

Saara Nousiainen

WHAT HAPPENS

**AFTER  
LIFE**



WHAT SCIENCE SAYS  
WHAT RESEARCH INDICATES

**TITLE**

**What Happens After Life**

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## **FIRST PART**

### **PREFACE**

#### **Why did I write this book?**

My father was a minister of the Seventh-day Adventist Church in Finland, where I was born, and he moved to Brazil with his family when I was a baby.

As soon as we learned to read, my brothers and I had a daily obligation to read some chapters of the Bible, from Genesis through Apocalypse. I have learned to read very early, so I have read this book a few times. In the Old Testament, certain

passages intrigued me while others horrified me, but I tried to ignore them, in order not to disturb my inner world.

When I was about 9 or 10 years old, listening to the preaching of my father or the other ministers, I asked to myself:

“Why does God, who is Just, Good and Almighty, give birth to human beings in such different situations: many in extreme poverty and misery, with no chance in life, and others with abundance and wealth? Why does He create some intelligent or with many skills and others not? Why are some healthy and perfect while others are sick, blind, deaf, crippled, etc.?”

But neither the Bible nor the preaching gave me plausible answers.

I also wondered about the differences in character among siblings since childhood. While some showed a well-formed, noble character, others demonstrated an inclination to perversity. So, I thought “Well, those who already arrive in the world with negative tendencies are natural candidates to Hell, while the others are natural candidates to Heaven”. In my childhood conceptions I used to imagine God in Heaven, surrounded by Angels, with all His immense power, choosing the souls that would be born on Earth, and pointing His finger at some of them, he said: you will be born and live on Earth and then you will come back to my lap. However, perhaps in a fury moment, he pointed his finger at others and said angrily: you will be born and live on Earth, and then you will go to the eternal pains of the Hell and you will never leave it.

My mother was so loving. She used to hug us saying softly "My little golden grain". How would she feel in Heaven if any of her children went astray in life and were sent to Hell to suffer horribly, and never have another chance to live and get better? It

would be the most terrible torture for her, who was so good, loving and had such a deep faith.

All of those thoughts tortured me. Although in my heart, I knew that there would be some reasonable explanation, which could show me that God would not be “what” they presented to me.

At that time my brother Aaro, who lived in Sao Paulo, went to spend his holidays with us in the countryside, and I told him about my anxious questions. My brother said me he also went through this, so he decided to study all those issues deeper, mainly in research done by scientists and scholars in various parts of the world. All the information he collected was perfectly consistent with the reason, within the current humanity’s capacity for understanding.

My brother’s explanations made those moments the happiest of my life. It was a Light that brought me peace and inner joy.

When I became an adult, I started to go deeper into this knowledge, including the existing scientific research, and I found coherent, plausible and reasonable explanations. A true universe of information to elucidate in a credible and fully satisfactory manner the most complex mechanisms of life and evolution. This enabled me to develop a conscious and rational faith, which sustained me in the long years of difficult trials that would come later.

Thousands of people have become atheists for failing to reconcile their common sense with the ideas that Christianity presents to them about God, and that makes me very sad. Thinking of so many mothers’ great sorrow who believe that their "golden grains" will go to hell to suffer horribly with no chance of living and improving themselves also saddens me. So,

I decided that my Life Project would be to bring answers to these questions to anyone who might be interested, and that decision has brought a huge happiness to my soul.

Thus, for more than 40 years I dedicated myself to writing and publishing books, in addition to countless other activities with the same purpose. I was also able to continue learning about what was happening in the “world of knowledge”, regarding scientific studies and research on transcendent themes.

I am now in Finland, which is my homeland, and I offer to anyone who is interested these basic clarifications on such an important and fundamental subject for our present and, mainly, our future.

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*After my mom's death, my brother, who lived with my parents, started hearing my dad's voice coming from his room as if he was talking to someone. When questioned about it, dad explained that some time after my mom's passing, she started coming to visit him and used to spend long hours talking to him. This made my dad start to believe in spirit survival. It could not be the disguised devil. He was absolutely sure that it was really his wife who broke the barriers of death and come back to talk to him, in order to comfort and help him to live his remaining years on the Earth.*

*My father also pointed out that in spite of this joy, he felt great sadness for having spent his whole life as a Minister, “preaching the death” instead of “preaching the Life”. He spoke of how he had felt powerless in face of someone's pain, especially mothers who sought comfort with him when they had lost a loved one. In such cases, if the deceased had fulfilled his religious duties, he could offer the consolation of the reunion in Heaven. However, if he had been an atheist, or worse, if he had lived outside the religion's*

*postulates, this son would go to hell, and would suffer eternal punishment... Thus, he was unable to give that mother some comfort, and he was distressed by the countless sufferings he could not alleviate.*

## CHAPTER 1

### QUESTIONS

Questions about life, death and afterlife have been present in the human being's thoughts. Nowadays, with the advancement of science and knowledge, clashes between the Christian faith and reason have led many to atheism, as they are unable to reconcile countless contents of their religions with common sense.

Furthermore, science has proclaimed the inexistence of God (without any scientific proof) by presenting several scientific theories about the origin of the universe and Life, but none of them gives answers for questions such as:

(a) How chemical reactions could create intelligent life, since even the smallest elements like molecules are the result of a highly intelligent design? Would a DNA molecule, for instance, have been self-created or have arisen from mere chemical reactions, with all its huge complexity?

(b) Why does the transformation follow an evolutionary script in the universe and in life? Why do not they develop to the chaos or destruction? Who or what has created this script and has been keeping it active?



(c) How can we not perceive when looking at everything around us, in the cosmos, in Nature and in the progression of life on Earth that there is a pre-established program, supported by Laws that govern the Whole?

(d) Would it be possible to escape from the absolute chaos if the cosmos were not subject to intelligent Laws? Would these complex and powerful Laws, which command and comprise everything, been elaborated and sustained fortuitously?

Accepting the existing theories about the origin of the universe and the Life without the organization and command of an Intelligence and Power unimaginable and unreachable by human understanding it would be the same as accepting that a computer can self-programming.

Science has reached unbelievable horizons; however, it comes up against the limits where the matter ends, and knowledge rises to higher levels. Such levels are unreachable from the physical world and the lower evolutionary circles where we are still interns.

Human being is not able to penetrate the Impenetrable, know the Unknowable, overcome the infinite barriers and investigate the eternity. He is also unable to know the primary causes of the universe and Life, i.e. imagine “what” created, from a tiny particle, all the matter that exists in the cosmos, and after Big Bang conducted the “fortuitous events” to organize the entire cosmic complex and Life (at least in this small planet called Earth).

In the last decades of the 20th century, the Intelligent Designer theory emerged and presented us strong and coherent scientific arguments affirming the impossibility of the universe

creation and life on Earth having resulted from convergences of situations, or just "by chance".

Unfortunately, the authors of this theory demonstrate, even between the lines, that this Designer would be the God of Christianity, and this has drastically reduced his acceptability in scientific circles. They do not accept the idea that this Fabulous Designer, a Power and Intelligence far beyond our ability to understand could be the *God who is shown in the Bible (See Chapter 24 - God)*.

A much more rational explanation for the origin of Life on Earth is presented by Emmanuel, when he says *"And when the elements of the newborn world settled down ..... Jesus met in the Realms with the divine interpreters of his thought. Then, a cloud of cosmic forces from the vastness of unlimited space descended upon the earth to envelop the immense planetary laboratory lying in repose. Sometime later, on the planet's solidified crust as well as in the ocean depths, a viscous substance could be seen covering the whole earth. The first steps were being taken on the road to organize life. With this gelatinous mass, protoplasm appeared, and with it, Jesus placed the sacred prototype of the first human beings on the surface of the world."* (From the book *"On the way to the Light"* by the spirit Emmanuel, psychographic by medium Francisco Candido Xavier - Brazil).

Thus, we can imagine how this *gelatinous mass* was being worked on by "Indescribable Intelligences" under the Cosmic Laws' guidelines and the unimaginable Power of the Unknowable.

With the passing of millennia, the evolution of life continued in the immense Planetary Laboratory; first at sea, then on dry land, which was covered with vegetation and animal life. And it was gaining more defined forms, improving itself over time until the *"great evolutionary leap"*.

Emmanuel says that this “evolutionary leap” was due to highly evolved spirits, who operated a permanent transition in the spiritual bodies of the primitive men, and this happened in the spiritual dimension at certain intervals of their reincarnations. These changes have made their brain and thoughts, before fragmented, became continuous, allowing the first glimpses of reasoning. It was the dawn of intelligence.

Doesn't this idea seem much more admissible and rational than the beliefs that "everything arose from NOTHING"? Isn't it more coherent than the Christians' view, which shows us in the Old Testament an anthropomorphic God, with all human inferiority, as Creator of the universe and of Life, promoting evolution in all its aspects and complexities?

Isn't more logical to have the idea that, in the early days of life on Earth, there were Indescribable Intelligences that promoted evolution, first by developing instinct in all living beings, and later by giving intelligence to the animals that would become humans? And the same regarding to forms and everything else necessary for the evolution and maintenance of life.

Why is it so difficult for human beings to accept the possibility that there is something more powerful, more intelligent, perfect and wiser than their capacity for understanding?

Thinking on the creation act according to the Old Testament symbolism, in Genesis, we could imagine something like this:

It would all start with an INTENT of the Creator (God, Designer Intelligent, etc.) to create the Universe. Then, spiritual hierarchies would conduct and supervise the

development of all the Major Projects' Architecture, which could be improved according to their progress, thus reaching the present day.

This **INTENT, the Initial Project and everything else necessary for its realization** would have to occur **before** the "Big Bang", since everything was already contained in that tiny initial element.

Genesis Book says, "And God said, Let there be this... and Let there be that", and it happened. Then, He could verify that everything was according to his intent.

In the Bible symbolism, this would occur during and after "Big Bang", in the formation of the universe, of the Earth, in the creation of Life, in its evolution. Everything was always conducted and supervised by the various spiritual hierarchies who work under divine inspiration, from the Great Architects to those who work in the human and nature ranges.

How could there be such a formidable and harmonious evolution in everything where man did not put his hand if there were not the INTENT, initial project, conduction, spiritual manipulation etc. in this immense terrestrial laboratory? There would not even be a rose, with all its beauty, smooth texture, perfect petals, perfume etc.

That is why many people call Him "The Great Architect of the Universe".

Descending from the high explanations about the creation of the universe, the origin of Life, the "first of all", who or what, let us try to focus on themes that are closer to us and influence our daily life.

## AFTER DEATH

Does life go on after death? Does everything that we once were disappear and end? Will everything we lived and learned, our joys, experiences and feelings cease to exist?

Countless scientific researches indicate that life continues after death. And religions also affirm that in some way life continues in Heaven, in Hell, in Purgatory, or even in a latent state, awaiting the resurrection of the dead.

However, we are all going to die anyway, and a question arises which has not been given due importance: How will we be after death?

If we escape Hell or Purgatory, will we be stored in a heavenly shed, awaiting the final judgment? Will we be prostrate before the divine throne in worship, or enjoying the delights of Heaven for all eternity?

Could the human being, with his dynamic nature, support the inactivity, the innocuous and empty state for all eternity?

Yet, what do we need to do, or which religion to connect with to be sent to Heaven, and not thrown into Hell or Purgatory?

The spirits themselves have given the most complete explanations about the other side of life.

In the 19th century, humanity was already able to receive and assimilate another slice of the Truth, and

"Christianity" started to deplete its power and supremacy reserves over people. And according to Jesus' promise that "in due time he would send the Spirit of Truth to say everything He couldn't say because they wouldn't understand" (John 16: 12-13), spiritual communications would begin to occur at different points from the Earth.

These communications started in the USA with some noises, which can be considered as being *the most important in the Christian world history*. These facts are fully detailed by Sir Arthur Conan Doyle, in the book "The History of Spiritualism".

Doyle said these noises started in a small village called Hydesville, in the State of New York, in the Fox's residence, where lived the father, mother and two daughters, Margaret, 14, and Kate, 11. The religion they professed was the Methodist Church.

For several days, strange noises were heard at the Fox's house. They sounded like scratches. Sometimes they were simple knocks, other times they sounded like dragging furniture. The girls were so alarmed, that they went to sleep in their parents' room.

However, on the night of March 31, 1848, the sounds became stronger and more vibrant than ever. The girl Kate, in a courageous impulse, challenged that invisible force to repeat the beats she gave with her fingers. This challenge was answered immediately, and each request from the girl was soon answered with a new noise.

A code was soon established based on the number of beats; for example, one beat was YES, two beats was NO, successively, in a rudimentary communication.

In the book mentioned above, Sir Arthur transcribes a testimony from Mrs Margaret Fox, in which she says:

“So, I thought of doing a test nobody could answer. I asked about my children ages, successively. It was instantly given the exact age of each, pausing from one to another until the seventh, after which became a longer break and three strongest beats were given, representing the age of the youngest, who had died.

So, I asked ‘Is it a human being that answers me so correctly?’ There was no answer. I asked ‘Is it a spirit? If so, take two beats.’ Two beats were heard next. Then, I said ‘If it is a murdered spirit, take two beats.’ Two beats were given instantly, shaking the house. I asked ‘Was the murdered in this house?’ The answer was like the previous one. ‘Does the person who murdered him still live?’ Identical answer, by two beats. By the same process I found out that it was a man, who was murdered in this house and his remains were buried in the cellar. So, I asked ‘Will you continue to knock if we call on the neighbors to listen too?’ The affirmative answer sounded loud.”

These phenomena had great repercussions, attracting many curious people that the Fox family ended up seriously affected by those events. As it seemed that it was something related to the two girls, they were taken to another place. However, at her brother David Fox's house, where Margaret went, and at her sister Mrs Leah Fish's house, where Kate stayed, the same noises were heard. Every effort was made to prevent people from becoming aware of these demonstrations, but soon they became public. Mrs Fish, who was a music teacher, became unable

to continue the lessons because hundreds of people came to her home to see the phenomena.

However, these phenomena began to not be limited to the Fox family. Similar sounds were heard at the residence of Reverend A. H. Jervis, a Methodist minister who lived in Rochester. Powerful physical phenomena broke out in the Deacon Hale's family, from Greece, a Rochester neighboring city. Afterwards, Mrs Sarah A. Tamlin and Mrs Benedict, from Auburn, developed remarkable mediumship. Quickly it became evident that these invisible forces were not linked to the Fox girls. Seeking for relief, the family prayed with their Methodist brothers, and priests from various faiths practiced exorcisms, but it was in vain. Besides reacting to the "Amens" with strong beats, the invisible presences did not respond to these religious exercises.

The "Spiritual Wave" that was formed would later spread throughout the world, as informed in one of the first communications through the Fox sisters. The invisible forces themselves insisted that public meetings were held, where they could manifest ostensibly. It was a message coming from the Spiritual world, calling men to another philosophical religious position.

Soon, in Europe, spiritual phenomena became part of the "parlor games", common practice in a time of few entertainment options. In these games, people had fun asking questions to the spirits and receiving answers through established codes, based on strokes given by a three-foot table that stood up and hit the ground with one of their feet.

In France, due to the fact that it was an invisible intelligence that answered questions about the most varied



subjects, the French sage Hippolyte Léon Denizard Rivail, a chemistry, physics, mathematics and astronomy professor, author of several didactic works adopted by the University of France, and member of several academies of sages, including the Royal Academy of Arras, decided to investigate these demonstrations in order to unmask what he believed to be fraud.

Thus, on Tuesdays, Rivail began to visit Mrs Boudin's house in Paris. Julie, a girl aged 14, and her sister Caroline, aged 16, were the mediums who psychographed the messages. Julie was a passive medium, unaware of what she wrote. She just found it amusing that people gave her so much importance. The gatherings were held by their parents, and were not secret, but restricted to a few guests. To write the messages, Julie and Caroline used a basket made of wicker, 15 to 20 centimeters in diameter and a kind of beak with a pencil attached on its end. "The medium places his fingers on the edge of the basket, then the whole device moves by itself and the pencil starts to write", explained Rivail. Over time, the girls started to use direct psychography, holding the pencil with their hands, which wrote vertiginously, without being aware of what was being written.

Before the girls, Rivail asked the most diverse questions, and the spirits answered. These were the most complex issues, such as the immortality of the soul, the nature of the Spirits and their relations with us, reincarnation, moral laws, and so on.

Gradually, questioning the spirits, asking and noting everything, he began to convince himself that this was an impressive reality.

These manifestations also occurred through other mediums, in different parts of the Earth. They did not know each other and were unaware of what was happening. But the information brought by the spirits through them, Julie and Caroline sisters, and other mediums who collaborated with Rivail, formed an extraordinary range of knowledge that explained the reasons for human differences and suffering, in addition to infinite other issues.

*This universe of information and clarification brought relief to our anxieties in life and pacified us with Life and with God.*

For more than 20 months, Rivail carried out this enormous task of asking questions to the spirits, questioning them, comparing the answers with those received by other mediums, organizing them by subjects etc. After that, his first book was ready, and was published on April 18, 1857 in Paris, with the title: *Le Livre des Esprits* (Henkien Kirja), consisting of 1019 questions. Then, he wrote other works, such as, *The Gospel According to Spiritism* (focusing on Jesus teachings), *The Mediums' Book*, *Heaven and Hell*, *The Genesis*, etc., always using this same method.

NOTE: When codifying the Spiritist doctrine, Rivail adopted the pseudonym "Allan Kardec", a name he used in one of his incarnations as a druid, as informed by the spirits.

In all his enormous work, Kardec demonstrated to have the mind of a true scientist, an open and unconditioned mind. So much, that he advised, "If one day Science comes to deny any of the Spiritist postulates, stay with Science". That is, to have the spirit of a scientist and not like many

who set out to research something not for the purpose of getting to know it, but rather, in the search for any evidence with which they could try to deny it.

*To be born, to die, to be born again, and constantly progress,  
THAT IS THE LAW (Kardec)*

In England, the highly reputable English scientist Sir William Crookes, who discovered the thallium, cathode rays, among others, Fellow of the Royal Society - FRS (an honorary title awarded to notable scientists), researched these phenomena attempting to unmask what he believed to be mystifications or tricks.

After four years of these researches, Crookes proclaimed the authenticity of such facts, saying, "I do not say that this is possible; I affirm that this is real".

This position was not appreciated by most of their peers, who would have preferred a "scientific lie" to the truth that bothered them.

It also brought him many controversies from the most diverse sources. However, to understand the seriousness of his researches and the reality of these facts, just read the book "Researches in the Phenomena of Spiritualism". In this book, Crookes describes in detail how the materializations of the Spirit Katie King, obtained through the mediumship of the young Florence Cook, who was only 15 years old at the beginning of the experiments, were carried out and how they occurred.

Numerous renowned scientists, even in the face of the most convincing facts, hesitated to proclaim the truth, fearing the consequences that this could have in the people. But Crookes did not do so. He entered the field of investigations in order to unmask, to find frauds, however, after years of research, when he found that the phenomena were true, unmistakable, he surrendered himself to the evidence and bowed down to the truth, stating that such phenomena were real.

Countless other researchers and scientists have followed him, in various parts of the Earth. They have dedicated themselves, and still are intensely dedicated to investigating spiritual phenomena (including currently using cutting-edge technologies). And to this day, the results confirm and expand the range of information and knowledge already existing on these issues. (*See Chapters 4, 6-14*).

**QUESTION:** But representatives and leaders of Christian religions guarantee that Spiritism is a Devil's thing, that it was Satan and his minions who manifested themselves bringing all the information that makes up the Spiritist Doctrine.

**ANSWER:** If so, then we would have to agree that Satan was converted and became better than the God of the Old Testament, because SPIRITISM DOES NOT exhort any of the barbarities that we find there, in the Old Testament, committed by Jehovah (*See Chapter 23 - Bible*). On the contrary, it always exhorts the practice of good, humility, forgiveness, pacification, love, and everything else that Jesus taught. Under His aegis, nothing is charged for the benefits provided, and only Good is done. His teachings are such as to pacify the creature with the Creator, when there is an understanding that the sufferings

experienced represent redemption from mistakes and wrongs committed in past lives, which are causing deep prick of conscience, and that sufferings cease as the conscience becomes free. There is no eternal Hell, nor a Heaven acquired by any means other than through the liberation of consciousness itself, as mentioned, and of the inner changes that occur when shadows are transformed into Light, etc.

## **CHAPTER 2**

### **ESPIRITUAL WORLD**

The so-called substance, which makes up the Spiritual World and the spiritual dimensions, is beyond our brain's ability to understand. Our brain is made up of physical substance, so it cannot assess what is not detectable by it. That is why it is difficult for us to grasp this idea, but this does not mean that it is not real.

Likewise, we are unable to assimilate the idea of Time and Space. If we think about Time a few billion years ahead ... What will come next? If we travel in space billions of light years and reach the ends of the cosmos, what will happen after that?

For this reason, it would be proud to affirm, for instance, that there are no other dimensions or spiritual worlds just because our senses and instruments cannot detect them, since we live and move within only one “cosmic aspect”.

Science has been talking about “Parallel Universes”, trying to find something that maybe one day will explain the existence of the Spiritual World.

Spirits say that explaining spiritual things to Earth is very difficult because they lack words, images or conditions for comparisons. While here on Earth, we have no parameters to be able to understand them quite well.

According to the spirits information, these "spiritual dimensions" surrounding the Earth are just like bands or vibrating zones at different frequencies than ours.

The spiritual dimensions closest to the Earth crust are known as the Lower Zone, or Umbral. They are structured in coarse energy bands located in a territory, which we can call of the mental, and emotional emanations of the human beings, both incarnated and disincarnated (spirits). The "energy" of ideas, thoughts, emotions, attitudes and actions, which are not compatible with the spiritual elevation of the upper zones, of Light, remains in the lower zone, and this forms a vibrating mass where the spirits of the same attunement live. They are regions where imbalance and afflictions reign, which reflect the ills, the evils, the hatred, the envy, the idleness and other negative values of those who live there.

According to what some spirits inform, below the Lower Zones, interpenetrating the earth's crust, there are the Darkness, an even darker zone from which little news is known; only what is known is that spirits totally vowed to Evil inhabits them.

However, as they explain, as higher dimensions are reached, more beautiful, more luminous and happier they become; sheltering the spirits that have already evolved in the acquisition of the values of the spirit, such as love, peace, wisdom, the whole experience turned to the Good, in addition to diverse skills and knowledge.

Thus, it is possible to realize that God cannot be blamed for creating regions of purgation and suffering, nor any type of Hell that they want to attribute to Him, since they are creations of their own inhabitants. On the other hand, also the most beautiful and happiest dimensions do not represent graces or benefits granted by Him, but achievements made by the very spirits that inhabit them.

It is known that after death many end up attracted to the lower zone, if not, to other spirits with whom they identify. In these cases, the murderers feel good in the company of their peers, as well as the miser, the ambitious, the cultivators of the most diverse vices, politicians are attracted to spirits who were politicians on Earth, and so on.

These similar groups often continue to develop their elective activities on Earth, influencing people who are in tune with them.

In the case of addictions, for instance, not being able to satiate themselves of drinking, drugs or any vicious solicitation, these spirits, in contact with the addicts dependents here in the physical dimension, become their partners. By attaching themselves to them, these spirits persistently inducing them to addictions, always desiring satisfaction, always wanting more and more. They achieve this satisfaction in contact with the addicted person, absorbing the ethereal part of smoking, alcohol, drugs and even the energies of the sexual act. They are much materialized spirits, with their *spiritual bodies*\* very dense, so they need this kind of energies and others consumed in the most different ways.

Death does not transform the creature. Whoever is bad here in our physical space, remains bad after death; anyone who is miserly, proud or immoral remains the same in the spiritual world. Whoever surrendered to addictions, as the ones mentioned, continues to feel the need for them. Nobody

becomes a saint because he died, nor does he get rid of the addictions he experienced.

**QUESTION:** Could the spirits that inhabit these lower regions, or those that are vowed to evil, unite to invade the higher bands?

**ANSWER:** This is impossible, because those who live in the higher bands, due to their high vibratory frequency, as well as the one in the band where they live, can perceive and detect all the lower ones. But, those who live in the lower regions cannot attune with the higher ones, so they do not perceive them, just as we here in the material dimension cannot perceive the spiritual dimension, except under special conditions.

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In the spiritual dimensions above the lower bands, inactivity or inertia does not exist. There is everything there that can help beings in their "spiritual growth". There are activities aimed at assisting people on Earth, to attend to spirits in the lower zones, when they regret their bad experiences and wish to correct themselves, and even schools and courses at all levels, scientific research institutes, reincarnation programming, and many others.

Spirits say that new ideas, new discoveries aiming at the good for the human being, the planet, nature, and so on are spiritual realizations, which are then brought to Earth. This explains why many new ideas and discoveries in science happen in several places simultaneously.

The spirits themselves bring these information and explanations about the spiritual dimensions and life, as well as the activities of the spirits to us. They mainly use psychography, through numerous mediums, in different places on Earth and at different times.



In these messages, addressed in part to relatives and friends who stayed here, the spirits tell how their “passage” to the world or spiritual dimension was, and what this new reality is like.

Also, through ITC - Instrumental Transcommunication, spirits have been communicating through electronic devices, bringing similar information (*See Chapter 9 - The Scole Experiment and Chapter 12 - Instrumental Transcommunication*).

One of the bearers of the most extensive and detailed news and explanations about the spiritual world is the spirit André Luiz. In 1944, he psychographed, through the mediumship of Francisco Candido Xavier (Brazil), the book *Astral City \*\**, the first of 11 books in the collection “Life in The Spiritual World”. (*See Chapter 11 - Mediumship - Chico Xavier*).

André Luiz, as well as several other spirits, have shown how this “other side of life” is similar to “this side here”. There are many similarities. Nobody wanders around in space like a "soul in the dark", playing the harp on the edge of the cloud, or burning in Hell for eternity. The Spiritual World for the spirits is as real and dynamic as our physical world is for us.

That is why many spirits do not know or cannot believe that they have already die. They are those who thought that after death, they would go to Heaven, Purgatory or even to Hell, or that death would erase them forever. But instead, they are almost as they were before. Many come back to home, to work or to leisure. They see the people, talk to them, but people do not pay any attention to them, making them think that they have gone crazy, or that they are living an endless nightmare.

Many attend their own funeral and burial, but do not accept the idea that those funerals are theirs.

**QUESTION:** What happens to them?

**ANSWER:** The good or bad conditions after death do not represent punishments or benefits; they are simply natural consequences of what people have experienced on Earth.

Many of these spirits who are so attached to the environments in which they lived, to the goods they possessed, who cannot get away from them, are known as "sufferers". In the same way as others who after death are attracted to the lower spiritual regions, where existence is greatly suffered, they do not have greater spiritual elevation or merits, which would allow them access to higher spiritual bands. The ailments, problems and diseases that disturbed them when they were here on Earth, remaining alive in their minds, being projected on their perispirits (spiritual bodies). That makes they continue to feel the pains and anguishes of their last times in the physical body.

People who live in disagreement with the laws of God, who practices violence, avarice, harms others; who is proud and arrogant, in addition to having other negative values such as addictions and evil, after death they are attracted to the vibrating zones compatible with their own spiritual state.

The positions that someone has hold on Earth, as well as "religious acts" that they have practiced, whatever they may be, will be of no use in the spiritual world. Because everyone is responsible for their actions and there is no way to circumvent this law. If it were not so, there would be no justice in referring those who return to the true homeland, which is the spiritual.

In Brazil, there are thousands of spiritist centers, where nothing is demanded, neither from the regulars nor from anyone. It is where mediums, leaders and other workers can help, or not, in the maintenance of the institution. All people there work only

in name of Love; having as guide Jesus, and the Spiritist Doctrine teachings and orientations codified by Allan Kardec.

One of these centers activities is to clarify the spirits called "suffering spirits". This occurs in special meetings, called "mediumistic", where the leading spirits of the works juxtapose the "suffering spirit" of the medium. In this contact, the sufferer is able to express itself through the medium's physical faculties. The earth leader then explains to it the reality, and the whole group involves the suffering brother in vibrations\*\*\* of peace and love, which feel relieved, improving its own vibrational frequency. This is necessary so that it can be rescued and taken for treatment in an appropriate place, in the spiritual dimension, where there are colonies, institutions and shelters, with thousands of spirits working in the name of Love, attending those that came from Earth, and those that were rescued from lower areas, in a state of need. In these places, there are spirits of doctors, nurses and specialists, possessing "psychological and spiritual medicine", which work to assist those suffering beings in their rebalancing and healing.

Those who have done good when here in the physical world have earned merit, and are received after life by spiritual benefactors and, usually, by loved ones who preceded them on the "great journey". Many of them describes, through mediums, the enormous happiness they felt when they opened their eyes, in the other dimension of life, and found their mothers, fathers and grandparents face, and others loved ones they had when on Earth.

These are taken to highest zones, to some institution or colony like Astral City, so well described in the book of the same name, mentioned above. Such colonies are true cities, beautiful and charming, located in magnificent environments, where

everyone works or studies, thus experiencing universal love, peace, joy, etc.

Several Spirits reported their dramas, sufferings and afflictions caused by the despair and imbalance of family and friends after their passing. They say that the tears of loved ones that remained on Earth, their distressed vibrations, hit them with great intensity, causing endless afflictions. Nevertheless, in the face of death, the attitude of those who remain must always be respectful, serene, balanced and, above all, of prayer. Whoever left for the “great journey” needs a lot of peace, tranquility and prayer.

**QUESTION:** You have said that in the spiritual dimension there are colonies, institutions, shelters, etc. Who built them, or did they always exist?

**ANSWER:** The buildings in the higher dimensions or vibrating bands, and even the first aid institutions in The Lower Zone, are also mental creations. According to the spirit André Luiz, the spiritual colony Astral City was built by Portuguese ancients’ spirits, which are beings with great mental capacity, and molded all their constructions.

**QUESTION:** What is vibrating bands?

**ANSWER:** Thoughts, feelings and emotions produce what is known as vibration, and its content reflects what is in our soul, defining the frequency of that vibration, from the lowest to the highest vibration that our condition can generate.

Brazilian writer Francisco Carvalho, in the book “*Influências Energéticas Humanas*” elaborates an imaginary scale that goes from

zero to one hundred degrees, with the following values: at zero degrees, we would have hatred, emotion with the lowest vibratory content; at 10 degrees, the desires for revenge; at 20, envy, jealousy; at 30, bitterness, acerbity, resentments and so on, even neutrals, at 50 degrees. At 70, already in a positive range, we would have hope; at 80, faith; at 90, prayer and joy, and finally at 100 degrees, love, the strongest vibration of positive content.

Still on the scale of low-level vibrations, we can add the innumerable “enjoyment” of a lower nature, such as the most diverse perversions, cruelty, perversity, the many types of perversion, conversations aimed at low passions, the various vices etc.

To raise the vibratory content we can add the noble feelings, the readings and conversations focused on issues related to good, religiosity, fraternity, pure love, in the same way to healthy joy and meditation on high themes. In short, everything that can attune us to the highest forces of Life.

Regarding our vibratory content, we are like a radio receiver and transmitter in continuous activity. Thus, depending on the content of what we are thinking or the feelings and emotions we are developing, we attract spirits that vibrate in the same way. For example, when we hate someone, we attract spirits that vibrate with hate and aggression, and they are very happy to be able to satisfy their bad instincts, encouraging us to revenge and helping us to perpetuate it. If we are willing to steal something, we attract thieves' spirits who will encourage and help us in what we are wanting; and when we are planning some good deed, we attract more noble spirits who will also encourage and help us, and so on.

And when many people in a country vibrate with hatred and desires for aggression, like-minded spirits join them to encourage and help, often with unpredictable results.

But if many other people vibrate in peace and in love, spirits that vibrate like that will also join them, being able to avoid many evils.

Hence the importance of watching our inner life so as not to create a line of attraction to evil spirits. And if we want the company of good spirits, we just need to vibrate and act in good, peace, love etc.

*\*Spiritual bodies* – According to explanations given by the spirits in the codification of Spiritism, we are formed by the material body, the spiritual body or Perispirit, and the Spirit itself.

In a more detailed study, in the book *Fourteen Lessons in Yogi Philosophy*, Yogue Ramacharaka (1862 – 1932) talks about the 7 Principles of which the human being is constituted. They are three materials and four spirituals:

The Material principles, starting from the crudest, would be, Physical Body, Ethereal Double (intermediate between the physical and spiritual bodies, which is destroyed after the death of the carnal body) and Spiritual Body, or Perispirit, according to Kardec.

The Spiritual Principles would be, Instinctive Mind (governs the being in its instinctive life phase), Intellectual Mind (when it begins to awaken, it sheds light on the instinctive mind, promoting, over the centuries, its evolution as a human being), Spiritual Mind (when it begins to awaken, it sheds its light on the Intellectual Mind. It is when the being starts to feel the need for

spiritualization) and Spirit (divine spark, impossible to be described; it is God inside us, that is, our divine essence).

\*\*\**Vibrations* – Energy generated by feelings, emotions and thoughts.

For further information on the subjects we have been dealing with, there is an extensive bibliography about them in Portuguese, English and several other languages.

## **CHAPTER 3**

### **REENCARNATION**

#### **SOME QUESTIONS**

Where do special skills come from?

Why are there so many and so deep differences between people?

Does God point the finger at part of His children, when they are born, saying: you WILL SUFFER, and at another part: you WILL BE HEALTHY AND HAPPY?

I wonder what happens when a person dies. Does he end and all his experiences, loves, knowledge and achievements are lost?

Shall we accept the “mystery” of the apparent injustices and ending up in NOTHING, passing through the Earth like oxen in the herd or like undead without questioning, without investigating, without reflecting? Shall we blindly believe what religions say without observing their contradictions, or even become atheists?

**Let us look at a sensible, coherent, searchable and researched explanation.**

The idea of reincarnation, in other words, of successive lives, is very old. It means that we are born, we live, we die ... and we are born again in a new body to live new experiences, in order to evolve and adjust to the Great Law.

This idea is found in various religious systems around the world, among the wildest tribes furthest from each other, on every continent of the Earth and from the most ancient peoples. This shows that it was not invented. It is as if a knowledge of the spirit itself had arisen with the human being.

Great thinkers like Pythagoras, Socrates and Plato, had it as a philosophical foundation.

Everything in the universe evolves, albeit slowly. Everything moves towards the Creator.

When we reincarnate, memories of past lives remain stored in our unconscious. This saves us from bitter memories and allows us a completely new opportunity to grow and repair what we have destroyed in the past. However, all the acquired values, positive and negative ones, remain latent, influencing or manifesting in our character.

***If we remembered our past lives, how could we welcome as a child someone who we hurt or who made us suffer? With forgetfulness, however, hatred ends in the arms of father and mother.***

It is very common for spirits to reincarnate in the environments or families where they lived. Many for love and affinities, others for the opportunity that the Great Law gives



them to retrace their paths, correct faults and repair any evil that they have done in the past, attenuating existing hatreds.

They can also return to Earth in strange environments. Whoever was a bad son may be reborn as an abandoned child, in order to learn to value the family. Whoever was prideful may come in conditions of poverty or subordination, to learn to be humbler. Those who were lazy may return to Earth without health, wanting to work, but without the physical conditions to do so. Whoever misused the language, "raising false", stimulating immorality, violence, evil or disbelief in God and in life, may be reborn with speech problems or even completely dumb, because of the type of energy that generated and accumulated in the speech organs. The same regarding sex deviations (prostitution, and the most diverse sexual perversions), as well as the most varied vices that interfere in the conditions of the spiritual body, reflecting in next incarnations. Suicide also profoundly affects this subtle body, which can generate the most diverse anomalies in the future organism, upon reincarnation.

In fact, here on Earth all of us have been suffering from the mistakes we have made. It is not a punishment; it is a necessary means for our readjustment and spiritual evolution.

Reincarnations of more primary spirits, of little evolution, occur almost automatically, within the mechanisms that govern them.

And the reincarnations of more evolved spirits, or those that bring important missions or tasks to the general context, such as those related to the areas of science, ecology, politics, religiosity, literature and many others aimed at improving the human being, of their living conditions, the environment, the planet etc., are planned carefully. From the maps elaboration, with all the details for the formation of the new body, to the care of their new

“habitat”; such as, the country, the family and the environment where they should be reborn, the living conditions they will have, as well as everything necessary for the best performance of the task.

Spirits of high condition accompanies such reincarnations. Unfortunately, many of them see themselves again in a physical body, involved in the temptations of everyday life, and forgetting their higher purposes (although they are imprinted in the unconscious, and can be remembered during sleep, and yet, being intuitively alerted by their mentors spiritual). Then, they let themselves fall into the temptations of power, pride, vanity, material goods, and others, deviating from the established program.

Reincarnations are the opportunities that Life offers for our evolution, because to evolve is a Cosmic Law. Nothing remains static. Everything is movement, from the worm sigh - if the worm sighs - to the movements of the celestial bodies in the infinite Cosmos. If we evolved from apes into humans, our destination now is angelitude, i.e., a growth that brings us closest to higher beings, both in knowledge, skills, abilities etc., as well as in ethical values and feelings, having Love as raw material of the soul. So, we can say that in order to fly to higher levels of evolution we need two wings, represented by the head and the heart.

Therefore, reincarnation is the only plausible explanation for the countless differences that exist between people and for many other issues. It reflects the wisdom and balance of the mechanisms of evolution. The sufferings, difficulties and struggles of life are the great teachers who teach us to live and coexist together; they are like the sandpaper, which removes the edges of imperfections from our souls, or like the chisel in the

artist's hands, cutting the rough diamond to transform it into the most beautiful brilliant.

**QUESTION:** What is the difference between reincarnation and metempsychosis?

**ANSWER:** In ancient times, teachings about the rebirth had two distinct aspects: one was esoteric, transmitted only to the initiates and senior disciples. This teaching corresponded to what is currently known through Spiritism, and from various scientific researches. It do not admit the possibility of regressive reincarnations, for example, from man into animal, and even less into vegetable.

The second aspect of these teachings was focused on apprentices and on people, admitting that a human spirit could be reincarnated in inferior beings. This doctrine became known as metempsychosis. Through it, religious leaders could contain the excesses of the faulty individuals, threatening them with a rebirth as animals or even vegetables, if they did not change their behavior.

In Judeo-Christian religions, this instrument of containment is still found in fear of hell.

**QUESTION:** Why do not we remember our past lives?

**ANSWER:** Think how it would be as if we remembered all the painful or terrible occurrences in which we were protagonists. If we remembered all the evil that we have already done and received it, the hatred and the love, etc. Do not you think that our psyche could implode with that entire load?

However, with the blessing of forgetfulness, all the material connected to an incarnation is stored in the unconscious, allowing a new existence to be an entirely new opportunity. A new beginning where the spirit is not pressured by memories of previous lives, so that it can rebuild itself freely. However, all of his skills, his moral values and other individual achievements, remain latent, giving continuity to himself. In addition, as needed, he may have access to some memories during sleep, or even from other ways, which will favor his conduct, guiding him or helping him to accept his life difficulties and trials.

Living causes tiredness. An incarnation consumes our energies, our ability to live, to vibrate and to want. A person aged 80 or 100, even if he had physical energy, would not find in existence the same pleasure, the same vibration of seeking and conquering that he had when he was younger. This is because she has already experienced all of this and is already tired, and even disillusioned. It is like the end of a party when all the energy and reserves are gone.

It would be terrible for a person to live for 200, 300 or 400 years. There would be no psyche (in this modern world) capable of carrying such a weight. Let us imagine what it would be like if we remembered our past lives.

**QUESTION:** Why are some children born with an inclination towards good, while others, from an early age, demonstrate an evil, perverse or dishonest nature?

**ANSWER:** Whoever is born with a good character demonstrates that he has acquired these values throughout his past lives. The same happens with the most diverse aptitudes, inclinations, intelligence etc. In the same way, those who have

deviations in character, aggressiveness, lack of intelligence or few skills since they were children, are just continuing their acquisitions from their past lives, or even their little sidereal age, I mean, they are still very primary spirits.

It is inconceivable to believe that a God, with a minimum of balance and a sense of justice, could make some beings born in miserable conditions, limited by blindness, deafness, paralysis, the most diverse deformations and so many other atrocious sufferings. Whilst others with perfect health, intelligence, various skills, or even born with a silver spoon.

Without the key to reincarnation, any theological arrangement will never be able to explain satisfactorily so many differences in the Creator's dealings with His creatures.

**QUESTION:** If the great universal law is the love's law, how can one ever forgive and love an enemy?

**ANSWER:** Divine laws, or cosmic laws, are wise and perfect. They lead beings towards perfection in inexorable way.

In cases of enmity, reincarnation turns hate into love, because parents cannot see in their baby what it was in the past. The love for the son or daughter that they have generated nullifies or undoes the negative energy that can "rise" from the unconscious.

The same is true for the child. But it sometimes occurs later, with its growth. And as the perispirit (spiritual body) takes over more and more of the carnal body, those old hatred impressions come to the surface, although attenuated. This can also vary depending on how much love has been present since the first moments of its new life.

This explains the cases of great conflicts between parents and children, and even of totally inexplicable hatreds without the reincarnation key.

However, even the worst hatreds of the past find forgiveness and peace along the long paths of successive lives.

**QUESTION:** What about the forgiveness of sins?

**ANSWER:** For someone to forgive it is necessary to be offended or hurt. It does not make sense to believe that God is offended by our mistakes, even because He did not create us perfect, so, to make mistakes is in our nature and is part of our evolutionary process.

Instead of simply forgiving our faults, which would not be educational, He always offers us new opportunities through reincarnations to readjust ourselves to life. He established laws to govern our evolution, which are printed in the records of our conscience. That is why the human being brings in his intimacy the knowledge of good and evil. Therefore, no kind of forgiveness, not even divine forgiveness, could calm a heavy conscience. Only the rescue, the repair of the evil that was done, can alleviate it.

A guilty conscience, even if that guilt is stored in the unconscious by events that occurred in past lives, acts as a specific energetic nucleus that attracts rescue situations.

Divine wisdom does not violate our spiritual smallness. It supports us and guides us along the paths of our evolution. Thus, knowing reincarnation and the law of cause and effect, we can love God for the greatness of his wisdom, for the justice with which life rules and the love whose presence we can feel

vibrating, from the intimacy of our hearts to animal life, and even plant life.

**QUESTION:** Some understand that the idea of reincarnation was invented to combat religions that rely on the Bible.

**ANSWER:** If the evolution theory through reincarnations driven by the law of action and reaction was invented by someone, who invented it? Was it Satan? Were they human beings? If it were Satan, or even human beings, then they would be much wiser, and have a higher sense of justice and love than God.

### **Why?**

Because reincarnationist explanations show life, universe and living beings being governed by incredibly wise and fair mechanisms. In this theory, each rational creature is responsible for itself, for its own growth as a cosmic being, a participant in life, and of the treasures such as intellectual, artistic, cultural, affective, etc., which are available to all. It is always receiving new and renewed opportunities for readjustment under the Major Laws, being able to redeem their faults and free themselves from the weights of conscience legitimately, and not through undeserved graces.

When we understand God as the Primary Cause of all things, full Perfection in Everything, and whom we are used to calling Father, we cannot stop believing in the reincarnation and the law of action and reaction. Otherwise, we would have to conclude that there are beings more intelligent, more competent and creative, with a higher sense of justice and love than He, who

would have invented such and so perfect and fair mechanisms to govern Life and the evolution of human beings.

**QUESTION:** What does law of action and reaction mean?

**ANSWER:** It is the same as the law of cause and effect, that is, for every effect, there is a cause and for every action, there is a corresponding reaction.

Every day, and everywhere, we observe situations and occurrences that seem to us to be deeply unfair, with no plausible explanation for the concepts of any religion. However, they all reflect the effect of a cause, which, most of the time, it is found in our past lives.

Beside slums, where there is so much suffering and misery, we can find sumptuous mansions, whose residents are involved with everything that money, power and prestige can provide. Every moment, in the most diverse points of the Earth, children are born. Some healthy, and some sick, deformed, handicapped. While part of the humanity is born with good, dignified and honest inclinations, another part shows tendencies towards theft, lying, hypocrisy, cruelty, perversity, etc. from an early age.

The same is true about intelligence, which is not hereditary. Many science and intellect luminaries are children of ordinary and even unintelligent parents, while parents with great mental capacity generate children with disabilities.

The many and so painful differences between people are fully explained by reincarnation and the law of cause and effect, or action and reaction, which the Orientals call "karma". Through this understanding, we come to realize that **we are the result** of what we were and did in our past lives. We comprehend that God



is not responsible for our good or bad inclinations, for our intelligence and skills, diseases or sufferings, successes or failures, etc.; and that we are responsible for the way we conducted ourselves in past existences, as well as in the present. And the most important thing is to know that our efforts to evolve in relation to our behaviors and experience will determine our journey towards even better and happier experiences, also contributing to the improvement of the humanity itself.

However, karma is not only negative, it is also positive, as it represents our current account in life. If the return of our bad deeds makes us suffer, we also benefit from the return of the good deeds we practice; and even a negative karma can be mitigated by doing good, by “putting love into action”. This means that we can alleviate karmic suffering, dedicating part of our time and possibilities, such as love, work, speech or material gifts, to lessen the suffering of others or to show them new paths with more light and hope.

Nevertheless, not all sufferings are karmic, because they often reflect only our own evolutionary needs. Pain is the divine messenger that awakens the immortal values of the spirit inside us. It arouses us and brings us out of spiritual accommodation; and it is through it that we come closer to the Creator. This approximation is important because it opens spaces of LIGHT within us, enabling connections with the higher bands of Life; and it is through them that we absorb new energies, serenity, peace and inner happiness. In those moments we can feel as if Heaven itself is embracing us and, in that embrace, we return to Earth fueled to overcome any clashes or difficulties.

There are also those sufferings that we attract by our conduct, our actions and reactions, our mental life that, if it is negative, also attracts negative things to us. In addition, there are cases of

spirits who, when planning their future incarnations, ask mentors to be born with physical defects or other problems, in order to avoid further spiritual falling, helping them in their spiritual evolution.

The spirit André Luiz tells, through the psychography of Francisco Cândido Xavier (Chico Xavier), that a certain woman asked to be reincarnated with a specific physical defect. The reason for this request was to avoid temptations, since in her last incarnations she had been very beautiful and had fallen morally and spiritually through sex.

Other spirits program their incarnations in such a way that they need to face many difficulties, in order to have no time or energy to encourage harmful addictions or levity, which hindered their spiritual progress in previous incarnations. This is because the most important thing for the most enlightened spirits is their spiritual evolution. For this to happen, it is necessary to readjust with the Great Law, since when we deviate from its rules and do not want to stop in our evolution, Life itself leads us to these readjustments. Thus, seeking to experience the Great Law is the only way we can to start experiencing peace, inner serenity and joy on our journey towards higher ranges or dimensions.

In fact, our faults and all the evil we do are present in our deep consciousness. In the spiritual world, with greater access to these memories and with a broader understanding of the realities of Life and evolution, there will be a time when we will feel the need to get rid of these weights, taking another step in our evolutionary journey. Then, we will work to deserve a new incarnation on Earth, aiming to carry out these rescues, readjust ourselves to the Great Law, and promote new advances or gains in our spiritual evolution.

As can be seen, the law of cause and effect associated to the reality of successive reincarnations reflects the perfect Creator's justice and wisdom towards His creatures.

We remember that in the New Testament there are several passages that refer to the idea of reincarnation.

Evangelist John, in John 3: 3-10 narrates a conversation between Jesus and Nicodemus, Prince and Doctor of Jewish Law:

Jesus answered him, "Truly, truly, I say to you, unless one is born again, he cannot see the Kingdom of GOD."

Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?"

JESUS answered to him, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the Kingdom of GOD."

And to Nicodemus question, "How can these things be?" Jesus answered, "Are you the teacher of Israel and you do not understand these things?"

From the Master's words, when speaking of being born of water and spirit, logic points to understanding "water" as "matter" (Life on Earth appeared in water and even our organism is composed of about 75% water). Thus, the natural meaning of these words indicates reincarnation, that is, the Spirit is born

again, in a new body of matter (water), whose formation begins at conception.

Some religions say that the reference, being born of water and the Spirit, is made to baptism. However, this act, this ritual, does not make people better, does not make them able to see the Kingdom of God, much less to dwell in that Kingdom. This is because they would take with them all the evils, ills, their negative tendencies, and would end up transforming this Kingdom into something similar to ours here on Earth. In order to be able to reach the upper regions, in the "Kingdom of God" symbolism, no external action will have any value. Only your own spiritual evolution is valid.

In Matthew 5:48 Jesus said, "Be perfect, therefore, as your Heavenly father is perfect." Relative perfection, however (because only God has full, total Perfection), is only possible to be achieved through countless incarnation. Nature makes no leaps and the evolution work is slow, although we can accelerate it through greater effort in this direction. No one becomes perfect at the snap of a finger, not even by mere divine grace; because natural laws themselves do not run over each other; they govern Life in an organized way.

In Matthew 17: 10-13, in the transfiguration episode, after Jesus had spoken to Moses and Elijah in the presence of Peter, James and John, they asked him, "Why do the teacher of law say that Elijah must come first?" And Jesus answered, "I tell you, Elijah has already come, and they did not recognize him, but have done to him everything they wished. In the same way, the Son of Man is going to suffer at their hands." Then the disciples understood that he was talking to them about John the Baptist.

Well, if Elijah was also John the Baptist, this could only have happened through reincarnation, because before Jesus he

appeared in his old form, when he was an Old Testament prophet.

In Matthew 11: 14, Jesus confirms this statement when, referring to John the Baptist, he says, “And if you are willing to accept it, John himself is Elijah who was to come. Let anyone who has ears, listen.”

And with Nicodemus, who was a doctor of the law, and therefore had more knowledge, the Master was more explicit: “That which is born of the flesh, is flesh; and that which is born of the spirit, is spirit. Do not marvel that I say to you: You must be born again” (John 3: 6).

Reincarnation idea also appears in other texts: In Matthew 16:13 and 14 it is said: “And Jesus asked his disciples: Who do people say the Son of man is? They replied: Some say John the Baptist; others say Elijah; and still others, Jeremiah or any of the dos prophets”. Well, how could Jesus be any of these Old Testament prophets except for reincarnation?

It is also known that in the early days of Christianity, the idea of reincarnation, perhaps not very clearly, was accepted, and was taught by some “fathers of the Church” such as Origen, Plotinus and Clement of Alexandria. Even Saint Augustine (The Confessions of Saint Augustine I, chapter VI), wrote, "Had I not lived in another body, or elsewhere, before entering my mother's womb?"

However, when Christianity was instituted, taking the form of the Catholic Church, it was accommodating itself to the paganism of Rome. Adopting and adapting some of its practices, such as rituals, hierarchy, images, etc., it distanced itself from the model taught by Jesus, which was that of simplicity, poverty and love as law. Then, it needed to eliminate that idea. If it did not, it

would end up dismantling its building and losing the power baton, because reincarnation is a knowledge that liberates, and the Church would no longer be the keys holder to Paradise. Its power would fade like smoke if it could no longer frighten the faithful people by threatening them with the flames of Hell, or attracting them by offering them the glories and delights of Heaven.

Then, all Christians, under pain of being labeled as heretics, and consequently have to face the Holy Office, were forced to accept the dogma which affirms that the spirit is created in conception. Such a belief, instilled in the psyche of the faithful over the centuries (always accompanied by the fear of sinning and suffering terrible punishments and consequences for that) created powerful thought shackles, which crystallized more and more with each new incarnation in a Christian environment. So much so that today, the simple fact of trying to question some dogma of the Catholic or Evangelical Church makes the faithful concerned and even terrified, afraid of being committing a terrible sin and having to pay for it.

But there is also a troubling issue hanging around many people's heads. It is the fact that each one of the hundreds of Christian religions claims to be the only, the true, the legitimate representative of God. So, if someone follows a certain religion, and firmly believes that it is the real one, what is the situation of people who follow other religions, and also believe, with all firmness and sincerity, that their religions are the true ones? And who is looking for a religion? How to find the real one? How can anyone know which one is legitimate, if the demarcation line between them is so thin?

Nevertheless, Jesus **did not create** any religion. He just taught that the greatest commandment is “Love the Lord your

God with all your heart and with all your soul and with all your mind... Love your neighbor as yourself.” and added: “All the Law and the Prophets hang on these two commandments.” (Matthew 22:37-40). That is, he taught only a life ethic, stating, on several occasions, that **each one will be given according to his works.**

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*Luckily, today we can already know another very important part of Life and its mechanisms through the knowledge that was brought to the world by the spiritual entity, whom called itself "The Truth", and superior spirits' legions that followed it. In addition to the hundreds scientific research which has been carried out since then, by the most diverse studies, investigations and everyday events. And this knowledge, this universe of information and clarification, has come to alleviate our living anxieties and to pacify us with ourselves, with Life and with God; opening new horizons where we can glimpse a happier future, despite the worrying circumstances existing on our planet.*

## CHAPTER 4

### REINCARNATION – Scientific Research

*We ask the dear reader to try having an open mind, not subject to any concepts, religious or not, because when it comes to science, hypothesis cannot*

*be rejected; rather, it is mandatory to study them all, without theories or preconceived ideas being able to interfere in the conclusions. Otherwise, it is not science; it is manipulation.*

## IMPORTANT QUESTION:

Why the idea of reincarnation has found such a granitic rejection in the Christian world despite all the existing evidence and its profound logic, since its mechanisms reflect the most perfect wisdom and justice of those who instituted it?

The answer is simple: the idea of reincarnation set us face to face with our own responsibility with Life. It takes out of the churches the "presumed power" to open the Heaven doors to the faithful or send to Hell those who do not place themselves under its canopy.

This is, however, a subject that has been extensively investigated by scientists and researchers in various parts of the Earth. One of the most prominent was Dr. Ian Stevenson (1918 - 2007), Director of the Department of Psychiatry and Neurology at the University of Virginia School of Medicine (USA).

In the 1960s, along with his team, Dr. Ian Stevenson had already investigated and cataloged more than 600 cases, of which he published 20, in the 520 pages of the book "Twenty Cases Suggestive of Reincarnation". Of these, seven occurred in India, three in Ceylon, two in Brazil, seven among Tlingits, in Southeastern Alaska, and one in Lebanon.

Prefacing the book, C. J. Ducasse, informs, "In 1860, a monumental work, 'A Critical History of the Doctrine of a Future Life', was published by a learned Unitarian clergyman, the Rev. W. R. Alger. In it, he considers among other conceptions of survival "the notion that when the soul leaves the body it is born



anew in another body, its rank, character, circumstances, and experience in each successive existence depending on its qualities, deeds, and attainments in its preceding lives.” He also says, “theory of the transmigration of souls is marvelously adapted to explain the seeming chaos of moral inequality, injustice, and manifold evil presented in the world of human life”.

In the final part of the book, in 86 pages, with the title General Discussion, Dr. Stevenson presents in detail all the possible explanations that have been established by "scholars" who seek to deny reincarnation. They are fraud, cryptomnesia, genetic memory, extrasensory perception and personification, image projection, possession etc. He conducts an accurate examination for each case, confronting all situations, showing one by one that there are no other possible explanations for them outside the scope of reincarnation.

Then, and for more than 40 years, Dr. Stevenson dedicated himself to the study of almost 3,000 reports from children around the world. According to him, most childhood memories involve their deaths in the previous life, which were violent, with reports beginning with children aged 2 to 4 years. In a 1992 study, Stevenson pointed 49 cases, in which medical documents were found of people whom the children said they had been in preceding lives. According to the researcher, the correspondence between fatal injuries and physical signs in the alleged reincarnated would be at least satisfactory in 43 out of 49 cases.

On these physical signs, in 1997, Dr. Stevenson published a two-volume book, with 2,500 pages “Reincarnation and Biology”, in which he reports **documented cases** of spontaneous memories linked to birthmarks, with more than two hundred resolved cases that included marks or defects by birth.

In each case, the child was born with a mark or physical deformity that closely corresponded to a wound, usually fatal, or scar on the deceased person body, whom the child remembered.

*NOTE: If any of these books become difficult to obtain from bookstores, they can be ordered directly: University Press of Virginia, Charlottesville, VA.*

Providing at least a slight idea about the results of these researches, we will narrate the summary of one of the cases cataloged, tabulated and analyzed in the book “Twenty Suggestive Cases of Reincarnation”, by Dr. Ian Stevenson.

“William George was an old fisherman from Alaska. He told his son and daughter-in-law that if the reincarnation were true, he would return as their son, i.e., his own grandson. He handed them his old gold watch, asking them to keep it for him. He also said that they would recognize him by the birthmarks that the child would have. He showed them two signs: one on the shoulder and the other on the forearm, stating that they would be the same. Months later, he disappeared in the sea, during a storm.

Afterward, his daughter-in-law, Suzan, became pregnant and gave birth to her ninth child. The child had two signs, exactly the same and in the same places as the grandfather's signs. However, the fact ended up being forgotten until the boy, at the age of four, saw by chance the grandfather's old gold watch, which his mother had kept with her jewelry. He immediately grabbed it, saying, ‘look, it is my watch!’ ... and he did not want to unhand it. Only after a lot of tears and scandal did they manage to remove the object from the boy, which he continued to claim to be his.

Dr. Stevenson tabulated all the reincarnation evidences for this case, and noted that the boy, from an early age, had begun

to demonstrate striking similarities with his grandfather; both, in tastes, inclinations, small ways, and in skills. Moreover, the boy even had a defect in walking, throwing his right foot out, just like old George, who had injured his thigh when he was young.

In addition, as if no evidence presented was enough, others emerged. The first time he saw a sister of his grandfather (old George) he shouted euphorically: ‘look, my sister!!’ In addition, he referred to his father and paternal uncles as his children; and was very concerned when two of them overdid their drinking.”

These "spontaneous memories" usually occur in children when they are starting to speak. They refer, in a very natural way, to facts and situations of the previous incarnation, as if the present life were just its continuation. Some are revolted by the current situation, as it happened in the case of a little boy born in one of the poorest castes in India and said he was the son of a noble family. Following the instructions given by the boy, the researchers reached the family, who lived hundreds of kilometers away, and verified everything he had said, including the names of relatives and acquaintances, as well as the time and the way he had died.

Such memories and birthmarks happen when the new reincarnation occurs shortly after death.

Another researcher, one of the most prominent, was Dr. Hemendra Nath Banerjee (1929-1985), Director of the Parapsychology Department at the University of Rajasthan, India. In his book “The Once and Future Life”, he reports his 25 years of research in the area of reincarnation. He describes his findings in more than 1,100 cases studied not only in India, but also in several countries. He states that the cases described in his

book are not based on hearsay or newspaper stories; they are based on researches using rigorous scientific methods. His study of reincarnation was conceived in the light of several hypotheses, such as fraud, capturing memories through normal means, and extrasensory perception.

Regarding birthmarks, Dr. Hernani Guimarães Andrade\*, in the book *"Reencarnação no Brasil"*, describes in detail all the steps of a research of this nature. It is about Patricia (fictitious name), who since she was aged two and a half started talking about her last incarnation, in France, near Havre. She said her name then, her parents' names, and a multitude of details, with places and people's names, that I would not have been able to know. Patricia told that she died when she was about 15 years old. She said there was a knock at the door, she opened it, and a soldier came across with a rifle in his hand and shot her.

Once, at the age of three, when she saw a soldier with a rifle in his hand, she started screaming in terror, saying, "He killed me, he killed me, he shot here", showing her chest. The interesting thing is that she had two birthmarks, one on the chest and one on the back, this one bigger and a little lower, as perforation and exit of the bullet in a perfect trajectory, according to the experts. The episode of her own death must have been deeply silent in her memories; hence, she was reborn bringing those memories and marks.

Some scholars suggest the possibility that these memories are rescued from the collective unconscious but, according to Jung, this unconscious "is the psychic inheritance that every human being receives in its constitution. This inheritance is constituted by predispositions that condition the act of perception, understanding and the creation of symbols, and later, the

affective structure and the structure of thought. Thus, the collective unconscious is formed by the **inheritance of predispositions** for the creation of certain images, symbols and ideas, and not by the **inheritance of these images, symbols and ideas**".

In the cases studied by the researchers there are so many details of memories and knowledge of facts, situations, places etc. from past lives that could not have simply been "caught" in the collective unconscious. Besides it, they are vivid memories and refer to the same person trajectory.

The same occurs regarding *graphoscopy*\*\* research. This occurs when someone remembers who he was in a past life, and the experts confront that person's writing with those he says he was, and they are the same.

Any explanation other than reincarnation would be very simplistic.

\**Dr. Hernani Guimarães Andrade* (1913-2003), was one of the most respected Brazilian researchers of paranormal phenomena, founder of the IBPP - *Instituto Brasileiro de Pesquisas Psicobiofísicas* (Brazilian Institute of Psycho-biophysical Research) in Sao Paulo, Brazil, author of 19 books and monographs, including his research on Reincarnation, Poltergeist, ITC - Instrumental Transcommunication, Psi Phenomena, etc.

\*\**Graphoscopy*. The researcher at State University of Londrina, Parana - Brazil, Professor Carlos Augusto Perandréa, postgraduate in criminology, has studied scientifically, for about 14 years, 400 letters psychographed by Chico Xavier, using graphoscopy. Same technique with which he evaluated signature for banks, police and the Judiciary. Perandréa compared people's

letters before death and later in the psychographed letters and concluded that all psychographs had graphic authenticity of those dead.

In another aspect of these researches, we will find health professionals, such as Doctors **Morris Netherton, Bryan Weiss, Edith Fiore, Denys Kelsey** and many others who have been accumulating reincarnation evidences through the memory regression of their patients, in the daily lives of their offices.

We suggest to those who want to know more about scientific research on facts related to the spirit to seek this information in the very extensive bibliography on the subject, especially in the most recent one (*See Chapter 14 - Researchers of Immortality*).

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*Many people have a craving for knowing who they were in their past lives, always hoping to find themselves as someone famous or important.*

*But, what does it matter to know who we were? It is important to know how to honor what we are today so that we may be better in the future.*

## CHAPTER 5

### HEAVEN and HELL

On a radio program that dealt with life after death, a listener spoke with all conviction “I lived in Paradise, a wonderful place where there are only good people, birds that chirp divinely, and

everyone is extremely happy. Then, God sent me to be born here on Earth, and when I die, I will go back there, to God”.

Similar beliefs have formed the basis of Christian’s thoughts about Heaven.

Let us imagine a Heaven inhabited by the people who lived on Earth. As much as God had forgiven their sins to welcome them into heavenly places, over time things would arise, such as: disagreements between neighbors, ex-politicians would begin to engender actions to exercise some power over at least part of the population, sex addicts would start looking at women trying to contain their desires etc. Soon, Heaven would be looking like Earth, because human nature does not change with death.

One could argue that in Heaven God changes the nature of human beings. This sounds strange; because we could ask why then does He not do this to us while we are here on Earth, to make it better here? Or, yet, why would He create good and bad people, and then change the converts’ nature to make them perfect, and send the rest to Hell?

All Christian religions rely on the Bible to affirm their beliefs, but without observing that the Bible should not be seen “literally” because it was written by human beings, although under higher inspiration. This was millennia ago and for a still very primary humanity, which is certainly why it contains so many contradictions and incongruities. And if there are them in the body of a work, and if that work is not totally consistent with reason and common sense, it should not be accepted blindly, and in its entirety. (*See Chapter 23 - Bible*).

What about Hell? What do Christian religions think about it?

Perhaps because of the fear and horror that such an idea produces, we try to soften those images of fire burning those

condemned for eternity, without ever consuming them, as they would remain alive – ah me ... what a monstrosity! But the conviction remains that it exists ... that way, without further explanation or details.

But, as far as the spirits report, there is neither Heaven nor Hell in that way it has been shown by religions. Yes, there is the spiritual world, with its various bands or vibratory dimensions. The higher they are, the clearer and happy they become. The lower they are, the darker and gloomy they become.

Yet, leaving this narrow cosmic corner where the Earth is set, and looking beyond the galaxies that shine in the infinite, we cannot even imagine what may be there; whether visible and tangible to our senses, or not.

Here on Earth, however, and in the worlds, or spiritual dimensions, which orbit along with it, we already have enough to deal with.

According to what the spirits inform, to be placed on higher levels in the spiritual world after death one has to redeem the debts of past experiences, and learn, still on Earth, to forgive, to be peaceful, humble, fraternal, honest, just, detached from material goods and, above all, to love and serve. The values of intelligence, knowledge, skills and wisdom must also be acquired through study, work and the daily struggles and difficulties. None of this can be achieved in a snap. It takes several well-used reincarnations, in addition to experiences in the Spiritual World, also well used, so that someone can rise to upper levels, towards the larger dimensions.

And as for the lower regions, where imbalances, pain and suffering inhabit, these torments are not eternal either. Whenever a spirit that is interning there is tired of suffering and has a feeling



of sincere humility, it regrets its bad acts that it has done on Earth. As soon as that spirit returns to God, begging for help, its vibratory content rises, thus making it apt to be helped. So, the spirits who work in these purging zones in the name of Love go to help it. In these circumstances, it is taken to one of the many welfare institutions that exist in those regions, or even to spiritual colonies such as Astral City, so well described by the spirit André Luiz, in the book of the same name. There, one can learn to dignify life through study and work, engaging in some of the many activities that are performed by spirits. Some of them are soon sent to reincarnation. In the higher spiritual colonies, as well as Astral City, there are institutes responsible for reincarnations, where the processes of returning to matter are studied and analyzed, as well as cases are monitored during their existence on Earth.

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In order to exemplify, we will transcribe some excerpts from the book mentioned above “Astral City”, in which André Luiz describes how he was helped when in Lower Zones, after his death:

“I was under the impression that I had lost all notion of time and space. I was convinced that I no longer belonged to the world of living, yet I continued to inhale deep breaths of air.

Since when had I become the puppet of irresistible forces? I could not say. I felt like a prisoner, trapped in the dark cage of horror. With my hair on end, my heart thumping uncontrollably, a prey to terrible fear, many times I shouted like a raving lunatic. I begged for mercy and clamored against the bitter despondency that had taken hold of my spirit. But my cries fell only on silence;

or were answered by lamenting voices still more moving than my own.

(...) numerous incidents would lead me on to bewildering avenues of thought. Never had the religious question loomed so large before my eyes. Principles, purely political, philosophical and scientific, now seemed to me of secondary importance to human life. Although they were valuable acquisitions on Earth, I had to admit that humankind was not made of transitory generations, but of immortal Spirits on their ascension to a glorious destination. I was beginning to realize the existence of one thing that stands above all that is material or intellectual: Faith a divine manifestation to man. Such an analysis, however, came too late.

(...) I had lived on Earth, enjoyed its benefits, reaped the good things of life, and yet never contributed anything towards the repayment of my heavy debt. (...) I had delighted in the joys of my family circle, yet never shared that precious gift with my greater human family. I had neglected to undertake even the most elementary duties of fraternal solidarity.

Now that my life was over, I was like a hothouse plant, unable to withstand the weather of eternal realities. I had not cultivated the divine seeds the Father of Life had sown in my soul. They were choked by the weeds of my insatiable desire for comfort and enjoyment. I had not trained my faculties for this new life. It was only right, then, that I should enter it like a cripple, thrown into the infinite river of eternity, unable to swim (...)

(...) Oh, dear friends on Earth! How many of you may still avoid the bitter road of sorrow by cultivating the inner fields of your heart. Light up your lamp before crossing the threshold of the shadows. Search for Truth, lest the truth find you unprepared.

(...) Even the strongest man must come to the end of his emotional powers of resistance. So it was with me. Firm and resolute at the start, I gradually began to fall into long lapses of depression, and in my total ignorance of the fate in store for me, my usual fortitude yielded to despondency. More and more frequently tears welled in my eyes, long pent-up in heavy heart.

To whom could I appeal? With all of the sophisticated intellectual culture I had brought from the world, I could do nothing to alter my present situation.

(...) When my despair had almost reached its climax, it began to dawn on me that somewhere a Creator of Life must exist. The thought seemed to comfort me. I, who in the world had hated all religious creeds, was now feeling the need for spiritual consolation. As a physician who prided himself on his ultra-modern principles of skepticism, so much in vogue in my time, I had to admit I was a perfect failure. Gone was all the self-importance which had seemed so real to my eyes. I saw now that I had to change my mental attitude.

When at last I came to the end of my strength and lay helpless in the mire, unable to rise, I implored that Creator of All Things to take pity on me and come to my aid in my desperate plight.

How long did my pleading last? How many hours did I spend paying like a frightened child? It was impossible to say. I only knew that copious tears ran down my cheeks and my whole being seemed to merge into one anguished plea. Had I been utterly abandoned? Was I not also a child of God, although in the whirl of earthly vanities I had never given a thought to His divine works? I knew the Eternal Father would surely forgive me. Did He not extend His loving care to the birds of the air and flowers of the field?

Ah, one must suffer a great deal in order to understand the mysterious beauty of prayer. One must know remorse, humiliation and utter misery to fully appreciate the sublime sweetness of hope! It was at that moment that the dense mist all around cleared away, and a person came forward. An envoy from Heaven. He was a fatherly old man, who bent over me and gazed intently into my face with his large, clear eyes. With a benevolent smile he said to me:

“Courage, my son! The Lord has not forsaken you.”

Heart-felt tears seemed to flood my very soul. I tried to express my grateful relief, to thank him for the consolation he had brought, yet I only had the strength to ask:

“Who are you, generous Messenger of God?”

My unexpected benefactor smiled kindly and replied:

“My name is Clarence. I am only a brother”

And, noticing my exhaustion, he added:

“You must keep quiet and calm. It is necessary for you to rest to restore your strength.”

Then he called two persons who were waiting attentively, and ordered:

“Let us provide our friend with first aid.”

They spread a white sheet on the ground and, using it as an emergency stretcher, prepared to transport me. They lifted me gently. Then Clarence spoke to his assistants:

“Let us start without delay. I must reach the Astral City as soon as possible.”

*(From the book Astral City, authored by spirit André Luiz, psychographed by the medium Francisco Cândido Xavier)*

Thus, it is important to perceive Life in its greatest scope, leaving the narrow contents within which it is not possible to shelter the Creator in its Greatness, nor to perceive its deep Wisdom, where Justice is Law, and it is practiced with Love.

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*Stop for a minute what you are doing now.*

*Take a few deep breaths to harmonize the internal rhythms and relax.*

*Connect yourself with the Cosmic Forces of PEACE and ask them to envelop your home and the entire Earth in vibrations of PEACE.*

*Whenever you have a minute ..., thirty seconds ..., or just ten seconds, repeat this procedure, wherever you are.*

*It is good for Earth ... It is great for you.*

## **CHAPTER 6**

### **MEDIUMSHIP**

Mediumship is present in the history of all peoples.

Bible also narrates incidents in which mediumship and spirits are present. For example, in Exodus 32: 15-16, when, for more than 3,500 years ago, according to the narrative, Moses

received the ten commandments at Mount Sinai: *(Then Moses turned and went down the mountain carrying the two tablets of the covenant law in his hands. They were inscribed on both sides, front and back. The tablets were the work of God; the writing was the writing of God, engraved on the tablets.)*

Even questioning the participation of God himself in this event, it is worth noting that this was the phenomenon of “direct writing”, which was possible through the mediumship of Moses, and it has been widely tested and researched since the 19th century, on several occasions.

Matthew, narrated another important manifestation in chapter 17, in which Jesus climbed a mountain in the company of Peter, James and John, where he transfigured himself and talked with the perfectly materialized spirits of Moses and Elijah.

Jesus himself, numerous times, appeared materialized in front of the disciples after his death; and everything indicates that the disciples themselves held mediumistic sessions, because John advises: “Beloved, do not believe in every spirit, but test the spirits to see if they come from God.” (1 John 4).

It was from the middle of the 19th century that a formidable outbreak of mediumship began to occur on the earth, giving rise to the most impressive phenomena, with the aim of shaking humanity and making it aware of spiritual realities. This mediumistic outbreak was prophesied by Joel, in the Old Testament, when he said: “Then afterwards I will pour out my spirit on all flesh; your sons and daughters shall prophesy, your old men shall dream dreams and your young men shall see visions” (Joel 2: 28).

Scholars of spiritual things understand that we are living at the end of an evolutionary cycle. Not the end of the world, but the end of a civilization or a cycle in the evolution of humanity. In this process of transition of the human being to a higher level, mediumship performs the fundamental role of allowing humanity to receive guidance, information and clarifications from higher sources.

Mediumship is also used for evil; it is true. It is like everything in life, which can be used for both good and evil. This is to allow the human being to have all the options and to be able to freely choose his paths. And we remind you that for this choice of paths, we have common sense, reason and an inner light called conscience.

Every human being has a greater or lesser degree of mediumship; that is, the ability to connect in some way with the spiritual dimension. Everyone "hears in their minds" spirits suggestions and believes that such thoughts arise from themselves. This happens when there are affinities of ideas, ideals, emotions, etc. For instance, when someone is planning a robbery, the nature of their thoughts attracts spirits with the same inclinations. Then these spirits begin to guide him, speaking to his ears, suggesting actions, attitudes, means etc., that will help him execute his plans. When someone full of hatred plans for revenge, the nature of his emotions attracts vengeful spirits, which will guide and assist him in his revenge. On the other hand, when someone intends to do a good deed, he will have good spirits as advisers. Thus, even without hearing what the spirits say, people receive such ideas in their minds as if they were their own thoughts. This happens when both, spirits and people, are in tune.

Also when for no reason we feel fear, irritation, etc., this can mean the presence of a disturbing spirit or one that does not like us (in those moments it is important to pray, or to develop feelings of peace and love in order to generate vibrating barriers between us and the spirit that intends to disturb us). Just as when, suddenly, for no apparent reason, we feel happiness, a well-being, an inexplicable joy, it must be because some highly qualified mentor, or a very beloved spirit came to us, hold us, or said a prayer for us; so we feel this wonderful vibration, different from our usual one.

Spirits report that the most comprehensive projects developed here on Earth have their genesis in spiritual world. They are often programmed even before the reincarnations of those who will put them into practice, always under the advice of the responsible spirits.

We can call "ostensible mediums" those who have a higher degree of mediumship, such as, seeing and hearing mediums, who can see and/or hear spirits; "incorporation" mediums, who allow a spirit to juxtapose themselves to use some of their physical resources to manifest themselves through speech. In many cases, the spirit is able to use the medium's resources more fully, as happens for instance in the case of operations carried out by spirits (*See Chapter 10 - Zé Arigó*).

There are also mediums with physical effects, which are rarer. These provide ectoplasm for the materializations. (Ectoplasm is a viscous, whitish, almost transparent substance, which spirits use to become visible, tangible and audible in the material dimension, as well as to materialize objects brought from the spiritual dimension (*See Chapter 8 - Mediumship - physical effects*).

Medium (here we call mediums only the ostensible ones) has greater responsibility than an ordinary person has. This is due to the influence he can exert on other people and the task he agreed



to perform during his reincarnation, which aims, in most cases, to rescue errors he committed in past existences. In order to successfully fulfill his task he needs to live in such a way as to enable the necessary attunement with his spiritual mentor, and at the same time protect himself of influences from negative spirits. For that, he must develop lovingness, patience, ethics, etc.; comfort those in need, and always dedicate himself to doing good. He must respect others, nature and life in all its forms. Then, in tune with his spiritual mentor, he can receive the necessary inspiration to advise and guide those in need, becoming an instrument of good and light for himself and for those around him.

However, there are those, and there are many, who use mediumship to make profits, to promote themselves, and even worse to do evil.

In spiritist circles that follow the Kardecist orientation, it is taught: "give free of charge what you received for free", i.e., you should never receive any kind of remuneration or reward for mediumistic activities.

For 18 years I had the opportunity to act as an incorporation\* medium, in assistance sessions for suffering and obsessive spirits, feeling and perceiving with all intensity their sufferings, their dramas, their hatreds and despairs. Spirits of people who committed suicide were often brought to these sessions, and their presence was always of great suffering. On the other hand, it was wonderful to be able to feel how the group's help relieved their suffering. On spiritual persecution cases, it was possible to follow the course of the conversation that the indoctrinator developed with these spirits. Always with great love and assisted

by spiritual benefactors, he managed to lead those spirits to abandon their victims.

These were such exciting moments, even divine ones. For them, it was worthwhile to endure all the afflictions that accompany the medium during this kind of communications. Feeling someone's excessive pain, their total hopelessness and how the relief gradually came through the hands of spiritual benefactors, along with the prayers and loving vibrations of those present is really divine, as I said.

As for the vengeful spirits, it was wonderful to notice the changes in their feelings when they were involved in the love vibrations of those present, and when they heard the indoctrinator clarifications and invitation to change their lives.

**QUESTION:** How does psychography happen? Does the spirit take the medium's hand and write?

**ANSWER:** It is not so. All mediumistic communication passes through the medium's mind. The spirit attunes to the medium's mind, involves him in his fluids, or spiritual energies, acts on his spiritual body, and through it dominates the physical body or only the hand, or the speech, depending on the case. There are mediums who psychograph simultaneously with both hands and even in different languages. It is clear that the techniques used by the spirits we cannot know or understand in depth, because they act in a dimension of which we still know little. In addition, the most advanced gains of science on earth are nothing more than a kindergarten, compared to scientific knowledge of the spiritual world, in its highest ranges.

**QUESTION:** What is the difference between seeing and clairvoyance?

**ANSWER:** Seeing is the faculty of seeing spirits, objects or environments of the spiritual world. Clairvoyance is seeing through matter, for instance, seeing what happens to an organ within someone's body; see what is happening elsewhere, or things that have happened in the past or that are going to happen in the future. Generally, seeing and clairvoyance are associated with hearing and clairaudience, i.e., hearing, in addition to seeing.

Regarding the spirits materialization, all people present in the session can see and hear them. Seeing mediums break the dimensional barriers and see the spirit in its own habitat. In materialization, mediums for physical effects provide a substance called “ectoplasm” with which the spirit is dressed in order to be seen, felt and heard by anyone.

However, materialization sessions are quite rare. They require a range of prerequisites, which are difficult to find out. There must be a good ectoplasm medium; and the support group must to be consisted by people who are aware of the work seriousness and needs, because mental harmony and discipline of those present are vital.

As for spiritist meetings, they have no ritualistic nature. They focus on the study of the life mechanism and deal with the teachings and guidelines for experiencing love, humility, peace, ethical values and the practice of good. Their purpose is essentially to help people in their inner growth and spiritual evolution.

Mediumship sessions, however, are not open to the public, because they are intended to help suffering and obsessive spirits. These are often dramatic situations, in which these spirits expose

their most intimate wounds and pains. Thus, it would not be ethical to deal with these cases in front of an audience, usually frivolous and in search of emotions.

In the spiritist centers, as well as in other nests of the faith, the good spirits work to help those who seek them. Those people are helped according to the “karma” of each one, as well as their merits and their faith.

Spirits called sufferings are common creatures, misguided by their religions, who after death are not in heaven or in hell, but still remain rooted in their beliefs. Therefore, they are unable to understand or accept the fact that they have already left the physical body, believing that they are still alive. They try to interact with people, who evidently do not pay attention to them. Thus, they usually end up accommodating themselves to the new situation, thinking that something terrible has happened, or that they are not in their normal mind. Others, even though aware of their current state, remain in the places where they lived, as if they were still alive. Many still suffer in their spiritual bodies the reflection of their illnesses feeling pain, suffocation, malaise and all kinds of anguish. In spiritist centers, through mediumistic work, they receive relief and can be directed to destinations compatible with their merits and their spiritual situation, where they will receive help and can continue their evolutionary process.

*\*Incorporation* – It occurs when the medium’s spiritual body moves away from the carnal body, allowing the communicating spirit to juxtapose him and use some of his physical resources, such as speech, gesticulation, and so on. In these moments the medium experiences what goes on with the spirit, feeling his pains, his moods and often having broader perceptions about it, like his life, the causes of his suffering, etc.

## **INTERLUDE**

*Neide did the morning walk along a road, which rises to the top of the dune and goes down to the beach by another hillside. She was in "down mood".*

*In the silent environment, where only birdsong was heard, she began to hear the footsteps of someone who was running, humming happily. Soon she saw the man coming towards her. When he passed her, he said a happy good morning, continuing the humming race.*

*As if a miraculous hand had "removed" her "down mood", Neide realized that she was smiling happily.*

*What miracle was that? Her bad mood, as if by magic, had turned into joy! And she continued on her way, feeling intensely the grand presence of nature, admiring the green of the vegetation and the color of flowers that appeared here and there, illuminated by the rising sun.*

*There was not a miracle.*

*Light, happy, pleased with life moods generate a magnetic field, or aura, of compatible energies. And the same occurs to the opposites.*

*When an aura of luminous energies touches ours, we receive this vitality, which also starts to illuminate inside us.*

*Our aura is our business card. When bright, it opens many doors in front of us. When dark, it closes them all.*

*How is your aura, your invisible business card, dear reader?*

## **CHAPTER 7**

### **MEDIUMSHIP – Scientific research**

In one of his classes at UNIESPIRITO - Universidade Internacional do Espírito (International Spirit University, based in Sao Paulo - Brazil), the scientist, Dr. Sergio Felipe de Oliveira\*, said the following:

“The survival of the spirit after the death of the biological body, being this (the spirit) the seat of emotion, personality, identity of a person in the hypothesis of the continuum of life; the communicability between the spiritual dimension and the biological plane in trance states, in mediumship; and the understanding of the brain as the soul transducer and not as a thought-producing focus are open questions in the Science territory.

The materialistic view stands that the person is the biological body, so life ends with the death of the body. Science has not proved this hypothesis. Thus, both the spiritist view proposed by Allan Kardec, and the organicist and materialist view are hypotheses open to investigation by the Official Science.

A scientist who claims to be a materialist speaks for himself and not for science. The Official Science is open to the investigation of spiritist hypotheses as well as materialistic hypotheses. So it is that American universities like Harvard University (Mind-body Institute), University of Virginia (Reincarnation research), University of Arizona (Life after death research laboratory) [www.veritas.arizona.edu](http://www.veritas.arizona.edu), and by extension the 50 largest medical schools in the US, include in their undergraduate and graduate curriculum the Discipline Medicine and Spirituality, according to JAMA - Journal of American Medical Association. ”

French physicist Patrick Druot, a researcher at the Monroe Institute in the United States, said, "It is not possible to say that mediumship does not exist; science knows how the brain works

chemically, but it still does not know what makes the brain work in mediumistic cases."

Brazilian researcher Alexander Moreira-Almeida is co-author of the study on "Medium activity of the brain" and director of the NUPES - Núcleo de Pesquisas em Espiritualidade e Saúde (Research Center on Spirituality and Health), at Universidade Federal de Juiz de Fora (Federal University of the city of Juiz de Fora, State of Minas Gerais – Brazil). He is editor of the book "Exploring frontiers of the mind-brain relationship" by the renowned scientific publisher Springer.

Moreira-Almeida states that the soul, or as he prefers to say, the personality or the mind, is closely linked to the brain, but it can be something beyond it. According to him, research on spiritual experiences, such as mediumship, are important for understanding the mind and for testing the materialist hypothesis that personality is a simple product of the brain. He also recalls that Galileo and Darwin could only revolutionize science because they started to analyze phenomena, which were not considered before, and affirms: "Materialism is a hypothesis; it is not a scientifically proven fact, as many believe".

### **Mediums' brain activity**

There are several researches on mediumship, from the oldest to the most modern, including the use of cutting-edge technology, such as that described by journalist Denise Paraná, PhD in humanities and post-doctoral at the University of Cambridge, England. She followed a scientific experiment and published all the steps and conclusions reached by the scientists.

This study was carried out on July 2008. For ten days, ten Brazilian mediums were available for a team of scientists from

Brazil and USA, who used the most modern scientific techniques to study their brains.

Scientists Júlio Peres, Alexander Moreira-Almeida, Leonardo Caixeta, Frederico Leão and Andrew Newberg, were responsible for the research. They belong to the medical schools of the University of São Paulo-BR, the Federal University of Juiz de Fora-BR, the Federal University of Goiás - BR and the University of Pennsylvania, in Philadelphia - USA.

Mediums' brain was analyzed by high-tech equipment during and after the trance state. It was a pioneering experience in the production of neuroimaging through Positron Emission Tomography, called PET, and through the method known by the acronym SPECT (Single Photon Emission Computed Tomography).

Each medium's brain activity was mapped through blood flow, during psychography trance as well as during normal, or non-trance, writing. The scientists became surprised when the brain mapping of the two activities were compared. Although the narrative structure is more complex in psychographics than in texts written in non-trance state, the areas related to planning and creativity were less activated by the brain. The ten mediums produced mirrored psychographics – written backwards - and they did it in languages they did not master well; they also correctly described scientists' ancestors whom the researchers themselves said they did not know.

Yet according to the research, mediumship can be considered a healthy manifestation. Although there are several similarities between the brain activation of the studied mediums and schizophrenic patients, the results also made it clear that those volunteers did not have schizophrenia or any other mental illness.



Scientists say that the discovery of the same brain area activation underlines the importance of further research to distinguish between pathological and non-pathological dissociation (a process in which actions and behaviors evade consciousness).

Between what is and what is not a disease, when someone claims to be touched by another entity, one of the conclusions reached by the scientists is that mediumship involves a kind of non-pathological, or not sick, dissociation. Mediumship can be a common expression to human nature. These conclusions were published in the American scientific magazine *Plos One*, "*Neuroimaging study during Trance State: A Contribution to the Study of Dissociation*".

## **Cross-Correspondences**

(According to Ernesto Bozzano\*\*, the term that would better explain the phenomenon would be Complementary Messages), it is one of the phenomena that made possible the most complete evidences of the existence and communicability of the spirits.

These were communications obtained by automatic writing by different mediums, generally far apart each other. Each communication presented several gaps, almost always unintelligible when viewed in isolation, but when put together, like patience game pieces, the picture was perfect. There was no communication between the mediums; many inhabited different cities and did not even know each other, and messages were generally delivered at the same time.

According to *Sir Oliver Lodge* \*\*\*: "The purpose of these ingenious and complicated efforts is, of course, to prove that these phenomena are the work of well-defined intelligences,

distinct from that of any of the mediums. The transmission of a message by fragments or an unintelligible literary excerpt for each of the writers, taken in isolation, excludes the possibility of telepathic communication between them.”

First experiments began in London, England, on December 17, 1906 and lasted until June 2, 1907.

Seven psychographic mediums took part.

In these communications, the same Spirit manifested itself through two or three mediums, providing fragmentary messages to each of them. The interconnection between them was only verified after the communications were gathered. Thus, two mediums received two different messages, but the connection between them appeared in a third message, obtained by another medium. The messages were received in Latin and translated into English by Dr. A. W. Verral.

It is worth mentioning that, when the messages were later compared, they were related to three men who had already died, and all had been founders in 1882, of the Society for Psychical Research. They were Henry Sidgwick (1838-1900), Frederic Myers (1843-1901) and Edmund Gurney (1847-1887).

Adding, Bozzano says, “Complicated is the nature of communications extracted from ancient literature, by the subtlety of allusions and shuffling. Only a long study would make it possible to reconstruct this literary patience game and to understand the intention that presided over their meeting.”

Society for Psychical Research, in London, by J. G. Piddigton, preferred not to admit the survival of the soul after death. And although it has been come across several and so embarrassing evidences, it chose to take a position that would not compromise it in the scientific community context.

On the other hand, *Sir Oliver Lodge* \*\*\* and *Sir William Barrett* \*\*\*\* gave a favorable opinion, emphasizing the latter that, "Certainly no incarnate intelligence would have planned, coordinated and directed the messages."

Yet, all the dead without exception had been erudite in classical culture.

The material produced in the cross-correspondence was gathered in 24 volumes, each of them with about 500 pages, totaling 12 thousand pages. These are evidences collected over an extended period (thirty years, according to researcher Montague Keen). There are only 13 copies of these correspondences in the world.

**\* *Dr Sergio Felipe de Oliveira*** is a General Practitioner focusing on mental health, psychiatry and organic brain syndromes; is a Master in Biomedical Sciences at USP - Universidade de Sao Paulo, founder and Clinical Director of the Pineal Mind Institute (Sao Paulo), and founder and Director of UNIESPÍRITO - International University of Spiritual Sciences (with centers that are distributed throughout 8 cities on the European and American continents).

He researched deeply about the pineal gland at USP - Universidade de Sao Paulo, where he was a professor and researcher. Using powerful microscopes, he analyzed the microcrystalline apatite minerals that form inside this gland concluding that these would be the physical elements, which receive electromagnetic waves from both material and spiritual dimension, i.e., the basic instrument in mediumistic processes. Many of his classes are recorded on video, available on the

website: <https://www.uniespirito.com.br/>. This website is also translated into English.

**\*\* Ernesto Bozzano (1862 - 1943)** was professor of “Philosophy of Science” at the University of Turin and an Italian spiritist researcher. He stood out as an active contributor in Italian and French literature on paranormal phenomena from the turn of the 19th century until the early 1940s.

He was one of the few Italian researchers appointed honorary members of the Society for Psychical Research, American Society for Psychical Research and Institut Métapsychique International.

Before becoming a spiritist, he was materialist, skeptical and positivist. From the positivist postulates, he gravitated towards an uncompromising form of materialism, which led him to proclaim later: **“I was a positivist-materialist so convinced that it seemed impossible that there could be cultured people, normally endowed with common sense, who could believe in existence and survival of the soul.”**

**\*\*\* Sir Joseph Oliver Lodge (1851 - 1940)** - Professor of Physics at Liverpool University College from 1881-1900; director at University of Birmingham in 1900 and professor at Oxford in 1903. He brought important contributions to the theories of contact electricity and electrolysis, of oscillatory discharge in Leyden jars, of the electromagnetic waves production in the air and introduced improvements to the wireless telegraph. He performed an experiment on reducing fog by means of electrical dispersion. Author of several scientific treatises and works, among which we highlight: “Elementary Mechanics”, in 1877; “Pioneers of Science”, in 1893; “Life and Matter”, 1905;

"Electrons or The Nature and Properties of Negative Electricity", 1907; "Science and Immortality", 1908; "The Ether of Space", 1909; "Beyond Physics or The idealization of mechanism", 1930.

**\*\*\*\* Sir William Fletcher Barrett (1844 - 1925)** He was Professor of Physics at the Royal College of Science for Dublin, Member of the Royal Society of London, founder of the Society for Psychical Research.

**Mediumship as seen by some pioneers in the mental area.**

**Dr Frederic W. H. Myers:** "Anyone with a sense for evidence, a sense not methodically blunted by the sectarianism of "science"" ought now; it seems to me, to feel that exalted sensibilities, trances with supernormal faculty, and even experimental thought-transference, are natural kinds of phenomena which ought, just like other natural events, to be followed up with scientific curiosity".

*Dr. Frederic W. H. Myers (1843-1901) was one of the pioneers in creating a system for classifying paranormal phenomena. The words "telepathy", "supranormal", in addition to the famous terms "I subliminal" and "I supraliminal", adopted by the current Parapsychology, are his authorship.*

**Carl Gustav Jung**, at the end of his thesis, he concludes: "I am far from believing that with this work I have achieved a definitive or scientifically satisfactory result. My effort was mainly

aimed at the superficial opinion of those who dedicate to the so-called hidden phenomena nothing more than a scornful smile. It also aimed to show the various connections that exist between these phenomena and the experimental field of the doctor and psychology and, finally, to point to the various important issues that this unexplored field reserves us. This work has convinced me that a rich harvest for experimental psychology is maturing in this field (...)

Jung also says that it is very difficult, if not impossible, to prove that they are really spirits. In this topic, he mentions a long conversation he had with Prof. Hyslop:

"He (Hyslop) admitted that, considering all factors, the totality of these metaphysical phenomena would be better explained by the hypothesis of the spirits than by the qualities and peculiarities of the unconscious. Based on my own experiences, I need to give you reason in this aspect. In each particular case, I need to be skeptical, but in general I must concede that the spirits hypothesis brings better results in practice than any other."

*(1875-1961) Carl Gustav Jung was a Swiss psychiatrist and psychotherapist who founded analytical psychology. Jung proposed and developed the concepts of extroverted and introverted personality, archetype and collective unconscious. His work has been influential in psychiatry, psychology, science of religion, literature and related fields.*

## **CHAPTER 8**

### **MEDIUMSHIP – Physical effects**

*“Materialization Phenomena are the highest and the most irrefutable demonstrations of immortality. A deceased person appearing before the spectators in a corporeal form, talking, walking, writing and disappearing, either instantly or gradually, under the view of the observers, is certainly the most exciting and the most unique of the spectacles.” (Ernesto Bozzano)*

From the second half of the 19th century the interest in spiritual phenomena has increased, mobilizing a large number of scientists, doctors, researchers, technicians, scholars, etc. Many were deeply involved in research, such as those which refer to the spirit materialization and objects brought from the spiritual dimension. They tied and even chained the mediums, leaving them naked; to make sure that there could be no fraud in the demonstrations. Meanwhile, others, mainly parapsychologists, have tried to find something that could deny the phenomena by creating theories not grounded in research or experimentation.

## MATERIALIZATIONS

**NOTE: Ectoplasm** is a viscous, whitish, almost transparent substance, with milky reflections, evanescent in the light, which has chemical properties similar to those of the medium's physical body, from which it comes. It is considered the basis of mediumistic effects called physical, like materializations, because through it the Spirits can act on the matter. The term was coined by the French physiologist Charles Richet and published in 1922 in his *Treatise on Metapsychics*, by which he reports his observations about extraordinary manifestations through mediums such as Eusapia Palladino and Eva Carrière.

Spirits materialization allows full proofs of the spiritual reality, such as **paraffin gloves**; when the materialized spirit dips the

hand or foot in a bowl with boiling paraffin and then in cold water, until a glove or sock is formed. Then he dematerializes the hand, or the foot, leaving the glove or sock with all the details, including veins. It would be absolutely impossible to generate such things, without materializations.

There are materials, such as paraffin gloves and socks, obtained by Dr. Gustave Geley, Professor at the Faculty of Medicine of Lyon, kept at the *Institut Métapsychique International* in Paris.



In the book “*Materializações Luminosas*”, the Police Chief and researcher Dr. Rafael A. Ranieri (Sao Paulo - Brazil), narrates sessions where patients were treated by materialized spirits who used devices never seen on Earth. They were luminous, and their light brightened the environment in such a way that both they and their activities were fully visible to everyone, including researchers and some authorities, who were always present and observed everything.

He tells impressive facts, which were witnessed by dozens of people who later signed the minutes of the meeting, in which everything was narrated in detail. He reports one of these facts saying, “A resplendent spirit approached a sick woman and placed a strange, gluey, light green and transparent device on her chest. As if by magic, I could see inside of her body clearly. The



spirit dipped his hand through the apparatus, and in measured gestures, he withdrew his hand and dipped it again. Each time he brought a dark matter in his fingers, which was thrown into the air and dissolved. The show lasted for long minutes”.

In those sessions, they also placed a large bucket full of paraffin on the fire. Then, the materialized spirits put their hands inside the bucket and let it cool; when they dematerialized them, there was a perfect mold of the hands. These molds are being demonstrated in spiritist centers in Minas Gerais and Rio de Janeiro, as reported in the book.

### **Florence Cook**

Miss Florence Cook was 15 years old when the research started. She was the main medium researched by the English scientist Sir William Crookes, whose intention was to unmask spiritual phenomena. Crookes narrated this research in detail in the book "Researches in the Phenomena of Spiritualism".

It was Florence herself who sought him out to ask him to investigate his mediumship. She narrates the episode as follows:

"I went to Mr Crookes' house without saying anything to my parents or my friends. I offered myself as a voluntary sacrifice in the face of his unbelief. Shortly before, the unpleasant incident with Mr Volckman had taken place.

Those who did not know the phenomenon spoke cruel words against me. Mr Crookes had made a comment that tormented me and that was why I decided to look for him. He met me and I said to him, "Since you believe that I am an impostor, if I want to, I will submit to experiences in your own home. Your wife can dress me as you wish and I will leave with you what I have brought. You can watch me as you think you should; and I will

submit myself to whatever experiences you wish, so that you are fully content.

I only impose one condition: if you find that I am a mystification agent, publicly denounce me; but if you make sure that the phenomena are real and that I am nothing besides the instrument of invisible forces, you will say this to the public so that the whole world will know the truth. ”

William Crookes accepted the challenge and after almost four years of research with Florence Cook and other mediums, to great displeasure of his peers, he proclaimed the authenticity of such facts, saying, “I do not say that this is possible; I say that this is real”.

The last session that Crookes held with the medium Florence Cook, after more than three years of uninterrupted sessions, was narrated as follows:

“In the last session, at 7 hours and 23 minutes at night, Mr Crookes led Miss Cook, who wore a light blue merino dress, to the dark office, where she lay on the floor, with her head on a pillow. At 7 hours and 30 minutes, Katie King (spirit) showed off the curtain and in all her stature. She was dressed in white, with short sleeves and bare neck. Her long, light brown, golden-colored hair was down, falling in curls on both sides of her head and down her back to her waist. She also wore a long white veil, which she put it down once or twice over her face during the session.

For most part of the session, Katie stood before the assistants. When the cabinet curtain was opened, everyone saw the sleeping medium distinctly, with her face covered with a red shawl, to preserve it from the light. She was in the same position she had taken since the beginning of the session, which passed into a light

that spread bright light. Katie spoke of her next departure and accepted a bouquet of flowers that Mr Tapp had brought to her, as well as a collection of lilies that Mr Crookes offered her. She asked Mr Tapp to dismantle the branch and place the flowers in front of her on the ground. Then she sat down in Turkish-style and asked everyone to do the same around her. She distributed the flowers, making a sprig with some of them, which she tied with a blue ribbon. She wrote farewell letters to some of her friends, signing them: Annie Owen Morgan, saying that this was her real name in earthly life. She also wrote a letter to her medium and chose a rose bud to be given her as a farewell gift. She took a pair of scissors, cut a lock of her hair and offered a portion of it to each one.

Then, arm in arm with Mr Crookes, she walked around the room shaking everyone's hand, one by one. She sat down again, cut several pieces of her dress and veil, giving the attendants a gift. As the large holes that remained in her clothes were visible, and while she was sitting between Mr Crookes and Mr Tapp, someone asked her if she could repair those damages, as she had done on other occasions. She then exposed the cut part to light, tapped it on top with one hand and immediately that part of the dress became as perfect as it was before. Those close to her examined and touched the fabric, with their permission, stating that there was no more puncture, no seam, nor the affixing of any patch where a moment before they saw tears many inches in diameter.

Looking tired, Katie said sadly that she needed to leave, that her strength was waning. She reiterated affectionately her farewell to all those present, who thanked her for the wonderful demonstrations she had given them. Giving her friends a last look, grave and thoughtful, she put the curtain down and became

invisible. They heard her awakening the medium, who asked her tearfully to stay a little time longer. Katie, however, replied, "My dear, I cannot. My work is done. God bless you!" And everyone heard the sound of her goodbye kiss in the medium. Soon after, Miss Cook came to those present, completely exhausted and deeply upset. It was clear that the girl, rebellious at first, had taken kindly to her invisible friend.

Katie had said that from then onwards she would no longer be able to speak or show herself. For having performed these physical manifestations for three years, she had spent a very painful life to atone for her faults. She had decided to rise to a higher degree of spiritual life, and only at long intervals she could correspond in writing with her medium, who could always see her through magnetic lucidity."

***NOTE: These sessions were held at Crookes' own residence, with all guarantees against possible fraud and always attended by several people, including scientists and researchers. The medium was in a cabinet separated from the room only by a curtain, and had no passages to other parts of the house.***

### **Sir William Crookes – some notes**

A medium walking around my dinner room while I was sitting in another part of this room along with several people who were watching him intently, could not make an accordion plays by fraud, while I held it in my hand with its keys down. Or even make that same accordion float here and there in the room, while it played all the time.

He could not bring a device with him to flick the window curtain or raise the shutters up to eight feet high, tie a handkerchief and place it in a far room corner. He could not vibrate piano notes from a distance; hurl a cardholder across the room; raise a bottle and a chalice above the table; move a fan and cool the assistants. Or even put in motion a pendulum enclosed in a showcase, solidly attached to the wall.

\*\*\*\*\*

A very beautiful little hand rose from a table in the dining room and gave me a flower. It appeared and then disappeared three times, which convinced me that this apparition was as real as my own hand.

This happened in the light in my own room, with the medium's feet and hands held by me during that time.

On another occasion, a small hand and a small arm, like a child, appeared waving over a lady who was sitting next to me.

Then the apparition came to me, hit me on the arm, and pulled my jacket several times.

Once a forefinger and thumb were seen tearing off the petals of a flower that was in Mr Home's buttonhole, depositing them in front of several people seated next to him.

\*\*\*\*\*

I saw more than once, first, an object moving, then a luminous cloud that seemed to form around it, and finally the cloud condensing, taking shape and becoming a hand, perfectly finished. At that moment, everyone present could see that hand.

It is not always a simple form, because sometimes it looks perfectly lively and graceful: the fingers move and the flesh appears to be as human as that of any of the people present.

On the wrist and the arms, it becomes vaporous and is lost in a luminous cloud.

(**NOTE:** Spirits can materialize only parts of the body, limbs, fingers, etc., for their manifestations)

*It was not without reason that the French physiologist Dr. Charles Richet, who discovered serotherapy and anaphylaxis, Nobel Prize in Physiology or Medicine (1913), said:*

*“Crookes' experiences are granite and no criticism prevails against them. I advise you to read Crookes' accounts carefully and you will be convinced of the reality of the facts, unless you resign yourself to treating Crookes as an imbecile, which would be an imbecility.”*

**Ernesto Bozzano** – narrates experiences made with the medium Florence Cook. *Bozzano was Professor of Philosophy of Science at the University of Turin, etc.*

Florence, a young fifteen-year-old girl, would be unable to organize and carry out such a colossal hoax under the meticulous observation of journalists, writers, and high-level scientists. All measures were taken, always with her acquiescence, to prevent any fraud. They proceeded in relation to her, as they would have done with the most skillful of the conjurers. Her hands were immobilized with ropes, whose knots and loops were sewn and sealed; her waist was girded with a strap, and the ends were fixed to the ground by an iron ring, subject to greater precautions. Other times an electric current passed through her body so that

a galvanometer would indicate her smallest movement. However, the apparition (the materialized spirit) was shown to be completely free, dressed in veils arranged with art, which disappeared at the same time as the ghost dissipated.

Katie King (spirit) differs so much from the medium Florence Cook that even the most systematic unbelievers, like Dr. Sexton, could see them together, while Miss Cook lay in a trance, tied in her chair. His testimony confirms that of the writer Florence Marryat and that of Sir. William Crookes, who had been able to see the scene.

\*\*\*\*\*

Since the beginning of Miss Florence Cook mediumship, Mr Ch. Blackburn, from Manchester, made an important dowry for her, to ensure her livelihood. So he did, in view of the progress of science. Thus, all Miss Florence Cook's sessions took place for free.

On May 7, 1873, when beginning the session in which they intended to photograph Katie King (spirit that materialized), the following precautions were taken: Mrs Corner and her daughter accompanied Miss Cook to her room, where she was asked to undress in order to examine her clothes. They made her wear a large gray robe, replacing the dress she had undressed, and then they led her to the session room, where her wrists were securely tied with ribbons. The cabinet was thoroughly examined, after that Miss Cook sat inside it. The ribbons that tied her wrists were passed through a ring fixed on the floor and then tied to a chair placed outside the cabinet. In this way, if the medium moved, they would soon perceive it.

The session started at six o'clock in the evening and lasted for about two hours, with an interval of thirty minutes. The medium

fell asleep as soon as she settled in the cabinet and, after a few moments, Katie King (spirit), dressed in white, appeared and walked to the middle of the room. That evening, her dress was low-cut and short-sleeved, so it was possible to admire her wonderful neck and arms. The coif that, as always, covered her head, was slightly parted, showing her brown hair. The eyes were large and bright, gray or dark blue. Her skin was clear and rosy; her lips were flushed. She looked entirely alive.

Perceiving the delight we have experienced in looking at her like this before us, Katie redoubled her efforts to have a good session. Then, after "posing" in front of the camera, she walked around the room, talking to everyone, completely at ease. She leaned on Mr Luxmore's shoulder as they photographed her. She even once held the lamp, to better illuminate her face, and allowed Mr Luxmore and Mrs Corner to run their hands over her body, to make sure she was wearing only a dress. Then she had fun amusing Mr Luxmore, slapping him, pulling his hair and taking his glasses to look at those in the room.

The pictures were taken under magnesium light. A candle and a small lamp provided permanent lighting. When the plaque for developing the photos was removed, Katie took a few steps, accompanying Mr Harrison, to watch this task.

Another curious fact also occurred that night. As Katie was resting in front of the cabinet, waiting to put herself in position to be photographed, everyone saw a large man's arm appear over the curtain; he was bare to the shoulder and waving his fingers. Katie turned and rebuked the intruder; saying it was very bad another Spirit to come and disturb while she was getting ready to take the picture and ordered him to leave immediately.





**QUESTION:** Why in the materializations do the spirits usually present themselves wrapped in something similar to white fabric, with only the hands and face appearing?

**ANSWER:** According to the information we have, it is because, in order to materialize the whole spirit body and the clothes it is wearing, a large amount of ectoplasm is necessary.

**QUESTION:** Why these sessions are done in such low light conditions?

**ANSWER:** Ectoplasm is an evanescent substance under light. If, for instance, during a materialization someone turns on the light, it could cause serious damage to the medium's organism, from which this material comes.

## **DIRECT WRITING** or Pneumatography

It is the writing produced directly by the Spirits. It differs from psychography because this is the transmission of the Spirit's thoughts through the medium's hands.

## **Ernesto Bozzano**

The first fact that I will quote has occurred, in fact, in a dark session, but its result was no less satisfactory.

I was sitting near the medium, Ms Fox, and there were no other people present besides my wife and a lady relative of ours. I held the medium's hands with one of mine, whilst his feet were over mine.

Before us, on the table, there was paper, and my free hand holding the pencil.

Luminous hand came down from the room ceiling after having hovered close to me for a few seconds. It took the pencil from me, wrote quickly on a sheet of paper, dropped the pencil, and then rose above our heads, gradually losing herself in the darkness.

**Baron de Guldenstubbe** – *He was a great soul researcher, and his works were also burned in Spain by the Holy Inquisition on October 9, 1861 at the well-known Auto-de-Fé (Act of Faith) in Barcelon. Of Swedish origin, belonging to the old Scandinavian family, of historic name, he had two of his ancestors of the same name burned alive, in 1309, in the company of Jacques de Molay, by order of Pope Clement IV.*

He spent a retired life. His memory is affectionately respected for his noble, urban and benevolent conduct, and for his numerous acts of modest charity. He dedicated himself to the direct writing experiences in France, where he obtained, on August 13, 1856, the first success in this modality of communication of the spirits.

During thirteen years of research, Guldenstubbe gathered more than two thousand “direct writing” evidences. A blank

sheet of paper was placed inside a safe, which was then closed. The witnesses remained in the room to prevent fraud, and when they opened the safe, there were writings, drawings, etc., on the paper. He wrote the book entitled "*La Réalité des Spirites et de leurs Manifestations*" (The Reality of Spirits and their Manifestations) (1857). And also the work *Pensées d'outre-tombe* (1858).

Having achieved success, Guldenstubbe began to obtain his pneumatographic writings at any place and time; in the open air, on top of a gravestone, a place that he especially liked. Among the places where experiments have been successfully improvised are the Louvre, the Versailles Museum, Saint Denis Cathedral, Westminster Abbey, the British Museum, the Montparnasse Cemeteries, Montmartre and Père-Lachaise, Bois de Bologna, and several ancient churches and ruins in France, Germany, Austria and England.

Guldenstubbe was a wealthy man. His independence and the consideration, which he enjoyed in the high world undoubtedly, dispelled any suspicion of voluntary fraud, as no self-interested (mercantilistic) cause could move him. One could admit his own illusion, but one fact responds decisively to this: the obtaining of the same phenomenon by others who have taken all necessary precautions to avoid any cheating or reason for error.

Witnesses list who attended the Baron's experiments includes the names of H. Delamarre, *Patrie's* editor; H. Choisselat, *Univers'* editor; Mr Dale Owen; M. Lacordaire, the great orator's brother; N. de Bonochose, historian; M. Kiorboe, a well-known Swedish painter; Baron von Rosenberg, German ambassador to the court in Wurtemberg; Prince Leonilde Galitzin and two other representatives of the Moscow nobility; and the rev. William Mountford, who contributed with his personal testimony to *The Spiritualist* of December 21, 1877.

"These phenomena - said Guldenstubbe - are now established on the solid basis of the facts, allowing from now on considering the immortality of the soul as a scientific fact, and Spiritism as a bridge launched between this world and the Invisible."

## **CHAPTER 9**

### **MEDIUMSHIP – The Scole Experiment**

**The Scole Experiment: Scientific Evidence for Life After Death, is considered the most important scientific investigation of life after death evidence.**

The group had formed in early 1993 and operated completely independent of the spiritualist movement or any other organization. They were non-religious and non-sectarian. Their work was intended to be universal and to embrace people from all spheres of life, regardless of their beliefs.

They have met in experimental sessions twice a week to develop tangible and objective physical paranormal phenomena in the basement of a house in the village of Scole, in the Norfolk region - England, which had become an experimental science room.

The accomplished experiments were often followed by teams of the Society for Psychological Research (SPR) members, in London, and yielded an extensive report made by the scientists who accompanied these experiments, proving their veracity. The report was identified as "The Scole Report".

Among the various experiments carried out, it can be highlighted the transportation of objects (apport), levitations, materializations, paranormal lights, direct voice, audio and video instrumental transcommunication, and much more. All performed under strong control by the team of scientists who witnessed the experiments.

Leader's team informed that "shortly after the start of the 'Scole Experiment' a spirits group, who called themselves the spiritual team, presented themselves during the experimental sessions. Several of them had been scientists when they were on Earth. By pioneering new forms of tangible paranormal phenomena, they sought to prove conclusively that death does not exist and that there are other dimensions of existence. These other dimensions are hidden from normal perception due to our senses and current scientific instruments limitations".

The group was also informed that the spiritual team consisted of "thousands of minds"; all working in unison to achieve this tangible proof of the existence of other dimensions, and that other teams were preparing to work with similar groups. Some had already started.

There were various images produced in films; many of them obtained during a full light period, even portraying lively faces. These moving images from "other dimensions of reality" were really surprising.

At other times, the camera left on the table started moving in the total darkness of the room, and this movement could be accompanied by the sounds of the camera being activated. At the end of the session, when they were going to check the film with the certainty of finding nothing, since to take a picture it is necessary to have clarity, they were surprised with the great amount of pictures that had been taken, some with the most

diverse faces, others very strange. The spirits once reported that a particular photo was of a man who had died a few years ago, and they informed his name and address. The researchers went to investigate and found the daughter of the deceased who recognized the father in the photo, becoming very emotional, as expected.

As time went by, and with the fascinating progress of the most diverse experiments, the group decided to publish them in a book, in view of the importance of a wider public being aware of the Scole Experiment, since it had far-reaching implications for everyone. They understood that "it could change the way we collectively see the nature of life itself". And they did not forget to recommend to readers to suspend all prejudices during this reading.

They consulted the spirits, which considered that the time "was really right" to bring this information to light.

Scole Experiment has become widely regarded as the most important scientific investigation of life after death evidences. Highly qualified and objective scientists, and a whole range of other people who participated in the Scole Group sessions - **with experiments that lasted 5 years, and 500 sessions, for a total of 1000 hours**, in various locations and in different countries - were convinced that invisible disembodied intelligences (spirits) were making direct contact with those present.

Thus, it is understandable that the first edition of this book, published in the United Kingdom in 1999, with the title: *The Scole Experiment: Scientific Evidence for Life After Death*, has generated a great discussion in the national and local media.

Numerous radio and television programs published the story. National newspapers devoted extensive centimeters of column

to it. The Times placed The Scole Experiment on the front page of its Sunday magazine, and the Daily Mail published the book on its central pages for several days. A fierce debate has also surfaced on the internet.

If the evidence is accepted, the implication is simple: we humans really survive the event of death in some conscious way.

A new and expected 2006 edition included an update on the fascinating progress of ongoing experiments involving Scole's mediums.

The Scole Experiment: Scientific Evidence for Life after Death, presents the 5 years and 500 sessions of experiments for the reader in general, and so "important for science", in three books: <https://www.thescoleexperiment.com/>, and including images, descriptions and analyzes, in an 86-minute cinematic documentary on Youtube: [https://www.youtube.com/watch?v=6qSEi\\_sfaSU&t=2438s](https://www.youtube.com/watch?v=6qSEi_sfaSU&t=2438s) in English.

## **CHAPTER 10**

### **MEDIUMSHIP - Zé Arigó**

Born in Congonhas, in the state of Minas Gerais - Brazil, José Pedro de Freitas (1921-1971) became Zé Arigó (it means hillbilly, redneck) in the hearts of the people and, mainly, in the hope of millions of people looking for a cure. These people sought him out during his 20 years of mediumship, always focused on caring for the sick people, without ever charging a cent.

Arigó started having severe headaches, insomnia, visions (a light described as very bright) and a guttural voice (in a language he did not understand) that made him believe he was on the verge of madness. This situation lasted for about three years, during which he visited doctors and specialists, without getting better.

According to his biographers, one day in a clear dream he realized that the voice that tormented him belonged to a robust, bald character, dressed in old clothes and a white apron, who was supervising a team of doctors and nurses in a large room surgery, around a patient. After the dream was repeated several times, the character introduced himself as Adolph Fritz, a German doctor who died during the First World War, without having completed his work on Earth. Although he did not understand the language, he could understand the message that the character addressed to him: he was chosen as a medium by Dr. Fritz to do this work. Other doctors and nurses' spirits would assist him.

As his biographers' report, Arigó woke up from this dream so frightened that he ran screaming down the street, naked. Relatives and friends brought him home, where he wept copiously. He went to the doctors, who underwent clinical and psychological examination, finding nothing unusual, although the headaches and nightmares continued. Even the city priest tried to assist, carrying out some exorcism sessions, without success.

Desperate, and without finding a solution, he decided to respond, as an experience, to the requests made in a dream by the German doctor. Having found a crippled friend, who was forced to use crutches to walk, Arigó suddenly found himself shouting:

"It is time for you to drop these crutches!"



And pulling them out, he ordered the man to walk, which he did, and continued to walk perfectly from that day on.

From then on, a force that Arigó considered "strange" began to use his rough hands to handle instruments, which were also rough, in delicate surgical procedures, in the care of the sick and afflicted people.

### **The Senator's case**

Among personalities attended by Zé Arigó, is that of Senator Carlos Alberto Lúcio Bittencourt, around 1950, then in an electoral campaign. Diagnosed as having lung cancer, doctors had recommended to the Senator immediate surgery, preferably in a hospital in the United States, although with little hope. He chose to postpone the surgery until after the election campaign, and on a visit to Congonhas, he met Arigó, who had been a union leader. Impressed by his charisma, the Senator invited him to go to the city of Belo Horizonte together for a rally. The invitation was accepted, and they stayed at the same hotel. According to the Senator's report, he had already gone to bed in his room, worried about his health condition, and noticed that the door was opening, and a figure was entering, turning on the light. It was Zé Arigó who came near with a razor in his hand. Frightened, the Senator tried to get up, but he felt overwhelmed by a prostration that made him fall asleep on the bed. On the next morning, when he woke up, he found that his pajamas were cut on his back, covered in dried blood. The cancerous tumor had been removed, and as confirmed later, the Senator was fully healed.

### **Mediumistic practice and scientific research**

Zé Arigó had a traditional Catholic background, but despite the disapproval of the Church and civil authorities, he founded a clinic in Congonhas, where he even treated up to two hundred people a day, free of charge. They were people from that region, from different states of the country, from South America, Europe and the United States. Incorporated with the Dr. Adolf Fritz spirit, or rather, Dr. Fritz spirit incorporated into him; using knives and pocket knives he extracted cysts and tumors in quick procedures. The incisions were small compared to the surgical procedures practiced at the time; many times smaller than the material extracted through them. Sometimes, during the intervention, Dr. Fritz dictated a prescription, which was typed by one of the assistants, to be delivered to the patient.

The care success stories aroused the attention of politicians, artists and other personalities. It did not take long for the medium to be questioned by the surgeries. In 1957, he became the target of the first lawsuit, on charges of being a quack, after a priest from Congonhas denounced him. However, he received a pardon from the then President of Brazil, Juscelino Kubitschek, and went free. Juscelino visited him later and, according to witnesses, was grateful for the cure of his daughter's leukemia.

Later, in a second lawsuit, this time filed by the Medical Association of Minas Gerais, after having understood what it was a pardon; Arigó refused it, being arrested for seven months for illegal practice of medicine. But even within the prison walls, his mediumistic practice continued, attending to patients even through the bars of a window that faced an alley.

According to many scholars, Arigó was endowed with exceptional mediumistic abilities, and it was precisely this that

allowed him to make diagnoses so precise, which even aroused the curiosity of a team of American doctors.

In 1963, Dr. Andrija Puharich, physician and researcher who provided services to the American Government, and Henri Belk, founder of a foundation for researching paranormal phenomena, traveled to Congonhas to start a research with Zé Arigó. They were accompanied by two interpreters from the University of Rio de Janeiro and by Jorge Rizzini, a well-known Brazilian spiritist researcher.

Jorge Rizzini has offered himself to film anything the Americans thought it was a conclusive evidence. But how to find something immediately credible that would convince even the most skeptical viewers?

Dr. Puharich had a tumor without a malignant character, a lipoma, for more than seven years inside his left elbow, which, although painless, bothered him somewhat. After anguished indecision, Dr. Puharich decided to ask Arigó to remove the lipoma. All the preparations were made for the filming of the event. When Puharich arrived at the clinic the next morning, Arigó, or better said, Dr. Fritz turned to the patients, who were already filling the room and asked, with his strong German accent:

“Does anyone out there have a good Brazilian pocket-knife to use on this American?”

Although horrified, Puharich could no longer withdraw. Pocket knives appeared on all sides. Dr. Fritz chose one and turned to the patient:

“Roll up your sleeve, doctor.”

The American nervously checked the placement of the camera. Rizzini positioned himself for filming.

“Look over there!” – recommended Dr. Fritz.

A few seconds later, Puharich felt something soft in the palm of his hand, along with the pocket knife. It was the lipoma. He looked at his arm and noticed that the part where there was the tumor was no longer swollen. There was only a small incision, less than two inches long, and a small amount of blood. The American experienced only a vague sensation and later declared:

“I felt nothing. I couldn't believe what happened, and, yet it happened, because there can be no doubt about it.”

The surgery was not followed by any infection and the wound healed completely. Rizzini's film was very clear and showed that the operation had only lasted five seconds. The Americans had no more doubts and were totally convinced of the veracity of the phenomena.



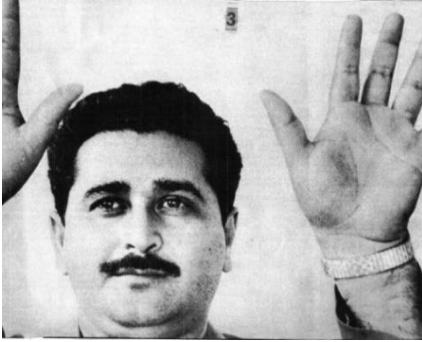
*Dr. Andrija Puharich, seconds after being operated by the Spirit Dr. Fritz, through the medium José Arigó. At his side, the researcher William Belk, president of the Belk Foundation.*

The research that Puharich and his colleague Belk have started was continued by other doctors of his team for the next five years. Many internationally known names have spent days in Congonhas, carrying sophisticated equipment, with the sole purpose of studying the Zé Arigó / Dr. Fritz's works. Scientifically they have not achieved much, but they have proved that the medicine practiced by that medium did not contain illusionism or witchcraft. Researchers were unable to discover how they were made but agreed that the diagnoses and operations performed were of high precision and efficiency.

In 1968, two American doctors arrived in Congonhas to complement the research. Doctors Laurence John and P. Aile Breveter, from William Belk Psychic Foundation, declared that more than 95% of Dr. Fritz's diagnoses were correct; and that the examinations and operations performed by him with knives and pocket knives, without any asepsis and without anesthesia, were only possible due to his sensitivity, which is only explainable through parapsychology.

Indeed, Zé Arigó phenomenon was one of the most extraordinary mediumship cases in the world. Until his death on January 11, 1971, victim of an automobile accident on BR-040 highway, he was quoted and commented on in all major international magazines.

His biographers record that Arigó had already attended more than four million patients, when he had a dream about a black crucifix, convincing himself of his near death. On the day of his death, as usual, he went to his clinic, but he warned patients who were waiting for him that he needed to go to a nearby location to pick up a used car, which he had just purchased. According to the police report, *“On the BR-040 highway, at 12:23 pm, on January 11, 1971, José Pedro de Freitas (Zé Arigó), was victim of a sudden illness\*,*



*and lost the direction of the Chevrolet Opala he was driving. He went in the opposite direction where he collided with a vehicle from the National Department of Highways (DNER), dying of brain trauma.”*

*\*Victim of sudden illness* – Later, it was explained by Dr. Fritz himself that Zé Arigó had concluded his mission with praise, and the time of his return to the spiritual world had arrived. Due to his merits, he was removed from the physical body before the accident, so as not to have to go through that trauma. Hence the cause of the sudden illness.

## **CHAPTER 11**

### **MEDIUMSHIP - Chico Xavier**

**Francisco Cândido Xavier**, or simply Chico Xavier (1910 – 2002, Brazil), is considered one of the greatest mediums in history. He mainly engaged in psychography (when the communicating spirit, acting on the medium's mind, takes his hand to write).

He was from a very poor family. He lost his mother at the age of five, and barely managed to complete four years of study. He started working from the age of eight and his jobs were

warehouse salesman, weaver and typist. Diseases also came to him early. First the lungs, then the eyes and later the angina.

Chico always supported himself with his modest salary, not burdening anyone. He never became rich as a medium. For about 65 years, he psychographed more than 450 books, written in prose and verse. They are chronicles, messages, novels, short stories, reports; about science, philosophy, religion, etc., which have been sold more than 60 million copies in Portuguese, and with translations into English, Spanish, Japanese, Esperanto, French, German, Italian, Russian, Mandarin, Romanian, Swedish, Finnish, Greek, Hungarian, Braille, etc. Copyrights belonged to him by law, but **he disposed of them all**, donating them to spiritist federations and charitable welfare institutions.

According to Geraldo Lemos Neto, president of the *Fundação Cultural Chico Xavier* (Chico Xavier Cultural Foundation), the book "Nosso Lar" (Astral City), by the spirit André Luiz, is the best-seller. This book has been sold more than 3 million copies only in Brazil, where it also became a film, which was released in 2010, when Chico would be 100 years old.

Chico psychographed in languages he did not speak. Sometimes with both hands at the same time, and written backwards, so that they needed to be read in front of a mirror.

He also psychographed about ten thousand letters "from dead people to their families". Hundreds of people arrived to the *Grupo Espírita da Prece*. Whilst close to the auditorium, reflections on life, the importance of love, forgiveness, humility, etc. were carried out, Chico concentrated and, with his eyes closed, the pencil ran on the sheets of paper at high speed. At the end of the meeting, he read the psychographed messages. During the reading, the people to whom the messages were addressed, just by the content of the letter already realized who it was about and

approached with great emotion. Mothers in tears of happiness for having recognized their children received comforting letters from Xavier. Many of these letters contained data that only the author and the recipient knew.

Professor Carlos Augusto Perandr ea, a researcher at Universidade Estadual de Londrina – Parana – BR, postgraduate in criminology, has studied scientifically for about 14 years 400 psychographed letters by Chico Xavier by means of graphoscopy, the same technique with which he evaluated signature for banks, police and the Judiciary. Perandr ea compared people’s letters before death and later in the psychographed letters and concluded that all psychographies had graphic authenticity of the aforementioned dead. In 1991, he published the results of this study in the book entitled “*Psicografia   Luz da Grafoscopia*” (Psychography in the Light of Graphoscopy).

In addition, the AME-SP- Medical-Spiritist Association of Sao Paulo carried out a study of 45 psychographed letters by Chico Xavier, which generated the book “*A Vida Triunfa*”, in 1990. Based on data collected from the letters’ recipients through a standard questionnaire survey, AME-SP reached several findings, such as, for instance: 100% of the families declared 100% correctness in the data informed in the letters.

**Despite having studied only until the 4th grade of elementary school**, Chico psychographed, together with the medium Waldo Vieira, by the spirit Andr  Luiz, the book “*Evolution in Two Words*”. The book addresses scientific questions of evolution, starting from the atom, passing through minerals, microscopic beings, plants, animals, until reaching the primitive races of humans, etc. Interwoven to this physical evolution, the author details the evolution of the "spiritual



principles" starting with the instinct, reaching reason and intelligence.

**NOTE:** Whilst Chico Xavier psychographed the odd chapters of that book in the city of **Pedro Leopoldo, State of Minas Gerais-BR**, Waldo Vieira psychographed the even chapters in the city of **Uberaba-MG**, more than 600 kilometers away. When joining the psychographies of the two mediums, there was no difference between their styles and the contents formed a harmonious whole.

This book was published in 1958, and at the end of the century, this work already had more than 60,000 copies in circulation.

For readers to understand the book, Prof. José Marques Mesquita, with technical review by Prof. Gerson Sestini, created an Explanatory book. As they said, "there will be almost insurmountable difficulties for the full intelligence of the text if there is no constant support from good dictionaries, or from specialists in the most diverse Sciences.

The spiritual Author, André Luiz, said that the book "Evolution in Two Worlds" was a handout of **a course he had attended in the Spiritual World.**

Some groups formed by biologists, doctors, zoologists, botanists, geologists, etc. have dedicated themselves to studying this book, without having found errors or contradictions in it with reference to the knowledge of their areas.

On how he felt during the psychographies, Xavier explained: "The feeling I always felt when writing them (referring to poetry received through mediumship), was that a vigorous hand propelled mine. At other times, it seemed to me that I had an immaterial book in front of me, from which I read and copied

them; and others, that someone dictated to my ears. When I psychographed them, I always felt the sensation of electric fluids involving my arm. The same thing happening with the brain, which seemed to be invaded by an incalculable number of indefinable vibrations. Sometimes, this state reached its peak, and the interesting thing is that it seemed to me that I had been without my body, not feeling, for a moment, the slightest physical impressions. That's what I experience, physically, about the phenomenon that often occurs with me."

Throughout his life, Chico Xavier received the title of honorary citizen of more than one hundred Brazilian cities, including the main ones. He was considered as the greatest "spiritual leader" in Brazil. He was nominated for the Nobel Peace Prize in 1981 and 1982. About two million people in Brazil and 29 other countries have mobilized and signed a petition asking for the Nobel Peace Prize for him. In 1999, the Government of the State of Minas Gerais instituted the *Comenda da Paz Chico Xavier* decoration, and in 2012, he was elected "The Greatest Brazilian of All Time" in a television competition held by the national TV network SBT. The purpose of this competition was "to elect the one who did more for the nation, who stood out for his legacy to society". Chico has received 71.4% of the votes, beating Santos Dumont and Princess Isabel. But he never became flattered, and always stated that he was nothing but a postman bringing messages from the spirits.

According to statistical data provided by National Press' organs, at his wake, from Sunday, June 30, until Tuesday, July 2, 2002, at certain times, the line of people reached an extension of 4 km. And in front of the coffin, the average was 40 people each minute. People's serenity and silence was touching, despite having waited for hours in a line, under the strong Uberaba sun,

to say goodbye to the physical remains of the medium. He was buried with military honors under a shower of rose petals.

Jesus' words "Love one another as I have loved you" have represented for Chico Xavier the correct philosophy of life, and he advised people with his tuneless and weak voice, due to his advanced age: "Love without expecting to be loved and without waiting for any reward. Always love."

He was called as "A man called love".

Some phrases he used to say:

"I feel sad when someone offends me, but certainly I would be sadder if I were the offender... Hurting someone is terrible."

"God gives us each day a new page of life in the time book. Whatever we put in it, it will be our own responsibility."

"Although nobody can go back and make a new beginning, anyone can start now and make a new end."

**QUESTION:** Why did Spiritism develop in Brazil with such intensity?

**ANSWER:** Uninformed people say that this development started because Brazil was an underdeveloped country and Spiritism was a doctrine of mysticism, etc. It is a big mistake.

Let us see the results of the last Census conducted by IBGE – *Instituto Brasileiro de Geografia e Estatística* (Brazilian Institute of Geography and Statistics), in 2010, on the religions followed by Brazilians, which indicate an important difference between Spiritists and other religious groups.

According to the survey, "The Spiritism followers have the highest proportions of people with complete higher education

(31.5%) and literacy rate (98.6%), in addition to the lowest percentages of individuals with no education (1.8%) and with incomplete elementary education (15.0%)”. This Census also showed that, “In the population segment that declared itself a spiritist, 68.7% were white people, a much higher percentage than the participation of this color or race group in the population as a whole”.

A question that many people also ask is why Brazil, the cradle of a doctrine of enlightenment like the spiritist one, is also the cradle of corruption, violence, social injustice, etc.

Spirits have answered this question. They say that Brazil is a hospital for the “sick of the soul”; and it was not made to display saints, but to regenerate beings. They report that the worst things have come to reincarnate here, that is, spirits who went bankrupt morally and spiritually in the Crusades and in the Inquisition, the most corrupt politicians, religious people who have been distorted for millennia, etc. In Brazil, they had the opportunity to rescue the great faults that weighed on their deep conscience, and to evolve.

These rescues have been taking place in the arduous struggles of the early explorers in Brazilian lands, in the suffering of the slavery and in many other situations of pain. Also, in torments in the lower zones of the spiritual dimension between one incarnation and the other, expelling from their spiritual bodies the toxicity they have accumulated through their experiences in evil, and, with this, being able to restart their evolutionary journeys in order to access the higher zones.

Some of those spirits have taken advantage of the opportunities that had been offered, but many others did not. The latter, which are so many, continue in their evil activities in Brazil, until the Superior Power give an end to it.

But at the same time there was, and still there is the reincarnation of thousands of evolved spirits such as: Tiradentes, Princess Isabel, Bezerra de Menezes, Chico Xavier, Divaldo Franco, Herbert Sousa “Betinho”, Irmã Dulce, and many others, anonymous or not, dedicated to doing Good, and representing relief, comfort, help and guidance to thousands of people.

**QUESTION:** Why are there more mediums in Brazil than in other countries?

**ANSWER:** We could say that in Brazil mediumship can be considered as a *spiritual health system*, when practiced under guidelines such as those of Spiritism. Through it, spirits in difficult rescue processes can receive medication for enlightenment, guidance, comfort and help in the most difficult moments; in addition to the spiritual food represented by the knowledge of reincarnation and everything else that involves it.

For mediums, it is also an opportunity for redemption and spiritual growth, whenever this faculty is put at the service of good. In the same way, the activities carried out in the spiritist centers represent valuable opportunities to develop values such as lovingness, patience, faith and the joy of serving.

## **CHAPTER 12**

### **ITC – Instrumental Transcommunication**

In 1959, in Sweden, Friedrich Jürgenson, when recording bird songs, was surprised to hear strange things in the middle of the

recording. Listening more carefully, he noticed that they were people's voices, and words could be heard in several languages, which ruled out the possibility of radio interference. In new attempts at recording, he was astonished to realize that the voices called him by name, nicknames, and could answer questions asked there at that time. This discarded the possibility of capturing radio amateurs or other types of remote transmissions. When he asked who those voices were, the answer came quickly "We are the dead ...".

Jürgenson then proceeded to carry out the most diverse experiments and research until he was convinced that they were really spirits that were communicating. That was when he decided to present his work to scientists, computer technicians, parapsychologists and journalists. In 1964, he has published his first book *Les voix de l'Univers*.

This was only the first step in ITC researches. In Europe and the United States, scientists, technicians and scholars start to develop research, build devices and use techniques that were expanding the possibilities of communication, which today happen through computers, radio, fax, telephone, and even with sound and image by TV sets.

One of these researchers was Father François Brune, a French Catholic priest, polyglot and with a vast culture, both theological and in the most diverse segments of human knowledge. For several years, he was interested in Experiences on the Borders of Death. In 1987, he met, in Luxembourg, the researchers couple Jules and Maggy Harsch-Fischbac, who were able to contact the spirits through electronic devices.

Father Brune, then, in the face of the evidence he found, he also decided to research this phenomenon, in a wide range of investigation. Analyzing all the possibilities, from manifestations

of the unconscious (collective or individual) and fraud to interference from radio or television stations, he ended up concluding (like the other researchers) that they were really "dead people" or spirits. And these spirits collaborated, emitting phrases in several languages, to assert that they are not Earth radio stations, such as this one, addressed to the researchers - including Konstantin Raudive - who were present:

*"Tacha, Raudive. Tev de Gratulation Konci! Pekainis. Tev nav ko eilt, Konsta"*.

This sentence contains a mixture of Swedish, English, a Latvian and German dialect, which means: "Thank you Raudive\*. Congratulations to you Konst. You have to hurry up".

However, communication between different dimensions by the ITC it is not as simple as it seems. In addition to many others, there are difficulties related to frequency, and, as the spirits say, there is a difference in the flow of time itself. In certain types of ITC, they elaborate the voices using the noises of the environment, or better say, they give audible form in the material dimension to their own voices, and for that it is necessary a lot of preparation.

Father Brune, speaking about an ITC session in Luxembourg, said:

"Jules had tuned the radio between two stations, of which we have heard only a squeak. Maggy alternately called in French and German a number of interlocutors (spirits who usually communicated with them). Little by little, over the noise that served as background, other sounds began to be heard, initially slightly different. The sentence had already started. The beginning was incomprehensible. But suddenly, the voice came out clearly: "... an immaterial substrate, or whatever the name is

given, 'principle, soul, spirit', an eternity portion escapes from destruction. The unhappiness today is that people are afraid of death".

The full text, as well as the entire course of various other researches by Father Brune, can be found in his book "*En Direct de L'au-Delá*".

In 1994, in the city of Fortaleza, State of Ceará - Brazil, Father Brune, using a small tape recorder, reproduced this text and several others for the large audience that had attended his conference. The spirit's voice, speaking in French, was perfectly audible. At that time, those words coming from the beyond through a radio set were presented by a Catholic priest full of titles and highly respected within his Church. The conviction was confirmed that we are travelers of eternity, that life does not die, and that our dearest beings who left for the "great journey" have not ended, but are alive in other dimensions of life, and can even communicate with us.

In his book "*En Direct de L'au-Delá*", Father Brune has gathered several historically proven accounts, one of them involving even a Pope.

In one of these reports, he says that, in 1952, Father Agostino Gemelli, a renowned physicist, then President of the Pontifical Academy of Sciences, have tried to filter the sound quality of Gregorian chant recordings. Irritated by the technical problems encountered, he exclaimed "Daddy, help me!"

Father Gemelli was an orphan since childhood and used to repeat this invocation whenever he was in difficulty.

Listening to the tape, instead of the chant recording he heard his father's voice saying: "Of course I will help you Zuccone, I



am always close to you (Zuconne was the nickname his father had given him when he was a child)".

Father Gemelli was very impressed and went to tell Pope Pius XII everything. But instead of being astonished, the Pope reassured him when he considered that this phenomenon was in the domain of science and encouraged him to continue, saying that this fact "may, perhaps, mark the beginning of a new scientific study that will confirm the faith in the hereafter".

On another occasion, on November 2, 1983, Pope John Paul II, before more than 20,000 people, in St. Peter's Basilica, said, "The dialogue with the dead must not be interrupted, because, in reality, life is limited by the horizons of the world".

"But it is not easy to wake the living to the reality of spiritual life," says Fr. Brune. And we remember how the Church itself maintains a sepulchral silence regarding unusual phenomena that have occurred in its midst.

Research on ITC has attracted the attention of several scientific circles, and most of those who carry it out under laboratory conditions are in the area of Physics, Electronic Engineering and specialists in Signal Processing, with Mathematics support.

There are also ITC centers that take care of requests, mainly from mothers who have lost children and desperately seek contact with them.

It is true that in all fields, there are always fraudsters, and there can be mistakes, but when many serious researchers strive to investigate a fact, affirming its veracity, and when it touches us with the fingers of hope ... We can only say, "Thank God"!

As for Father François Brune, ending his book "*En Direct de L'au-Delà*", he says:

“I am truly convinced that with Instrumental Transcommunication we have new, fantastic means that guarantee our survival after death.”

In the book “*Les morts nous parlent*”, he laments “The most scandalous is the silence, the disdain, even the censorship that is exercised by Science and the Church regarding the most extraordinary uncontested discovery of our time: the afterlife does exist, and we can communicate with those we call the dead.”.

The Brazilian researcher, Sonia Rinaldi, author of several books, was the one who outlined, in Brazil, the first scientific project that seeks to prove the reality of survival after physical death, based on ITC.

This project currently has more than 1,000 experimenters and, as they claim, the results obtained in audio represent one of the best in the world. They even received long, high-quality dialogues, which surprised everyone, starting with the scientists who participated in the studies, bringing unexpected revelations.

Sonia is the founder of the *Associação Nacional de Transcomunicadores* (National Association of Transcommunicators), in Brazil, and in 1997, she founded, together with world-renowned researchers, the GAIT - Global Association of Instrumental Transcommunication, based in the United States. In the book “*Contatos Interdimensionais*” she reports a large number of ITC occurrences obtained in Brazil, all documented with photos, interviews, etc., in addition to all possible hypotheses exhaustively debated. Also included in the book is a CD with paranormal voices from reported cases.

According to Sonia, **"Only through the endorsement of Science will the Spirit be able to leave the domain of**

**Religion and enter what belongs to Nature, without mysticism or fantasy".**

\* **Raudive** - Dr. Konstantin Raudive (1909-1974) was born in Latvia. He was an intellectual, thinker, writer and researcher on the phenomenon known as “voices from beyond”. Almost all of his studies were done abroad. He has studied parapsychology almost all his life, having had the opportunity to become a student of Carl Jung. He was a practicing Roman Catholic and especially interested in the possibility of life after death.

Raudive spent more than ten years of his life doing experiments on ITC, or in English, EVP-Electronic Voice Phenomena).

With the collaboration of electronics experts, he recorded more than 100,000 audiotapes, most of them under strict laboratory conditions. He has collaborated in the experiences of Hans Bender, another researcher on the subject, and involved more than 400 people in his research, all of whom testified about the reality of the voices.

Based on these facts, he published in 1971, together with Hans Bender, the book *Breakthrough: An Amazing Experiment in Electronic Communication with the Dead*. For voice research, he created, together with Theodor Rudoof, an engineer at Telefunken, a high frequency recording equipment called “goniometer”. In Vienna, electrical engineer Dr. Franz Seidl made another equipment, which he called a “psychophone”, and the Swiss Alexander Schneider designed the diodes for his equipment.

Raudive's second book on voices is *Sobrevivemos à Morte* (original title *Überleben wir den Tod?*).

Many engineers, scientists and experts have worked with him over the years. The physicist Alexander Schneider was one of them. In 1969, Raudive and Schneider were awarded the first prize given by the Swiss Association of Parapsychology for their work in recording voices from beyond.

## CHAPTER 13

### NDE – Near-Death Experience

*Science cannot reject hypotheses; on the contrary, it must study them, without fear and without preconceived theories or ideas that might interfere with its conclusions.*

Dr. Raymond Moody, American Psychiatrist, Doctor of Medicine and Psychology, Master and PhD Philosophy, Parapsychologist, etc., widely known as a researcher and author of books on Life after Death and NDE - near-death experiences -, a term he created in 1975.

Moody wrote the book “Life After Life” with the help of the testimonies of about 150 people who suffered clinical death or who had been diagnosed as having "almost died".

He explains that the “near-death experience” is an alternative state of consciousness that affects the individual who is in an extreme physiological state. The heart can stop, as well as the breath, but even so, from that individual's point of view, he enters a very deep state of transcendental consciousness. These people narrate that they leave the physical body, go through a tunnel and enter a dimension about which all - no matter how articulate and polite they are - say that there are simply no words

to describe the feeling of what happens to them, because that is beyond what can be expressed by language. They say that it is a dimension much more real than physics. They perceive a light that brings much comfort, joy and love; and find relatives or friends who have died and who seem to be there to welcome, greet and help them during the transition.

He also says that when most of these people return, they narrate that in an instant they see everything they did in a kind of hologram, and recapitulate every act of their life, not from the point of view that they themselves had when that action occurred. Watching those scenes, experiencing those emotions in the context of the moment they are experiencing, they empathize with those they have interacted. Thus, if they see themselves doing something bad to someone, they feel sad. When it is kind, they experience the good feelings of what they have done. When they come back, they say that they are no longer afraid of death; because the experience they had convinced them that what we call death is a transition to another reality, and that the most important thing in this life is to learn to love.

Dr. Moody says he has traveled all over the continents, except Antarctica, and that he has heard reports like those everywhere.

One of the most respected Brazilian television show, *Globo Repórter*, addressed the issue of NDE, interviewing researchers and people who had these experiences.

The architect Vilma Xavier is one of these people. She suffered cardiorespiratory arrest during surgery and left the body. She narrated her experience as soon as she woke up from anesthesia.

According to her, the sensation was that of being on the ceiling, watching the medical team working down there, touching her body. She thought it was funny and asked herself "What is all that for if I

had already died?". And they said they were losing me; that they could not get me back.

Then, Vilma spoke about the tunnel, the great hall, the light and the flashes of her life.

She also said that during that time she saw things that it would have been impossible to see if she were in the body at the hospital. She saw, for instance, her mother entering a church **for the first time**. On her knees before the image of Our Lady of the Rosary of Black Men, her mother begged in the name of all that is sacred, whether the Saint and God exist, they do not take her daughter.

Her mother had never entered a church, as no one in the family had a religion. For them, death was the end, there was nothing left, but she confirmed everything the daughter had seen during the NDE.

One of the researchers who were interviewed for the report made some interesting considerations:

"The ever-repeated details of floating over the body, the tunnel, the light, the return, etc., cannot be a mere suggestion, as some claim. This is because the initial researches have been done for years, and the patients have no knowledge about each other, and what they reported. They cannot be hallucinations either, because they report similar experiences."

Researches related to spiritual knowledge usually ends up disinterested by most scientists, due to the difficulty and often impossibility of being able to be repeated in the laboratory under the most diverse conditions. However, for better understanding, it is worth recording here what the Portuguese scientist and cosmologist, Professor Luís de Almeida, said in a lecture given in 2009 to scientists, professors and students at the University of Cambridge. The subject of the lecture was "What is spiritism, and what is not spiritism", in an

approach that allowed a constant parallelism between Spiritism and Science in the fields of Astrophysics and Cosmology:

“Cosmology is a unique science, in which there can only be observations, not experiences - try to take a sample of the fabric of the universe, or take a piece of the Sun, to place it on a slide and take it to the microscope -. There is no need to observe “black holes”, stars at the ends of the universe or “dark matter” to know that they exist. Similarly, it is not necessary to visualize spirits and "measure" their influence to know about their existence.”

There are also those scientists who, due to preconceived ideas, or because they think that spiritual phenomena are mere superstitions or "things of ignorant people", lose the opportunity to analyze and examine all hypotheses and possibilities with the real intention of finding the truth.

In this report by Globo Repórter, some scientists, without ever having studied the NDE phenomenon, also expressed their opinions. They said that they are nothing more than hallucinations caused by anesthetics. For them, the temporal lobe stimulation could provoke sensations similar to those described, in an outbreak of memories stored in it, and produce strange notions of space, as if it were much broader and the person was seeing himself in a larger perspective than the eye could see.

But any observer with a minimum of common sense would soon realize that such explanations could in no way represent a possible scientific truth. They could only give signs of reality to some of the smallest aspects of NDE.

Would a hallucination be able to go to a certain place, sometimes in another state, and even in another distant country to observe something, then come back, and tell through the lips of the hallucinated person what he saw there?

In research related to leaving the physical body, facts like this occur. The respondent, "unfolding his spiritual body", goes to a certain place, sees people, events, hears conversations and returns telling what he saw and heard. Upon checking this information, it appears that they were strictly correct.

But unfortunately, since the codification of spiritualism by Allan Kardec, in the mid-19th century, there has been a strong rejection of these ideas.

### **WHY?**

Why is there such insistence on not even accepting the possibility of any hypothesis other than the materialist one?

This is because paradigm shifts are always difficult. It is natural that the human being prefers to stay in a comfort zone, where everything is known; and when a new idea comes, he feels that he needs to defend himself and usually does so using irony, mockery, etc. He does not want to leave the comfortable middle path to explore other horizons. This has always occurred throughout history. Many brought new knowledge, but they were rejected and even martyred by the "status quo".

Imagine the formidable impact that will occur in the universe of Science itself when it adopts concepts such as reincarnation, the Law of Action and Reaction or karma, the existence of spirits and the spiritual dimension, the influence exerted by spirits on people and the possibility for them to communicate with us. This will certainly happen sooner or later, due to the strength of the research itself, which has been attracting an increasing number of scientists and researchers.



## RESEARCHERS OF IMMORTALITY

### ENGLAND AND UNITED STATES

**The Scoble Experiment** - The great Scoble Experiment lasted 5 years, **with 500 sessions, for a total of 1000 hours**, and was carried out **by a group of highly qualified scientists, researchers and technicians, in addition to countless others.** They were non-religious and non-sectarian. **The Experiment and its results were published** in the United Kingdom in 1999, under the title: “The Scoble Experiment: Scientific Evidence for Life After Death”, which generated a great discussion in the national and local media. A new and expected 2006 edition included an update on the fascinating progress of ongoing experiments involving Scoble's mediums. (*See Chapter 9*)

**Dr. Robert Crookal** - world authority on Out-of-the-Body Experiences affirming the existence of the spiritual and etheric bodies. From 1952 on, he began to collect records of people's out-of-body experiences, accumulating several thousand records. He published almost twenty books on this and related subjects.

**Ian Stevenson** – Professor at the University of Virginia, a world-renowned researcher in the field of reincarnation, and author, among others, of “Twenty Cases Suggestive of Reincarnation” and “Reincarnation and Biology”.

**Cromwell Fleetwood Varley** – Notable engineer, discoverer of the Electric Condenser, member of the Royal Society of London, responsible for communication via submarine cables between continents. Responsible for the construction of the

scientific apparatus that served *Sir William Crookes* in his psychic research.

**Sir William Crookes** – Famous physicist and chemist, discoverer of thallium and radiant matter, member of the *Fellow of the Royal Society - FRS* (an honorary title awarded to notable scientists). He researched, among others, the materializations of Kate King, narrating these researches in detail in the book "Researches in the Phenomena of Spiritualism".

**Sir William Fletcher Barrett** – Professor of Physics at the Royal College of Science for Dublin, Member of the Royal Society of London, founder of the **Society for Psychological Research**. He published three works on psychic research, including "On the Threshold of the Unseen".

**Sir Oliver Lodge** – PhD in Science, Professor of Physics at the University of London, Professor of Physics at the University of Liverpool, Dean of the University of Birmingham, Member of the Royal Academy of London, President of the British Association of Scientists and the Society of Physics, as well as the Society Psychic Research. He wrote 30 works, 14 of which are spiritist in content, standing out; "Why I Believe in Personal Immortality", "The Reality of Spiritual World" and "Raymond, or Life and Death".

**James Hervey Hyslop** – Professor of Logic and Ethics at Columbia University in New York. He wrote six works, and among them "Science and a Future Life".

**Robert Dale Owen** – Statesman, Congressman, member of the Indiana Constitutional Convention, Minister abroad. He published three books, one of which is: "The Debatable Land between this World and the Next".

**George Sexton** – Professor, he was a great opponent of non-physical ideas; he has changed his way of thinking after 15 years of research and published 3 books in defense of these ideas.

**W. J. Crawford** – PhD in Sciences, Professor of Applied Mechanics at the Technical Institute and the University of Belfast. Author of six books, the most well known: “*Mecânica Psíquica*”.

**Frederic W. Myers** – Professor at Cambridge University. He published “Human Personality” and co-authored “Phantasms of the Living”.

**Frank Podmore** – Professor at Cambridge University. Author of “Modern Spiritualism” and co-author of “Phantasms of the Living”.

**Dr. Barbara Ann Brennan** - Research scientist from NASA, Master in Atmospheric Physics, with studies and experiences in the field of human energy and in the knowledge of the subtle bodies of being related to illnesses and healings, with several publications such as “Hands of Light”.

**E. Gurney** – Professor at Cambridge University, co-author of “Phantasms of the Living”.

**Robert Hare** – Notable chemist, Professor at University of Pennsylvania, wrote "Experimental Investigations of the Spiritual Manifestations", in which he proves the spirits existence and manifestation. He has started his research trying to stop “the wave of dementia that has been pronounced with spiritism name”.

**Dr. Mapes** – Professor of Chemistry at the National Academy of the United States, who started his research trying to prove the existence of fraud and ended up convincing himself of non-physical realities.

**Judge Edmonds** – First judge of the Supreme Court of New York, where he was elected member of the Legislature and President of the Senate. He wrote "Spirit Manifestations".

**Dr. Herbert Maio** – Professor of Comparative Anatomy at The Royal College of Surgeons in London. He wrote "Letters on the Truth Contained in Popular Superstitions".

**Stainton Moses** – Professor at University of Oxford, he wrote "Spirit Identity, Psychography" and "Spirit Teachings"

**Dr. P. Barkas** – Professor of Geology in Newcastle and a member of the Geological Society in the same city. He was a contributor to Spiritual Magazine and wrote "Outlines of Investigations into Modern Spiritualism".

**Dr. Nassau W. Senior** – Professor of Economics at Oxford University and Head of the Chancellery. He wrote "Historical and Philosophical Essais".

**August de Morgan** – Professor, president of the London Mathematical Society and secretary of the Royal Society. He wrote two books.

**William Stead** – Statesman, from Hague Convention, director of Review of Reviews. He published three books and among them "Letters from Julia".

**Arthur Findlay** – Glasgow Stock Exchange member, director of the Dominion and General Trust, author of Economics and Finance works, president of the International Institute for Psychic Research, president of the London Spiritualist Alliance, president of Psychic and Light. Author of "An Investigation of Psychic Phenomena" and "On the Edge of the Etheric".

**Arthur Conan Doyle** – Writer, Sherlock Holmes' creator, author of "The New Revelation", "The Wanderings of a Spiritualist", "The Edge of the Unknown" and "The History of Spiritism".

**Epes Sargent** – He was an American journalist, poet, dramaturge, novelist, educator and editor. His most widespread work is "The Scientific Bases of Spiritualism".

**Aldous Huxley** – Well-known English writer. Author of several books on extrasensory perception.

**Curt John Ducasse** – Professor of Philosophy at Brown University in Providence, Rhode Island. He wrote "The Belief in a Life After Death". He was a member of the American Society for Psychical Research.

**William James** – Doctor of Medicine, Professor of Psychology and Philosophy. He taught at the University of California and Stanford University. Founder of the American Society for Psychical Studies and a member of the Society for Psychical Research, London. Considered a dividing point in psychic research. Author of numerous books, articles and conferences.

**Dr. Richard Hodgson** – Lawyer. He researched, along with William James, the sensitive Mrs Piper. Member of the American Society for Psychical Research and editor of psychic research journals.

**Prof. Joseph Banks Rhine** – Professor of Psychology at Duke University. He is considered the Father of Parapsychology. Author of "New World of the Mind", "The Reach of the Mind", "Psi Phenomena and Psychiatry", "The New World of the Mind", among others.

**Prof. Soal** – From the University of London, he has developed research on the phenomenon of direct voice.

**Dr. Raymond A. Moody Jr.** – PhD in Philosophy, physician, author of books on studies of clinical death and soul survival, such as "Life after Life" and "Reflections on Life after Life".

**Peter Bander** – Psychologist and editor. Author of the book "Voices from the Tapes: Recordings from the Other World".

**Russel Wallace** – Naturalist, Darwin collaborator. He published "*Les Miracles et le Modern Spiritualisme*".

**Drs. Morris Netherton, Bryan Weiss, Edith Fiore, Denys Kelsey** and countless other health professionals, with experiences on memory regression to past lives.

## FRANCE

**Hippolyte Léon Denizard Rivail (Allan Kardec)** – professor of chemistry, physics, mathematics and astronomy. Author of several didactic works adopted by the University of France. Member, among others, of the Academia Real D'Arras. He decided to unmask the phenomena that were occurring in Europe, mainly in Paris, because he believed that they were frauds, but he had to end up accepting as true those communications that were given by the spirits. Thus, with 1,019 questions and their answers, he published in 1857, in Paris, the book "*Le Livre des Esprits*", followed by four others that make up the codification of Spiritism.

**Charles Richet** – Physician, physiologist, professor at Sorbonne, Nobel Prize winner in 1913. He published dozens of books. The translated ones are, "The Great Hope", "Our Sixth

Sense” and the “*A Porta do Mistério*”, this one co-authored with Léon Cherrevil.

**Dr. J. Maxwell** – Member of the Academy of Medicine, professor at the Faculty of Medicine of Paris, General Attorney of the Court of Bordeaux. He published “*La Magie and Les Phénomènes Psychiques*”.

**Prof. Cesar de Vesme** – Laureate by Paris Academy of Sciences, historian. He published several works, among them “*Visões Grandiosas na Terra e no Ar*”.

**Dr. Eugene Osty** – Internationally renowned neurologist, director of the Metapsychic Institute. He participated in the most celebrated psychic research and published several books.

**Dr. Paul Gibier** – Eminent physician, Pasteur’s disciple, intern at the Paris Hospital, naturalist at the Museum of Natural History, guest scientist of the American government. Author of “*Psicologia Experimental*” and “*Psychism - Analysis of Things Existing*”, and others not translated.

**Dr. Gustave Geley** – Doctor in Nancy, former director of the Metapsychic Institute. He was killed in an airplane disaster predicted 28 months earlier by two psychics: Pascal Forthuny and Mad Peyroutet. On this trip, he brought important documents about research carried out. He left several works, already translated.

**Dr. Gabriel Delanne** – Scientist, man of letters. He was one of the most fertile defenders of spiritist phenomena, leaving as a legacy to humanity several works of precise value, such as “*Evolution Animique*”, “*Evidence for a Future Life*”, “*O Espiritismo Perante a Ciência (Le Spiritisme devant la Science)*”, “*Reincarnation*”, etc.

**Camille Flammarion** – Astronomer known worldwide whose works illuminated the 19th and 20th centuries. He left dozens of works in different fields of knowledge. In psychic research it can be highlighted: “Death and its Mystery”, “God in Nature” and “L’inconnu: The Unknown”, etc.

**Léon Denis** – Journalist and writer. He bequeathed to humanity several books of vital importance for the continuation of spiritist ideas in the world, such as “Into the Unseen”, “*O Porquê da Vida*”, “Joanna D’ Arc - Medium”, etc.

**Louis Jacolliot** – Famous orientalist. He wrote several books on spiritualism. Translated into Portuguese you can find the titles: “*O Espiritismo na Índia*” and “*As ações dos Defuntos*”.

**Barão de Guldenstubbé** – Responsible for introducing the phenomenon of direct writing in offices in Europe. During thirteen years of research, the Baron gathered more than two thousand direct writing proofs.

**Théodore Flournoy** – Professor of Psychology at University of Geneva, he became one of the most important researchers of spiritualist facts. Author of three books.

**Léon Chevreuil** – Author of “*O Espiritismo na Igreja (Le Spiritism Dans L’Eglise)*”, “*A Porta do Mistério*” (this one co-authored with Charles Richet) and others. One of the chapters of his book “*Le Spiritisme Incompris*” opens with the words of Sir Oliver Lodge: “I challenge my opponents; I maintain that there is evidence of survival and that it is perfectly solid”.

**Prof. Julian Ochorowicz** – Professor of Psychology at University of Lemberg. Author of “*De la Suggestion Mentale*” and researcher of notorious seriousness in psychic matters.

**Elisabeth D’Esperance** – Author of “Shadow Land, or, Light from the Other Side”, medium.



**Paul Bodier** – Author of “*A Vida e a Morte*” and “*Como Desenvolver a Mediunidade*”.

**Dr. Patrick Drouot** - French physicist - with his research on the phenomenon of reincarnation in the light of modern physics.

## GERMANY

**Barão Karl Du Prel** – PhD in Philosophy from the University of Tübingen. He participated in several research committees with a variety of psychic people; and wrote several books.

**Barão de Schrenck-Notzing** – Physician. A disciple of Hartman and Du Prel. He was a renowned hypnotist, and attended Bernheim's classes, in Nancy. He was one of the most meticulous and experienced German researchers. The greatest scholars of his time passed through his research office. He wrote several books.

**Maximilian Perty** – Professor at University of Bern. He wrote three books.

**J.K. Friedrich Zöllner** – Professor of Astronomy and Physics at University of Leipzig. He published “*Transcendental Physics*”.

**Dr. August Ludwig** – He published “*A História das Pesquisas Psíquicas, da Antiguidade aos nossos dias*”.

**Dr. Gustav Pagenstecher** – He reports on the experiences with the clairvoyant medium Mrs Reyes in the book “*Percepção Extra-sensorial*”.

**Prof. Karl Blacker** – Professor of Chemistry in Vienna. He edited “*O Oculto sob o Ponto de Vista das Ciências Naturais*”.

**Wilhelm Wundt** – German psychologist, psychic researcher.

**W. Eduard Weber** – German physiologist, psychic researcher.

**Karl G. Thiersch** – Pathologist, psychic researcher.

**A. Heinrich Braune** – German chemist, researcher.

**Gustav T. Fechner** – German scientist, researcher.

## ITALY

**Cesare Lombroso** – Criminologist, professor of medicine in Turin, eminent psychic researcher. He directed several research groups formed by eminent scholars of the time. He wrote “*Hipnotismo e Mediunidade*” (*Ricerche sui fenomeni ipnotici e spiritici*). After attacking the veracity of the demonstrations, he met his mother, in spirit, in a materialization meeting with the medium Eusápia Palladino.

**Dr. Eurico Morselli** – Specialist in nervous and mental illnesses, professor at the University of Genoa; he published three books.

**Dr. Giovanni Schiaparelli** – Director of the Astronomical Observatory in Milan, known sage. He was one of the participants in the commission that studied the medium Eusápia Palladino.

**Dr. Francesco Porro** – Professor at University of Genoa, director of the Observatory of Buenos Aires, and a researcher.

**Pierre Curie** – Discoverer of the radio chemical element, and a researcher.

**Dr. Giuseppe Laponi** – Physician, professor of Anthropology. He was doctor of Popes Leão XIII and Pio X. He wrote “Hypnotism and Spiritism”.

**Dr. Ernesto Bozzano** – Professor at University of Turin. He undoubtedly became a renowned scientist of the spirit and a serious polemicist, refuting the work of René Sudre. He was one of the most serious disseminators of spiritist ideas. He has works of important doctrinal and scientific content.

**Gino Trespioli** – Lawyer and professor at University of Milan. He wrote several works in the spiritual or professional field; and dictated a mediumistic work in 1946.

**Dr. Rocco Santoliquido** – University professor, general director of Public Health in Italy, Councilor of State, President of the Metapsychic Institute, researcher and writer.

**Dr. Innocencio Calderone** – Founder of the “*Filosofia della Scienza*” magazine; he published the result of a worldwide research he did on reincarnation.

## **OTHER COUNTRIES**

**Hemendra Nath Banerjee** – University Professor from Jaipur, India. He researched, along with his team, thousands of cases of reincarnation.

**Alexandre Aksakof** – From the Leipzig Academy, State Councilor of Russia. Author of several researches and books on some of the most well-known psychics. Author of “*Um Caso de*

*Desmaterialização*" and "*Animismo e Espiritismo*" "*Dematerialisoitumisen tapaus*" ja "*Animismi ja spiritismi*" (refutation of Hartman's work).

**Haraldur Nielson** – Reverend, professor of theology in Reykjavik, and assistant to the cathedral in the same city (Iceland). He wrote the book "*O Espiritismo e a Igreja*".

**Nils O. Jacobson** – Swedish psychiatrist, he wrote one of the most serious works on parapsychology in modern times (1971): "Life without Death?"

**Friedrich Jürgenson** – Swedish painter; he developed research in the area of recording spirit voices. He wrote "Telephone to the Beyond".

**Konstantin Raudive** – Psychologist and researcher of spirits' voices, and their recordings. He dedicated more than ten years of his life doing experiments on EVP (Electronic Voice Phenomena). With the collaboration of electronics experts, he recorded more than 100,000 audiotapes, most of them strictly under laboratory conditions. Many engineers, scientists and experts have worked with Raudive over the years. The physicist Alexander Schneider was one of them. In 1969, Raudive and Schneider were awarded the first prize given by the Swiss Association of Parapsychology for their work in recording voices from beyond.

**Roberto Volterri** – Electronics specialist and author of the book "*Psicotronica*".

**Kirlian couple**– Responsible for the development of Kirlian photographs.

**Drs. Karlis Osis e Ingo Swann** - with remarkable experiments in astral travel, or Out-of-Body Experiences.

**Leonid Vassiliev** – Professor at University of Leningrad (USSR), and researcher.

## **BRASIL**

**Dr. Hernani Guimarães Andrade** (*IBPB - Instituto Brasileiro de Pesquisas Psicobiológicas* - Sao Paulo, Brasil), with research on Biological Organizing Model (spiritual body), Reincarnation and Poltergeist, Corpuscular Theory of Spirit, Psi Matter (Thesis), Quantum Psi, Instrumental Transcommunication, etc., which were published in 18 works, among books, monographs and theses.

**Dr. Nubor Facure** - Neurologist and neurosurgeon. Professor at UNICAMP - University of Campinas - Brazil, founder and Director of the Brain Institute, with research on the neurophysiology of mediumship and others.

**Dr. Sérgio Felipe de Oliveira** - PhD in Neurosciences, Master of Science from USP (University of São Paulo-Brazil), Clinical Director of the Pineal Mind Institute, responsible for the International University of Sciences of the Spirit - Uniespiritus. He is an outstanding researcher in the area of Psycho biophysics and the role of the pineal gland in phenomena such as mediumship, using cutting-edge technologies.

**Dr. Carlos Augusto Perandrea** - Judicial expert specialized in graphoscopy. He has proved the writing of spirits by graphoscopy, through mediums (psychography).

**Universities**, like the University of Sao Paulo - USP - Brazil, which includes in its curriculum the course Medicine and Spiritism - Integration of Brain, Mind, Body and Spirit.

*Associação Médico-Espírita de São Paulo* (Medical-Spiritist Association of S. Paulo), which has been organizing Congresses, Seminars and Days focused on health issues from a spiritist perspective for more than 30 years, such as:

- **Brain-Mind Interaction** - Dr. Nubor Facure.

- **Paranormal and Mediumistic Phenomena Universe** - Dr. Valter da Rosa Borges.

- **The Neurological Basis of Spiritual Activities** - Dr. Nubor Facure.

- **The Spirit Action on the Immune System** - Dr. Sérgio Felipe de Oliveira.

- **Bio-Psychic-Spiritual Treatment** - Dr. Jaider Rodrigues de Paulo.

- **The Multiple Personality Syndrome** - Hermínio C. Miranda.

- **Limits between Obsessive Process and Mental Illness** - Dr. Jorge Andréa.

- **Spiritual Body and its Nature** - Dr. Alcione Rebelo Novelino.

- **Ectoplasm: theoretical and practical aspects** - Prof. Dr. Matthieu Tubino.

- **Kirliangraphy** - Dr. Wilson Pikler.

- **Memory Regression for therapeutic purposes** - Dra. Maria Julia Prieto Peres.

- **Neurophysiology - Altered States of Consciousness** - Dr. Fernando Luiz de Azevedo Rabelo.

- **Epiphysis: Mental Life Gland** - Dra. Marlene Rossi Severino Nobre.

- **Vertical Brain Functions** - Dr. Sérgio Felipe de Oliveira.

- **Bioenergy and energy body of physical-extraphysical interaction. Acupuncture mapping source** - Dr. Samuel de Souza.

*(OBS. A part of this text was extracted from an article on the website: "Portal do Espírito", from FEAL-Fundação Espírita André Luiz. Authors: Álvaro Chrispino. FEAL makes available all the content of the site, free of charge.)*

## **CHAPTER 15**

### **SPIRITUAL OBSESSION**

As explained by Allan Kardec, the codifier of Spiritism, "Obsession is the persistent action which a bad Spirit exercises over an individual".

It is a permanent and not sporadic action, in which the persecuting spirit remains close to the obsessed person, using all the resources he knows and which he can use, in order to achieve what it wants.

Lately, spiritual obsession has been increasing on Earth, causing the most varied disorders and suffering, which medicine often diagnoses as "mental problems".

There are a large number of people undergoing psychiatric treatment whose problems are not in their minds, but in the domain that one or more spirits exercise over them. These spirits are usually enemies of past incarnations to take revenge on those who harmed them, made them suffer, and which they were unable to forgive. Other cases, on the other hand, occur due to hatred developed in this same life. For instance, when someone who was murdered dedicates himself to take revenge on his murderer. In many cases these avengers end up colluding themselves with expert spirits in this kind of actions, which can cause innumerable evils and problems to the obsessed.

There are also those obsessive processes that have their genesis in vicious behaviors, or that are in conflict with moral values, because in these cases those who are similar are attracted. In mediumistic activities in spiritist centers, and in psychographed bibliography, there are numerous narratives about people who attended environments of low moral-spiritual level. For instance, brothels, where they attracted sex-addicted spirits who come to accompany them, inducing them to lust and debauchery, in order to be able to become involved with the degenerate sexual energies that were generated in these acts.

In the same way with respect to the most diverse vices, and even to dishonest conduct, or others which hurt cosmic ethics.

We all have the spiritual companionship that we attract through our attitudes and actions. In these conflicts over the reincarnations that we have been maturing and improving until the moment when our own experience is such as to ward off negative spirits and be a pole of attraction to noble spirits, which presence provides infinite happiness and well-being.



**QUESTION:** Can a spirit be eternally evil?

**ANSWER:** When Kardec talks about evil spirits it does not mean that, they are eternally or that they have already been created like that. They are no different from us; they just chose to live in disagreement with cosmic laws. They go down morally to the most diverse levels, from those who are evil only for what they hate to those terribly wicked, cruel, true monsters of evil and perversions of all kinds.

But the spirit never recedes in its evolution. The acquired values remain latent in its unconscious and its moral falls are temporary, even if they last for millennia. This is because the essence of the spirit is, so to speak, a spark of the Creator's own essence.

Many spirits, upon reaching a medium degree of evolution through reincarnatory experiences in the midst of time, when they begin to awaken divine consciousness, or "Spiritual Mind", signaling for greater spiritual evolution, they prefer the lower attractions, diving deep into the passions. And in these impasses between the dictates of conscience and their choices, they try to stifle divine calls, isolating themselves from the essence of the spirit itself. It is as if the consciousness were involved in an energy of denial, drowning it out. However, all of them, from the bad to the worst, will one day tire of their own evil, taking up the evolution path. God would not create beings who could vote for evil forever.

There are countless narratives of spirits through psychography about episodes in which some of these terrible "evil bosses" end up abandoning the lower regions, determined to change their lives, and start preparing for new incarnations, which certainly will be very painful. In such cases, there is usually the performance of someone who is very dear to them, such as

their mothers, who descends from the regions of light and harmony to convince their loved ones to change course. The sufferings that they must experience do not reflect punishment, but rather the need to remove from their spiritual bodies all the toxic residues that have accumulated over time. This in addition to experiencing situations in which they will have to rescue acquired guilt. A spirit can only rise to higher and happier planes when its spiritual body is no longer charged with this type of toxicity, and no serious guilt not yet recovered, which weighs on their deep consciousness.

Spirits that have reached a higher degree of evolution, whose souls are already more widely illuminated by the light of their own consciences - which is the light of God in the human spirit - are no longer attracted to inferior calls. That legend about the Angel who felt envy and had the ambition to resemble God and that is why he was thrown into hell has other symbolisms, because such a high spiritual being does not fall. Ambition, envy, hatred, selfishness and others like these are negative values that are only in force in the primary ranges of evolution.

Spiritual obsessions occur in varying degrees, from the lightest to fascination, to subjugation, and can even reach possession. As in that episode narrated in Matthew 8: 28-34, when Jesus expelled a legion of "demons" that dominated two men who were so violent that no one could pass that way; but after being restored, they retook their normal lives. Certainly, those "demons" were nothing more than evil spirits that obsessed them.

In the mildest cases, the influence of the spirit is restricted to cause anger, irritation, depression, aggression, inducing negative actions, etc.

Fascination is very dangerous, because it is a kind of fanaticism. There was certain young woman who was a psychic medium and participated in mediumistic meetings in the spiritist center. An obsessor started to introduce itself to her with the characterization of a well-known and high spiritual mentor, outside of the activities in the center. It told her that she was "chosen" to accomplish a great mission, always praising her, stimulating her vanity. This young woman, despite everything she already knew about this type of obsession, about the dangers of vanity in the life of a medium, and without questioning or wondering why it never appeared during the mediumistic work of the center, started to get involved. When someone tried to alert her to what was really going on, she said that her spiritual mentor had already warned her to "not fall for this conversation". Her situation got worse so that the family had to hospitalize her for psychiatric treatment.

**QUESTION:** What is it possible to do to "cure" an obsession?

**ANSWER:** In any spiritual obsession process, the remedy is a change of conduct that must be based on thought and feelings focused on good, love, peace, in edifying readings, in prayer, etc. Also, in abandoning harmful addictions to the body and mind, and in activities that aim to help those who are suffering, i.e., to do good.

The cure depends mainly on the obsessed person; the effort he makes to improve himself. When he manages to develop love in his feelings, and makes it something constant in his attitudes, he will be raising his own vibratory frequency, and escaping the attunement he had with the obsessive spirit. This is very important, especially because the spiritual persecutions driven by

feelings of revenge show that the persecuted of today is the executioner of yesterday, i.e., he has a karmic debt that he needs to redeem. In these cases, the best way to rescue him is to obtain the forgiveness of the obsessor and help him find the path to his own spiritual growth.

In Brazil, spiritist centers help a lot with the disobsession works, which are carried out with great love. When some persecuting spirit or even some entity of very low spiritual condition is involved in the group's love vibrations, great changes can be observed in it.

A low vibrating spirit is usually seen by seeing mediums with an ugly and even horrible appearance, and dressed or wrapped in dark, smelly and unpleasant garments. But when it receives the love vibration from the group and the medium that incorporates it, something in it begins to disintegrate. Then, the indoctrinator talks to it, leading it to realize how it is harming itself, and delaying its own evolution. He tries to get it to forgive and get away from whomever it is chasing. The benefiting spirits, responsible for the work, also use innumerable other resources, such as bringing some spirit that was very dear to the obsessor, to try to convince it to forgive and abandon the persecution. Thus, as the work progresses, even its appearance begins to get better.

However, the cure always depends mainly on the obsessed person, on the effort he makes for his own growth and enlightenment. When she begins to experience forgiveness, meekness, full brotherhood, and love put into action, the obsessor ends up losing his attunement with her and the obsession ends.

**QUESTION:** And what about countries where there are no spiritist centers to provide this service?

**ANSWER:** Benefactors spirits always find ways to help, but this help always depends mainly on the person who is suffering from this obsession. In these circumstances, because of the suffering caused by obsession, that person tends to seek divine help. As a result, he/she generates greater attunement with the spiritual benefactors who can help her better, including inspiring ideas and actions that will resonate in the persecuting spirit, which also needs help.

However, there are also situations in which spirits who were our companions in one or more previous incarnations, and wish to continue those experiences can harass us. To better clarify it, we will narrate a real fact, omitting only the character name, which we will call Tiago.

Tiago met Spiritism at the age of 22, through The Spirits' Book, by Allan Kardec. He then went on to other readings and lectures, which provided him with increasingly extraordinary information and clarifications about life and the universal laws that govern everything. So, he decided to start making changes that he considered necessary in his conduct, based on thoughts, words, attitudes and actions.

Tiago was not an ostentatious medium, but he had great mediumistic sensitivity, and on several occasions, he had already noticed the presence of his spiritual mentor, advising him. He understood that the voice he heard in his mind as if it were his own thought, but with a very different timbre to his voice, which used expressions he knew were not his, was the mentor's voice. He also identified it by its presence, which brought him a feeling

of confidence, contentment and spiritual uplift. He felt that he could trust him fully, and its advice was intended to help him in his inner growth, and assist him in the activities he had been doing in a nursing home, with the purpose of helping the elderly not to fear death so much, that they knew it was closest.

After some time, however, Tiago began to have trouble in being able to believe in God and in the Justice of His Laws completely. This is because whenever an idea of this nature came to his mind, immediately a different voice, with a strong potential for persuasion, disproved it, and generally presented arguments that gradually succeeded in undermining 'Tiagos' belief in God. But he never stopped believing in higher hierarchies that governed life and events within cosmic laws. Also, in the other spiritist teachings he fully believed, despite the refutations of that voice.

Over time, Tiago was able to abandon postures of pride and arrogance that weighed heavily on his soul. He became more humble and more fraternal, and gradually he was able to identify that the different voice that induced him to disbelief, which laughed when he prayed, was not that of a spiritual obsessor. It belonged to someone whose companionship he had enjoyed in some previous incarnation, which had accumulated with him in political struggles and philosophical ideas, always with an atheistic nature.

Seeking for help through prayer, he realized that his task was to direct this companion to an ascension spiritual path like the one he had already found, i.e., that one of love, peace, harmony, work for good, etc., and that he should always pray for it, involving it in vibrations of love and light. And that was what Tiago did. At first, these actions were received with irony, but

gradually, very slowly, it was possible to notice changes in that spirit's behavior; it no longer laughed or mocked when he prayed.

One morning Tiago woke up noticing the presence of his spiritual mentor, other spirits of wonderful vibration, and also of his former companion. Then, he started speaking with it mentally, telling it about the importance of changing the direction of the steps towards spiritual evolution, because this is the only way to find happiness, peace and inner harmony. He said that there were spirits present which were very dear to him in past lives and that they had come to lead it, and help it in its new evolutionary stage. He explained that if it said a prayer, it would raise its own vibratory content so that it could see them.

The wonderful, divine sensations that Tiago began to feel have showed him that his ex-companion had finally found love; that love which undoes hatred and makes us participants in the full life, where happiness is true and eternal.

Tiago also understood that sometimes the superior administration allows us to be harassed by spirits who, even without being our enemies, decide to lead us astray.

So, we can understand that in any case of obsession, the obsessed person's role must be to generate positive, strongly loving influence on the obsessor, in order to get it to change and be helped to switch its course.

## **CHAPTER 16**

### **WHAT ABOUT DREAMS?**

Many of the dreams reflect our experiences in the spiritual dimension. When we fall asleep, we leave the carnal body, although we remain in our *spiritual body*\* by fluidic filaments, known as the *silver cord*\*\* . This out of the carnal body is known as unfolding, detachment, etc. Many mediums unfold during a mediumistic meeting, always advised by their Spiritual Guides, to develop some first aid activity in the spiritual dimension. There are also people who eventually manage to unfold in a waking state, being able to visit places and people. Many of them later narrate what they saw and heard to the visitors, and these, admired, confirm everything.

It is worth mentioning, among many others, the research of Englishman **Robert Crookall**, geologist, MSc, PhD, researcher, writer, and that it is another example that Science and Spirituality can go together.

When he retired, in 1952, Crookall began collecting records of people who had "out-of-body experiences", accumulating thousands of such records.

He published numerous books between 1960 and 1970, dividing the material into six main categories and describing the hundreds of cases researched.

There are also NDE (Near-Death Experiences), seen in the previous chapter.

And even in the Bible, there are references to unfolding: "So the spirit lifted me up and took me away; and I went in bitterness, in the heat of my spirit ..." (Ezekiel 3:14). "I was in the Spirit on the Lord's day ..." (Revelation 1:10).

The Apostle Paul, in the Second Epistle to the Corinthians 12: 2-4, says, "I know a man in Christ, who fourteen years ago (whether it was in the body or out of the body I do not know –



God knows) was caught up to the third heaven. And I know that this man (whether in the body or apart from the body I do not know, but God knows) was caught up to paradise and heard inexpressible things, things that no one is permitted to tell”.

As for dreams, there are several kinds. There are those where we float on the physical body, surrounded by the wave of thoughts from our mind or immersed in images of the subconscious or even the unconscious, reviewing recent events and even scenes from past lives. These images generate dreams that usually seem to us to be meaningless. There are also those that are generated by our own imagination, with situations and/or images that reflect our concerns, expectations, emotions, etc.

There are dreams produced by our wanderings in the spiritual dimension, where we can exercise, meet relatives, friends, instructors and also with enemies of this and other existences. These beings we meet are generally spirits, but they can also be people here in the physical world who, like ourselves, are in moments of detachment from sleep.

In these wanderings the law of affinities prevails, and determines the quality of the spiritual companions and the environments we seek while our physical body rests. Thus, the religious will seek a temple; the addict will look for where he can continue to indulge his addictions, and so on. Unfortunately, most people take advantage of the night rest to go hunting for frivolous or less dignified emotions. There are people who, during freedom of sleep, go in search of actions that they do not have the courage to experience in their daily lives, due to prejudices or beliefs

Many *spiritual obsessions* start and continue in these “emotional hunts”, which can have serious consequences. Therefore,

whoever wants to take precautions; whoever wants more dignified and profitable walks during the rest of the body, must remember to pray before going to sleep. He must ask God, or higher beings to protect him from all these dangers and lead him to more noble, more profitable and dignifying experiences during sleep.

In these “out-of-body walks”, normally, our connection with matter does not allow us much lucidity. For this reason, much of what we see and experience is interpreted in our mind - in connection with the carnal brain through the *silver cord* - in a distorted way, remaining only vague impressions or emotions. But there are also people who remember more clearly of their dreams.

It also happens that in some dreams we can be fully aware of the situation. At these times, we know that our physical body is asleep while we are in this other dimension; sometimes participating in meetings, courses, lectures and even in spiritual assistance to people in need, always accompanied by benefiting spirits. Often, when we are already waking up, we have a clear memory of what we were experiencing, but generally, as we are waking up, those images or memories will quickly fade.

And there are also the dreams produced by spirits, good or bad, who want to give us warnings, guidelines or just want to disturb us.

At other times, we clearly remember a dream upon waking up and it remains alive in our memory. This can mean that it is a premonitory dream, or a warning or guidance, that a spiritual benefactor wants to pass on to us.

Premonitory or prophetic dreams come in symbolic forms, usually with “strong paints”, and can hardly be interpreted in advance.

When a premonitory dream is very clear, strong, striking, and when the dreamer sees it happening, materializing in facts, it can generate a kind of breakdown of its references. It can mess with its parameters in a way, sometimes even unbalanced, and last for periods that can be from minutes to weeks or much longer.

A dream of this nature has happened with a person whom we will call "N". Several months before the disaster in Fukushima, Japan, which happened in 2011, N dreamed that he was on a very high floor of a building, accompanied by a being that he did not see, but knew he was at his side and that he was his spiritual mentor.

Looking through the window, he saw a large aircraft flying very low coming towards the building, and shouted, distressed "This plane is going to fall!". And it crashed right in front of the building. Then came another aircraft of the same size and it also crashed in the same place as the first, generating a strongest explosion. N woke up startled, and all the details of the dream remained vividly in his memory, with its three occurrences: one aircraft crashed, then another, and the explosion.

A few months later, N woke up at dawn remembering that dream, as if he had just had it. He sat on the edge of the bed, saying to himself "It is going to happen three big and serious accidents in the same place". He opened his eyes and the video device showed 3:33. A shiver ran through his body. He felt that the number three, repeated three times, was reaffirming that the dream would come true ... and it came true. An earthquake measuring 8.9 on the Richter scale followed by a powerful tsunami shook Japan in the early hours of March 11 (Brasilia time) 2011. The earthquake and the tsunami have caused damage to the Fukushima nuclear power plant, located in the island northeast region, with a serious radiation leak. The radiation levels around the plant exceeded the safety limit by eight times, forcing the population to evacuate within a 20 km radius around it. Thus, there were three

events: earthquake, tsunami and leakage at the Fukushima nuclear plant.

This was such a frightening experience for N that it left an impression on his psyche. After that, he began to pay more attention to matters related to spirituality. Perhaps the purpose of this premonition was that.

Bible also narrates countless cases of premonitions and prophecies, such as that of the Pharaoh, who saw in his dream seven fat and beautiful cows being swallowed by seven other thin and stunted ones. It was Joseph (Abraham's great-grandson, quoted in the Old Testament, in Genesis 37) who interpreted his dream, saying that seven years of full crops would come and then another seven years of famine. Then, Egypt started to store wheat and other cereals during the seven years of abundance that came. So much so that it was able to support all the people for the next seven years that, without such measures guided by Pharaoh's dream, they would have been of great famine across the country.

Countless people have premonitory dreams and even warnings and guidelines, but most do not value them, or do not understand them.

One lady, whom we will call "R", was left alone, unable to raise her five children. She was then instructed to sell books door to door. It was a drudgery, but it allowed her to feed her family. But, the company that sent her books on consignment demanded that she open a firm for proper records. She did not understand these matters, so she looked for an accountant. He opened the firm and took charge of paying the monthly payment to the INPS [old name of the INSS – *Instituto Nacional de Seguro Social* (National Institute of Social Security)], with the money she gave him for that purpose.

A few months later, R dreamed that she was in a restaurant that belonged to INPS. On the table in front of her was the plate with the meal, but when she was about to start eating, a waiter came and angrily removed the plate, taking it away from her. R got up to go after the waiter, but found herself surrounded by a cloud of insects. When she got rid of them, she realized that under the coat she was wearing there were spiders, scorpions and other horrible insects. Then she started screaming for help, trying to get rid of them, waking up very frightened. Impressed with the dream, she tried to understand its meaning: “in the INPS restaurant they denied food for her; and besides it, those dangerous insects.... What do I have to do with INPS?”, she asked herself, and remembering the booklet, she went looking for it. It was overdue for 3 months on payments. The next day she went looking for the accountant, who tried to justify herself but ended up paying the arrears. That was a warning dream, produced without a doubt by her spiritual benefactors.

**QUESTION:** Why do we often not remember what we dream, or dreams are vague, usually strange and even absurd?

**ANSWER:** It is because when we wake up, as soon as the brain of the spiritual body interpenetrates the carnal body, the images it brings into memory are recoded by the files of the carnal brain. This is because spiritual conditions are dimensionally different from materials. The memories registered in the brain of the spiritual body disappear, because there is no support to print them in the physical brain. It is as if someone were doing a highly sophisticated job on a state-of-the-art computer and wanted to export it to such old equipment, dubbed “dinosaurs”; it would not get it.

It is also because of these “vibrational differences” that we cannot see or hear the spirits or the spiritual world, except the mediums who,

somehow, manage to partially break this barrier between the two worlds, the physical and the spiritual.

However, all people with greater or lesser intensity have some kind of perception.

These questions are, in fact, extremely complex and we will only be able to begin to unveil them slightly after we return to the spiritual dimension through the doors of death. And all this represents only a tiny part of the possibilities for future learning, in the infinite paths of eternity.

So, **no playing the harp** on the edge of the cloud or **singing praises** for eternity, because this other dimension is not a place of eternal rest, but a universe parallel to ours; where life develops with infinite possibilities of learning and progress, far beyond the limits of our understanding.

*\*Spiritual body* - Apostle Paul also spoke about this body in 1 Corinthians 15:44 (It is sown a natural body, it is raised a spiritual body. If there is a natural body, there is also a spiritual body.)

Kardec called it a perispirit. It is a pre- and post-existing body to our life in matter. It is our real body, which command the physical body development since its conception, coupled with issues related to the heredity of the fetus. When this body is put under destructive actions that were done against the physical body, as it happens, for instance, in cases of suicide, its restoration is usually only achieved through new reincarnation; where the ailments materialize in the new carnal body, correcting the damages in the spiritual. That is also why so many children are born with physical or health problems.

It is through the spiritual body that life manifests itself in the physical body, since it is linked to it cell by cell. And when the

person dies, her spiritual body shuts down, returning to the spirit world, which is her true home.

In the spiritual dimension, spirits "live" in their spiritual bodies, which are denser in the inhabitants of the areas closest to the Earth, becoming more transparent and luminous in the higher ones, reflecting their own elevation. That is why it is said "spirit of light" or even, "dark spirit".

*\*\*Silver Cord* - As the word itself suggests, it is a kind of silver colored cord, formed by fluidic filaments that connects the spiritual to the physical body, which ensure the perfect functioning of the vital biological functions during the period of sleep, or of the unfolding, when the spiritual body detaches and moves away to interact in the spiritual world. This cord, which can stretch at immeasurable distances during unfolding, is essential for organic life, and it only breaks at the moment of physical death. It is not made of material that is susceptible to friction or events that may break it.

## **CHAPTER 17**

### **WHAT WILL HAPPEN TO THE EARTH?**

Climate problems, the Covid-19 pandemic, problems with the world economy and other events have been spreading shadows, uncertainties and afflictions in human hearts; and raising questions, such as: What will happen to humanity? What will be the future of Earth? What do the prophecies say?

We said, in Chapter 6, that "we are living in a moment of transition for humanity to a better model", i.e., we are moving

from the category of “world of trials and atonements” through “regeneration”.

It is not difficult to see that we are experiencing the end of a decaying civilization, but it is also possible to see that we are rehearsing the first steps on the bridge that will lead us to a new era.

But this transition, or the crossing over this bridge, is not, nor will it be easy, since it requires deep changes in the psyche and in the people experience, because this work of renewing humanity will not occur through miracles, but through the efforts of the very human beings.

It is easy to see that, despite all the great advances in all sectors of knowledge, especially in the human sciences that should make human beings more “humanized”, Evil has been gradually growing on Earth. The prophecies themselves, coming from the most diverse sources and in the most diverse eras, indicate this growth for this period, which can be perceived around the 1960s. Those who lived at that time witnessed all this, starting with changes in values such as respect (for laws, for life, for the other), responsibility, ethics, etc.

In the early 1950s, in the book “*Mensagens do Astral*”, the spirit Ramatís talks about the reincarnation of dark spirits from the middle of that century, whose presence and performance would encourage the degeneration of morals and customs on Earth. It gives details that were impossible to have normally been predicted at that time, because it speaks of even the deep change that would be in the music, which would be very loud and in crazy rhythms. It speaks of the arts, which would present unsightly forms; deep moral degradation; corruption without limits, etc.



Today, Evil is increasingly present in violence, injustice, unbridled ambition, power struggles, sexual idolatry, corruption, addictions, etc.

Drugs use, that monstrous dragon which erases values in its users' minds, grows alarmingly. In several countries we see young people, even teenagers, killing their parents, siblings, grandparents, colleagues, teachers, with the greatest tranquility, as if they were playing or having a popsicle. In several countries, even in professional circles such as medicine, we will find many addicts, who put their own patients at risk.

What about pedophilia? Only a deeply degenerated, perverted, demonized soul can take pleasure in such an aberration: having sex with a child. And today it is common for the father himself to rape his daughter. And in many cases, the raped child is still a baby. No one can deny that there are thousands of human monsters, living among us.

There are also satanic devotions and cults; people invoking the powers of darkness and indulging themselves in this union.

The aesthetic preference is also demonized. This has been seen in films, in electronic game figures, in tattoos, in t-shirt designs, comic books, in graffiti, and even in the plastic arts, and everywhere.

**QUESTION:** What has been causing these changes?

**ANSWER:** There are many causes, but the main one is certainly that of the mass reincarnation of backward and degenerate spirits. Since the mid-twentieth century, they have been "allowed" to leave their environments in the spiritual underworld to reincarnate; in doing so, they have brought with

them other dark spirits, their cronies. All of these presences among us have had such damaging effects.

This was also seen by John, in Revelation, Chapter 20, when he says that Satan was thrown into the abyss and tied for a thousand years, and then released for a little while, when he would seduce all the nations of the Earth.

Many other prophecies indicate the same, and many believe that it is the end of times. But as the spirits say, it is the end of times of the evil, and the evil agents in the spiritual underworld also know this and multiply efforts to win that battle, as if it were possible.

Hence the reason for the upsurge of evil on Earth.

**QUESTION:** And what is the purpose of it all?

**ANSWER:** The one who elucidated this question very well was Jesus, in the parable in which he says that an enemy sowed tare in a farmer's wheat field. His employees asked him if he wanted the weeds to be plucked, but the boss said no, that they would wait for the plants to grow and put ears on, and then they would pluck the weeds; this is because, only after they were adults and producing ears, it was possible to identify the difference between the tare and the wheat.

Thus, for the selection of those to be deported to some lower world to be fair, it was necessary to give them one last chance to regenerate. And, at the same time, test the firmness of the values, or the spiritual acquisitions of those who should remain on Earth, helping to rebuild it in a peaceful world, where justice, love and Good reign in all their expressions.

**QUESTION:** Do you really believe that humanity can change for the better?

**ANSWER:** Yes. Certainly not in a snap, but as the spirits have been informing, since the middle of the 20th century, all those who do not want to follow this evolution, persisting in evil, will be exiled to some primitive world after the death of their physical bodies. Included in this exile are the spirits that inhabit the lower regions and those that swarm right here among us in the Earth's crust and find themselves in the same situation of spiritual inferiority. Thus, the Earth, free of this load of negative beings, can transform itself, even slowly, into a really good world for everyone.

From what the spirits still report, something similar has already occurred in Prehistory. That was when great waves of spirits came to Earth, expelled from their worlds of origin. It was they who, reincarnating in those primitive bodies, developed skills and streamlined the evolutionary process in the communities of primitive men. An evolution that had been dragging along for many millennia, which suddenly gained extraordinary propulsion. (*We will be back in this topic in due course*)

They have also informed that many thousands of evolved spirits, coming from other planetary systems, have been incarnating on Earth in order to help humanity in this transition. This is necessary because such spirits are immune to the attractions of human inferiorities, as they do not bring traces of them in their psyches that could cause such deviations after being incarnated.

They also say that, in the last decades, many thousands of evolved spirits, of noble condition, have been reborn; coming here from Earth, with projects defined within the most diverse areas of human and planet needs. They have already been

carrying out important activities for the evolution of humanity and in defense of the Earth itself.

Another important aspect of this issue is that currently, in so many situations of suffering, collective or not, motivated by the most diverse causes, there has been a strong process of elimination of “garbage from the unconscious”, arising from acts contrary to the Cosmic Laws. This “garbage” elimination is necessary, so that the being can start a process of fuller inner growth and move into the world of **regeneration**.

Millions of refugees, and those who seek refuge without finding it, suffer today on Earth. They had to leave their homes and everything that represented their lives for decades ... centuries ... to travel from country to country in search of a place to live, enduring the most varied and distressing sufferings! This question takes us back to the distant centuries when a country invaded others, expelling or killing all inhabitants to take everything from them. Only the Israelites with their armies invaded dozens of countries, generally killing the entire population. Wouldn't these invaders from long ago, at least part of those who are suffering today in their own skin what they did to so many, thus freeing themselves from the “garbage” in reference and enabling themselves to climb higher steps in their spiritual evolution?

**QUESTION:** What does Last Judgment mean?

**ANSWER:** Last Judgment is precisely this separation between those who will be exiled and those who will remain here.

And this selection is absolutely fair, with no possibility of error or fraud, because each individual's vibrating frequency is

used as a gauge. Thus, someone who thinks he can deceive the higher powers "pretending" that he has changed his life will also be disappointed, because the basic vibratory frequency reveals the deepest truth of the being.

So, it can be said with complete confidence that no one can lie before "the highest forces".

Also, the social, professional, political, religious position, etc. it has no value, and the only wealth that is worth is that of the heart.

Therefore, we are living in the selection of values age, or of the "Great Judgment", and in this detail, we can also observe the divine wisdom that does not place "salvation" in human hands or under the responsibility of any religion. We will guard our "salvation". Each one is solely responsible for himself.

**QUESTION:** What about the great fear, the humanity's terror, the end of the world? Is there really going to be an apocalypse? Will the world end?

**ANSWER:** John's records in the last book of the Bible entitled "Revelation" show that his views were mostly symbolic, referring to humanity's moral-spiritual conditions: religiosity decay; collective mentality changes; the dark advance of drugs and other forms of addiction; sexual idolatry, the increase in violence, corruption, wickedness; technological advances, and so on. At other times, those visions refer to events, from the catastrophic to the much desired ones that refer to the "after".

Christian religions, in general, understand that the world will end and that the elect will be raptured to heaven.

However, there is another theory, which is more consistent

and more in line with common sense, within the knowledge that humanity already has. It is also more consistent with both, Bible prophecies and non-biblical ones: it is the humanity's regeneration, its transformation.

Not to mention Jesus' promises regarding the future, which many believe it is his physical return to Earth, but we believe it represents a new era in which humanity will experience its teachings. Let us see what John says in the last two Revelation chapters, in which he talks about this issue:

“Then I saw a new heaven and a new Earth. I saw the Holy City, the new Jerusalem, coming down out of heaven from God”; “And I heard a loud voice from the throne saying, Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God”.

Notice how beautiful the symbolism is of the new Jerusalem coming down from heaven, from God.

Jerusalem is the great religious symbol, but there, it is new and comes from God, i.e., it is a new model of religiosity, not led by men, without owners, without commerce, without hypocrisies. It will undoubtedly be the pure and simple practice of an ethics code, the one that is present in the Jesus' teachings. This prophecy makes it clear that the paradise of the future will be even on Earth.

Also, in Matthew 5: 5, Jesus says, “Blessed are the meek for they will inherit the earth”, i.e., they will stay on it and it will be a good place to live.

The Masters of the Great White Brotherhood also claim that the Earth will enter the Golden Age, in a new era, ascending to a higher degree. They also say that only those who are already

consciously generating spiritual light will remain in it.

Astrology also says that our planet is moving from one big sign to another, which means that we are living in the chaos formed by the end of the age of Pisces and the entry into the Age of Aquarius. It is the old values destruction era, and the search for new values for the new time.

According to astrologers, the new age mentality will abolish many traditions and institutions, because Aquarius is the sign of freedom and independence, fraternity between people, and friendship. This implies more respect for each other, more friendship between people, greater understanding of each other's aspirations, and more sharing.

In this way, with the Earth free of all that harmful load it carries today, and with its sanitized psychic environment, it will be much easier to build a just and fraternal humanity.

Part of the humanity already feels strongly the proximity of this new evolutionary period to Earth. Changes can be observed at all levels and directions. A psychic structure is forming that encompasses the collective, which sees humanity as a whole, of which each person is a cell, and it is necessary to seek happiness for "us" not just for the "me". And it is this structure that has been generating humanist, ecological, and similar movements.

Of course, at the same time, there are huge forces anchored in huge interests, struggling to keep things as they are. But the forces that cry out for change remain unshakable, waiting for the right moment, when they will really be able to break out.

Thus, some things are quite clear in the prophecies: the world will not end; humanity will not be wiped out; the Apocalypse will be just a transition, a renewal, and a part of humanity (both incarnate and in spirit) will remain here to build

a better world.

But it is also clear that there will be major changes in all sectors of human life, which will bring much suffering and distress. However, we remember that throughout the prophetic body this transition is seen as a reason for joy, as something long awaited.

That is why it is important to keep in mind the after... renewed, fraternal, just, and happy humanity. And look, this perspective is a window of hope that opens up for those who cannot stand so much injustice, so much violence, so much dishonesty, so much misery, so much evil and so much suffering.

So, it is important to impress on our mind, on our emotion, on our whole being this idea of a period of suffering as the door to a long-awaited condition; a fraternal, just, balanced world, good for everyone. So, it is important to impress on our mind, on emotion, on our whole being this idea of a period of suffering as the door to a long-awaited condition; a fraternal, just, balanced world, good for everyone. This is certainly the best way to face what may be yet to come.

### ***FRONTIERS OF TIME***

*I was cleaning the bathroom in my house when I felt someone's presence.*

*Then I noticed an elderly man at the door, very old. His whole being emanated a request, a plea, and by gestures, he asked me to write. I went to my bureau, relaxed and started to hear his voice "inside my head", and I*



*felt like I was he, with all his feelings, emotions, thoughts, etc., and I started to write:*

*“I come tired of the long journey, the marks of time on the wrinkled skin, the trembling hands, and the look almost lifeless. It is the frontier of time, the threshold on the other side, an existence that ends, and another that will come. It is time to meditate, to look back, to the steps marked in the sand of the world, the gestures of love and goodbye. The serene or joyful look, the hand that collects the blessings of Heaven and extends the blessings of life to our brothers. Count the smiles that the gesture of love sparked, the points of light that the wise word left, like stars in the firmament, the greatest and eternal proof of our Creator.*

*But if not, if the voice distilled bitterness, acerbity, irony; if the word was absent from faith, empty of love; if honor and dignity were only utopias, and honesty a false word, how false was my living. If other people's tears wet my steps and my soul did not touch, did not vibrate in the urge to help; if the hand I withdrew, I mean, I did not give, retaining goods, which at the end will not be mine; and above all, if I turned off the light of faith that was born in brotherly hearts. What can I expect beyond the frontier, after I cross the threshold?*

*If I lived only for myself, if I planted flowers of life only in my garden, what can I have outside, now that I must leave?*

*Will I deserve the peace of the righteous or the sinner's affliction?*

*Will I deserve to be greeted by friendly souls, fraternal hearts, by beings of Light, after the threshold, when I wake up in the other dimension? Or will I be drawn, dragged into the world of shadows because of the shadow in me?*

*Eternal Lord, before the altar of life that ends, and of the other life that I already foresee, I stop at the plea and humble to pray to you the blessing of Peace. I do not ask you to live in the cities of light, if I did not live up to them, if my life on Earth did not build the bridge that can now elevate me.*

*I do not ask You for blessings that Your justice could not give me, but I ask You for a blessing, oh Father, that Your fatherly heart will not deny me, let me stay right here in the Earth vicinity, a dark and empty of love world. Let me try beyond death, now that it is too late for life, let me try new behavior with more love for my brothers, with more faith, with more light in my heart.*

*Even if I have to suffer, mourn loneliness, break the thick shadow of negation at every moment; that I have to resist the temptation to fall, or to flee from the commitments that I will assume, let me stay in a help station of Messengers of Good. I will be a faithful servant to them, the humblest, but also the happiest, because finally, after such long journeys, I ended up understanding and I can already choose my path correctly.*

*I surrender to You, my Father, my life, my past of shadows, my future of  
LIGHT ... my future of*

*LIGHT.”*

*\*\*\*\*\**

*When I finished writing, my face was wet with tears that still insisted on going down.*

## **SECOND PART**

### **CHAPTER 18**

## PRAYER

**QUESTION:** Does prayer have any value or not?

**ANSWER:** For several decades, health care areas, mainly in the United States, have been conducting researches on prayer, and these results have been presented both in scientific publications and on specialized websites.

One of these researches was published in the Southern Medical Journal. After analyzing a large number of medical studies, carried out by a team of professionals from Newsmax Health, when researching the effects that prayer has on the brain, it was demonstrated that there are several benefits when the person prays.

Without promoting any religion, the researchers have studied how prayer affects the brain and what this practice can offer for people's physical, mental and emotional health. The medical community that participated in the research also realized that the practice of prayer changes the four areas of the human brain: *the frontal lobe, the cerebral cortex, the temporal lobes and the limbic system*. In addition to these, doctors were able to realize numerous other benefits that have been scientifically proven. The most outstanding results are that prayer can decrease pain; decrease the risk of death from heart attack, stroke, anxiety and depression. Prayer has also been proven to improve the immune system and other systems.

Professor Harold G. Koenig, from Duke University, told to the magazine "Newsmax Health": "Researches has shown that prayer can prevent people from getting sick, and even when they get sick, prayer can help them get better fast".

Dr. Andrew Newberg, director of research at Thomas Jefferson University in Pennsylvania and author of the book “Why God Won’t Go Away”, led the study in which MRIs of the brain showed that there is power in prayer. A survey of a heart operated patients group showed that the incidence of deaths during the recovery period was higher among those who did not practice any faith. The study also found that prayer is very similar to physical training for the brain. The results suggest hormonal changes in the immune and autonomic nervous systems, decreasing heartbeat, blood pressure and stress.

In one of his studies, Newberg had elderly patients with memory problems. They have prayed every day for 12 minutes for eight weeks. The resonance results showed the brain dramatically different after the experiment was completed.

Lisa Miller, professor and director of the Psychology Clinic and director of the 'Spirituality Mind Body Institute' at Columbia University, carried out a study of 103 people who were at a high risk of depression. Using MRI, she found that those in the habit of praying tend to have a thicker cerebral cortex, which is associated with a lower risk of depression and anxiety.

Herbert Benson, physician at Harvard Medical School, says that stress is responsible for at least 60% of the diseases that affect modern man. In addition, it causes the body to produce the inflammatory agent interleukin-6, which is associated with chronic infections, diabetes, cancer and cardiovascular diseases. According to him, when praying or meditating several times, the patient reaches a relaxation state capable of reducing the hormones impact on the body. Continued prayer slows heart rate, breathing rate, lowers

blood pressure and slows brain waves, improving physical condition.

**QUESTION:** What about divine participation in the results of prayer? Does it exist?

**ANSWER:** It depends on the belief of each one, but in any situation, for the prayer to fulfill its purpose, there must be a connection with "higher vibration bands".

The author and researcher Carlos Torres Pastorino, The renowned writer Carlos Torres Pastorino, graduated in Philosophy and Theology from the International College S. A. M. Zacarias, in Rome, and Full Professor at the Military College in Rio de Janeiro, in the book *Sabedoria do Evangelho* says:, in Rome, in his book "*Técnica da Mediunidade*", explains very well this question in the light of physics, magnetism and of biology, how the communication phenomena between the material and the spiritual dimensions happen, manifesting themselves through vibrations and waves.

We extracted some very enlightening passages:

“Vibrations, waves, and currents used in mediumship or prayer, are the waves and currents of thought. The stronger and higher the thoughts, the higher the vibrational frequency and the shorter the wavelength; and vice versa. What raises the vibratory frequency of thought is disinterested love; it lowers the vibrations of everything that is contrary to love: anger, resentment, hurt, sadness, indifference, selfishness, vanity; in short, anything that expresses separation and isolation.

In Physics, we study “*Damped Waves*”, so called because they quickly reach a maximum amplitude value, but they also decrease fast, not settling in a certain vibrating sector.

In the brain, *damped waves* are those produced by brains of people who are not used to elevation, but who, at distress moments, pray fervently. The wave rises quickly, but it also decreases soon afterwards, as it is not able to maintain a high level, as they are not used to it. They are people who usually complain that ‘their prayers are not answered’.

“(…) *Long waves* are all over 600 meters in length. They walk along the earth's surface and have short range. *Medium waves* are those between 150 and 600 meters long. They walk partly along the surface, but they also project into the upper layers of the atmosphere. They have far-reaching than the previous ones, although not very wide. *Short waves* are those that vary between 1.0 and 150 meters. They head towards the upper atmosphere, and are captured by 'ricochet'. They have a very wide range and can be easily picked up even at the antipodes.”.

“(…) In prayers, the long waves, of earthly thoughts and of low vibratory content, circulate only on the surface of the Earth, and reach only the suffering and involuted spirits, or the earthly creatures themselves. Any thought of sadness, resentment or criticism lowers our vibrations, which prevents our prayers from reaching the desired target. Prayer cannot, scientifically and mathematically, achieve the plans we desire when we are out of tune.

Pastorino concludes by saying the importance of trying to keep the mind in short waves, i.e., with high thoughts; so that our prayers can reach the spirits that are in higher dimensions.

**NOTE:** The book “*Técnica da Mediunidade*” has not been published for a long time, but it can be downloaded from the Internet *in Portuguese*.

We have been living on Earth a difficult transition moment for humanity to a better model. It is when the higher vibrations attract us to the High, at the same time that the Light enemies’ forces have been doing everything to plunge humanity into spiritual shadows.

And as we are in the matter, where we feel the low-frequency vibrations most intensely, it is very important to seek more intensively to activate and strengthen our connections with the High.

The help we get in contact with the *Higher Dimensions* is linked to our sincerity, to our faith, i.e., to the trust we have in the highest powers, and also to our deserving.

But it is necessary to rethink about the faith, because it has been very distorted.

**QUESTION:** What is the best way to pray?

**ANSWER:** There is no need for any ritual to pray, nor the use of decorated prayers. It can be formulated only in thought or with words, which can also be dispensed with. It is enough to open the inner world to the High, as well as the flower that opens to the sunlight, radiating feelings of love for everything and everyone, and of gratitude to the Lord of Life.

Prayer generates indescribable forces within us, and when it vibrates in the bands of love, it produces the highest vibratory content that we can achieve. It is worth remembering that this increase in the vibratory content enables the “burning” of

negative energies that may be attached to us. It is of little use, however, for someone to pray prayer beads if their thoughts and feelings are not together, if they do not vibrate in unison with the words of prayer.

Dr. Masaru Emoto and his team's research on water molecules are well known. They froze water that had been subjected to the vibrations of a prayer made with clarity and purity. Under the microscope, the structures of the molecules appeared crystalline, presenting beautiful geometric figures. The water molecules that had been subjected to negative vibrations, such as hate, envy, resentment, etc., had ugly, misshapen, coarse and unpleasant shapes. Let us remember that our body is composed of 70% water. Thus, thoughts, feelings and emotions of love, faith and joy vibrate positively throughout our psychic and spiritual structure, influencing our carnal bodies and radiating to our surroundings, making our aura luminous and pleasant.

Prayer predisposes to peace and love, by connecting us with higher bands; moments in which we can feel invaded by indefinable joys. It is also our attunement channel with the good spirits that assist, guide, comfort, and advise us by means of intuition, inspiration and even hearing, to anyone who is a hearing medium.

**QUESTION:** Why is it said that some people have a "strong" prayer?

**ANSWER:** They are certainly people who are able to connect better to spiritual dimensions and whose *energetic potency* is stronger.

This **energetic potency** results from a firm will, the



intensity of “wanting”, the inner dynamism, optimism and confidence.

However, the results of a prayer also depend on who is the object of it.

Let us say that someone - even if he has a *strong prayer* - prays for a person to help him in a certain situation. This help can only be effective if the person for whom he prays deserves, and if such request is not at discordance with his reincarnation project.

But there are also those who *pray* to wish someone harm. In these cases, the acting forces are their own **negative energies**, usually strengthened by the evil vibrations of spirits that are related to them, which help them in these evil works. This type of prayer is not one that seeks connection with divinity or with higher beings, but with the "low spiritual world". It is included in black magic works, etc.

As for **positive energies**, they are generated by optimistic thoughts, emotions and attitudes, which are confident and in agreement with cosmic laws.

We achieve **high spiritual frequency** through respect for cosmic laws, fraternal attitudes, faith, joy, prayer, and especially universal love.

When “energy drops” occur, we become discouraged, depressed, fatigued, etc. In these moments, the solution is to boost our own will and adopt an inner stance of faith, joy, confidence and optimism; it is in prayer and, above all, in developing feelings of love.

**QUESTION:** What about the situation of people who do

not even have a religion, or of those who are downright evil?

**ANSWER:** Evil people, whose vibrational frequency is the lowest, are just living in their own element. They prefer to remain on the sidelines of evolution, until one day, for any reason, they will certainly restart their evolutionary process.

And those who do not have a religious faith, even being atheists or materialists, can also maintain a good vibratory pattern, generated by noble feelings, by an ethics of life based on justice and fraternity, for being harmonized with cosmic laws.

It does not matter the person's religion. She may not even have a religion; just believe in a higher power, a beneficial power. And when she seeks that power through thought and feeling, she raises his vibratory frequency by opening a channel of attunement with the highest forces. It is in this connection that she can receive the thoughts of spiritual benefactors, whose advice or guidance usually comes to her in the form of intuitions.

## **CHAPTER 19**

### **CHRISTIANITY**

Jesus has taught us that the "only way" is to experience love. But the interests of the organization that men created in his name have distorted these teachings, giving them the right to send souls to Heaven or Hell. With that, the experience of love was replaced by subjection to the Church's dictates. Whoever did not accept them, and did not submit to them, found themselves in arms with the Courts of the Holy Office, their tortures, bonfires, etc., facts already well known.

It was within this context that Martin Luther (1483-1546) emerged in Germany. He was an Augustinian Catholic monk and professor of theology, who became one of the central figures of the Protestant Reformation.

On a visit to Rome, he had found a twisted city in it, a market of faith. There were religious articles and images sales, with promises of salvation. But what most impacted him was the sale of indulgences. The Church sold papers (indulgences), and once they were obtained, the buyer would gain from the reduction of his suffering in the post-death purgatory to the absolute absolution of his sins. Even a direct ticket to paradise was up for auction, depending on the amount available.

Back in Germany, Luther's crises of conscience grew and worsened, to the point that he began to criticize the sale of indulgences by the Catholic Church, to defend the thesis that man can only be saved by faith, and to condemn the luxury of that the Pope enjoyed in Rome.

Under the accusation of being a heretic, he fixed on the Wittenberg Castle church door the 95 theses that started the Protestant Reformation.

Other reforms have followed, such as Calvinist, Anglican and Catholic Counter-reform. The latter culminated in the reactivation of the Inquisition, which aimed to punish and condemn those accused of heresies; in the resumption of the Tribunal of the Holy Office, in the creation of the *Index Librorum Prohibitorum* (Index of Prohibited Books), to avoid the spread of ideas contrary to the Church, etc.

The bloody results of this Catholic Counter-Reformation are widely known.

However, in spite of all the falls, deviations and overturns in the conduct of Christianity, it is necessary to recognize its great merit (followed later by Protestantism), of having brought the light of the Gospel to our day, as well as the values of the Christian faith.

Tortuous, thorny and bumpy paths like these are part of the humanity journey, which is still like the child who is learning to walk. After falls, bruises and scratches it ends up walking alone.

And in this journey, at the level that it has already reached, countless people have abandoned their religions due to the clashes of faith with the reason.

If religion says that someone suffers because that is the God's will, reason informs that God, being righteous, could never act that way; because not even an earthly father, with all his inferiorities, would point the finger at any of his children and would order: "**That one must suffer**".

So, if the order for suffering does not come from God, whom does it come from? This and countless other questions have caused the cooling of faith in thousands of people.

### **How can we reconcile faith with reason, then?**

As previously said, this reconciliation started to happen in the middle of the 19th century, when spirits of high condition began to manifest themselves, informing that the time had come for new knowledge to be brought to humanity. And responding to the most diverse questions that were codified by Allan Kardec, fully reconciling faith with reason; not that faith in *a god as imperfect as we are*, and in laws based on injustice and discrimination, but a perfect, *just God, and source of universal love*.

However, although "in these more than 2,000 years, Christianity has not managed to develop - in the part of the world

that has been living under its Light - the due evolution or the transformations it has proposed”, it is necessary to recognize its importance in the people’s lives and communities. Jesus said, "For where two or three are gathered together in my name, I am there among them" (Matthew 18:20). Worship services, masses and meetings where we pray, where the Master’s teachings are remembered, where those present are exhorted to faith, humility, tolerance, forgiveness, to experience peace and love... there, certainly, the spirit of Christ is present to illuminate, inspire and strengthen those present for the struggles, pains and joys of everyday life.

Here in Finland, in spite of diverging from some beliefs, it is pleasant and relaxing for me to hear Lutheran worship on the radio from time to time. It is a comfort for the soul and the heart. One can even attribute to the strong presence of this church in the country a good part of the credits in the maintenance of the values that are intrinsic in the Finns’ soul.

It is also to be thought how wonderful it will be when it is possible for all people to come together in a worship, a mass or any other Christian meeting, without disagreement, and with a soul relieved and illuminated with the light of this Truth\*, which Jesus promised to send to his followers, when they could already understand it.

\*John, 14:15, 16 – If you love me, keep my commandments. And I will pray the Father, and he shall give you another Comforter, that he may abide with you forever. Verse 26 - But the Comforter, which is the Holy Spirit, whom the Father will send in my name, **he shall teach you all things, and bring all things to your remembrance, whatsoever I have said to you.** (We will return to this subject in the next chapter, The Comforter)

[From the Bible translated into Portuguese by João Ferreira de Almeida, there are many “*strange*” translations, including one that translated Comforter into *Ajudador* (Helper).]

## CHAPTER 20

### THE COMFORTER

In the 19th century, legions of spirits who followed Jesus descended to Earth. Some being reborn in physical bodies and others helping them to leave the spiritual dimension, in order to bring to humanity those revelations promised by Jesus, when he said:

“I have much more to say to you, **more than you can now bear**. But when he, the Spirit of Truth, comes, **he will guide you into all the truth**. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. John 16:12, 13”. “But the Comforter, which is the Holy Spirit, whom the Father will send in my name, he shall teach you all things, **and bring all things to your remembrance, whatsoever I have said to you**. John 14:26.”

From Jesus’ words: “**I have much more to say to you, more than you can now bear**”, we can infer that at that time He could not give explanations about the reincarnation, the laws of evolution, of action and reaction, the spiritual world, etc. This is because they would not understand Him, they had no way to "endure" such information, but he promised to send the Comforter, the Spirit of Truth, in due time, **to tell the whole truth** and **remind** the world of his teachings.

Some Christian religions say that the Comforter, the Spirit of Truth, would have come at Pentecost. But there was no reason for someone to come and **tell the whole truth** at Pentecost; since Jesus had already said everything that the humanity of those times could endure, as He himself said. Furthermore, at Pentecost there was no revelation. There was also no reason for anyone to come **to remind** his teachings, because they were still alive in the minds and hearts of his followers.

However, in the 19th century, these teachings were already largely forgotten by Christians, when the Spirit of Truth came to **remind them** through mediumship, also bringing all that information and explanations that Jesus could not give at that time, when they could not “bear it”. However, now at other knowledge levels, and after so many centuries of Christianity, this part of humanity was already prepared to receive more clarification about life and the evolution mechanisms.

The title “The Comforter” also fits perfectly with Spiritism. Is there any greater comfort than knowing that our loved ones who passed away are not dead, but alive, continuing their evolution in another dimension of life, and that, eventually, they may even communicate with us through mediumship? It is also comforting to know that after this life we will be able to join them on their way to new evolutive journeys.

It is simply divine comfort to know that no one will go to hell to suffer for eternity; that our dearest beings, who “did not accept Jesus” in this life, or committed serious crimes under divine laws, are not lost because of this, having new and renewed opportunities to redeem guilt and evolve through reincarnations. And those who carry terrible burdens on their conscience can only be comforted when they are informed that they will be able

to repair the evil they have done, even if it is in a future incarnation.

Jesus also said, "*You will know the truth, and the truth will set you free.*" John 8:32.

What truth was the Master referring to? Certainly nothing that He had taught, because He said, "You will know", that is, in the future. And neither He nor his followers presented us any new knowledge that could represent such a truth.

This is very clear.

When he said, "The truth will set you free", he was saying that his followers were and would continue to be prisoners of some mistake, until the knowledge of the truth, in the future, would set them free.

There is no theological arrangement that can show us another liberating truth that came after Jesus. Except the knowledge of reincarnation and the law of cause and effect, brought by the spirit that was signed as The Truth, which then presented a whole universe of information that was magnificently codified by Allan Kardec.

It should also be noted that the truths that the Master taught were not such as to set someone free. Some will say that they deliver us from sin, but the Christian world remains as "sinful" as ever. Therefore, if someone deeply analyzes these questions, without the bonds of religious conditioning, he will be amazed by such logic and demonstration of the Creator's wisdom and love. He establishes the law that determines the evolution of beings through successive lives, giving them free will, through which they can freely choose their paths; and yet, always renewed opportunities to rescue the guilt that weighs on their deep



consciousness, and to take another step in their spiritual evolution.

This is a truly liberating truth. Whoever believes in reincarnation, and in the law of cause and effect feels really free, owner of himself and solely responsible for his own steps; knowing, however, that whatever he sows, he will have to reap.

We could say that, until yesterday, the religious system of the Christian world formed the “womb of our faith”. Today, the vital force pushes, and reason attracts to the “**Cosmic Birth**”.

The human fetus remains surrounded by all amenities. He does not even have to suck the food; he does not feel cold or hot, and his body is protected from possible physical aggressions. He floats serenely in his world, in his mother's womb. It is a simple fetus ..., but when his growth makes him able to change his environment, to rise a step in his evolution, he is born. He gives up that convenience and begins to participate in life, and it costs him an effort. He needs to start his apprenticeship at the school of skills and aptitudes. This task shall only be performed by him; it cannot be done by others. He is the one who will cry when he is hungry or uncomfortable. The first steps will be taken by his own feet; his personal effort will enable him to speak, and so on.

The same is true of the spiritual fetus, peacefully accommodated in the womb of his faith. It does not have to make much effort. It believes that it is enough to follow the light obligations that its religion imposes, and that the Jesus' blood washes away all its sins, or that these can be forgiven by the priestly powers. It feels safe and well accommodated in its religious universe.

But the power of evolution starts to push it, reason starts to speak louder and the infinite horizons of higher knowledge beckon, calling it for the Cosmic Birth.

Under these circumstances, many prefer to continue vegetating in their symbolic spiritual wombs, as long as the Great Law allows it. Others decide to break their millenary crystallizations and be born into a new mentality, a new spiritual status; where self-effort is the path to great inner achievements, the acquisition of self-enlightenment, peace and harmony with the ALL. They decide to continue to journey along the reincarnations in search of supernormal aptitudes, of ever-wider perceptions, of knowledge that goes beyond our imagination, of full and undying happiness ... It is the infinite path of evolution, which becomes more extraordinary and wonderful as we go through it.

In this Birth we are also realizing with greater intensity that Jesus, instead of being that martyr of the cross that was shown to us, is the great sidereal scientist who brought us, with the Gospel, the most complete booklet of the science of good living.

The "cosmic birth" is painful because it puts the being in front of his own responsibilities, but it is a necessary pain for those who want to get out of stagnation. Without pain, there is no evolution at this stage of our spiritual growth.

## **CHAPTER 21**

### **WHO IS JESUS?**

If you had several children, one of them being a good and correct person, and the others having all the vices and evil that you can imagine ... How would you act in relation to them? Would you condemn the good son to death, so that you feel settled with regard to the faults and sins of the bad children?

Do you believe that God, being Perfection itself and the source of all Love, would condemn to death a pure, innocent spirit, also all love, like Jesus? Would God send him to the sacrifice on the cross with his blood to redeem and settle the sins and evil of the humanity? (*See among other Ephesians: 7 and Romans: 3: 23-26*).

Could not God, who is omnipotent, the maximum power of the universe and author of universal laws, simply forgive the sins of human beings, without the need to sacrifice anyone, much less an innocent like Jesus?

Some say that God could not break his own laws. Well, if so, we could understand that He would have created absurd, not to say, stupid laws, such as this.

Even if it fit in common sense, one would ask: what ransom would that have been, since the human being remained as sinful as before? And even Christians who believe they are saved ... they are not free from sinning, because it is enough to be human to not be perfect.

Do not you think it is much more coherent and according to the greatness of God and Jesus himself, not to attribute to him the figure of “the lamb of God to be sacrificed for the humanity sins”, but rather, the mission of Master? Someone who has come to teach human beings a new commandment, that of Love, which includes peace, forgiveness, humility, respect, etc., even at the expense of their own sacrifice.

## LET US REFLECT ON IT

Take, for example, the importance of His teaching on forgiveness, seen in the light of current knowledge.

When we nourish hurt, hatred, resentment, or even mere rejection by someone, we are generating “negative psychic energy,” or low-level “vibration”.

When this kind of energy is incompatible with our degree of evolution, it produces a series of problems. From the most diverse types of malaise, illnesses in the physical body, known as psychosomatics, to disharmonies and imbalances in moods, such as irritation, restlessness, depression and many others. It also attracts spirits of low condition, because in the spiritual realm similar people are attracted. They add their low emotions to ours, encouraging more hatred, hurts and resentments, which, in addition, can generate many other problems, which are not worth mentioning here.

So, hating IS BAD FOR US in many ways, and nourishing hurts and resentments equally IS BAD FOR US. But the emotion generated by forgiveness produces high-level energies, which are beneficial in every way, and, besides it, open our connections to higher ranges of spiritual life.

Hence, the wisest attitude is to forgive unconditionally, because this IS GOOD FOR US.

Forgiveness also soothes the heart, opening the way for joy. And Science informs that contentment is a true elixir of life, health and well-being; helping to prevent depression, strengthen the immune system, generating numerous other benefits.

So, it is in our own interest to forgive.

There, in the forgiveness teaching, is the wisdom of a true Master, and that wisdom is found in all His other teachings.

**QUESTION:** If it is true that this energy from negative feelings is bad for our health, why then are evildoers of all kinds, those who hate, envy, etc., not always sick because of the bad energies they develop?

**ANSWER:** This kind of energy, *when it is incompatible with our evolutionary degree*, produces several problems.

This means that those who are experiencing more primary stages of evolution are in their own element, just as the pig feels good in the mud and filth. But people of a more advanced sidereal age, whose consciousness is already more awake, are at higher spiritual levels and their spiritual body structure is more delicate. Therefore, the energy incompatible with their evolutionary moment does them harm.

**QUESTION:** Why did Jesus recommend loving enemies, doing good to those who hate us, and praying for those who persecute and mistreat us?

**ANSWER:** Love is the great universal law. It is present throughout the universe, giving everyone and everything reasons to exist. Experiencing it in everyday life is to include oneself in this dimension of living.

Whoever loves enemies, is thereby undoing the vicious circle of hatred and revenge. When a hate vibration, or bad wishes, reaches a person who is able to love enemies, and who prays for them, that vibration is neutralized by the high-level energy developed by that person.

**QUESTION:** What about the cases in which people who experience love are also sometimes reached by evil?

**ANSWER:** Many people who already manage to love, still carry in their deep consciences guilt not rescued; conflict situations with the Great Law, not yet readjusted, which may have repercussions in the current existence, signaling the need for readjustment. They may also be under the influence of a spiritual enemy, which can be lurking for opportunities to exercise its bad intentions. Such opportunities can occur in a moment of anger, discouragement, pride, arrogance, etc., in which the persecuted is involved, thus weakening their spiritual defenses.

That is why it is important to watch and observe one's experience, and try to avoid anything that can weaken these defenses. In addition, constant prayer makes it possible to connect with the High, where good inspirations, advice, joy, and the inner strength necessary for earthly walking come from.

And let us remember Jesus when he said, "Watch and pray so that you will not fall into temptation."

**QUESTION:** Is it possible to love an enemy?

**ANSWER:** In the book "The Gospel According to Spiritism" (Chapter XII), we have an interesting explanation on this issue:

"If the principle of charity is to love one's neighbors, then to love one's enemies is the most sublime application of this same principle, seeing that the possession of this virtue represents one

of the greatest victories which can be achieved against selfishness and pride.

However, there is usually a misunderstanding in relation to the meaning of the word 'love' in this situation. When He spoke, Jesus did not mean that each one of us should have the same tenderness for an enemy as would be felt for a brother, sister or friend. Tenderness presupposes confidence; well, no one can deposit confidence in another person knowing that he bears malice; no one can show effusive friendship knowing that the other person is likely to abuse the situation. Between people who have no confidence amongst themselves, there cannot be the same manifestations of sympathy that exist between those who share the same ideas. In short, no one can feel the same pleasure when he is with an enemy as would be felt when in the company of a friend.

Therefore, to love one's enemies does not mean showing affection, which would not be within our nature, as contact with an enemy makes our heart, beats in an entirely different manner to the way it beats on contact with a friend. Therefore, to love one's enemy means we should not hate, nor bear rancor against them, nor desire vengeance. It means to forgive all the evil they have caused without hidden thoughts and without conditions. It means to not put obstacles in the way of a reconciliation and to wish them well, instead of bad things. It is to feel joy, instead of regret, at the good things that may come their way; to help them whenever possible and to abstain by words or acts from everything, which might prejudice them. Finally, it means to always return goodness for evil without any intention to humiliate. Whosoever can proceed in this manner fulfils the conditions of the commandment: Love your enemies."

Difficult, isn't it? However it is necessary to start, even little by little, “falling, but getting up again”, because that is how we are evolving slowly. These are inner transformations, and to achieve them we need determination, tenacity and a lot of patience with ourselves, learning to forgive us too. However, never stop in this effort, because with each inner achievement, our soul is filled with joy and our life gains more Light.

The medium and spiritist speaker, Divaldo Franco, in a seminar on forgiveness and self-forgiveness, said, “To forgive is to give each person the right to be as he is, and to grant us the right to be as we are”.

And he continued saying: "If my neighbor is like that, I will not change him, but if I am like this, I have a duty to change myself for the better. I cannot force him to change it because my words will only be proposed; guidelines of good pedagogy for him, which if he is not in tune, he will not accept them. But I, who am wishing to be happy, have the psychology of my self-transformation. So, I will never return evil with evil. I will always try to give back with all the good.”

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His voice was heard throughout Galilee and Judea, over the mountains, on the roads, in synagogues and on the seashore; consoling, healing, preaching and always exemplifying Love:

“Peace I leave with you. My peace I give to you.”

“Do not let your hearts be troubled. You believe in God, believe also in me. My Father’s house has many rooms.”



“Learn from me, because I am gentle and humble in heart, and you will find rest for your souls.”

“Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink; I was naked, and you clothed me... Whatever you did for one of the least of these brothers of mine, you did for me.”

“Blessed are the meek, for they shall inherit the earth.”

“Blessed are the pure in heart, for they will see God.”

But in order that His teachings, so drastically divergent from Jewish laws, and the "status quo" in effect, could be taken into account and accepted, expanding lights over the centuries to come, only reaching such **a climax as powerful as it was that of the crucifixion**. And Jesus submitted to it, not to “save the sinner”, but so that he had the opportunity to start saving himself, through inner transformations, changes in his own conduct in search of the experience of Love.

Let us see then in Jesus, NOT THE MARTYR OF THE CROSS, but the MASTER. The pure spirit, all Love and Wisdom, who came to bring the Good News of His teachings to the world; everything that those people could already understand and accept.

His teachings can be seen as religious precepts, but also as scientific truths that reflect the science of well-being.

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Still on the unique figure of Jesus, we will resort to a beautiful excerpt from the book “*Amor e Ódio*” by the spirit Charles, psychographed by Ivone A. Pereira, in which the author says:

“At a certain point in his life, after many years of exile in French Guiana, and tormented suffering, the character Gaston begins to turn his spirit towards God and, one afternoon, contemplating the sea to be lost on the horizon, he conducts his thought to distant Galilee. And meditating on the incomparable personality of Jesus of Nazareth, imagine him framed by the lights of the sky of the East, hair abandoned in the winds of the Jordan valleys, undulating tunic, eyes engulfed in the great visions of the Infinite, thought in assiduous communion with the Father, wandering from land to land for the love of men. Sublime idealist revolutionizing secular ideas or crushing iron prejudices in the name of a God All Power and All Love. Clothed with the heroic firmness of higher convictions, which neither persecution, infamy, nor torture, nor death itself were able to break. Because, exhaling, suffering and oppressed, he still revealed the supreme standard of the Doctrine that he had brought from the Infinite, when, to the executioners themselves, he gave the unshakable kiss of his Love reflected in the final words from the top of the cross: 'Forgive them, my Father because they do not know what they are doing'!

I saw him as he would then be, young, handsome, affable, loving, in love with a supreme ideal, giving the energies of his radiant youth to the benefit of the oppressed, the wretched, the sinners, the redemption of Humanity; in short, to everything that deserved all his sacrifices.

Oh. What an admirable breathtaking poem of heroism and selflessness was the life of this Jesus of Nazareth!”

And Paul, in a divine inspiration moment, said:

“If I speak the languages of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal.

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing.

If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind. It does not envy, it does not boast, it is not proud; it does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth; It always protects, always trusts, always hopes, always perseveres...” (1 Corinthians 13:1-7).

*Jesus' teachings were of such high morals that they irritated many who heard Him. Others followed Him because of cures, of miracles ... Few were able to truly tune in to His luminous thought, and draw energy and willingness from Him to change their lives, following His footsteps...*

## **CHAPTER 22**

### **THE GOLGOTHA AND THE TABOR**

In the Christianity history, there are two mountains that have been the scene of exceptional situations.

One of them is Golgotha, where Jesus was crucified; the other one is Tabor, where the Master met with the materialized spirits of Moses and Elijah.

Why only Golgotha is remembered by Christians, while the events of Tabor are almost unknown?

Which one is more important: death, passing from one dimension to another, epilogue to a carnal existence, or life with all that it represents?

Jesus has been shown as the martyr for the cross; that suffering being, who was flogged, tortured and crucified **to redeem our sins.**

This idea of sacrificing someone in someone else's place reflects the mentality prevailing in antiquity, also adopted in the Old Testament. It is very comfortable, but absolutely unfair, starting from human selfishness and hypocrisy.

The human being, due to his spiritual immaturity, has a tendency to find a way to not assume his own responsibilities and answer for his mistakes.

It happened with Jesus. Instead of seeing him as a Master, who came to teach human beings more compatible ways with that evolutionary moment, they thought it was better to transform him into the savior. The one, who through his death on the cross would set his followers free from all sins, redeeming them through his own sacrifice.

What a selfishness! What a blindness! How many centuries of suffering will the human being still have to experience to evolve?

Is not it time to start thinking more coherently, since in today's world such mistakes are no longer justified? Is not it time

to start reworking our concepts, making them more consistent with reality?

How absurd in those old ideas, which still remain in force, that Jesus would have come down to Earth to die on the cross, and with his suffering, his death, to pay human guilt!

Yes, Jesus came to Earth as a Messiah, on a sacrificial mission. But he came to teach us a new way, the new Law, that of Love. He came to talk about the immortality of the soul, and to teach us how to act, what attitudes we should adopt for our salvation, or rather, for our evolution. Because, in fact, we do not need to save ourselves, since we are not lost; we, yes, need to evolve, to progress morally and spiritually.

He came as an older brother to teach the younger ones, and show them the right ways.

However, the ideas and teachings he brought were so innovative, so difficult to accept, that it was necessary for him to die in that dramatic condition, in order to indelibly mark his passage on Earth, and, above all, his teachings, all of them based on Love.

## **REFLECTION QUESTION**

As for sin, do you believe that when God planned human beings, he would have put their inclinations, tendencies, desires or needs in their programming, and then charge them for these actions?

If God created us, it is obvious that He planned us before He created us. Thus, it makes no sense to believe that He had planned us with evil tendencies. Good and evil, in fact, are part of our evolution. It is through these paths, through our

experiences in successive reincarnations, that we learn the great lessons of life, of good coexistence, of fraternity. In short, the science of good living.

However, theology has thrown at Jesus **our responsibilities, the ransoms that are ours**, taking care to ignore everything He taught about the law of action and reaction, when he said, "Whatever you wish that men would do to you, do also to them". He never said that his blood would wash away people's sins, but he said, "He will repay each one according to his works." Quite different, isn't it?

The Jews, from the beginning of their history, were used to making mistakes and repairing them, or rather, "erasing" them with the sacrifice of an animal. Moses taught this type of practice to them, because it was appropriate to the evolutionary moment of that rude and somewhat primary people. But note that in the ten commandments received at Sinai there are no determinations of this nature, because they reflect the justice and ethics universal principles. There is no mention of any kind of sacrifice in them. They are about conduct and attitudes. They are guidelines. They are life routes for human beings, which aim at social justice, peace and respect in all their modalities.

The redemption of sins and the search for the gods' complacency through sacrifices was a use prior Moses himself, but it was he who codified these uses for the Israelite people, aiming "to placate God's wrath" and get Him to bless them with health, and material goods.

## **REFLECTION QUESTIONS**

1 - Do you believe that God can be angry at his immature children's faults?

2 - Do you believe that God, if he were angry, would placate his anger if the sacrifice of some animals were offered to Him?

3 - Could God, the Lord of Life and the universe, be able to take pleasure in the smell of the sacrifices blood, as it is reported in the Bible?

The belief that God would be subject to anger, or to take pleasure in sacrifices, reflects only the profound human beings' ignorance. (*See Chapter 24 - God*)

**QUESTION:** Why Jesus was considered "the lamb of God"?

**ANSWER:** Jesus' followers, who were all Jews, according to the prevailing mentality at the time, saw him as "The Lamb of God"; that is, God sent his "lamb - Jesus" to be sacrificed and, through this sacrifice, take away the sins of the world. These ideas were in accordance with Jewish tradition, and they replaced them with His teachings and exhortations about the need for change in actions and mentality.

However, changes in an already crystallized mentality depend on evolution, on spiritual maturation. Therefore, it is only now that the greater reality of Jesus' mission can begin to be better understood.

Now we can understand more clearly the greatness of the occurrences in Tabor, when the Master talked to the **spirits Elijah and Moses**, perfectly materialized.

There, at that moment, phenomena of various expressions occurred:

(a) There was the encounter between Christ and two of His direct helpers, which marked the beginning of a new evolutionary period for humanity, or at least for the Western world;

(b) There was the mediumistic phenomenon of materialization, proving the immortality of being, and the communication between Jesus and those spirits, proving the truth of mediumship and the possibility of interchange between these two dimensions of life. And this communication was observed by some disciples; witnesses who were from the transcendent meeting to take this news to posterity;

(c) Lastly, there was the presence of Elijah and John the Baptist in one person. Because the Master had said on several occasions that John the Baptist was the same Elijah of the Old Testament, who had returned to the matter as His precursor, confirming the reality of reincarnation.

We see, then, that the immense light that shone in Tabor, speaking about life, immortality, mediumship and reincarnation, is only now beginning to be seen by a small portion of Christians, which is already a great advance.

Today we can start to understand that the Christ's message is one of life, immortality, wisdom, perfection, evolution, and love, not of death. Thank God.

## **CHAPTER 23**

### **BIBLE**



In this book, we have been talking about the Bible in the way it is seen, that is, “to the letter.” However, it should be noted that there are profound teachings in it, or in parts of it, in an esoteric view, in which the symbolisms give it other meanings, for instance, in its first verses, about Creation. These symbolisms show all those events in a very different way, and are fully consistent with current knowledge and common sense.

Dr. Severino Celestino da Silva is a profound expert and analyst of the Bible, and has been studying ancient languages for 20 years. He says that the translations of this book from Hebrew to Greek, and from Greek to other languages have misconfigured it. This is because the Hebrew language is only understandable by the Hebrews themselves, and any translation disfigures its meaning.

In his biblical analyses, Dr. Celestino says that the serpent that would have tempted Eve in Paradise was not sin, but it represented the Christ Consciousness, the knowledge of the Supreme Being (God), the good and the evil. A knowledge, which has been present throughout the Earth since the beginning, illuminating men’s minds, from the primitive ones to those of our time, and always. And each one receives this Light according to their own spiritual age and evolution.

We remember that ideas about God, and even about reincarnation, are as if they had arisen with the human being himself, without anyone having taught them.

In the 10 Commandments, we will find the Major Law, the basic, essential Law, which refers to conduct, to attitudes:

1 – You shall have no other gods before me. (NOTE: The human being chooses his gods and idols: greed, power, lust, ambition, etc.)

2 – You shall not make idols...

3 – You shall not take the name of the Lord, your God, in vain...

4 – Remember the Sabbath day, to keep it holy. (NOTE: Set aside part of the time for physical rest, abstraction from normal activities, in order to turn the spirit to God in search of light, in search of spiritual evolution)

5 – Honor your father and your mother...

6 – You shall not murder...

7 – You shall not commit adultery...

8 – You shall not steal.

9 – You shall not bear false witness against your neighbor.

10 – You shall not covet...

Then came the Moses' laws, dictated by Jehovah. In those days, people did not have the maturity to understand a spiritual God, unreachable by his imaginative possibilities. They needed a more "palpable", more assimilable for them, so Jehovah was the spirit that represented God, as if he were himself. And that was how he commanded the Israelites; removing them from slavery in Egypt, during their afflictions and sufferings in the 40 years that they traveled through the desert, establishing their convictions and trust in a single God. This condition represented an important advance in this people's evolution, making them liable to receive in the future the Messiah, the great Master who summed up all the law and the prophets in the love of God and neighbor.

Thus, Moses' laws represented a necessity for that time, because the people needed those physical manifestations, such as

sacrifices and others, to experience their religiosity still very much linked to material effects...

### BUT... AND TODAY?

Well, if we are already able to assimilate the idea of a spiritual God, why do we still remain conditioned to the letter of the Bible, with its laws and teachings that were taught millennia ago to people of understanding still so primary?

That is why it is important to focus on incongruities, absurdities, contradictions, etc. that we find in it when we see it “to the letter”, as it still happens today.

But in order not to say that we are trying to belittle the Bible, especially in its Old Testament, or to raise unfounded criticisms, it is important to clarify that we are only trying to show the truth. This is because, even today, after so many millennia, millions and millions of people still shelter under the canopy of hundreds of religions that remain bound to “their letter”, however absurd and contradictory it presents itself in so many moments. Many do so out of fear (always fear) of being punished. But most of them certainly do it out of mere comfort, because they feel well accommodated in the womb of their faith, without longing for the cosmic birth that transforms the spiritual fetus into a child to start its journey in search of the horizons of light that beckon, indicating new and wider paths.

**Many understand that the Bible**, which is considered the God’s word, should not be questioned or interpreted. It shall only be obeyed.

Even though we emphasize our respect for the Bible, for what it represents, who can guarantee that it is the word of God? Who could believe today that someone or something as unimaginably powerful and fabulous as the Creator of the Universe and Life,

of all the Laws that govern them, would come down to Earth to write a book? Moreover, considering that this book contains, mainly in the Old Testament, numerous contradictions, inconsistencies, absurdities and even barbarities. And if they are in the body of a work, and if that work is not totally consistent with the reason and common sense that guides us today; should we accept it, however, blindly, literally and in its entirety? Certainly not.

It is much more logical, then, to accept that it is a book that was written by men, although under superior inspiration for the most part. Thus, it is more prudent to extract from it the ethical contents that are the most important, because they lead the human being to improve. Should not this spiritual evolution be the purpose of all religion?

Therefore, all of this must be said with all clarity, because only the truth has the strength to open structured handcuffs over the centuries, and to undo ancient crystallizations at this time, when reason already prevails over the imposition and the questioning rises up against the “blind faith”.

### **So, let us analyze all this without prejudice**

It can be seen that many of the Bible’s passages - in the Old Testament - bring higher orientations, reflections of the Greater laws, or God’s laws. And there is also profound beauty and elevated feelings of religiosity throughout countless of its texts, as well as advice and proverbs of the highest wisdom.

At other times, the influence of spirits identified with the Israeli people is evident, that is, their Guides or spiritual Mentors. For Jews, certainly, the Old Testament must be a holy book, because it contains all its history and the bases of its religious life.

For us, however, who are from other races and are in another age, it is not up to us to accept it as the word of God, unchanging and unquestionable, nor its sacredness, as it is seen by those who follow it.

## Who is Jehovah?

Some Bible scholars understand that Jehovah is not really God, but the Guide spirit of the Hebrew people. This, moreover, would explain the countless contradictions, absurdities, barbarities, etc., found in the Old Testament, ordered by him, or under his consent, as we will show later.

The phrase "Lord, **God of Israel**" appears at countless times in the Bible, in the Old and New Testaments.

In the Old Testament, at least 47 times it is said: "the Lord **your God**". In the 10 Commandments alone, these words are repeated 5 times:

These terms "**God of Israel**" and "**your God**", show that he is someone responsible only for the Hebrew people, it does not convey the idea that he is the Supreme God, God of everything and everyone, because otherwise only God would be said.

We also see that Jehovah had deep affinities and similarities with the Israelite people; even presenting the same defects, passions, ambitions and idiosyncrasies. So much so that, of all the peoples of the Earth, he only cared for, protected and commanded that race; not with the wisdom, justice and love of the Creator of all things, but with the features that the head of a warrior nation, in command of his people, could have. In fact, one of the titles that was conferred on him in the Old Testament is "Lord of hosts".

The same idea is repeated on several occasions, implying that Jehovah would not be the God Creator of the Universe, but rather a leading spirit of the Hebrew people, with his own characteristics, but certainly under the guidance of higher entities. It would be natural for him to present as God Himself. Only then, he would be obeyed by that ignorant and undisciplined people, being able to lead him to the belief in a unique God, trying to mold them in the virtues presented in the 10 Commandments, and in many other moments. Thus, preparing the ground for the arrival of Jesus, the Christ, who would bring a new mentality, that of Love.

The question also arises: What would be the "non-descendants" of Abraham, Isaac or Jacob if the God/Jehovah were the Creator of the universe, of life, of everything? Would they be children of a spontaneous generation left on Earth without guidelines, without a spiritual government that would preside over their evolution? However, out of these "not sons of God", how many nations were formed, with creatures equally human, with defects and qualities, with wise and delinquent, with good and bad?

Let us also remember that among these "no children of God" there emerged Great Masters. Some of them have inspired the formation of the Great Religions with the same principles necessary for the spiritual evolution of the human beings. At different times, with few material resources and significant adversities, these Great Beings brought loving proposals, free from prejudice. Love, compassion, humility, respect and gratitude are universal values that have been transmitted since the human race creation, and for all humanity, because God is the God of all.

## **Some Jehovah's Features**

**A Being not much evolved.** He was pleased with the smell of the blood of sacrifices, as seen at various times, such as in Leviticus 1:13 and 17: 6.

**He did not know what he was doing.** He is presented in the Bible in the likeness of an apprentice to the Creator, experimenting, not knowing exactly what would emerge from them (*See Chapter 24*).

**He regretted what he had said or done**

Jehovah's repentances were numerous (*See Chapter 24*).

**He was cruel, he was furious, he ordered and punished in a brutal and insane way** (*See Chapter 24*).

**Can everything that is said in the Bible be accepted and practiced in the modern world?**

Let us see some of the many “sins” that the Bible **orders to punish** with the **death penalty**:

“Whoever curses his father or his mother must be put to death... (Exodus 21:17)”

" The man who commits adultery with another's wife, even his neighbor's wife, the adulterer and the adulteress shall surely be put to death (Leviticus 20:10)”

"If a man sleeps with a woman during her menstrual period and has sexual contact with her, he has exposed the source of her blood flow and she has uncovered the same. Both of them will be cut off from their people. (Leviticus 20:18)”

“The entire congregation shall certainly stone him, the stranger as well as him who is born in the land. When he

blasphemes the name of the Lord, he shall be put to death. (Leviticus 24:10-16)”.

“For six days, work is to be done, but the seventh day shall be your holy day, a day of Sabbath rest to the Lord. Whoever does any work on it is to be put to death. (Exodus 35:2).”

“If a man marries both a woman and her mother, it is wicked. Both he and they must be burned in the fire, so that no wickedness will be among you... (Leviticus 20:14)”.

“If a man is discovered kidnapping one of his Israelite brothers, whether he treats him as a slave or sells him, the kidnapper must die. You must purge the evil from you. (Deuteronomy 24:7)”.

### **Let us see some of his contradictions.**

1 - The first one is found in Genesis first chapter, with the creation of nights and days, the separation of waters, the production of grass and fruit trees, which bore fruit and seeds; only then, on the fourth day, the sun, moon and stars were created. How could there be nights and days, and plants bearing fruit, without the sun?

2 - For millennia, and even today, the whole of humanity would be paying for the sins of Adam and Eve. Although God stated in Ezekiel 18:20, Deuteronomy 24:16, Jeremiah 31:29 and 30, that children do not pay for the sins of their parents, nor the just for the sinner. And, if the just does not pay for the sinner, why would Jesus have died on the cross to pay for the humanity sins?

3 - In Exodus 9: 1-7, we see God sending a plague that killed all the Egyptians animals, including their horses. But days later,



Egyptian cavalry are drowned in the Red Sea. What cavalry, if all the horses had been killed with the plague?

4 - How to reconcile the idea expressed in "For the living know that they will die, but the dead know nothing" (Ecclesiastes 9:5), with the parable about the rich man and Lazarus (Luke 16:23; or with the scene in which Moses and Elijah (dead centuries ago) talked with Jesus on the mountain, in the presence of three apostles (Luke 9:30); or even with the interview that Saul had with the spirit of Samuel, when he was already dead (1 Samuel 28: 11-20)?

5 – In Hosea 6:6, God says, "For I desire mercy, and not sacrifice, and the knowledge of God, rather than burnt offerings.". However, He Himself orders offerings, burnt offerings, and sacrifices for the most insignificant crimes.

6 - Another contradiction between the Old and New Testaments: "No one has seen God at any time" (John 1:18) and "No one has ever seen God" (1 John 4:12). This was confirmed by Paul, "whom no man has ever seen or can see." (1 Timothy 6:16); and by Jesus himself: "not that any man has seen the Father" (John 6:46).

But we read in the Old Testament, "I appeared to Abraham, to Isaac and Jacob" (Exodus 6: 3). We also read that Moses, Aaron, Nadab and Abiu and 70 other elders saw God (Exodus 24: 9-11). Furthermore, "God spoke to Moses face to face, as any man speaks to his friend" (Exodus 33:11). And in Numbers 12:8, he says, "I speak to Moses mouth to mouth and he sees the form of the Lord"; and yet, in 1 Kings 11: 9, "The Lord appeared to Solomon the second time".

7 - How to understand that Moses, when he came down from the mountain with the tablets of the Law, of which one of the

commandments said “You shall not murder”, had ordered the tribe of Levi, “This is what the Lord, the God of Israel, says: every man fasten his sword to his side; go back and forth through the camp from entrance to entrance, and each of you kill his brother, his friend, and his neighbor”. That day, more than three thousand people from the people of Israel were executed by their brothers from the Levi tribe. And the most terrible thing is that "God" had blessed the murderers to obey that order as monstrous as it was atrocious. (Exodus 32: 27-29).

8 - In Deuteronomy 24:16, "God" stated, “Fathers shall not be put to death for the children, nor the children for the fathers, but each one shall die for his own sin.". But, in 2 Samuel 21:1-14, we can find him enraged against ex-king Saul, who despoiled his people with three years of famine. His anger was only appeased when David executed seven of **Saul's grandchildren** as an offering to the Lord. In this case, in addition to the contradiction, there is also a display of fury on the part of Jehovah, and the sacrifice of human beings, in his intention, which appeased his wrath. What is the God who commands and enjoys **human sacrifices**?

This is certainly not the image to be made of the Creator of the universe and of Life. If He were not just and perfect in everything, His work would be a chaos.

We can then observe the following: Just as the Earth had its different evolutionary periods, so did the human being, such as Prehistory, the Ancient Age, the Middle Age, the Modern Age and the Contemporary Age.

In relation to his moral, ethical, spiritual and psychic evolution, the human being also went through, and continues going through these phases. It can be seen, therefore, that the **First Revelation** was brought by Moses to the Hebrew people,

and, as would be natural, it arrived with all the “dyes” proper to be accepted by that people.

With the passing of millennia and natural evolution, it was time for a new Revelation that **updated the previous one**, opening other horizons for the human being’s “inner growth”.

Then Jesus, a pure spirit, a Master, came to update the religious understanding of that people and of many others who would come to know his teachings. He presented "Love to God and neighbor" as the greatest and only commandment. Because whoever truly loves, he lives in such a way as to help and support others whenever possible; and never hate, hurt, sadden, be unjust, miserly, proud, selfish, envious, etc. And he also said that the whole Law and the Prophets depended on this commandment (Matthew 22, 34-40). That was the **Second Revelation**.

*This second revelation brought by Jesus represented a **radical update** of that people’s religious concepts. A profound change, which could only be accepted by more evolved Spirits, who already yearned for new horizons, new lights. And the Apostles and countless other followers of the Master and followers of His Work, were spirits of similar minds who have already reincarnated on Earth for this purpose.*

The experience of Love was a basic teaching, the reality of which Science is already beginning to grope, being able to prove its strength and power. Let us note that if the human being ever experiences it, he will also be starting to solve the great problems and suffering that afflict him so much.

Loving is very difficult. It is easy to love our children, relatives (not always all of them), friends, etc. But “loving everyone as ourselves”, in our current evolutionary level, I would say that it

is almost impossible. With the exception of higher beings such as Francis of Assisi, Mother Teresa of Calcutta, etc., in addition to many others who remain anonymous.

Fortunately, this idea of universal love has been growing, and many people are beginning to strive for it. Many movements aim at this goal. Spiritism, for instance, brings in its teachings the prioritization of the experience of love, and in its actions, it seeks to develop “love put into action”.

**QUESTION:** Jesus summed up all the Law and the Prophets in one commandment. What exactly does the commandment of LOVE to God and neighbor mean?

**ANSWER:** It means that Christianity should have only one guideline: the experience of love. That is, the followers of Jesus and his work should limit themselves to teaching Love, and all the other virtues that this divine feeling embraces in the same way that the Master taught and exemplified, and even used parables so that His words could not be distorted. But that was not what happened. Already in their first steps, among his followers, some divergences began to emerge, such as that of salvation, whether this would be through faith, works or grace.

And so, in the New Testament we will also find some inconsistencies and contradictions, such as, for instance:

(a) John states, "If we say that we have no sin, we deceive ourselves, and the truth is not in us." (1 John 1: 8), but in chapter 5:18, he himself says: "We know that anyone who has been born of God does not go on sinning."

(b) In 1 John 2:2 we read, "He is the propitiation for our sins, and not for ours only but also for the sins of the whole world.", but just ahead, in chapter 5:19, contradicting what he said, we

read again: “We know that we are from God, and the whole world lies in the evil one.”

(c) We still remember Jesus when he said, “You will not finish going through the towns of Israel before the Son of Man comes.” (Matthew 10:23); “Some of those standing here will not die before they see the Son of Man coming in his kingdom.” (Matthew 16:28); and yet, speaking of what is interpreted as his second coming, he stated, “This generation will not have passed away until all these things shall have taken place.” (Matthew 24:34, Mark 13:30 and Luke 21:32).

(d) All Jesus’ teachings show God as the just and merciful Father, while Paul’s speech is all based on the Jewish mentality, whose God is vindictive, partial and unjust: “Has the potter no right to make from the same lump of clay one vessel for special use and another for ordinary use? But what if God, willing to demonstrate his wrath and to make known his power, has endured with much patience the objects of wrath prepared for destruction. And what if he is willing to make known the wealth of his glory on the objects of mercy that he has prepared beforehand for glory, even us, whom he has called, not only from among Jews but also from among Gentiles?” (Romans 9:18-24).

These Paul’s words present God as a being, I would say, sadistic, for “hardening those who please him”, that is, making them become bad, hardened, to have reasons to destroy them; creating some already "prepared for perdition" and others for glory.

Where is the justice? Where is mercy and love always presented in the words of Jesus, when referring to God, calling him Father?

There are also **contradictions between the Gospels and the Epistles**. The speech of some of the founders of Christianity differs from the Jesus' teachings. For instance, Paul says that salvation comes only by faith, when he says, "We conclude, therefore, that man is justified by faith, regardless of the works of the law" (Romans 3:28). Meanwhile, other apostles teach that salvation is by grace (Ephesians 2: 8-9). Jesus, however, always put salvation in works, that is, in the experience of love, as a condition for reaching the kingdom of God, as seen in the Parable of the Good Samaritan (Luke 10: 25-37), in the separation between the good and the bad, (Matthew 25: 31-41) and at many other times.

From this small sample, it can already be seen that the elaboration of Christian doctrine was influenced by the Jewish mentality, disfiguring the Christ's message. However, it was also influenced by the paganism of Rome, as it happened with the change of guard from Saturday to Sunday, the introduction of rituals, images and so many other grafts.

***It is important to note that the Master did not teach a doctrine, but rather conducts, actions and attitudes that do not give rise to distortions or interpretations. And to make his teachings even clearer he used parables, whose meanings cannot be distorted.***

It is also important to note that the Gospels were written many years after Jesus' death. They have been copied and re-copied hundreds of times, have undergone numerous translations, interpolations, interpretations and even modifications and grafts in their texts, in order to accommodate

them to the Church's ideas and interests. As an example, the creation of the Holy Trinity, the Sabbath keeping, which was simply transferred by the Church to Sunday, etc.

The renowned writer Carlos Torres Pastorino, graduated in Philosophy and Theology from the International College S. A. M. Zacarias, in Rome, and Full Professor at the Military College in Rio de Janeiro, in the book *Sabedoria do Evangelho* says:

“The first copies of the New Testament were copied on papyrus (a kind of paper), a fragile and easily damaged material. Later they started to be written on parchment (sheepskin), becoming more resistant and long lasting.

The manuscripts were written in "capital" or "uncial" letters, that is, capital letters. Only after the 8th century did they start to be written in "cursive" or lowercase letters.

Those in charge of copying the manuscripts were called copyists or scribes. But they did not always know the language well, being just good letter designers. Worse still if they had knowledge of the language, because then they set themselves to “amend” the text, in order to conform it to their knowledge.

There were no graphic signs for the separation of prayers, and the words themselves were copied afterwards, without interruption, to save the expensive parchment. Hence countless resources used, such as abbreviations, interpolations and many others, which ended up changing the original texts. There is also the question of translations, insertions and modifications that have been made over time to meet different interests".

Some of the contradictions and many passages of almost impossible rational understanding found in the New Testament are due to these factors.

In the book cited above, Torres Pastorino transcribes a text by Origen, considered one of the greatest exegetes (scholar and interpreter of biblical texts), who referring to the copies of the New Testament, says, "Currently, it is clear that the deviations suffered by copies were great, either due to the carelessness of certain scribes, or due to the perverse audacity of several correctors, or due to arbitrary additions or deletions".

Thus, it is quite clear that the New Testament that we read today has undergone infinite modifications, therefore it is not possible to accept it totally "to the letter".

However, one cannot fail to emphasize the great mission of the first Jesus' followers, who managed to free themselves from the psychological and religious structures of Judaism, to embrace, with all their soul, the teachings of the Master, dedicating their lives and all their efforts to disseminate them. It is also important to highlight the importance of the other early Christians, who faced cruel deaths in order to not deny Jesus and, with this, with the sacrifice of their own lives, they left marked with letters of light the grandiosity of their faith, their love and the absolute confidence in the Truths they have embraced.

### **The Third Revelation**

The human being evolves over time. Humanity's mentality today is quite different from that which marked centuries and millennia in the past. It is the life force propelling the human being forward, changing his perspective, his approaches, his concepts, expanding his knowledge. It is like someone who goes up the slopes of a hill; the higher it rises, the wider the horizon that his sight reaches.



This evolution is also easily seen the huge differences between the biblical mentality of the Old and New Testaments. In the Old, due to the characteristics of the time, we find Moses' harsh laws, ordered and inspired by Jehovah, charging "an eye for an eye, and a tooth for a tooth", in addition to the enormous diversity of holocausts and animal sacrifices that were required of the Israelite people for the most diverse faults, and also as offerings to God, to purify themselves, etc.

The New Testament, however, **only** asks us to experience LOVE, and the sacrifice of pride, presumption, selfishness, revenge, hatred, power desires, aggression, etc. And, even with distortions and difficulties, these ideas have spread over a large part of the Earth, growing in people's hearts, until that part of humanity was already mature enough and able to understand and adopt the law of DUTY. This knowledge was brought to Earth by the spirit of Truth and its legions, in the middle of the 19th century, with the codification of the Spiritist Doctrine, i.e., the "**Third Revelation**". It came to teach us that, for our own good, we must obey divine laws, or Major Laws not for fear of punishment, but for the understanding that we are solely responsible for ourselves; that everything we do is seed that we plant, and whose fruits we will have to harvest. If we act according to these laws, loving God\* and our neighbor, respecting their rights, as well as life itself, nature, and the planet where we live, we will reap happiness, health and well-being already in this life, but mainly in future incarnations. But if we act in disagreement with them, we will receive suffering, heartbreak and afflictions in return of our actions.

It is the arising of the sense of Responsibility for ourselves, from our thoughts, feelings, actions and omissions.

The information brought by Spiritism also freed us from any external dependencies, placing in our own hands, in our sole responsibility, all the triggering of our future life. Through the Reincarnation and the Law of Cause and Effect knowledge, we know that our future on the “other side”, that is, after death, our happiness or suffering, depend only on ourselves, on our experience in the current life.

They also came to show that, even if our mistakes are superlative, through successive lives, we will always have new and renewed opportunities to redeem our sins and readjust ourselves to the Great Law, in order to continue our journey towards spiritual evolution, elevating ourselves always at happier levels.

Thus, with this knowledge, we ended up realizing the Creator's unimaginable Greatness, Justice and Love. In the same way, we can see that Jesus was not only the martyr of the cross, but above all the Great Scientist who came to teach us the science of good living. It is our faith, previously blind, becoming rational.

We can then compare these three Revelations to the learning that takes place in a school, each representing a period, such as elementary, secondary and higher education.

*\*Loving God.* If the creative force, or God, is at the core of everything, when we can feel a generalized love, a feeling of affection, of communion, radiating from us, then we are connecting with the greatest source of love, loving God.

**QUESTION:** What about consulting the dead that the Bible prohibits but spiritualism practices?

**ANSWER:** Among the hundreds of laws established by Moses, we will also find the one that prohibits consulting the dead, which says, “When you come into the land that the Lord your God is giving you, you shall not learn to follow the abominable practices of those nations. There shall not be found among you anyone who burns his son or his daughter as an offering, anyone who practices divination or tells fortunes or interprets omens, or a sorcerer or a charmer or a medium or a necromancer or one who inquires of the dead, for whoever does these things is an abomination to the Lord.” (Deuteronomy 18: 9 to 14).

The writer Jaime Andrade, in the book “*O Espiritismo e as Igrejas Reformadas*”, referring to this law of Moses, says: “It can be seen that the prohibition was intended to prevent the Israelites from being contaminated with the superstitious and idolatrous practices of the barbarian peoples that they should conquer. Which also proves that those peoples used to consult their dead”.

However, it is important to clarify that Spiritism, contrary to what many believe, has nothing in common with the practices prohibited by Moses. Communications with the spirits that take place under his aegis are not consultations with the dead, the kind that many mediums (non-spiritists) do to serve the most diverse interests of their consultants. Under Spiritism guardianship, mediumistic activities occur under strict criteria. They are carried out aiming, mainly, to attend to the great number of *suffering spirits* that roam the Earth's crust and adjacent spiritual zones; to clarify *obsessive spirits*, in order to make them abandon ideas of revenge and stop pursuing their enemies. Eventually also occur communications from spirits responsible for the work, to bring timely messages, clarifications or guidelines for the Institution's activities.

Spiritism does not adopt divinatory practices such as playing cards, hand reading, horoscopes etc. It does not use rituals, offerings, candles, cigars, smoking, liturgical chants, or any worship equipment. It does not do "jobs" related to magic. It has no priesthood or earthly hierarchies, and respects all religions that seek to bring the creature closer to its Creator, understanding that they are also paths to God. And for everything that happens under the spiritist aegis, nothing is charged. It is all entirely free, in response to what Jesus said in Matthew 10: 8, "Freely you have received; freely give."

And Jesus also said, in Matthew 7:16 and 17: "By the fruits you shall know them" and "Every good tree produces good fruit, and every bad tree produces bad fruit".

All the fruits of Spiritism are good.

**QUESTION:** Is there any meaning in the legend of Paradise Lost, Adam and Eve, Cain, Abel, etc.?

**ANSWER:** The spirit Emmanuel, in the book "*On the way to the light*", psychographed by the medium Francisco Cândido Xavier (Brazil), tells that, for many millennia, the civilization of one of the planets in the Constellation of the Coachman, 42 light-years away from Earth, which has many affinities with the terrestrial globe, reached a higher evolutionary degree. But there were a few million rebellious spirits on the path of general evolution, which continued with their addictions, struggles for power, corruption, violence, injustices, etc., just as they do today on Earth. So, those beings that were hindering the evolution of that humanity were exiled to our planet Earth. And here they reincarnated as primitive men's children, whose underdeveloped brains led them to a difficult start, but where they had the

opportunity to realize, in the pain and drudgery of their new environment, the great conquests of spiritual evolution, simultaneously boosting the progress of their lower brothers.

Emmanuel says that “Those fallen and degraded beings, over the years, gathered in four large groups that later settled on the oldest peoples, obeying the sentimental and linguistic affinities that associated them in the constellation of Coachman; thus forming the group of Aryans, the civilization of Egypt, the people of Israel and the casts of India. The majority of the white peoples of the Indo-European family descend from the Aryans. However, it is necessary to include Latins, Celts and Greeks, in addition to Germans and Slavs in this descent. These four great masses of exiles formed the forerunners of the entire organization of future civilizations; introducing the widest benefits within the yellow and black race that already existed.”

Emmanuel also informs that, of the exiled spirits, those who were able to recover their guilt and evolve in moral-spiritual values were able to return to their home planet, a happy world that they had to abandon. But many still remain here on Earth, from where they will suffer or have already begun to suffer a new exile, for remaining in Evil. This exile happens after the death of their physical bodies.

Speaking about Adam and Eve and Paradise Lost, Emmanuel says that they are a reminder of the spirits banished to Earth, as well as Cain and Abel are two symbols for the creatures' personalities.

Explanations like these may seem absurd, or even crazy, but we must not forget that we are a long way from knowing what

exists in the cosmic immensity, or from understanding the mysteries of Life.

## CHAPTER 24

### WHAT IS GOD?

**QUESTION:** What has led so many people in the Christian world to deny the existence of God?

**ANSWER:** It is because the God who has been presented to them cannot be accepted by the logical sense as being the Creator, the Supreme Intelligence, the Perfection, etc.

In addition, there is a strong repudiation in scientific circles of everything that falls outside the materialism scope, as if the “non-existence” of God, spirits and everything that concerns them had already been proven by science, which **has never happened**. And the materialistic scientists group then started to affirm this **"belief without proof"**, as if it were scientific truth ... spreading it. This must be very satisfactory to many people, as they feel free from the idea of a God who could be somehow restricting their freedom, or writing down their bad actions to punish them ... And there is atheism!

Other people, however, "perceive" the Creator's existence, his intelligence, and his love, present in the complexities of nature, in the feelings of living beings. In this way, they are able to connect with more subtle and higher vibrations, which nourish

their religiosity, so they cling to their religions or beliefs, even without questioning them.

## A NEW UNDERSTANDING ABOUT GOD

The Spirits' Book, the basic work of the Spiritism codification, contains 1019 questions presented by Kardec, and answered by the Spirits responsible for that gigantic task. Its first chapter begins with God.

**Question 1** - What is God?

**Answer:** God is the Supreme Intelligence, the first cause of all things.

**Question 2** - What is to be understood by infinity?

**Answer:** That which has neither a beginning nor an end, the unknown. All that is unknown is infinite.

**Question 3** – Could it be said that God is the infinite?

**Answer:** This is an incomplete definition. One shortcoming of the language of humankind is that it lacks the ability to define that which transcends human intelligence.

***Kardec's comment:** God is infinite in Divine perfections, but infinity is an abstraction. Asserting that God is infinite is to substitute the attribute of something with the thing itself, and to define something unknown by reference to something else that is likewise unknown.*

**Question 4** - Where can the proof of God's existence be found?

**Answer:** In a premise that is applied in science: there is no effect without a cause. Investigate the cause of anything that is

not the work of human beings and reason shall provide the answer.

**Kardec's comment:** *To believe in God, simply observe the works of creation. The universe exists, therefore there is a cause. Doubting the existence of God would be to deny that every effect has a cause, and to presuppose the idea that something could be created from nothing.*

**Question 5 - What inference can be drawn from the innate perception possessed by all of humanity concerning God's existence?**

**Answer:** That God exists, because from where would this idea originate if there were no real basis? This is a corollary of the principle stating that there can be no effect without a cause.

**Question 6 - Could our intuitive sense of God's existence simply be the result of education and the product of acquired ideas?**

**Answer:** If such were the case, how could this intuitive sense be retained by primitive cultures?

**Kardec's comment:** *If the sentiment of the existence of a supreme being were solely the result of education, it would not be universal and would only exist, like scientific notions, in the minds of those who have received this education.*

**Question 7 - Could we find the first cause of the formation of things in the essential properties of matter?**

**Answer:** Then what would be the cause of these properties? There must always be a first cause.

**Kardec's comment:** *To attribute creation to the essential properties of matter would be to consider the effect as a cause, because these properties are an effect, which must in turn have a cause.*



**Question 8 - What should we think of the opinion that creation was an unplanned combination of matter, in other words, pure chance?**

**Answer:** Another absurdity! What person possessing common sense can seriously view chance as an intelligent agent? Besides it, what is chance? Nothing!

***Kardec's:** The harmony that regulates the universe can only result from predetermined combinations and ends, thereby revealing the existence of an intelligent power. Attributing creation to chance is irrational because chance is blind and cannot produce the effects of intelligence. If chance were intelligent, it would no longer be chance.*

**Question 9 - Where may we see in the first cause of all things a supreme intelligence, superior to all other intelligences?**

**Answer:** There is the proverb that dictates: 'The worker is known by his or her work.' In that case, look at the work and you will find the author. Pride is what creates skeptics. Arrogant human beings want nothing to be above them, which is why they are called strong-minded. Pitiful beings, just one breath from God would obliterate them!

***Kardec's comment:** We evaluate the power of intelligence by its works. As no human being could create that which is produced by nature, the first cause must be superior to humans.*

*Regardless of the wonders accomplished by humankind, human intelligence itself has a cause and the greater the results achieved, the greater the cause of which it is the effect. It is this supreme intelligence that is the first cause of all things, whatever name humanity may bestow upon it.*

(...)

**Question 13** - We say that God is eternal, infinite, unchangeable, immaterial, unique, all-powerful, supremely just and good. Is this not a complete impression of God's attributes?

**Answer:** From your point of view, yes, because you think that you sum up everything in those terms. However, you must understand that there are things that transcend the intelligence of even the most intelligent human being, and that your language cannot express. Reason tells you that God must possess all these qualities in the supreme degree because if one of them were short or not possessed to an infinite degree, the Creator would not be superior to everything and everyone, and thus would not be God. To be above all things, God must have no variations and must have no conceivable imperfections.

***Kardec's comment:***

*God is ETERNAL. If God had a beginning, it either would have had to spring from nothing, or have been created by a being that existed before God. This is how we gradually arrive at the idea of infinity and eternity.*

*God is UNCHANGEABLE. If God were subject to change, the laws governing the universe would be unstable.*

*God is IMMATERIAL. God's nature is completely different from everything that we call matter. Otherwise, God would not be unchangeable. God would be subject to the transformations of matter.*

*God is UNIQUE. If several Gods existed, there would be neither unity in the plans of the universe, nor power in its organization.*

*God is ALL-POWERFUL. Because God is unique. Without supreme power, there would be something more powerful than, or as powerful as God. The Creator would not have created everything, and those which God had not created would be the work of another God.*

*God is SUPREMEPLY JUST AND GOOD. The great wisdom of the Divine laws is clearly revealed in the smallest and the greatest things. This wisdom makes it impossible to doubt God's justice or goodness.*

In the book “*Filosofia Espírita*”, vol.1, psychographed by João Nunes Maia, the spirit Miramez, when talking about God, is expressed like this:

“God is infinite in His perfections, in the qualities inherent in His personality that radiates in all directions, that sustains and gives existence to all dimensions of being. He is present in the clarities of the maximum and in the light of the minimum; vibrates in the stars shapes and sings in the atoms movements, moves all the constellations and harmonizes the entire cosmic nest.”

To most people, feelings or demonstrations of love and admiration as profound for the Creator as those of this spirit (Miramez) sound strange. It so happens that, in our little evolution, our perceptions have not yet reached such heights. They do not tune with vibrations so high that they allow us to feel more intensely the Greatness of the Universe and of Life.

These ways of understanding God are in tune with what Jesus presented to us: a just, merciful and good Father. So, we can feel freer and at ease with life, because we begin to understand that the Creator does not crush us with his outbursts, does not reject us due to predilections, does not punish us for faults inherent to our spiritual immaturity. God leads us with justice and love towards our spiritual evolution, always giving us new and renewed opportunities to readjust with his Laws.

## WHAT ABOUT CHRISTIAN RELIGIONS?

The great rub about the ethical-religious evolution of the Christian world is that the God who it still adopts is the God of the Old Testament, the one who was presented with all the human characteristics and idiosyncrasies.

Human beings like to be flattered, gifted, and even today offerings are made to God, or to those who represent Him, in the form of promises, prayers, the most diverse acts, and even in money. Many believers, in some countries, are able to donate their last penny to Him, through their church. And they do so with joy, believing that the Supreme Being will be satisfied with the present, and will compensate them in a multiplicity of ways.

Another human characteristic that they attributed to the Creator is to understand that He likes to be feared, so much so that it is said that we must be *fearful of God*.

The worst thing is that they made the Supreme Architect of the Universe someone subject to human passions; who hates, is cruel, vindictive, has jealousy, regrets, is bloodthirsty, perverse, little evolved, does not know exactly what he wants, or what he does etc., as we will see below.

### SOME EXAMPLES:

DEUTORONOMY 21, 18-21: If a man has a stubborn and rebellious son, then his father and mother must take him to the city gate to be stoned by the men of the city.

EXODUS 21: 20-21: With divine approval, a slave can be beaten to death without punishment for its owner, as long as the slave does not die immediately.

LEVITICUS 26:29, DEUTERONOMY 28:53, JEREMIAH 19: 9, EZEQUIEL 5: 8-10: As a punishment, the Lord will cause people to eat the flesh of their own sons, daughters, parents and friends.

NUMBERS 15: 32-36: A man who on Saturday was gathering wood for a simple fire is stoned to death according to God's order.

NUMBERS 16:49: A divine plague kills 14,700 people.

NUMBERS 25: 9: Another divine plague kills 24,000 people.

NUMBERS 21:35: With divine support, the Israelites kill Og, his children and all his people until there is not even a survivor.

NUMBERS 25: 4: God said to Moses Take all the heads of the people, and hang them up before the Lord against the sun, that the fierce anger of the Lord may be turned away from Israel.

DEUTERONOMY 20:16: But in the cities of these people which the Lord your God gives you for an inheritance, you shall save alive nothing that breathes.

JOSHUA 6: 21-27: With divine approval, Joshua passes all the men, women and children of the city of Jericho to the edge of the sword.

JOSHUA 8: 22-25: With divine approval, Joshua destroys all the people of Ai, killing 12,000 men and women, and none of them escaped.

JOSHUA 10: 10-27: With divine approval, Joshua destroys all the Gibeonites.

JOSHUA 10:28: With divine approval, Joshua destroys all the people of Makkedah.

JOSHUA 10:40: So Joshua smote all the land, the hill country, the South, the lowland, and the slopes, and all their kings. He left none remaining, but utterly destroyed all that breathed, as the Lord, the God of Israel, commanded.

ISAIAH 14: 21-22: Prepare slaughter for his children for the iniquity of their fathers.

EZEKIEL 9: 4-6: Order of the Lord: "without compassion ... kill old men, young men, and virgins, and boys, and women, until they are exterminated ..."

EZEKIEL 21: 3-4: The Lord says that he will exterminate both the righteous and the wicked, striking their flesh with his sword.

EXODUS 20:5: You shall not bow down yourself to them or serve them; for I the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generation of those who hate me.

EXODUS 32: 27-29: Ordering those in the tribe of Levi each to kill his brother, his friend and his neighbor, and then blessing the hands of the murderers for having killed some three thousand men.

LEVITICUS 1:13 and 17: 6: Little evolved for indulging in the smell of the blood of sacrifices.

**In addition**, on several occasions God is presented in the Bible as an apprentice to the Creator, doing experiments without knowing exactly what would emerge from them. An example of this is found in Genesis, the first chapter of the

Bible, in verses three and four, where it says: “God said: let there be light; and there was light. And God saw that the light was good.

Well, didn't God know that light is a good thing? Would He live in darkness?

Likewise, according to the Bible, after each act of creation God would have observed that it had resulted in something good. In the end, after everything was ready, He was going to examine to see if everything he had created was perfect.

Let us reflect for a moment on the greatness of the universe, the infinity of galaxies that are lost in the cosmic immensity; about the structure of our planet, the nature, where all the elements come together with absolute perfection to make life possible. If we think of the human being, of the perfect machine of his body, of the fabulous structure of his brain, of the unfathomable of his mind, of his psyche ... It would be possible to believe that the Creator and Responsible for all these things could do something imperfect, and then go check if there were an error in its creation?

Could God regret of having done something as if He did not know what to do and ended up making mistakes in his actions? In Genesis 6: 6 and 7, we see “... And the LORD regretted that He had made man on the earth, and He was grieved at heart.”. Said the LORD, “I will blot out man whom I have created from the face of the land, man and animals and creeping things and birds of the heavens, for I am sorry that I have made them”.

Jehovah's regrets are throughout biblical history. For instance: in Exodus 32:14, for threatening the people of Israel; in 1 Samuel 15:11 and 35, for having made Saul king; 2 Samuel,

*for decimating 70,000 people of his people*; in Jonah 3:10, he regretted of the evil he had promised to do to Nineveh, etc.

In 1 Samuel 15:29, however, referring to God Samuel says: “The glory of Israel also does not lie or have regret; for he is not a man that he should have regret”.

If such deeds and such a mentality, from what has been shown so far, would even be understandable at that time, when ignorance and barbarism predominated; is it possible to believe in the present day that it could originate directly in God, supreme intelligence, perfect in all his attributes??

In Deuteronomy 10:18 it is said that God "does justice to the fatherless and to the widow, and loves the foreigner, giving him bread and clothing", concluding, "Love, therefore, the foreigner, because you were foreigners in the land of Egypt". However, still in Deuteronomy 20:16, guiding the way his people should invade and exterminate six nations to take possession of their lands, Jehovah orders *to kill everything that has breath*.

In 1 Samuel 28: 17/19, referring to Israel's war against Amalek, in a moment of fury Jehovah ordered to kill everything that had breath, including children and even animals. And because Saul had left some animals alive to offer him as a burnt offering, he punished him with death; and not only to Saul but to his whole family yet giving the people of Israel into the hands of their enemies.

In Numbers 31: 14-15 we have: “And Moses was wroth with the officers of the army, with the captains of thousands, and captains of hundreds, who came from the service of the war. He asked them: “Have you let all the women live?”. And in verse 17, he continues, “Now kill every male among the little



ones, and kill every woman who has ever slept with a man. But the young girls who have never slept with a man, keep alive for yourselves”.

What would they be saved for? How would these girls be in the midst of thousands of ignorant and brutal soldiers, arrived from the war?

These images, deeply shocking, are absurd and absolutely incompatible with the Creator's unimaginable greatness.

## **SOME QUESTIONS**

(a) Do you think, in your conception on God, that He could act this way, so cruelly, so perverse, ordering everything to be killed, even the children, and then punishing with death Saul and all his family, and even the people of Israel, because he left some animals alive?

(b) Do you believe that the Creator could be as wicked and bloodthirsty as it is shown in the Old Testament, in dozens of passages?

(c) Do you think that God, the perfect justice and source of universal love, could have outbursts of wrath or fury?

The writer and Bible scholar, Jaime Andrade, in the book *O Espiritismo e as Igrejas Reformadas*, mentions more than 60 cholera bouts attributed to Jehovah, among the books Exodus and 2 Kings.

From the quotations made so far, which represent only a small portion of the incongruities and absurdities found in the Old Testament with respect to God, or Jehovah, we can raise some hypotheses:

(a) Perhaps Moses and some of his successors, in order to instill respect in those rude and proud people, attributed to God all those outbursts of anger, threats and cruel orders of which the Old Testament is full of; as well as so many other laws and guidelines, such as holocausts, offerings, etc.;

(b) According to Jayme Andrade - and as it has already mentioned in a previous chapter - everything indicates that the spiritual beings responsible for the evolution of the Israelite people were represented by Jehovah, a spirit more or less identified with the warrior nature of the race. Because it is assumed that each man and each people have a spiritual Guide compatible with their own evolution degree.

As it can be seen, it is easy to conclude that the image that religions make about God is absolutely incompatible with His unimaginable greatness.

Then, we can understand that for Jews the Old Testament must be a sacred book, because it contains all their history and the bases of their religious life. But for others, at this time and with other cultural bases, being guided by it reflects evolutionary stagnation.

Do not you think, dear reader, that it is time to start perceiving God through approaches closest to reality?

It happens, however, that a more truthful perception of Him and the laws that govern Life changes **many paradigms**. For this reason, most people prefer to remain the same, fearing Him and trying to flatter Him, when not, deceive Him.

**QUESTION** - Where then is the religious truth?

**ANSWER:** The full and absolute truth is with God. Religions have only parts or slices of this truth, so they are different from each other. Religions have only parts or slices of this truth, so they are different from each other. That is also why so many people convert to a certain religion, but end up moving to another and another, until they find the one that best adapts to their own evolutionary scope, to their psyche.

This is the search for truth. The human being, obeying the internal impulse of evolution, seeks God. And, according to his psychic structure, he finds Him in religion whose ideas correspond to his own nature, his evolutionary degree, his way of seeing, thinking and feeling, or else, with his evolutionary laziness, his comfort, or his interests. However, many end up becoming atheists for failing to reconcile with reason what they have learned about God.

But the true religion will certainly still exist on Earth when the human being ceases to want to be the “owner of the Truth”. When he gives up on using religion to serve his interests, and starts to develop fraternity, good feelings, honest and noble conduct, without pride, without vanity, without greed and without hatred. It will be religiosity vibrating in the inner being. All others are just ways or formulas created to help human beings one day reach true religion; the one that Jesus presented to us when he said, "Love God above all things and your neighbor as yourself".

However, in view of our little spiritual evolution, it seems impossible to love God since we cannot visualize Him in our imagination, for whatever form we want to give Him we will be decreasing in His greatness, but...

*“When we open the window in the morning and face a wonderful sun reflecting in the snow with hundreds of shiny dots like little diamonds to greet us, or when its rays gently caress the leaves of the trees or the petals of the flowers that are awakening with their light and warmth ... In these wonderful feelings that fill our souls we are loving God.*

*When our souls are filled with compassion for the suffering of others; when we hug a child or loved one; when we hear beautiful music or words that make our spirits light, and whenever a noble or superior emotion strokes the soul; in these emotions we are loving God, that something that is totally outside and far beyond any possibility of thinking Him ... but we can feel Him, and thus love Him.”*

## **CHAPTER 25**

### **DISEASES**

Many believe that disease is punishment from God. However, He is not an executioner; He is just and wise. He is like a Father who educates his children with love, teaching them to be guided by the laws of brotherhood and respect, because that is the recipe for human beings to be able to live well with each other and to be happy.

We must look for the root causes of illness from other sources, and they are certainly in us.

The spirit Miramez explains that evil thoughts are like garbage that, by law, must remain with those who have produced them.

All of us produce, to a greater or lesser extent, this mental and emotional garbage, which pollutes the soul through anti-fraternal, depressive or vicious thoughts, feelings and attitudes. And it is our own nature that is in charge of expelling part of this garbage so that it does not suffocate us. This morbid load, when drained into the carnal body, can materialize in the form of diseases, or predispositions to certain diseases.

**QUESTION:** If so, why do so many perverse, immoral, greedy, anti-fraternal and similar beings, who stand alongside us in daily life, not get sick?

**ANSWER:** The less evolved, the rougher and denser his spiritual body is. So that he can live well with his own garbage. But, as he evolves spiritually, through well-used reincarnations, this body also becomes more delicate and sensitive, and with this, the need for these drains becomes greater and more pressing.

**QUESTION:** Why do people of excellent evolutionary level, who certainly do not generate this “mental garbage”, also get sick?

**ANSWER:** The “mental garbage” produced in past incarnations generates many illnesses, whose toxicity adhered to the spiritual body needs to be drained, so that the being can rise to higher levels.

There are also cases in which the spirits that have already reached a good evolutionary level, when planning their future incarnation, they include in their project some illness or limitation, usually by guidance from superior spirits. This, in order to avoid further spiritual falls on his future journey.

*NOTE: Spirits with greater merits acquired during years of activities in spiritual colonies, earn the right to participate in their future incarnation planning.*

It seems impossible for us, here reincarnated, for someone to program sufferings for himself. It so happens that, in the spiritual dimension where we have a much more comprehensive view of our own needs for evolution, we prefer to face a life of struggle and pain, than to fall into the same mistakes of the past.

Evolution is the most important thing for the more enlightened spirits, and we know how much the easiness of life can induce someone to *spiritual falls*. For instance, a very beautiful woman who has used her beauty to destroy homes, by becoming aware of the evil she has done, and by scheduling her reincarnation, may request an ugly appearance or a physical defect, which will help her to get rid of new temptations.

There are cases in which the higher administration determines an illness, an accident or other disorder, aiming to divert someone from the path that would lead him to further falls. This occurs through divine mercy when there is merit, or even at the request of some spirit with sufficient merits to endorse its request.

There are also karmic diseases, such as problems with vision, hearing, speech, heart or any other organ, as a result of actions taken in past lives. For example, when someone kills a person with a gunshot or stab in the heart, this guilt, vibrating in their deep consciousness, reverberates in their spiritual body, generating an area of fragility in the organ that injured the other, in this case, the heart. Upon reincarnation, this area of fragility manifests itself in the carnal body, since it is built through the spiritual mold.

There are also cases of suicide, in which someone damages an organ of their physical body, creating fragility in their spiritual counterpart. Then, when reincarnating, this counterpart, that is, the spiritual body, will also reflect the problem in the new body in formation.

Not to mention also the action of thought on the body, which Quantum Physics itself has been studying.

As we can see, the root causes of illness are very varied, but they are in ourselves, both in our past and in the present.

**QUESTION:** If the causes of illness are in our attitudes and actions, what then is the role of microbes, viruses and heredity?

**ANSWER:** It happens that through our experience, actions and omissions, as well as damages and weaknesses caused in our spiritual body, both in the present life as in the previous ones, we create in ourselves fields favorable to the development of viruses and microorganisms that generate diseases, in addition to other imbalances. So much so that countless people infected with certain viruses or bacteria do not contract such diseases.

Thus, with God's help, and our will, we can generate real healing conditions and be immune to illness, at least in future incarnations. And this is achieved through moral reform, a change in behavior and attitudes, as well as the development of our inner potentials. But this is a difficult and time-consuming job. Nature does not make leaps. If for millennia we have been building what we are today, it will not be from one moment to the next that we will be able to modify this entire structure. However, if we do not start, we will never get there.

In painful times, or when illness punishes our bodies, we tend to “cling” to God or any other higher being, begging for the end of suffering, and we say, “I have faith in God, that He will heal me”. But if healing does not happen, faith is shaken because we place healing as a condition for our faith.

In such cases, however, instead of lamentations and negative attitudes, it is very important to seek to raise our *vibratory frequency*, in search of higher energies that can eliminate at least part of the toxic loads from our spiritual body, and help to promote healing, that is, if our reincarnation program allows it. We achieve this raising through prayer, feelings and attitudes of love, trust, optimism and joy, always seeking to develop the noble values of the soul.

Diseases, in fact, represent one of the greatest forces for our evolution. It is as if the weakening of the body made the inner light grow, or the fearing of death brought us closer to God. We do not realize that the disease is often the very bitter medicine that heals the immortal spirit through the suffering experienced by the physical body.

As for heredity, the programming made for the future body of the reincarnating spirit includes the choice of its future parents, and spiritual benefactors have the ability to guide the appropriate sperm for each fertilization, and they do. Thus, each one will inherit what is programmed for it.

In cases where the reincarnating spirits do not bring rescue commitments or have greater evolutionary resources, their returns to the matter occur almost automatically, without great preparation or greater care.



**QUESTION:** What happens in cases of healings considered miraculous?

**ANSWER:** There are no miracles, but natural mechanisms with manipulation of energies, when conditions are favorable.

In most "miracles" in which healings occur, they are momentary, with short-lived effects. They are produced by stimulation of someone's deep energies, when they are taken to an overexcitement state through a vigorous, highly inductive act of the "miracle worker". It is easy to see how most of these healings take place on a real stage where faith is the ingredient for dramatization. But after those moments, everything usually goes back to what it was before.

Of course, there are cases of definitive healing, when faith is deep and true, and when there is merit.

"Miracle workers" are people who have great inductive power, a strong will and dominating thinking. With these resources, in some cases, they manage to lead those who believe in them to boost their own potentials, their faith, to the point of generating organic transformations and other events that are seen as miracles.

In healing worship services or masses and requests for divine help, the very vibration of the environment, which is powerfully aimed at this end, is a transmitter that favors this energies potentiation, which can produce unusual events.

**QUESTION:** What happens in exorcisms or "casting out demons" when they are successful?

**ANSWER:** In such cases, it is very likely that the *obsessing spirit* will find it more prudent to move away from that

confusion. What they call demons, devils, etc., are spirits that let themselves fall spiritually. In cases of obsession, they are usually enemies of past lives.

There are also situations in which obsessed people are so mistreated by those who exorcise them, or “cast out demons”, reverberating on their obsessors, which end up momentarily losing their tune with the obsessed, moving away.

In the same way, there are situations in which the obsessive spirits are so impressed with all that staginess, those imperious orders that are given to them in the name of God, that they end up really distancing themselves from their victims. However, this type of performance is not healthy because the obsessed person, after being cured, returns to the same life as before, without having used the episode as a boost for his evolution. And the obsessive spirit will continue to lurk, waiting for another opportunity to restart the persecution more safely.

In disobsession activities in the spiritist centers, the leader talks lovingly with the persecuting spirit through a medium, trying to show it its mistakes and lead it to abandon the persecution. This is done in a prayerful environment, where those present envelop the obsessive spirit in powerful vibrations of peace and love. At the same time, the obsessed person is invited to participate in Gospel study meetings, receiving clarifications and incentives for the necessary changes in his experience to consolidate his obsession cure.

**QUESTION:** What are Thought-Forms?

**ANSWER:** They are energetic forms created by our thoughts. And when we continue to feed them with thoughts of

the same nature, they create a kind of life; they stick to us and keep influencing us.

André Luiz and several other spirits have been talking about them. This subject is also well known by scholars of esotericism, of old Fraternities Initiation, etc. Today it is also in the focus of Science itself, although with other names and understandings.

A person who lives worried about his own health, for instance, afflicted by any small disorder; his thoughts create around him, or clinging to him, energetic forms of illnesses. This vicious circle of mental forces ends up creating sick conditions in his physical organism, which can actually make him sick.

Another example: by nourishing thoughts that "we are not able of something", we create thought-forms of the same content that involve us, which connected to our mind generate thoughts and feelings of incapacity.

This happens with all kinds of thoughts. When they are of hating, jealousy, fearing, etc., they create similar thought-forms, which in a vicious circle start to influence us.

However, when we have positive thoughts of courage, inner strength, serenity, trust in God and in Life, the thought-forms that surround us are positive, giving us strength, courage, serenity and confidence.

Allan Kardec, the codifier of the Spiritist doctrine, called these forms Fluid Creations of Thought. He said that it was through them that spirits appeared to the seeing mediums with clothes, shoes, cigarettes, and other paraphernalia. They were formed by the spirits' conscious or unconscious will to show themselves to someone like that.

**NOTE:** *The matter of the spiritual dimensions closest to the Earth is coarser and plastic, therefore, malleable by the mental strength of the spirits.*

But it is not just our own thoughts that generate these creations. They can come from people and spirits who hate us or wish us evil. Black magic works are also done using these resources.

**QUESTION:** So, are we real playthings in others' hands? Can we be, without even knowing why, in the sights of evil?

**ANSWER:** External negative thoughts, i.e., mental energies not generated by us, only reach us if we give them access by means of attunement. Hate thoughts, for example, only hit us when we feel hate, and so on. That is why it is so important to follow the Master's teachings on the need to forgive enemies, and even to love them, because that is our only defense. If we do not forgive and hate the enemy, even if he dies, we will not be free of him. On the contrary, in this way the spirit will have more means of taking revenge on us. However, when there is no hate or resentment within us, but love instead, we are protected against such attacks. Except in situations of karmic demands, which leave us vulnerable until we readjust with the Great Law.

And for those who want to eliminate the negative thought-forms that they have created and that are hurting them, the only way is to modify the content of the thought itself, being aware of what they think and not allowing themselves to activate such thoughts. Whenever one of them appears in the mind, they must expel it immediately; replace it with opposite thoughts, and pray asking for help from God and the superior spirits, who always assist us. They do not carry our cross, but they teach how we can carry it more easily, make it lighter and even get rid of it.

However, we are not going to get definitive results from one moment to the next. It requires effort, perseverance and

constancy. What can help greatly is to seek to create thought-forms of joy, love and trust in the Higher Power that leads us. And always renew these thoughts and feelings, trying to keep them in mind until we transform them into experience, into attitude.

We can also create beneficial, protective, health and optimism thought-forms for someone we want to help. To do this, we just think of that person as constantly as possible, sending him the kind of vibrations we want.

*Faith, prayer and trust in God, in Life and in ourselves are the best supports we can have on our earthly journey.*

## **CHAPTER 26**

### **ABORTION**

Having an abortion generates responsibility with the Greater Law, because in that act one kills someone's body, still in formation, frustrating his evolutionary programming. Many abortion spirits brought great commitments to the community or to those who should be their parents. In addition, it causes terrible suffering to the fetus, whose body is ruthlessly destroyed, generating negative "karma" for those who practice it. Certainly, the ignorance of the woman who performs an abortion without knowing that the life of a being is already present in the embryo from the first days is an attenuation of her guilt. Because it exists in direct proportion to the knowledge of the error that is being

made. Responsibility is proportional to the level of knowledge-information on the subject, whether or not to mitigate guilt.

Abortion today is widely practiced on Earth, and in many countries, supported by the law. They justify this act, saying that the woman has the right to decide on her own body, but it turns out that **the embryo, and then the fetus, is not part of her body**, it is another being, another body in principle of formation since the moment that the sperm penetrates the ovum.

However, countless women who do it are not fully aware of its real meaning. They understand that only a handful of tissue are growing in their wombs which will transform into a baby that is not in their life schedule, or whom they would have great difficulties in raising. They do not understand that since the first hours of pregnancy there is a spirit in a reincarnatory process, which is entering the material world through, exactly, that little handful of tissue.

They also do not know that this tiny being with a few days or weeks to live already has perceptions, sensations and emotions. And that he is restless when his mother is nervous, and sleeps when she rests; that he sucks her little finger when he gets bored, or else he turns himself around. A little piece of people who need a lot of love, from the beginning.

It is true that many women, as well as men, are perfectly aware of all these and other details. But certainly, many do not know it, just as they also ignore the terrible cruelty that abortion represents.

Dr. Bernard N. Nathanson, a famous American doctor former abortionist, presents the film "The Silent Scream". In the film he shows, through an ultrasound performed on the mother during the abortion, what happens to the baby, and how it

already reflects human characteristics; he is afraid, he feels pain and he is attached to life. The film starts showing the baby before the abortion operation. In this true case, the baby was 12 weeks old, i.e., three months old. He had calm movements, moved slowly, occasionally put his thumb in his mouth. He seemed quite at ease in the peaceful environment, in the safety of his mother's womb. When the abortionist introduces the first instrument seeking to break the bag of waters, the child loses his state of tranquility. The devices register an acceleration of his heartbeat, and in nervous and perfectly conscious movements, the small being changes his place, deviating from the surgical instrument.

The bag of waters is broken, and another device is introduced, a kind of vacuum cleaner. At this stage, no instrument has touched the baby yet. However, he feels that something abnormal and terrible is about to happen because now he changes places at a maddened pace to the side and upwards, in search of safety, in the desire to escape the device and get rid of that action.

When the suction instrument is about to touch him, the child shrinks the whole body and his mouth opens wide, as if he wants to scream. It is a cry of despair and horror, but silent. Nobody listens it.

The suction instrument reaches his feet and pulls them out, but the child is still alive! He struggles, but pieces of him are being torn apart, pulled, pulled, and sucked at great speed.

In less than a minute, only the head remains, which does not pass through the device. Another giant claw-like instrument is introduced. The little head is stuck, crushed, turned into pieces and also removed.

These are the last remnants of someone who before was a peaceful human being ... and then frightened, horrified, and who even in unequal conditions did the impossible not to die. And at the last moment, opened his mouth to the maximum, in a shout, perhaps with the objective of asking for help... Who??

Anyone who watches the film “The Silent Scream” is unlikely to have the courage to do or be conniving with abortion.

In fact, this is so horrible that most of humanity prefers to continue ignoring it.

However, people who have already been involved in this kind of occurrence and become aware of the seriousness of this act can mitigate this guilt in several ways as fighting abortion, adopting a baby without a home, or practicing brotherly love in other modalities, i.e., doing some beneficial action in any way they can do it.

It is also important to think about the spirit that was aborted. Mentally ask it for forgiveness, and pray for it, asking God to support and lead it, and that it can find peace and new ways. If that spirit has already forgiven you and followed its path, those prayers will not be lost because your energy, your light can be directed to other spirits in the same situation.

It shall also be remembered that abortion often generates serious persecutions for the reincarnating spirit of the woman who opened the sources of life to it, and then destroyed its body when it was still being formed. Thousands of obsession cases have their roots in the persecution of the aborted spirits. In such cases, it becomes even more urgent to seek this mental contact with it to ask for its forgiveness, and prayer, as stated above.



**QUESTION:** What about in cases of pregnancy from rape?

**ANSWER:** Each case is a separate case, but one can be sure that both the rape victim and the spirit that seeks to reincarnate in that situation are involved in this painful rescue. It is cruel to know of a young woman, sometimes still a child, who suffered such violence, and even more cruel when it results in pregnancy. However, by accepting that pregnancy and striving to love the child generated in these conditions, she would be recovering some heavy debt acquired in some previous incarnation and readjusting herself before the Great Law.

When we meet someone who we believe to be innocent, or who we know to be “a good person”, we always think that he does not deserve any suffering that occurs to him. But all of us, without exception, have had incarnations that would embarrass us, and afflict us if we remember them. And the negative actions that we commit then remain in our deep consciousness, tormenting us, until we decide to rescue them ourselves, and in these rescues, there is always a greater or lesser degree of suffering involved. Thus, it is not God or Life that is punishing us. We are the ones who seek to repair our "wrongdoings", so that we can continue our evolutionary rise, free of these weights.

In any rescue situation, experiencing love for our neighbor put into action always helps to make the cross less heavy.

*Hope is good for health, for physical and mental well-being. It is also a prosperity factor, because it generates a positive magnetic field around those who cultivate it, which attracts people and positive situations.*

*Whatever it is, always let hope occupy spaces within you.*

## CHAPTER 27

### SUICIDE

If people knew how much suicide makes those who commit it suffer, they would certainly prefer to face any problems and difficult situations here on Earth, because their sufferings, after they leave the physical body, are most painful. This is because the spiritual body stores enough physical energy to nourish the carnal body for the time that it has been established in its reincarnatory program. These energies do not allow it to adapt to the spiritual dimension, which is composed of more subtle energies. Thus, when there are no mitigating factors that allow it to be helped by benefiting spirits, it can continue to feel the damage it has done to his physical body, which has also damaged his spiritual body. This until completing the time that it should remain reincarnated, and be able to release these energies. Then, he can be helped.

Thus, it is not God who is punishing them. Their sufferings have no punitive character; they are a consequence. Whoever kills himself is denying the blessing of the reincarnation he received, and the opportunity to retrace his paths and readjust to the Great Law.

However, it should also be noted that, in cases of suicide, situations vary widely. There are people who commit this desperate act fueled by depression; others, for diseases that they know have no cure, and because of which they may suffer a lot. Still others, for reasons such as unrequited love, and even for the simple desire to take revenge on someone. It can even be said that in everyone there is influence of negative spirits, who

manage to manipulate and/or reinforce their ideas and will. In any case, suicide always represents suffering to those who practice it, which is usually reflected in their future incarnations.

In many cases, and depending on the attenuating factors, the benefiting spirits are allowed to remove at least part of the vital fluid from their spiritual bodies; thus, giving them relief in order to receive the proper treatment.

The damage that someone does to his carnal body by the suicidal act has repercussions on his spiritual body, which can cause great damage to it. In such cases, the solution will be a new reincarnation. So that he can, in this new body in formation, repair the tissues of his spiritual body that have been damaged. From what the spirits narrate, sometimes, when the damage is very great, two or more new reincarnations, or attempts at reincarnation, are necessary until the spiritual body recovers completely.

This is also why so many children with mental problems are born, in speech, in the heart, or any other organs. Thus, when it is detected that a fetus is hydrocephalus, or has any other physical problem, to abort it is to kill someone who is in difficult recovery. It is taking away from him an opportunity to start over, in search of a cure for the body and the soul.

For 18 years, when I lived in Brazil, I had been acting as an *incorporation*\* medium in sessions of assistance to suffering and obsessive spirits, feeling and perceiving with all intensity their sufferings, their dramas, their hatreds and despairs. And I also felt how the group's help relieved their suffering. On spiritual persecution cases, it was possible to follow the course of the conversation that the indoctrinator developed with these spirits. Always with great love and assisted by spiritual benefactors, he managed to lead those spirits to abandon their victims.

These were such exciting moments, even divine ones. For them, it was worthwhile to endure all the afflictions that accompany the medium during this kind of communications. Feeling someone's excessive pain, their total hopelessness, and how the relief gradually came through the hands of spiritual benefactors, along with the prayers and loving vibrations of those present is divine, as I said.

As for the vengeful spirits, it was wonderful to notice the changes in their feelings when they were involved in the love vibrations of those present, and when they heard the indoctrinator clarifications and invitation to change their lives.

When I went to live in the city of Fortaleza, I started to participate in works of this nature, in a group where I did not know anyone. One time, right after reading the Gospel, and when the lights were dimmed, I began to feel atrocious suffering, and I realized that the spirits responsible for the evening's work brought the spirit of a suicide to me. It was as if both of us at that moment were in my body. It was an endless anguish. I could not speak because my throat was sore as if it were on fire. The difficult breathing, almost impossible, and the enormous effort I made to inhale the air only increased the pain. I vaguely realized that some hands were approaching my/our head, throat and chest, and little by little I could begin to feel some relief.

Finally, I noticed that my "guest" was being removed and I was able to breathe freely. All that anguish and pain also went away.

In the following week's session, they brought the same spirit back. It was more relieved, and during the service, he started to breathe almost normally. All the other sufferings had also decreased a lot. I understood that it would be taken to some institution in the spiritual dimension, to continue its treatment.

At the end of the session, a medium of excellent faculties such as clairvoyance and others, explained that the suicide person was a doctor (who had been well known in the city). He had been his friend, but about 15 years ago, he killed himself by ingesting poison because of an unrequited love. He said that only then, when the physical energies of his spiritual body have been exhausted, can he be helped.

**QUESTION:** Why are there so many suicide people in the modern world?

**ANSWER:** This is a complex issue, because the causes are very varied. But we can mention a few:

(a) Cooling of faith. When faith is true, it is always a support in difficult times, in the emptiness of a lonely life, etc.;

(b) Lack of prospects;

(c) Significant increase of depression cases;

(d) In the last few years, or decades, people have been absorbing the culture of “we came to Earth to be happy, to get on”. So, searching for happiness, or running after getting on, became the goal of a large part of humanity. However, when the person realizes that she cannot reach these goals, or when she loses those she had, she also loses his ground, falling into the void, in an unattractive life. That is because she was not prepared to face suffering and loss as normal. And since the person also does not know the mechanisms of reincarnation and the laws of cause and effect, she feels treated unfairly. Such a psyche tends to remain in a vicious circle. When she feels victimized by life, her situation worsens, and she may end up taking actions that she believes will end her pain. So, this vision of whoopee, happiness as a right, especially for young people when they think that a life

without grace or with struggles and suffering is not worth it ... it is leading so many to give up of it.

(e) Media also often disseminates ideas of denial of life, such as with the Netflix series “13 Reasons Why”, in 2017. According to a study by the National Institutes of Health (NIH) in the USA, North American youth suicide rate increased by almost a third in the month following the premiere of this series.

Netflix had already been warned several times that showing in detail a case of suicide, and even worse, giving the reasons that would justify it, contradicted all recommendations on how to approach the topic in the media. Another example of how the pursuit of profit at any cost and disregarding the impact of actions can cost many lives. The ideal is to show resilience examples, people who went through problems, thought about suicide, but managed to overcome and even grow in adversity.

There is a myth that people who talk about suicide only do it to get attention and do not actually intend to end their lives. But experts warn of this kind of situation, saying that talking about it can be a cry for help. So, if you hear a relative or friend saying something like that, pay attention. Also, pay attention to phrases such as: “I can't take it anymore”, “I wanted to disappear”, and “I want to die”.

**QUESTION:** What happens to those who die before old age, for instance from an accident, with the spiritual body still full of energies?

**ANSWER:** In these cases, the benefactor spirits take care to disperse these energies, which normally does not happen in the case of suicide people, since they deliberately denied themselves the conclusion of their reincarnatory program.

*It is deeply regrettable that so many religions are at war with Spiritism, carrier of valuable and wonderful information, which would be “lifeline” for so many people.*

*\*Incorporation* – It occurs when the medium’s spiritual body moves away from the carnal body, allowing the communicating spirit to juxtapose him and use some of his physical resources, such as speech, gesticulation, and so on. In these moments the medium experiences what goes on with the spirit, feeling his pains, his moods and often having broader perceptions about it, like his life, the causes of his suffering, etc.

## **EPILOGUE**

In the face of the paths that humanity has been taking, of growing atheism on the one hand, and of an overwhelming “pseudo-religious” fanaticism on the other hand, in a powerful alert for an urgent change of course, the need arises for Science, called official, to pass to get involved with the questions related to the Spirit (in a non-religious but also non-skeptical way). This without underestimating them as it has been doing, but rather seeking to broaden their own horizons, to help human beings instead of pushing them towards atheism, with all the harmful consequences that this entails.

It is necessary for official Science, leaving aside proud positions, to become aware and continue the many scientific researches already carried out on reincarnation, continuation of life after death, communicability of spirits, etc. These researches

have proved superlatively the importance of Science addressing these issues, without the prejudices that hinder it today.

A society formed by people without faith - mainly the one strengthened by reason, which let them know that they will have to account for their actions - creates an unpleasant reality for highly individualistic and competitive beings, not to say warlike, and insecure. It is the strongest abusing the weakest, least favored people going through all sorts of hardship and difficulties, whilst the rich and powerful feast on, cloistered behind golden bars for fear of the wretched around them.

The lack of faith in God, in the continuity of Life, etc., leads people to innumerable psychological problems. People, not realizing themselves as *spiritual beings living an experience in the physical body*, desperately seek satisfaction from the pleasures of the senses without realizing that these pleasures do not result in lasting happiness and peace. Then we see the phenomenon of addictions of all kinds growing. And even suicides among people who seem to have everything, but who suffer from a deep existential void. Materialism reigns in such societies, making science a slave to money. And abuses against the planet in the name of profit also become commonplace.

Without faith support, or without knowledge related to spirituality, reincarnation and its consequences, it is difficult for people to find reasons that encourage them to be beneficial presences in the communities to which they are located. And not even to value life itself, destroying it in the most diverse ways, even by suicide.

**IS THAT WHAT WE WANT** for humanity, for our planet?



**WHEN WILL OFFICIAL SCIENCE** leave pride aside to give hand to spirituality, and side by side with it seek the improvement of the human being and the Earth itself? Certainly, this would be the only possible way to prevent the substantial growth of atheism in the modern world, with all the harmful consequences that this entails.

As for faith, it can be blind or rational. If blind faith is not absolutely firm, when faced with unfavorable situations it will start to be shaken, eventually collapse, thus occasioning to atheism to install.

However, the faith acquired through reasoning and knowledge is not shaken. It sustains good cheer for the understanding that the negative occurrences in progress represent the harvest of the fruits that were sown in past incarnations. They can also represent evolutionary needs of the spirit itself; eager to reach higher levels in the evolutionary scale on the way to a happy future and free of conscious weights. This knowledge gives serenity and inner strength to the being for experiencing the struggles, pains and joys of each day, in addition to motivating him to participate actively in the better world construction.

As for the faith related to children, there are scientific studies in this regard, such as:

“A study released in 2018, by Harvard T. H. Chan School of Public Health, found that children who attended mass weekly or had an active prayer life were more positive and had greater satisfaction with life when they reached their twenties. These young adults had a tendency to choose a healthier lifestyle - avoiding drinking, smoking, using drugs and sexual promiscuity. Using a sample of 5,000 children over an 8-14 year period, the study brought impressive insights: at least 18% of regular

churchgoers reported higher levels of happiness in their twenties than their non-religious colleagues. Most importantly, 29% tended to join community causes, and 33% turned away from illicit drugs.

One of the study's authors, Ying Chen, has acknowledged that children's religious upbringing in the family and church context can powerfully affect their physical health, mental health, happiness and general well-being”.

Imagine, then, offering children contact with some good religion, and in parallel the basic knowledge of reincarnation, the law of action and reaction, life after death, etc. So that they can react without so much suffering or trauma to the return of someone loved to the spiritual world, with the certainty that the loved one has not been extinguished but continues its existence in that other dimension of life, and that one day there will be the happy reunion.

Passing this knowledge on to children is also important so that they can have a better understanding of various issues that many of them are already beginning to perceive and question. Even if it is intimately related to the differences between people to signal life's injustices, it can cause them negative inner states such as revolt, or even pride when they belong to some privileged class, which can negatively influence their future.

It can also prevent them from becoming atheists as they grow up, due to the clashes between dogmas and conceptions of religions with common sense and reason. They will then be able to find God by the ways of reasoning and knowledge, and to love Him for recognizing His infinite perfection, love and justice.

If blind faith has been so important in someone's life, what will rational reason say, that one which arises through knowledge and reason.

*You look at the immensity of the sea, and you feel small.*

*You look at the immensity of the sidereal infinity, and you feel even smaller.*

*You watch the delicacy of the leaves, their color full of hope.*

*You see the flower, its candid or magnificent beauty; the joy of the birds and the drops of water in the waterfalls, and you feel confident. Because nature is a giver, it is a mother.*

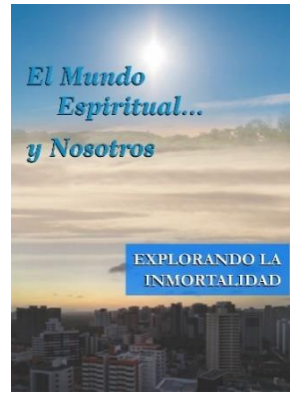
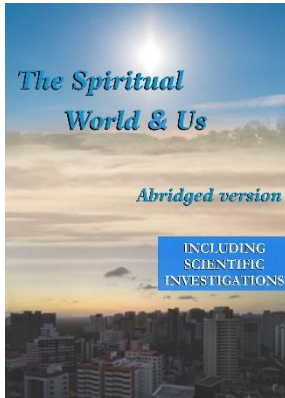
*When you wake up in the morning, think for a moment about the nature that is always renewed, always remade, and feel yourself good.*

*Give yourself confidently into the hands of the Creator, who takes care of you, even if you do not realize it.*

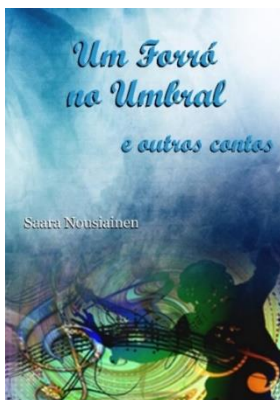
*Feel happy.*

**THE END**

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