

SpiritistNews

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Seminar: Understanding Spiritual and Mental Health March 12, 2004 by Divaldo Franco

Sponsored by
The Spiritist Society of Baltimore

The seminar will cover 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.

Mr. Franco 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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LOVE, THE BEST THERAPY

When treating mentally deranged patients, love should be listed among the most precious therapies. Treated with love, the mentally sick achieve remarkable recoveries. At the same time, while love helps a sick person towards recovery, hatred hinders him, and acts in just the opposite way. Jealousy, deceit, pride, lust, avarice - all children of selfishness - will tie the rebellious spirit to the wheels of an inevitable redeeming suffering. There is no exception on Earth. No excuse will prevail upon the law of cause and effect. In every sufferer we will always find an indebted spirit striving for his own redemption. His toils should drive us to meditation on God's Laws and direct us towards Service to our fellow men.

In the multitude of people who suffer from what modern psychiatry classifies as insanity, there are many obsessed persons atoning for errors committed in past incarnations, and criminals that cheated human justice and avoided just reparation. They are the murderers, thieves, and crooks of all kinds who come back linked to those they murdered, defrauded, or abandoned but could not discard forever because of the infallible natural law of cause and effect. They died, but were not destroyed. They changed their physical garments, but are still the same spiritual individuals.

Divine Laws find them where they are, and curb them. And the links of responsibility they forged in the consciously forgotten past again join victim to criminal, creditor to debtor, in the same redeeming process.

Tied down by their karmic chains, they toss and turn, struggling in a continuous energy consuming

effort which drives them insane, until the lights of love and forgiveness succeed in breaking the chains apart, setting them free so that they may begin to help one another.

Unless love conquers hate and forgiveness surpasses affront, they will keep on fighting and chasing one another, hurting themselves endlessly in a maze of horrors where they brutalize themselves, stepping into the lowest possible savagery.

The number of obsessed people on the Earth plane is much larger than anyone might think. They are found alone, in groups, or in whole communities... These are critical times both for individuals and mankind as a whole. Spiritism has a giant task - to restore Jesus' teachings in every heart,

"Suffering is not divine in its essence; therefore it is of a transitory nature having a specific work to perform, and can be easily overcome provided that man decides to persist in the effort to attain the legitimate finality of his life."

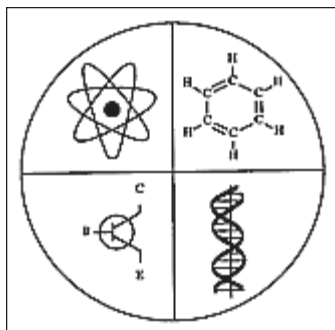
to clarify the philosophical thought of mankind, and to help science, encouraging it to look for the causes of diseases in the depths of the spiritual being rather than in the effects of its actions.

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While dealing with the obsessed in particular, and obsession in general, let us arm ourselves with love so that we may succeed in breaking the chains that keep them bound to pain, and set them free to pursue the happiness they yearn for. ■

From the book: OBSESSION by Divaldo Franco, dictated by the spirit Manoel Philomeno de Miranda, 1980.

MISSION OF THE INTELLIGENT PERSON ON EARTH



Never be too proud of what you know because the limits of your knowledge on Earth are very narrow. Even if you are a prominent intellectual on Earth, you have no right or reason to be boastful about it. If God causes you to be born into an environment in which you can develop your intelligence, it was because God wanted you to use it for the benefit of everyone. The fact that you have this instrument, through which you can help the progress of others and hence bring them close to the Creator, indicates that you have been given a mission. Doesn't the nature of an instrument indicate its purpose? Doesn't the hoe the gardener gives his assistant show what use it should be put to? What would you say if instead of working with the hoe, the assistant raised it against the gardener with the aim of hurting him? You would say it was outrageous, that the assistant should be fired. The same situation applies to the person who uses his or her intelligence to destroy the idea of God and Providence. This is like raising the hoe, which was made for weeding, against the gardener. Does the assistant then have the right to receive the promised

salary? On the contrary, he or she deserves to be driven out of the garden. And don't doubt that this will happen. The individual who works contrary to God's purpose will endure many unhappy lives full of frustrations until, learning meekness of heart at last, he or she accepts the One to whom everything in life is owing.

Where it is used for its proper end, intelligence is rich in its effects. Indeed, if every man and woman of intelligence used it as God wished, the spirits would find performing their task of helping humanity advance much easier. Unhappily for many people, their sharp intelligence leads to an inflated sense of themselves, and to wasting a life opportunity. Humanity abuses intelligence as it does all its other faculties. Nevertheless, there is no lack of teachings that warn of a powerful Hand that may withdraw what it has given. *Ferdinand, a Guardian Spirit (Bordeaux, 1862).*

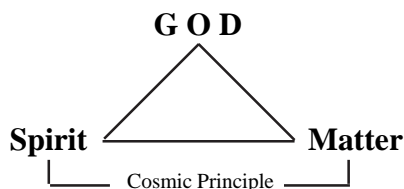
THE GOSPEL EXPLAINED BY SPIRITISM by Allan Kardec – *Blessed Are The Poor Spirit - iten 13* – Chapter 7, 1864. (AKES)

SPIRIT

Spirits can be defined as the intelligent beings of creation. They populate the entire universe and can be found well beyond the boundaries of the material world¹.

The soul is the *principle* of life, the cause of all sensation: it is the invisible, the indissoluble force which governs our organism and harmonizes the different parts of our being. 'The faculties of the soul have nothing in common with matter. Intellect, reason, judgment, will, are *quite* another thing from the flesh that clothes our muscles. So is it with conscience, that instrument vouchsafed us to weigh our actions and discriminate between right and wrong; that quiet tongue which is ever whispering to all men, to the great and to the lowly alike; that voice whose murmuring accents may discredit the brightest glory, is free from all material suggestion².

The elements of the Universe



There are, then, two general elements of the universe - matter and spirit and *above them is God, the creator of all things. These three - God, spirit, matter - are the essence of all that exists, the universal trinity. We should also add here the Cosmic Principle which is intermediary between spirit and matter...* (The Spirits' Book, q - 27).

¹ *The Spirits' Book* by Allan Kardec - Chapter II and V - 1857.

Edited by AKES, 2003.

² *Here and Hereafter* by Leon Denis - *The Immortal Spirit* - Second Part Chapter 10. Edited by SAB, 2003.

PASSE S: a good therapy

Passes, as practiced in Spiritist Centers, can be described as a transmission of fluids coming directly from the spiritual world. These fluids are manipulated by the Spiritual Benefactors and channeled through incarnate pass givers, who donate a portion of their own "vital fluid" to assist the patient.

There we can observe three aspects of the pass:

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

Magnetic & Spiritual Healing by Jussara Korngold - 2003 (SAB)

FLUIDS

The universal cosmic fluid (or principle) is the elementary primitive matter, of which the modifications and transformations constitute the innumerable varieties of the bodies of nature.

The action of spirits upon spiritual fluids has consequences of a direct and capital importance for incarnated beings. From the instant that these fluids are the vehicle of thought, that thought can modify the properties of them. It is evident that they must be impregnated by the good or bad qualities of the thoughts which put them in vibration, modified by the purity or impurity of the sentiments. Bad thoughts corrupt the spiritual fluids, as deleterious miasmas corrupt the air we breathe. The fluids which surround or that project bad spirits are then vitiated, whilst those which receive the influence of good spirits are as pure as the degree of moral perfection to which they have attained. ■

Allan Kardec (*Genesis chap XIV* edited by SAB)

Reincarnation

“The return of a soul, or spirit, to physical life in another body that has been newly formed for it.”



The principle of reincarnation is the natural consequence of the law of progress. Without reincarnation, how is it possible to explain the difference which exists between the present social state of the world and that

endowed by God than their predecessors? Why have they better comprehension, purer instincts, gentler manners? Why have they knowledge of certain things without having learned them? We defy anyone to dispute reincarnation without at least admitting that God created souls of diverse qualities, some superior to others, according to time and place - a proposition irreconcilable with sovereign justice.

Say, to the contrary, that souls of today have already lived in remote times, that they have been barbarous as their age, but that have progressed; that to each new existence they carry the acquisition of anterior existences; that consequently the souls of civilized times are not which have been created superior, but which have perfected themselves with time, and will have the only plausible explanation of the cause of social progress. ■

of barbarous times? If souls have been created at the same time as bodies, those which are born today are all as new, all as primitive, as those who lived a thousand years ago.

Let us add, that there is not between them any connection, no necessary relation; that they are completely independent of one another. Why, then, should the souls of today be better

Genesis by Allan Kardec - Chapter XI, 2003. (SAB)

You were. You will be! Know this while you are.

"The work of the universe is served by the actions of incarnated spirits. Wisely, God has also willed that this action should furnish spirits with the means of advancement through which they will eventually come into the Divine presence. As a result of this admirable law of Providence, all things are interconnected, and unity is established among nature's different realms". -Allan Kardec (SB).

"The soul in its new body is given the opportunity to learn from the past, to live the present and to prepare for the future".

"Purification does require change. But, in order to bring about true inner transformation, the soul needs the trials of a new physical life."



Childhood: the first stage



"A spirit is more impressionable during childhood, when the impressions it receives more easily mold its personality and therefore its progress."

The Spirits' Book by Allan Kardec, q. 383 (AKES)

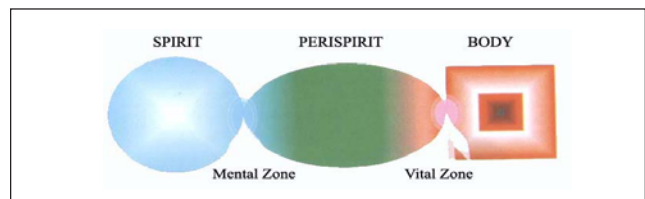
"The good and bad tendencies a child reveals early on have roots in previous lives. This finding is, by itself, of serious study. Clearly, the root of all bad tendencies can be found in selfishness and pride."



The Gospel Explained by Spiritism, Allan Kardec (AKES)

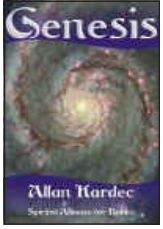
Perispirit (Spiritual body)

The perispirit, or fluidic body of the spirits, is one of the most important products of the cosmic fluid: it is a condensation of this fluid around a focus of intelligence or soul. It is also seen that the fleshly body has also its origin in this same fluid transformed and condensed into tangible matter. In the perispirit the molecular transformation operates differently, for the fluid preserves its imponderability and its ethereal qualities. The perispiritual and carnal body have, then, their source in the same primitive element; both are of matter, although under two different states of it. - Allan Kardec (Genesis chap XIV edited by SAB)



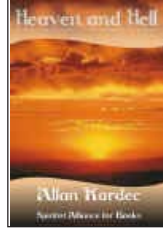
The scheme was adapted from the book *"Manual do Passista"* by Jacob Melo, Editora Mnêmio Túlio - 1998

Recent publications by the Spiritist Alliance for Books - SAB



GENESIS
Allan Kardec

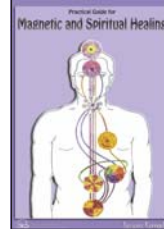
As its title indicates, the object of this book is the study of three points diversely commented upon and interpreted even to this day - "**Genesis, Miracles, and Predictions**" in their relationship with the recently known laws which as it revealed through the observation of spiritual phenomena. It develops scientific aspect of Spiritism, divided in three sections: 1- *Genesis, Organic and Spiritual Origins* - presenting a geologic, study of Earth and theories of its formation. 2 - *The Miracles* - explaining the nature and properties of fluids. And 3 - *The Gospel Predictions* - analyzing the change of times and new generation. The existence of God, the universal creation, the plurality of existences, Adamic race, the biblical deluge and the miracles of the Gospel, are some of the tions answered in this book.



HEAVEN & HELL
Allan Kardec

This book explains God's justice, demonstrating the spirit's immortality and its state in the invisible world as a consequence of his own acts. It is divided in two parts: the first *compares religious doctrines regarding the passage from corporeal to spiritual life, analyzing topics such as angels, demons, hell, purgatory, etc.* The second *gathers situations of different spirits, such as repentant criminals, suicides, suffering and happy spirits.*

The state of the soul after death is no longer a matter of theory, but a result of observation. The veil is lifted, and the spirit-world appears to us in all its activity and reality. It is not men who have discovered that world, through some ingenious conception of their imagination; it is the inhabitants of that world who come in person to describe to us the state of being in which they find themselves.



Magnetic and Spiritual Healing
Jussara Korngold

Jussara Korngold

This book is a practical manual for the use of passes (laying on of hands). It is the most straightforward guide for pass-givers in the spiritist literature as it compiles the best explanations in the Science of the Fluids.

"The act of laying on of hands is not just for a transfusion of psychic energies. It is the ideal tool to balance the mind, and an effective aid to all kinds of treatments. Discouragement and sadness, as much as dissatisfaction and revolt, are syndromes of the soul; they establish imbalances and promote diseases in the body. Where there is health, these states of mind bring about organic disasters; when there is disease, they are equivalent to predispositions for premature death; but this is not all. In every mental unbalance, negative forces enter more easily into action, starting obsessive processes of unpredictable duration. If we use antibiotics as a substance to frustrate the development of microorganisms in the physical body, why not adopt passes as an agent capable of impeding depressive hallucinations of the soul?"

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UPCOMING EVENTS

**And Life goes on...
Book discussion and dinner**

Thursday, **March 25** from 7:00-9:30PM.
For more information:
410-382-5328

2004 WORKSHOP SERIES

- Mar 20 – To be or not to be a spirit
- Apr 03 – Reincarnation: Our many lives, Our many opportunities
- Apr 24 – Past lives, Past memories
- May 15 – Sleep and Dreams
- Jun 05 – We are never alone
- Jun 26 – Our mediumship, Our Sixth Sense
- Jul 17 – And life goes on
- Aug 07 – Astral cities: Our spiritual homes
- Aug 28 – Guidelines for eternity
- Sep 18 – Peace at work

7:30 - 9:00 PM
Ruscombe Mansion Community Health Center
4801 Yellowwood Avenue - Community Hall
Baltimore - MD

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
<http://www.ssbaltimore.org>

FRATERNAL COUNSELING & SPIRITUAL TREATMENT

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

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

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

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

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

MESSAGE

GOD LOVES YOU

God loves you,
and you know it.

His tenderness
caresses your face,
and His hands sustain
you.

His breath vitalizes you.
His silent voice
reaches your ears
with blessings,
with hope,
and guidance.

God seeks for you
and finds you.
Now that you feel Him
let yourself be
permeated
and be guided
to the happy destiny
awaiting you.

God lives,
and manifests Himself,
and extends His love
through you.
You know this...
And wherever you are,
God is with you

Child of God - Divaldo Franco - by Joanna de Angelis (Spirit).