit-Perispirit-Physical Body."* The technique of the *passes* can not only treat but prevent depression as it helps balance your energetic/fluidic composition. Deep fluidic knots, which were caused by traumas and wrongdoings in this or previous lifetimes, can be spirit-surgically removed.

In severe cases of depression, the person may have lost the will to overcome it. Thus, call for help. Spiritual treatment meetings shall be one of the greatest aids against depression. Not only will the patient receive fluidotherapy through the passes and the spiritually magnetized water but also the spirits who may probably be obsessing the patient. More specifically, in disobsession meetings, a well-trained group of mediums with the guidance of Loving Spirit Messengers will counsel and rescue the disturbed-disturbing obsessors.

The first step to the use of the Spiritist aid kit against depression is your willingness to live a more fulfilled life. This is the reason why Christ said, **"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."** Let the door to a happier life be opened to you. Let happiness in and depression out.

- by Vanessa Anseloni, PsyD, PhD

\* This article was also published in the USSC newsletter, issue 1, 2007

## Automatic Thoughts of People Currently Depressed

- |  |  |                                    |  |
|--|--|------------------------------------|--|
| 1. I feel like I'm up against the world. | 9. My life's not going the way I want it to. | 17. I hate myself.                 | 25. I feel so helpless.                    |
| 2. I'm no good.                          | 10. I'm so disappointed in myself.           | 18. I'm worthless.                 | 26. Something has to change.               |
| 3. Why can't I ever succeed?             | 11. Nothing feels good anymore.              | 19. I wish I could just disappear. | 27. There must be something wrong with me. |
| 4. No one understands me.                | 12. I can't stand this anymore.              | 20. What's the matter with me?     | 28. My future is bleak.                    |
| 5. I've let people down.                 | 13. I can't get started.                     | 21. I'm a loser.                   | 29. It's just not worth it.                |
| 6. I don't think I can go on.            | 14. What's wrong with me?                    | 22. My life is a mess.             | 30. I can't finish anything.               |
| 7. I wish I were a better person.        | 15. I wish I were somewhere else.            | 23. I'm a failure.                 |  |
| 8. I'm so weak.                          | 16. I can't get things together.             | 24. I'll never make it.            |  |

From the book: *The Mindful Way through Depression* by Mark Willims, John Teasdale, Zindel Segal, and Jon Kabat-Zinn - © 2007 The Guilford Press.  
"Automatic Thoughts Questionnaire" copyright 1980 by Philip C. Kendall and Steven D. Hollon.



# Events in the U.S.

## UPCOMING



### NEW SPIRITIST SOCIETY IN CALIFORNIA

Hello Dear Friend!

We are happy to announce the creation of a brand new spiritual project in San Diego: the Spiritist Society of San Diego (SS of SD), which aims to disseminate the awareness and practice of Spiritist Ideas in English.

During the month of July we will be holding a series of workshops to introduce Spiritism and the new Spiritist Society to everyone interested in studying and practicing Spiritism. As Spiritist Ideas are not widely spread in America, these initial workshops plan to introduce fundamental concepts of Spiritism like the spiritual nature of human beings and the theory of reincarnation from a Spiritist perspective.

Our inaugural workshop will be held on July 3<sup>rd</sup> 2007 and the topic is **Science and Spiritism**. If you want more details about this workshop or SS of SD, visit our website at <http://www.sssandiego.org>

All events and activities at the Spiritist Society of San Diego are held in English. Therefore, feel free to invite all your English-speaking friends that may be interested in learning about Spiritism.

Shall the Higher Spirits embrace and support us in the blessed work of propagating Spiritism.

Anisio Resem,  
Spiritist Society of San Diego - California USA  
[www.sssandiego.org](http://www.sssandiego.org)

## Past



### SPIRITIST GROUP of NY

On June 10, the Spiritist Group of New York celebrated the beginning of a new phase as they moved into their full time headquarters. Vanessa Anseloni delivered the keynote address on *The Spiritist Center: Temple, Hospital, School for the Soul*. Congrats to SGNY!



Vanessa between Jussara and Joao Korngold



### Spiritist Society of Baltimore (MD)

On May 26,  
Miguel Sardano,

president of the *Bezerra de Menezes Spiritist Center* in Santo Andre, Sao Paulo, visited the SSB. He also gave a very interesting workshop on mediumship, entitled Safe-and-Sound Mediumship.



Miguel Sardano

On June 9, Gloria Coelho, president of the *Caritas Spiritist Center* (Denver, CO), gave a talk on *Why American Spirituality Needs Spiritism* at the SSB. The insights she shared with the audience were very sound and encouraging.



Gloria Coelho

### Spiritist Meeting in Marlboro, MA



The Allan Kardec Spiritist Soc. of Marlboro-MA invites you again to join in their Annual Spiritist meeting. Last year, they successfully organized the first *Auto de Souza* Fraternal Meeting in the USA. More than 100 people were present, including people from all ages. It was a real spiritual party. Once again, They will get together to study Spiritism in a very fraternal way. Come and bring your family with you. All the attendees can participate on the main workshop and can choose one of the four secondary workshops They are offering in 2007, as follow:

**Main Workshop (for all the attendants):**  
REINCARNAÇÃO, PATH TO FREEDOM  
- Vanessa Anseloni, *Psy.D., Ph.D.*  
(*Spiritist Society of Baltimore*)

**Secondary Workshops (the attendee can choose one):**  
1. PARENTHOOD FOR MODERN TIMES (*in English*)  
- Vanessa Anseloni

ENDEARING GEMS FROM FRANCISCO C. XAVIER (*in English*)  
- Jussara Korngold, *B.S., M.B.A.*  
(*Spiritist Group of New York*)

3. REINCARNAÇÃO AND OBSESSION (*in Portuguese*)  
- Cesar Campos Borges, *MD* - (Manaus, Brazil)

4. SPIRITIST VIEW OF PHYSICAL/MENTAL DISABILITIES (*in Portuguese*)  
- Marcelo Mouco Fernando, *MD* - (Manaus, Brazil)

**When:** July 22, 2007  
**Time:** 9:00am - 6:30pm  
**Where:** Holiday Inn Hotel & Suites  
265 Lakeside Avenue, Marlborough, MA 01752

**Registration is required**  
For more information about fee and lodging please contact:  
Maria Batchelor - (508)451-9811/  
[maria\\_batchelor@comcast.net](mailto:maria_batchelor@comcast.net) or  
Wallace - (508) 620-6846/  
[president@getuh.org](mailto:president@getuh.org)  
Website: <http://www.getuh.org>

Sponsored by ALLAN KARDEC SPIRITIST SOCIETY OF MARLBORO-MA

### IV Family Spiritist Retreat



The Family Spiritist Retreat is a one-day event organized by many Spiritist Centers throughout the North Eastern region of The United States. It happens during the summer vacations and consists of many educational and integralizing activities. It is an opportunity of work in family with Jesus. This year's retreat will be on July 8th. Breakfast will be served at 9am and the end of the activities will be at 5pm. All meals are provide by the organization of the event.

**Date:** July 8th, 2007

**Time:** 9am - 4pm

**Place:** Old Mine Park, Old Mine Rd.  
Trumbull, Connecticut

For more information:

**e-mail:** [info@familyspiritistretreat.org](mailto:info@familyspiritistretreat.org)  
**website:** [www.familyspiritistretreat.org](http://www.familyspiritistretreat.org)

**Phone:**

Eduardo Guimarães (NY): 1 718 729 3034  
Luciane Vieira (CT): 1 203 791 1750  
Mica Cagnani (CT): 1 203 460 1081  
Nahur Fonseca (MA): 1 857 472 2922  
Silca Bernardes (NJ): 1 201 889 2165

### ... in Virginia

On June 19, Vanessa Anseloni, *PsyD, PhD*, gave the first Spiritist workshop in Tysons

Corner, Virginia. The title of the presentation was *The Spiritual ABC's of Stress, Anxiety and Depression*. Monthly workshops on Spiritist themes shall be conducted at the facility of the Tysons Corner Healing Center.



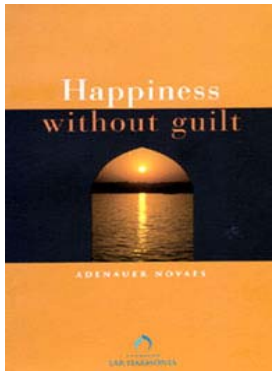
### ... in Boston - MA

On June 22, the Allan Kardec Spiritist Society of MA (AKSS-MA) invited Vanessa Anseloni to give a workshop in their workshop series. The title was *Mediumship: Gift or Mission?* Visit AKSS-MA website for future events: [www.akssma.com](http://www.akssma.com)



To announce your Spiritist event (upcoming or past one), please submit a brief information with/ without photos to:  
[ssb@ssbaltimore.org](mailto:ssb@ssbaltimore.org)

## Spiritist Books/CDs

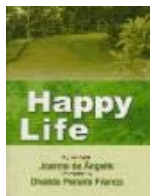


### Happiness Without Guilt

by Adenauer Novaes

This book is a little manual of help to those who are in search of happiness. It has diverse reminders to make easier the comprehension of being happy. It is not a treatise addressed to the intellect, but, little tips of practical application in daily life. To comprehend it

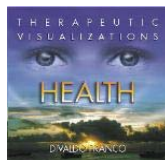
better, it is necessary to let the heart available. 143 pages - Fundação Lar Harmonia.



### Happy Life

Divaldo Franco/  
Joanna de  
Angelis

This book is for your day-to-day use. With beautiful inspirational messages, each page of this little book brings joy and comfort to all events of life.

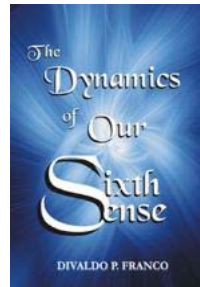


### Therapeutic Visualizations

- Health - CD  
Divaldo Franco

This 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...

(Voice: Greg Stewart)

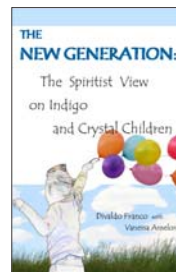


### The Dynamics of Our SIXTH SENSE

by Divaldo Franco

This book came true as a result of a phenomenal workshop given by the Brazilian medium and speaker Divaldo P. Franco on July 22, 2006 in the auditorium of the Lily Dale Assembly. It crowned the *1 Spiritist Weekend in Lily Dale*, sponsored by the Lily Dale Assembly.

This workshop represents an unforeseen study of our sixth sense, our mediumship. Divaldo Franco provides us with the definition of mediumship, its types, and its therapeutic features. Through his personal experiences, he enlightens us with considerations on the role of mediumship and its charitable purpose. The core of his teachings was of love and kindness. The end of the workshop was blessed with an uplifting trance channeled message of *Dr. Bezerra de Menezes* through Divaldo Franco's extraordinary mediumistic ability.



### THE NEW GENERATION:

the Spiritist View on Indigo and Crystal Children  
by Divaldo Franco and Vanessa Anseloni

This book was written by the great spiritual leader and humanitarian Divaldo Franco and the neuroscientist and Spiritist Vanessa Anseloni. This book encompasses a never-before put together multidisciplinary view on the challenges faced by the new generations. It brings relevant information in the areas of Neurosciences, Psychology and Spiritism to help people understand and educate the children of today's world who will be responsible for the great transition from a world of wars and suffering into a more fraternal and peaceful one.

Go online to order these books at [www.ssbaltimore.org/bookstore](http://www.ssbaltimore.org/bookstore)

## International Event

SPIRITIST DOCTRINE: 150 YEARS OF LIGHT AND PEACE

**SPIRITIST  
WORLD  
CONGRESS**



**CARTAGENA, COLOMBIA**  
OCTOBER 10-13, 2007  
CONVENTION CENTER OF CARTAGENA

PROMOTED AND ORGANIZED BY THE INTERNATIONAL SPIRITIST COUNCIL (ISC)  
CHAIRED OFF BY THE COLOMBIAN SPIRITIST COOPERATION (COESPICOL)  
WITH THE SUPPORT OF THE SPIRITIST FEDERATION OF THE ATLANTIC COAST (FEDEALC)

INFORMATION:  
ISC SECRETARIAT  
P.O. Box 1000, 05001  
Tel: 25-63311, 8750  
Email: [isc@isc.org](mailto:isc@isc.org), [info@isc.org](mailto:info@isc.org)  
Website: [www.ssbaltimore.org](http://www.ssbaltimore.org)

ORGANIZING COMMITTEE  
P.O. Box 1000, 05001  
Tel: 25-63311, 8750  
Email: [info@isc.org](mailto:info@isc.org), [info@isc.org](mailto:info@isc.org)  
Website: [www.ssbaltimore.org](http://www.ssbaltimore.org)



**Avianca**

[WWW.SPIRITIST.ORG](http://WWW.SPIRITIST.ORG)



Spiritist cartoon

Clésio 035

END





## FAMILY DAY Picnic Fund-raiser

Sunday, August 19th, 2007  
11:00 AM to 4:00 PM

**Rocks State Park**  
Rocks Hills Grove Shelter  
3318 Rocks Chrome Hill Road  
Jarrettsville, MD 21084

For more information:  
www.ssbaltimore.org  
ssb@ssbaltimore.org  
(410)382-5328



### Activities:

12:30 PM - Relay Race  
2:00 PM - Scavenger Hunt  
3:15 PM - Capture the Flag

### Tickets:

\$15.00 (above 12 years old)  
\$7.00 (6 - 12 years old)  
Free (below 6 years old)  
\$2 entrance fee (not included in ticket price)

### Directions to Rocks State Park:

#### From the South:

- Take I-95 north
- Take Route 24 exit
- Continue north on Route 24 through Bel Air, Rock Spring, and Forest Hill
- The Park is located approximately 5 miles north of Forest Hill
- Turn left on Saint Clair Bridge road
- Rocks Hill Grove Shelter is located off this road (see arrow in the map)

#### From the North:

- Take I-95 south
- Take Route 24 exit
- Continue north on Route 24 through Bel Air, Rock Spring, and Forest Hill
- The Park is located approximately 5 miles north of Forest Hill
- Turn left on Saint Clair Bridge road
- Rocks Hill Grove Shelter is located off this road (see arrow in the map)



### Special workshop

## The dynamics of our sixth sense

by Vanessa Anseloni

Inspired in the book *The Dynamics of Our Sixth Sense* by the renowned Spiritist medium Divaldo Franco, this workshop brings hands-on information and practical insights on the power of our minds and its infinite abilities to perceive the world within and around us. In this venue, mediumship is presented as a therapeutic tool for humanity's greatest problems.

Saturday July 28, 2007  
7:30pm - 9:15pm

### Location:

**SPIRITWORKS Resource Center**  
1300 York Rd - Building C, Suite 300  
LUTHERVILLE, MD 21093

*\*Spiritist Education for children above 4 years old are provided during the workshop*

This event is sponsored by the  
*Spiritist Society of Baltimore, Inc.*  
For more information, please call 410-382-5328

## JOIN OUR ACTIVITIES

### FRATERNAL COUNSELING & SPIRITUAL TREATMENT

These services are offered every  
**Monday** from 7pm to 7:45pm.

### Mediumship Educational Meetings (by invitation only)

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

### TALKS on THE SPIRITS' BOOK

A tribute to the 150th anniversary  
to help us deepen our knowledge  
on Spiritism. - Open to the public,  
every **Thursday** from 8:00pm to  
9:30pm.

### Therapeutic Moments

Every **Saturday** 7-8pm,  
**except on the day of our  
monthly workshops**

Please, contact us for more info.  
Phone: 410 - 382-5328 or  
410-837-0991  
e-mail: ssb@ssbaltimore.org

Activities are free of charge !!!

## 2007 SSB Calendar

### JULY

12 - Controlling influences  
(Talk on the Spirits' Book)

14 - Prayer of Caritas  
(Therapeutic Moments)

19 - Presentiments  
(Talk on the Spirits' Book)

21 - Look After both Body  
and Spirit  
(Therapeutic Moments)

26 - Natural Phenomena  
and Occult Powers  
(Talk on the Spirits' Book)

28 - The dynamics of our  
sixth sense (workshop)  
by Vanessa Anseloni

### AUGUST

2 - Natural Phenomena and  
Occult Powers  
(Talk on the Spirits' Book)

4 - Whoever Has will be Given More  
(Therapeutic Moments)

9 - Occupation and Mission of  
Spirits  
(Talk on the Spirits' Book)

11 - The Power of Faith  
(Therapeutic Moments)

16 - Kingdoms of nature  
(Talk on the Spirits' Book)

18 - Religious Faith; The State  
of Unshakable Faith  
(Therapeutic Moments)

19 - **FAMILY DAY**  
(Fundraiser and Picnic)

23 - Divine or natural laws  
(Talk on the Spirits' Book)

25 - *Spiritual influence: who is  
in control?* (Workshop)  
by Vanessa Anseloni

30 - Law of Worship  
(Talk on the Spirits' Book)

## UPCOMING EVENTS

### 2007 WORKSHOP SERIES

**Jun 30** - Feeding the body and the  
soul

**Jul 28** - The dynamics of our sixth  
sense

**Aug 25** - Spiritual influence: who  
is in control?

### Free Admission !!!

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

Time: 7:30 pm - 9:15 pm



**Thursdays @ 8:00 pm**  
**Saturdays @ 7:30 pm**

US Eastern time  
website:

[www.ssbaltimore.org](http://www.ssbaltimore.org)

Check it out!

### OUR SERVICES LOCATION

**SpiritWorks Resource Center**  
1300 York Rd - Building C, 3rd Floor  
Lutherville, MD 21093