

# *Spiritist Conduct*

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*Spiritist Conduct*

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## SPIRITIST CONDUCT (\*)

By embracing Spiritism, you frequently ask for guidance in the attitudes that life requires from you.

Considering this, André Luiz outlined the norms that constitute this epitome of conduct.

We do not find here boastful pages that presume to teach good-natured guidelines, but a simple set of reminders for personal use on the path of experience, as a script for our doctrinal logic.

The Divine Master once said: **"Whoever follows me, follows me."**

In other circumstances, he affirmed: **"Whoever follows me, does not walk in darkness."**

Thus, we recognize that it is not enough to admire Christ and spread His precepts. It is indispensable to follow Him in order to be in the blessing of light.

For this, it is imperative to seek his pure and living lesson.

In the same way, the Spiritist Doctrine reinvigorates his apostolate of redemption.

Whoever seeks to serve it, must heed its indications; and whoever does this will never suffer doubts or shadows.

Thus, reading this book is equivalent to listening to a companion faithful to common sense.

If common sense helps to discern, he who learns to discern  
always knows how to act.

**Emmanuel.**

**Uberaba, January 17th, 1960**

## MESSAGE TO THE READER

Friend:

We do not have in "Spiritist Conduct" a compendium, as a code for good manners, given the etiquette and ceremony of social protocols.

We have put together a few pages with Christian indications to improve our attitudes in the spiritist field, where the Lord, by mercy, has placed our hearts.

Therefore, we pray so that our notes do not reflect this or that purpose of worshiping the conventions of the outside world, nor theorize about superficial disciplines.

Presently, in Brazil alone, there are more than a million spiritist workers.

Certainly, for love of our Doctrine of Liberation, it will be fair to harmonize our manifestations in the ordinary field of life with the superior principles that command our directives.

We know that spiritual freedom is the most precious characteristic of our movement.

Though, if we are independent to see the light and interpret it, we cannot forget that the worthy example is the basis for our true union in any respectable achievement.

The conduct of individuals depends on the fate of organizations.

This book does not presume to lay down absolute guidelines for spiritist behavior. We understand, with Allan Kardec, that in Spiritism, the first word has been pronounced, but because of the progressive character of its postulates, no one can say the last.

It is important to us, thus, that those who read the present notes, traced from path to path, are aware of this.

As we were writing them, we had in mind only our own need for improvement before the growing number of spiritists in our circles of action.

We have had the certainty that we are all indistinctly tutored by Our Lord Jesus Christ, our Divine Master, and that we are all called by Him to learn in the blessed Earthly School.

**André Luiz.**

**Uberaba, January 17th, 1960.**

# 1 The Woman

The woman should become aware of the family institute guardian apostolate that falls to her. The elevated task of guiding the souls brought to physical rebirth.

Every commitment to goodness is of the utmost importance in the spiritual world.

She ought to keep her distance from appearances and fantasies, consecrating herself to moral conquests that speak closely to the imperishable life; without getting caught up in absorbing conventionalism.

The return to the disincarnate condition means a return to deep consciousness.

It means to tune in to the Christian teachings that place the soul in the services of motherhood and education, in the duties of assistance, and in the blessings of sanctifying mediumship.

Those who run away from the opportunity to be useful deceive themselves.

It is essential to feel and understand the obligations related to the marital unions from the multimillenary life of the Spirit point of view, being conscious of the

regenerative trials imperative that marks most of the terrestrial consortia.

Sacrifice represents the price of legitimate joy. She should oppose any artificiality that seeks to transform marriage into a simple sexual liaison; without the beauties of maternity.

Together with the children, hatreds are erased, love is sublime, and souls are harmonized for eternity.

Recognize the grave crime of abortion, which throws the female heart into the ditch of misfortune.

Deviant sex is a path of atonement.

Preserve her inner values, weighing her deliberations with prudence and realism; in the duties of sister, daughter, companion, and mother.

The woman's work is always the mission of love, extending to the infinite.

**"And Jesus answered and said unto her, ~ Martha, Martha, you are anxious and anxious about many things, but one thing only is necessary; and Mary has chosen the good part, which shall not be taken away from her."**

**(Luke, 10:41 and 42)**



## 2

### The Young People

Moderate the manifestations of excessive enthusiasm. Improve oneself in ponderation regarding daily struggles. Yet, do not allow oneself to be intoxicated by systematic circumspection or the shadow of pessimism.

The cult of temperance keeps the imbalance away.

Observe the extent of one's strength, always consulting hearts more mature in earthly learning about the guidelines and the fundamental steps of your existence, preventing probable deviations.

Carelessness prevailing brings certain disasters.

Maintain persistence and uniformity in attitudes without dispersing possibilities in multiple simultaneous tasks so they are not only partially executed.

Inconstancy and indiscipline are doors to frustration.

Abstain from the unconscious immersion in activities of festive character; avoid, as well, the domestic egoism that inspires the desertion of general order.

Imprudence builds maladjustment; maladjustment creates extremism, and extremism generates disturbance.

Eliminate intentions alien to the duties of humanity and moral improvement of oneself.

In sincerity deceives, first of all, the one who promotes it.

A man should seek balance and discernment with all his effort in the sublimation of negative tendencies, consolidating maturity and observation in the physical vehicle. And so, since the first days of youth, with a view to the everlasting life of the soul.

The commitments assumed by the reincarnating spirit begin at the moment of conception.

**“But flee youthful lusts, and pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.”**

**Paul. (II Timothy 2:22)**

### 3

#### The Leader of Mediumistic Meetings

He should be attentive, serene, and understanding when dealing with sick incarnate, and disincarnate spirits, combining humility and energy as much as respect and discipline in his tasks.

Only the forge of a good example shapes moral authority.

Rigorously observe the schedule of the séances, with attention and assiduity. Avoid performing mediumistic meetings suddenly, out of simple curiosity, or even to fulfill a request without a just objective.

Order preserved, advanced achievement.

In favor of himself and the hearts connected to this experience, do not let himself be led by excessive credulity in the directional work, nor should he be equally too cautious against people or subjects.

Whoever lingers on the margin suffers delay on the way.

Interdict the participation of unbalanced mediumship carriers in the systematized mediumistic assistance tasks. Help them discreetly in their readjustment.

A sick medium cannot be a healthy medium.

Collaborate so that the assistants do not create any embarrassing situations. Be he a medium, a sick medium or a companion, seeking the peace of everyone in all circumstances.

The benefit of a session is the fruit of peace.

Prevent, without fanfare, the presence of alcoholic or excessively agitated people in such meetings, except in the tasks programmed for these cases.

Charity does not dispense with prudence.

Kindly enlighten those under religious exaltation or with excessive zeal for the Spiritist Doctrine itself, as people on the borderline of fanaticism.

Fraternal counseling exists as a mutual necessity.

Disapprove the use of rituals, images, or symbols of any nature in the sessions, ensuring the purity and simplicity of the Spiritism practice.

A pure feeling is better than hundreds of external manifestations.

Always reject the simultaneous condition of leader and psychophonic medium, by not being able, in this way, to attend to one or the other charge in a dignified manner.

In any activity, discipline consolidates success.

Refrain from thinking to be superior just for being in the control position.

It is not the position that exalts the worker but the moral conduct he adopts in his practice.

**“You received Christ Jesus the Lord, so continue to live as Christ’s people.”**

**Paul, (Colossians 2:6.)**

## 4

### The Medium

The individual should avoid the supposition to hold responsibilities or missions of great transcendence, recognizing he is a humble bearer of common tasks, although serious and important as those of any other person.

The servant of Christ is always a servant, and a servant of love.

In the available time between family obligations and the work that guarantees his subsistence, he ought to overcome the unforeseen events that may prevent him from attending the sessions, such as unexpected visits, weather phenomena, and other reasons, maintaining loyalty to his duty.

Without intimate euphoria, there is no productive mediumistic exercise.

Prepare your soul in prayer and meditation before the mediumistic activity. Though, avoid concentrating mentally on such a task during the doctrinal explanations; except when special concomitant tasks are assigned, so one is not deprived of the teachings.

Prayer is light in the soul reflecting the Divine Light.

Control the mediumistic manifestations, repressing them, as much as possible, breaths, groans, screams and contortions, hand and foot strokes, or any violent gestures.

The mediator will always be directly responsible for the message he carries.

Silence any pruritus of personal evidence when producing this or that phenomenon.

Spontaneity is the seal of approval in our communications with the Kingdom of the Spirit.

Even indirectly, do not take material profit from the productions you obtain.

There is no sanctifying service in mediumship linked to inferior interests.

Eliminate obstacles, worries, and negative impressions related to the mediumistic interchange. For instance, the issue of vigilant conscience or somnambulist unconsciousness during trance, useless fears, and unhealthy susceptibilities guided by the reasoned faith and devotion to one's fellows.

Those who intend to advance in the good should forget every cause of disturbances.

Even when it comes from well-intentioned circles, refuse the toxicity of flattery.

In the wake of pride, ruin follows.

Run away from the dangers that threaten mediumship, such as ambition, lack of self-criticism, lack of perseverance in the good and the vanity with which one thinks he is invulnerable.

The mediator carries with him the greatest enemies of himself.

**"But the manifestation of the Spirit is given to each one  
for what is useful."**

**Paul. (I Corinthians 12:7)**



## 5

### At Home

Begin in the intimacy of the domestic temple to exemplify the principles which with sincerity and firmness, standardizing one's own behavior, inside and outside the home.

Spiritist faith in the family atmosphere, source of Spiritism in the social field.

Silence every impulse of anger or violence, molding oneself to the Gospel in such a way as to establish harmony within oneself, before others.

Humility builds for Eternal Life.

Provide children with the fundamentals of a solid, well-oriented education, without instilling fear or fantasy, starting by giving them simple, natural names; avoiding the pomp of famous names, which may create future embarrassment.

The home is the first school.

Whenever possible, convert the family sanctuary into a dispensary to help the less fortunate, by applying whatever is necessary to the household maintenance.

The Harvest of Christ has no boundaries.

If the spiritist is alone with his faith, in the recesses of his home, he should faithfully attend to the testimony of love

that faithfully to the testimony of love that is his duty. He should remember that he will answer, at any time, for the principles that he embraces.

The human limelight always places us in the role we should play.

At least once a week, form the cult of the Gospel with all those who co-participate in the faith, studying the truth and irradiating the good, through prayers and comments about the daily experience in the light of the spiritist postulates.

## 6

### On the Streets

Demonstrate, with examples, that the spiritist is a Christian anywhere.

The Lord's Vineyard is the whole world.

Collaborate in the hygiene of public ways, not throwing debris on the sidewalks or in the gutters.

Well-mannered people reveal themselves in the most insignificant acts.

Consecrate the rights of others, using cordiality and gentleness with every passerby, whoever he may be.

The cult of charity does not require special circumstances. Greet, with serenity and joy, the people who live with us, inspiring them with confidence.

The fraternal greeting is a card of peace. Express kindness and understanding towards all, giving good information to those interested.

Help the sick, children, and tired people in the middle of the public traffic; in this or that task.

A few moments of solidarity sow sympathy and joy forever. Refrain from making a fuss in the crowd by shouting or playing unseemly games, keeping silence and respect

near private residences, and just decorum before hospitals, schools, temples, and prisons.

Moral elegance is the living stamp of education.

Abolish the merciless amusement of the mutilated, the mentally ill, the beggars, and with the animals that come our way.

The less fortunate are worthy of greater compassion.

Protect, with care, paths and gardens, monuments and floors, trees and other beauty and comfort resources, in places where you are.

The public place is a visiting salon for the whole community.

**"Be very careful, then, how you live."**

**Paul. (Ephesians 5:15.)**

## 7

### On Trip

Wherever you travel, distribute exhortations of joy and hope to those who share your itinerary.

The true spiritist never misses an opportunity to do good.

Treat the companions on the path generously.

The quality of the faith we nurture shines through in every action.

To give, within the possibilities, the best positions in the vehicles to the neediest companions.

A simple gesture defines a cause.

Without forgetting our objectives, we must foresee, with judicious and meticulous study, the trip goals.

Foresight expresses vigilance.

In the affective closeness, common to those who travel, show demonstrations of optimism, so that sadness does not harm the work of the trust.

Optimism generates peace and sympathy.

In the attention due to your companions, take care with esteem and respect, all the orders, messages, and news of which you are the bearer.

Friendly interchange destroys isolation.

Do not forget the kindness and cordiality, with which you should treat employees and servants in vehicles, hotels, offices, and public places.

He who walks leaves signs wherever he goes.

**"Walk as children of light."**

**Paul. (Ephesians 5:8.)**

## 8

### At Work

As long as you are in favorable organic conditions, dedicate yourself to the constant exercise of a noble and worthy profession.

The aggrandizement of life demands the personal tribute of work.

Place in distinct positions one's tasks before the family and the profession, the doctrine that one embraces, and the collectivity that one must serve, attending to all the obligations with the necessary balance.

The duty loyally fulfilled maintains the health of one's conscience.

Examine the themes of service that concern you so as not to stagnate your resources in destructive irresponsibility or pernicious routine.

Actual competence comes from the permanent search for perfection.

Help your workmates, and understand them, contributing to the honorability of the class to which you belong.

The spiritist is responsible for his qualification in the multiple sectors of experience.

Cultivate charity in professional tasks, including those related to commercial transactions.

Human utilitarianism is an illusion like any other.

Never take advantage of available possibilities, in the spiritist movement, for favoritism and benefits in the professional sphere.

He who deceives his faith loses himself.

Never despise occupations of any kind, as long as they are noble and helpful, although humble and anonymous.

Work receives value by the quality of its fruits.

**"My Father works even until now, and I work also."**

**Jesus. (John 5:17.)**



## 9

### In Society

Give up only the appearance of evangelization purposes, but reform oneself effectively in the moral field, not submitting to any less worthy habit, even when consecrated by others.

Evolution requires from the individual the necessary domination over the environment in which he was born.

Always forgive the possible and unfounded social disapproval of one's faith,

confessing, when necessary, one's religious quality, mainly through the positive reputation and honor that adorn the character.

Each Spirit answers for himself.

To free oneself from social injunctions that work to the detriment of the faith one professes and

the systematic "excuses" with which he can accommodate himself to any less happy attitude.

Neglect causes irreparable waste.

Keep oneself away from vicious places with discretion and prudence, without criticism or disdain, only relating to

them in order to give them fraternal collaboration in favor of the needy.

The Christian knows how to go down to the furrow of evil, helping its victims.

Under no circumstance should he consider outdated or ridiculous the natural religious practices of Spiritism, such as meditating, praying or preaching.

The Spiritist Doctrine is one in all circumstances.

Pay respect to the companions who have failed in tasks of the heart.

There are struggles and pains that only the Supreme Judge can judge in good conscience.

To attend the supposedly happy or unhappy, educated and uneducated, with respect and kindness, distinction and courtesy.

Social status is only a passing presentation

and all roles are interchangeable in the succession of existences.

**"Let us therefore follow those things which contribute to peace and to the edification of one toward others."**

**Paul. (Romans 14:19.)**

In Political Discussions

Place in a clear and defined position the social aspirations and the Christian spiritist ideals, without confusing the interests of Caesar with the duties to the Lord.

Only the Spirit possesses eternity.

Keep yourself away from extreme partisanship.

Passion in the field, shadow around.

Never transform the Spiritist tribune into a platform for political propaganda; not even with moving subtleties in the name of charity.

Deceitfulness favors the domination of evil.

Fulfill the duties of citizen and voter, choosing candidates for elective posts, according to the dictates of one's conscience, without however the fanaticism of partisanship.

Discernment is the path to success.

Repel political agreements, which, with the commitment of the individual conscience, pretext to defend the doctrinal principles or attract social prestige to the Doctrine in exchange for votes or solidarity between parties and candidates.

Spiritism does not collude with purely earthly interests.

Do not trade with the vote of the companions of the Ideal, over whom your word or cooperation may exert some influence.

Faith will never be a product for the human market.

Under no pretext whatsoever, condemn those who are invested with administrative responsibilities in the public interest, but rather pray on their behalf so that they may be able to fulfill satisfactorily their undertaken commitments.

In order to do good, one must oppose the aid of prayer to the lash of criticism.

Prevent lectures and discussions of the political order in the headquarters of the Doctrine, not forgetting that the service of evangelization is an essential task.

Strictly speaking, there are no official representatives of Spiritism in any sector of human politics.

**"No servant can serve two masters."**

**Jesus. (Luke 16:13)**

## 11

### In the Temple

Enter the spiritist temple on time to enjoy the meetings without causing fuss or disturbance.

The temple is a previously chosen place to meet with the Superior Forces.

Dedicate your best attention to the instructors without talking, yawning, or coughing, so that the due respect for the home of prayer is maintained.

The actions of the creature reveal its purpose.

Avoid applauses and other manifestations which, despite interpreting sincere attitudes, sometimes generate misunderstandings and imbalances.

Silence favors order.

With spontaneity, deprive yourself of the first places in the auditorium, reserving them for visitors and less physically able people.

The example of goodness begins with small gestures.

Refrain from evoking the presence of a determinate entity during sessions, accepting the dictates of the Superior Sphere concerning the general welfare without any demands.

The harmony of thoughts conditions the peace and progress of all.

Get used to not confusing laziness or timidity with humility, embracing the duties that fall to you with courage and disposition.

The will to serve simplifies the obstacles. We disapprove of keeping portraits, pictures, legends, or other objects that may be considered ritual props, so often used in different religious circles.

The external apparatuses have crystallized faith in all earthly civilizations.

Offer the doctrinal rostrum only to people known to the brothers who run the House, so as not to accumulate, inadvertently, with the preaching of principles alien to the spiritist postulates.

Whoever enlightens himself receives the responsibility to preserve the light.

In the doctrinal meetings, never collect donations through gathering, begging, or sale of tombolas, due to the inconveniences they present, since such expedients may be taken as payment for benefits.

The purity of the Spiritist Doctrine Practice must be preserved at all costs.

**"For where two or three gather in my name, there am I  
with them."**

**Jesus (Matthew 18:20)**

In the Charity Tasks

At least once a week, fulfill the duty of dedicating yourself to the welfare work in favor of the less fortunate brothers, visiting and distributing aid to the sick and less provided homes.

Who helps today, will be helped tomorrow.

Provide spiritual and material service in the collective admission houses of charity, without perceiving rewards or creating embarrassment to the assisted people.

Only those who accommodate themselves to evil impose restrictions on the good.

In the charity house of spiritist character, nourish the doctrinal simplicity, giving up the exhibition of any objects, constructions, or measures that express superfluity or luxury.

Too much comfort humiliates simple creatures.

Living in respectful familiarity with everyone, from the humblest servant to the most responsible in homes and schools, hospitals, and fraternal aid stations.



Humility assures the continuous visit of the Lord Emissaries.

Never retain uselessly excesses in the closet and in the pantry. Objects without use, financial reserves that may be applied, and could be in motion in the beneficence services.

There are no productive goods in stagnation.

Convert into aid or utilities for the less fortunate, relics and gifts, jewelry and affective memories of disincarnate relatives and friends, aware that the material values kept in the name of those who have already departed represent for them a bitter burden in their conscience.

Unnecessary possession is a mental shackle.

Whatever the pretext, never allow spiritist institutions to become economically, morally, or legally dependent on a merely political person or organization, to avoid harming their freedom of action and impersonal character.

The Christian spiritist work does not sympathize with any captivity.

Whenever doctrinal movements, particularly those of social assistance, involve the acceptance of many donations, periodically present the statistical tables of distributions, as a just and necessary satisfaction to the cooperators.

The desire to get it right increases the credit of trust.

Organize the board of directors and the administrative body of the assistance institutions, exclusively with those members who do not receive salaries, working only with a Christian purpose, free of charge.

Disinterested work sustains dignity and respect in solidary activities.

**"And whatever you do, in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father."**

**Paul. (Colossians 3:17.)**

In the Doctrinal Divulgateion

Hide in constant humility, when developing any activity of doctrinal propagation, avoiding fanfare, sensationalism, pretentious publicity demonstrations, or methods of action likely to disturb the public tranquility.

Without safe orientation, there is no productive diffusion.

With criterion and temperance, extend the liberating dissemination of the Spiritist postulates to the inner recesses of penitentiaries and sanitary isolation colonies, without depreciating beliefs or feelings.

The sickest require the most help.

Encourage the fraternal interchange between people and doctrinal organizations, through letters and publications, books and messages, visits and specialized exhibitions, seeking the unification of the tasks and the common enlightenment.

The exchange of experiences balances the general progress.

Through radio or the lay press, do not extend too much, so as not to dishearten the incipient apprentice.

The Doctrine must be ministered in small portions.

In order not to deviate from the spiritist aims, select, with ponderation and good sense, the means used in the divulgation, especially those related to commercial or worldly activities.

The elevation objectives become useless, whenever there is moral debasement in the means.

Use with prudence, or substitute any verbal expression which indicates habits, practices, political, social or religious ideas, contrary to the Spiritist thought, which are luck, chance, supernatural, miracle and others; preferring, under any circumstances, the use of pure doctrinal terminology.

An inadequate word can tarnish the noblest flag.

Take away from you any anxiety regarding the quick change in the point of view of one's companions. Faith means a prize of experience.

While we must strive tirelessly for general enlightenment, using fair and honest processes, we must not forget that the main dissemination is always the one developed by the creature's acts, through the eloquent exemplification of our inner modification, within the standards of the Gospel. The Spiritist Doctrine does not need occasional proselytism.

**"He must become greater; I must become less."**

**John the Baptist. (John 3:30.)**

In the Tribune

Speak naturally, governing one's emotions without bitterness, nervousness and momentariness, avoiding lecturing longer than the scheduled time.

The word reveals the balance.

Silence any purpose of highlighting, silencing exhibitions of knowledge, and adjusting to the Superior Inspiration, commenting on the lessons without running away from the subject.

Use simplicity and take care not to create doubt in the listeners.

Each speech must harmonize with the understanding of the audience.

Respect people and institutions in comments and references, by never establishing parallels or confrontations that may humiliate or hurt.

Verb without discipline generates uncountable evils.

Maintain spiritist dignity in the assemblies, abstaining from improper stories or reproachable anecdotes.

The speaker is responsible for the mental images he molds in the listener's mind.

In the talks, he must not abusively, untimely, refer to facts and doctrinal studies of difficult comprehension, and should select opportunities regarding people and environments to deal with delicate themes.

Thoughtlessness is also a lack of charity.

Remain unmoved during the speech in the face of any unforeseen situation.

Delicate moments develop our capacity to help.

Try to abolish, in your lectures, improper words, derogatory expressions, pejorative expressions and street slang.

The cult of charity includes the word in all its applications.

Whenever possible, prefer using verbs and pronouns in the first-person plural, rather than the first singular so as not to isolate oneself from the condition of natural companions of learning, with whom you distribute warnings and exhortations.

We are all in need of regeneration and light.

**“No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.”**

**Paul. (Ephesians, 4:29.)**

In the Press

Write with simplicity and clarity, conciseness and objectivity, making an effort to a constant and severe revision as to the form and substance of the originals to be delivered to the public.

The inestimable patrimony of the spiritist postulates is in our hands.

We must use the power of the press with parsimony and discernment, not attacking institutions, so scandal and fuss do not find fertile ground in our ranks.

The offending comment triggers the disturbance.

Carefully select the originals received for publication, in prose and verse, from incarnates or of mediumistic origin, according to the correctness that they present as to the doctrinal essence and language nobility.

Without the cult of possible purity, we will not reach perfection.

Systematically, depersonalize, to the maximum, the concepts and the collaborations, converging to Jesus and Spiritism, the readers' interest.

Narrow personalism overshadows the service.

Purify, when it is not possible to abolish, the content of commercial advertisements and news of a worldly nature.

The Christian Spiritist press represents a vehicle for truth and goodness dissemination.

“All scripture is given by inspiration of God and is profitable for doctrine.”

Paul. (II Timothy 3:16.)



On Radiophony

Divulge, in each radio program, television, or other programs of doctrinal expansion, concepts and pages from the fundamental works of Spiritism.

The base is indispensable in any edification.

For no reason, disregard the improvement and refinement of technical processes in programs constant perfecting, so as not to jeopardize the elevation of the teaching.

Correct thinking is influenced by the erroneous way in which it is conveyed.

In comments, lectures and quotations, avoid offensive or disrespectful allusions to the rights and ideas of others, especially those referring to religious beliefs and collective interests.

The unvigilant mouths, many times, talking about love, condemns and hurts.

Remember that radio broadcasting must obey the criteria of simplicity and respect, in correlation with common and current facts, clarifying the obscure themes, or those that require greater effort to assimilate.

Radio listeners have different cultural indexes, professing all religions.

When developing radio programs, vary the subjects, preferring the irradiation of short pages.

The interest of the listeners depends on the quality of the broadcasts.

Declare the doctrinal quality of the programs, without subtle or even poetic disguises, with loyalty to one's own faith.

Without a declared definition, no one lives true to himself.

Communicate sincerity and feelings to the concepts that are irradiated, never presenting studies and doctrinal pages through the radio stations in an automatic way, without meditating on what one is speaking or reading for the ears of others.

He who feels what he says, lives what he thinks.

**“But as for you, teach what accords with sound doctrine.”**

**Paul. (Titus 2:1)**

In Doctrinal Conclaves

Only undertake doctrinal conclaves as initiatives for rapprochement and work planning, to be naturally integrated with the central and regional organizations responsible for the evolutionary march of Spiritism.

There is no order without discipline.

Choose as representatives of entities and institutions, in the meetings, the good-will companions, in fact, competent as to the doctrinal objectives.

The aptitude to serve is half of the success.

Participate seriously in the spiritist conclaves without seeking dilettantism or pastime, feeling them as duties instead of having them simply as entertainment and tourist excursion.

Time does not come back.

Dignify the hospitality of companions who offer the conclavist the intimacy of their home, keeping steadfast to the work he has been assigned.

Fidelity to duty expresses nobility of conscience.

Abstain from governmental subsidies of any origin to be applied in exclusively doctrinal movements, which do not present characteristics of social assistance.

He who knows how to bear his responsibilities, bears witness of faith.

Respect the religious acts of other beliefs adepts, avoiding quarrels or misunderstandings in the execution of the programs outlined for the spiritist conclaves.

With Jesus, we only find reasons to help.

Keep not only the affective or joyful memories but, above all, the resolutions, experiences and warnings of the meetings you take part.

He who follows the teaching learns the lesson.

Spread, among the interested nuclei, the practical resolutions of the doctrinal concentrations, so as not to leave them in a reduced circle of companions or the dust of oblivion.

The continuity of the good assures the best.

**“Do all things without grumbling or disputing.”**

**Paul. (Philippians 2:14.)**

Before Ourselves

Watch one's manifestations, not judging oneself indispensable and preferring self-criticism to self-praise, remembering that the example of humility is the highest force for creatures' transformation.

All presumption evidences distancing from the Gospel.

Act in such a way as not to allow, even indirectly, acts that signify religious professionalism, whether in the field of mediumship or the direction of institutions; in the writing of books and periodicals, in translations and revisions, excursions and visits, preaching, and any other tasks.

The exploitation of faith annuls good feelings.

Cultivate friendship and kindness, extending them, as much as possible, to organizations, but without enslaving yourself until the point of contradicting the truth itself, as far as the Doctrine is concerned, to please others.

Spiritism is a liberating path.

Refuse several simultaneous functions in the social and doctrinal fields to avoid the contingency of harming all of them, also understanding that a request for resignation in a spiritist task is often equivalent to a regrettable absence.

Distancing from duty is desertion.

Make commitments only within the limits of one's possibilities, trying to meet the responsibilities of the assumed charges, including those related to simple contributions and periodic help to fraternal institutions.

A committed word is a law in the heart.

Free oneself from the mental chains originating from the use of talismans and vows, pacts and bets, tricks, and games of any nature, misleading and dispensable.

The spiritist knows that chance does not exist.

Prevent the use of homicidal weapons, as well as the habit of underestimating time with personal defenses, whatever the process in which they are expressed.

The faithful Doctrine's servant possesses in the tranquil conscience, the unassailable strength.

**“Examine yourselves to see whether you are in the faith;  
test yourselves.”**

**Paul. (II Corinthians 13:5.)**

## 19 Towards Relatives

Perform all the just duties towards those who share your webs of inbred.

Relatives are the living landmarks of the first high responsibilities of the incarnated Spirit.

Intensify your resources of affection, understanding, and good-will toward your closest relatives who does not understand your ideals.

The home constitutes a redeeming crucible for souls in debt.

Expand the bonds of esteem beyond the circle of relatives. Humanity is our great family.

Above all daily injunctions and contingencies, preserve fidelity to the Christian Spiritist precepts, being a generous spouse, a better father, a devoted son, and a benevolent companion.

Each of our fellow human beings is a stepping-stone to the Superior Life, if we know how to receive them as true brothers.

To improve, without discouragement, direct and indirect contacts with parents, brothers, uncles, cousins, and other

relatives in the affairs of the world, so as to avoid new and more energetic experiences in the following incarnations.

The fulfillment of duty, created by ourselves, is a law of the inner world we cannot escape.

Print in each daily task the indelible signs of the faith that nourishes life, beginning all the good works in the narrow ambit of the physical kinship.

We have, in the consanguine family, the permanent test of our relations with Humanity.

**"But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever."**

**Paul (I Timothy 5:8.)**



Before One's Companions

Keep communicability and attention before companions, even those distant from Spiritism.

We are all students in the great school of Life.

Respect the ideas and the persons of all our brothers, whether they are our neighbors or not, present or absent, without ever descending to the pool of frivolity that generates slander.

Whoever reproaches someone with us surely criticizes us before someone else.

When you lend personal objects, do not hover over their restitution, keeping yourself firm in the purpose of helping others in a good way, in whatever form you can be of use to them.

Detachment is the foundation of elevation.

To forgive unconditionally those who do not correspond to our hopes and directly or indirectly harm us, including obsessors and other unfortunate brothers.

Forgiveness in the souls is light on the path.

Refrain from praising companions acting in conformity with our best aspirations so as not to create obstacles for them on their ennobling path.

Nonetheless, we must give them assistance and affection, so they become more aggrandized in the good works.

Praise is always dispensable.

Suppress all destructive criticism in the community where you learn and serve.

The Harvest of Jesus asks for workers determined to aid.

Refrain from any complicity with evil under the guise of solidarity in this or that direction.

He who tarnishes his conscience descends into confusion.

Never show partiality or fraternal cordiality only in circumstances that favor material conveniences and interests.

The Divine Law registers the motto of every action.

**"By this shall all men know that ye are my disciples if ye have love one to another."**

**Jesus. (John 13:35.)**

Before the Child

See in the child's heart the outline of the next generation, seeking to support it in all directions.

Guidance of childhood is prophylaxis for the future.

Be supportive of the movements that concern assistance to the child, improving methods, and enlarging tasks.

Educating the little ones is to sublimate Humanity.

Collaborate resolutely in the recovery of maladjusted and sick children, striving for a decrease in child mortality.

In physical childhood, the Spirit finds the opportunity to renew the bases of its own life.

Spiritist parents can and should enroll their children in Christian Spiritist moral schools so that the newly-incarnate companions can safely begin their new earthly experience.

Parents respond spiritually as guides to those resurrected in the school of the flesh.

Always distribute the to the children works of spiritist literature by incarnate and disincarnate authors.

The constructive book vaccinates the children's minds against evil.

Observe when children should or should not be taken to doctrinal meetings.

Order is an article of law for all ages.

Do not promise the children who study any prizes or gifts as a reward or (false) stimulus for the success achieved in school performance, so as not to vitiate their minds.

The notion of responsibility in the minimum duties is the starting point for the fulfillment of major obligations.

Do not allow the children to participate in meetings or parties that may spoil their feelings, and on no occasion give them gifts that may encourage them to have any aggressive or bellicose attitude, whether in toys or publications.

The child is profoundly influenced by his environment.

Avoid fostering the development of mediumistic faculties in children, nor to allow them to be present in activities that assist spirits, even when they present disturbances of mediumistic origin, a circumstance in which they should receive help through prayer and magnetic passes.

Only little by little does the spirit become aware of the realities of incarnation.

In every disclosure, contest, or doctrinal undertaking, do not forget the unique position of the singular position of the children education in the Harvest of Spiritism,

creating sections and programs dedicated to the child in particular.

Without a good seed, there is no good harvest.

**"Let the little children come to me, and do not hinder them, for theirs is the kingdom of God."**

**Jesus. (Luke 18:16.)**

Towards the Sick

Create around the sick an atmosphere of positive confidence through prayers vibrations and words of affection, courage, and good cheer.

The work for the body recovery is based on the rehabilitation of the spirit.

Even when they are closely bound to the heart, do not let yourself bring down before the sick, but rather present to them an elevation of feelings and faith, avoiding exclamations of pity or sadness.

Despair is invisible fire.

Discourse, whenever necessary, about the relevant role of pain on our path, without any lamentations.

Resignation is born from trust.

Under no circumstances guarantee a cure or set a deadline for the complete recovery of the ill, in particular of the obsessed, under penalty of falling into frivolity.

Above all, the Wise Will of the Heavenly Father prevails.

Give attention and affection to the anguished and suffering hearts. Do not speak or act in such a way that humiliates them in their positions and convictions.

Seek to attend to their physical and moral needs within the resources at our reach.

The effective improvement of souls is rooted in perfect solidarity.

Search, with joy, in the service of one's own regeneration, the prolonged conviviality with relatives or companions afflicted by disability, imbalance, or by pertinacious illnesses.

The antidote to evil is perseverance in the good.

**"Truly, I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."**

**Jesus. (Matthew 25:40.)**

Before the Followers of Other Religions

Esteem and reverence the brethren of other religious creeds.

Sarcasm does not edify.

Do not exasperate yourself at any opportunity, even if it is under the pretext of defending the religious postulates that nourish your heart, to avoid the virus of anger and the incursions of inferior forces in yourself.

Exasperation leads to imbalance and downfall.

Take advantage of time and energy, avoiding sterile discussions about the origins of Life and the Universe or on fundamental topics of Spiritism.

Some spirits strive not to believe in their existence.

Under no circumstance, intend to lead anyone or any institution, of this or that religion, to humiliation and ridicule.

In the name of God, the Sun illuminates the step of all creatures.

Constructively bear with the constant manifestations of exotic and strange cults and alien to the simplicity and purity of Spiritism, offering, as much as possible, assistance



and cooperation without pretentious demands to those attached to such cults.

Many distant brothers will be shortly excellent teachers of the Spiritist Doctrine.

Preserve the Spiritism doctrinal body or defend the Truth, not to lack the Spiritist Christian understanding, nor to cling to radical and immovable conceptions.

When passionate and unbridled, zeal obscures reason.

Systematically, do not impose or force the religious transformation of brothers to the faith that consoles your heart.

Any imposition in religious matters reveals fanaticism.

Silence any impulse to polemic with brothers imprisoned by whims of a religious nature.

Discussion based on irony and bitterness is mental warfare.

**"Do not complain about one another, brothers, so that you will not be judged."**

**(James 5:9)**

Towards Suffering Spirits

Refrain from holding public sessions to assist the disincarnate suffering spirits, since such procedure lacks charity towards them, who feel, tortured, the growing and unhealthy commentary about their misfortune.

Even in appearances of good, evil is always evil.

Avoid, as much as possible, systematic sessions of disobsession, without the presence of leaders who bring together, in themselves, evangelical morals and sufficient doctrinal knowledge.

The more lights in the environment, the more possibility of enlightenment.

Speaking to the disturbed and unhappy communicants, with dignity and affection, between energy and gentleness, focusing exclusively on the case at hand.

Wisdom in speaking is a science of teaching.

Stop multiple psychophonic manifestations at the same time, in order to maintain the harmony of the session, attending to each case in turn, in an atmosphere of concord and serenity.

Order prepares improvement.

Under no circumstances should you polemicize, condemn, or ironize, in your contact with the unfortunate brothers in Spirituality.

Sorrow does not cure despair.

Offer fraternal intimacy to the communicants, applying the affection of the word and the fervor of the prayer in the execution of the moral nursing that is necessary to them.

Familiarity extends the values of trust.

Suppress inquiries when dealing with unhappy entities, not always up to date with their own memory, as happens to any serious incarnate patient.

Immediate nursing does not require interrogation.

**"But great gain is gained by pity with contentment."**

**Paul (I Timothy 6:6)**

Before Spiritual Mentors

Ponder with special attention the communications transmitted as being of the authored by some famous person, and only accept them for the concepts with which they fit to the doctrinal essence of Spiritism.

Light is not compatible with shadow.

Abolish the practice of nominally invoking this or that entity because of the inconvenience of

such procedure on our days, seeking to identify

the benefactors and spiritual friends by the objectives they demonstrate and the good they spread.

The fruit gives news of the tree that produces it.

To erase the concern of being in permanent interchange with the protecting Spirits, robbing them of the time to consult them about all the little struggles of life, including problems that you should and can solve by yourself.

Time is precious to everyone.

Beware of blind surrender to the exclusive will of this or that Spirit, and not become addicted to constantly listening to the disincarnate, on the daily path, without more consideration for the teachings of the Doctrine itself.

Personal responsibility is a non-transferable asset.

Honor the name and the memory of the mentors who have been your companions or close relatives on Earth, refraining from addressing them with unreasonable petitions or unjustifiable demands.

Communion with the good ones creates for us the duty to imitate them.

Refrain from believing in privileges and particular favors for yourself only because this or that mentor has given you a personal word of encouragement and affection.

Extended help is broader commitment.

**"Beloved, believe not every spirit, but try the spirits  
whether they are of God."**

**(I John 4:1)**

Before the Prayer

To pronounce the initial and the final prayer in the doctrinal meetings, facilitating, thus, the connection with the Benefactors of the Greater Life.

Prayer interlaces the Spirits.

As much as possible, abandon the memorized formulas and the mechanical reading of the "ready-made prayers and live preferably the expressions created by improvisation, in plenty of emotion, in the exaltation of one's own faith.

There is a fundamental difference between praying and declaiming.

Refrain from repeating aloud the prayers said by other friends in doctrinal meetings.

Prayer, above all, is feeling.

Take care to avoid affectation and exhibitionism when uttering this or that prayer, adopting conciseness and spontaneity in all of them so that they do not become a vehicle of specious intentions.

Fervor in the soul is light on prayer.

During the colloquies of faith, remember all those whom we have offended or hurt, even unconsciously, asking

them, in silence and at a distance, for the necessary forgiveness of our faults.

The results of prayer, as well as the results of love, are unlimited.

Cancel the constant requests for benefits for oneself, centering one's thoughts on the intercession in favor of the less fortunate.

Who prays in favor of others helps himself.

Control the modulation of your voice in public prayers to avoid theatricality and convention.

Feeling is everything.

**"Watch and pray, lest you enter into temptation."**

**Jesus. (Matthew 26:41.)**

Towards Mediumship

Repress any action prone to indicate mediumship, the medium, or the mediumistic facts as extraordinary or mystical.

Mediumistic exchange is a natural event.

The medium is a human being like any other.

Make sure that the natural exercise of mediumship does not exempt the medium from the obligation to live an honest profession in the society to which he belongs.

There can be no dignified assistance where there is no dignified duty fulfilled.

Beware of inappropriate petitions with mediumship.

Mediums are ordinary companions who should normally live their experiences and trials.

By no means praise the medium for the results obtained through him.

Remember that it is always possible to thank without flattering.

For us, all pure and noble good comes from Jesus Christ, our Master, and Lord.



Even though pressed by extensive difficulties, put the exercise of mediumship above the ephemeral and limited events that constantly sweep social and religious panoramas in life.

Mediumship will never be a talent to be buried in the soil of comfort.

Talk about mediumistic phenomena and spiritualist principles only in receptive environments.

Some grounds are not yet ready for sowing.

Continue without hesitation in the consolation and enlightenment of souls, forgetting the thorns and stones of the human valley to conquer the light of immortality that shines on the summits of life.

Developing through mediumship for the sake of others is to ascend in spirituality.

**“And it shall come to pass in the last days, says God, that I will pour out of My Spirit on all flesh.”**

**(Acts 2:17.)**

Before the Magnetic Passes

When applying passes and other methods of spiritual therapy, avoid questioning the results regarding it.

Never fear the exhaustion of magnetic forces.

The goodwill helps without asking.

Remember that in the application of passes, there is no need of violent gesticulation, panting, or continuous yawning and that seldom is it necessary to touch the patient.

The pass transmission does not require any spectacular resource.

Clarify the companions about the legitimate need of passes so that this kind of assistance does not turn into mania.

It is a lack of charity to abuse the kindness of others.

Prohibit any noises, smoke puffs, alcoholic vapors, as much as the presence of irreverent and sarcastic people in the places for spiritual assistance and treatment.

Nothing good can be expected from a polluted environment.

Interrupt mediumistic manifestations during the transmission of the healing pass.

Discipline is the soul of efficiency.

Interdict, whenever necessary, the presence of sick people with contagious diseases in the sessions of group assistance, placing them in a regime of separation for the foreseen help.

Faith does not exclude foresight.

When opportune, add the curative blow to the magnetic pass services, as well as the use of fluidified water, self-pass, or the emission of rescuing force, at a distance, through prayer.

The Eternal Good is God's blessing available to all.

**"He pleaded earnestly with him, "My little daughter is dying. Please come and put your hands on her so that she will be healed and live."**

**(Mark 5:23)**

Facing the Phenomenon

In the doctrinal tasks development, place the mediumistic phenomenon in its true natural coadjutant of the conviction. However, considering it dispensable in the proposed moral construction.

The Spiritist Doctrine is unchangeable light.

Conduct the possibilities of dissemination of Spiritism, in any sector, in the work of evangelization, giving it preference over phenomenological action.

Before the imperatives of moral responsibility, every phenomenon is secondary.

Reaching other states of comprehension of the truths that enrich our faith, the aspirations of metapsychologists, parapsychologists, and academic scholars in general, without yet committing themselves too much to the undertakings that concern them.

To live according to the Gospel ~ is our fundamental need.

Never share spiritist assemblies aiming only at spectacular success.

Mediumistic manifestations are not the essential basis of Spiritism.

Decentralize your attention from the phenomenal manifestations in meetings you take part to focus on the moral meaning of the facts and lessons.

In mediumship, the phenomenon constitutes the external wrapping that covers the fruit of the teaching.

**"Brothers, do not be children in understanding..."**

**Paul. (Corinthians 14:20.)**

Facing Dreams

Face the dreams that may arise during physical rest with naturalness.

Not worry afflictively about any facts or ideas that refer to them.

There are more dreams in vigil than in natural sleep.

Always extract the edifying objectives of this or that panel seen in a dream.

In everything, there is always a lesson.

Repudiate superstitious interpretations that try to correlate dreams with games of chance and worldly events, wasting precious resources and opportunities of existence in vain and futile preoccupations.

High aims, time used.

Beware of inter-alive communications in ordinary dreams because although the phenomenon is real, its authenticity is very rare.

The incarnated spirit is as free in the dense body as it is enslaved to the duties that life precepts.

Do not get too attached to the dreams you remember, or to the oneiric narratives you listen to, so as not to descend into the wasteland of extravagance.

Logic and common sense should preside over all reasoning.

Prepare a peaceful sleep through a conscience pacified in good works, lighting the light of prayer before surrendering to usual rest.

The body inertia is not calm for the spirit imprisoned in tension.

Admit the different types of dreams, nevertheless, knowing that most of them stem from psychological reflexes or transformations relative to the organic field itself.

The incarnated spirit and the body that serves it breathe in a regime of reciprocity in the domain of vibrations.

**“But avoid foolish and ignorant disputes.”**

**Paul. (II Timothy 2:23.)**

Before the Homeland

Be helpful and recognized to the Nation that cherishes you as its son by rigorously fulfilling the duties that befall you as a citizen.

We are insolvent debtors of the cradle that welcomes us.

In the unfolding of the doctrinal tasks and safeguarding the moral patrimony of the Doctrine, only resort to human courts in urgent and very particular cases.

While respecting the justice of the world, we cannot forget the incorruptibility of Divine Justice.

Always place individual privileges below collective claims in all sectors.

Raise the imperishable happiness of all from the pedestal of the renunciation of each individual.

Cooperate with the constituted powers and the official organizations, committing yourself to improving the conditions of the governmental machine within the scope of your resources.

A simple act of personal help speaks louder than any criticism.



When called to testify in the earthly courts of judgment, be guided in harmony with the evangelical principles, understanding, however, that the brothers incurring high delinquency levels often need just segregation for moral treatment, just as the seriously ill require hospitalization for the due assistance.

Before the Divine Laws, we are judges of ourselves.

Never postpone the fulfillment of obligations with the State, referencing the high principles that one espouses, seeking the discharge from military service, even when called to integrate the active forces of war.

The hardships of life arise for each spirit according to the demands of his debts.

Above all, one should express patriotism in selfless and constant service to the people and the soil in which he was born.

The Homeland is the air, the bread, the temple school, the home, and the womb of the Mother.

Substantialize the personal contribution to the State through the rigorous execution of the duties in the common sphere.

Genuine love for the Homeland, far from being demagoguery, is profitable and ceaseless service.

**"Render unto Caesar the things that are Caesar's, and  
unto God the things that are God's."**

**Jesus. (Luke 20:25.)**

Before Nature

With a grateful and serene soul, bless the Nature that nurtures you, protecting as possible, protecting all beings and all things in the region where you breathe.

Nature embodies the sanctuary where God's wisdom becomes visible.

Preserve the purity of the springs and the fertility of the soil.

Helped field is guaranteed bread.

Cooperate spontaneously in the expansion of orchards, as well as in the reforestation.

Plant life is the protective frame of human life.

Prevent the destruction and squandering of the earth's riches in abusive exploitation, such as the burning of fields, the disorderly felling of gentle trees, and the explosive use of fish.

Respect for Creation is a simple duty.

Use the treasure of plants and flowers in general ornamentation,

The help to the vegetable expresses gratitude for the good that one does.

The assistance to the vegetable expresses gratitude to the one who receives its services.

Refrain from unproductively retaining any extension of land without cultivation or application for elevated purposes.

Deliberate disregard for the resources of the soil means embezzlement of the Father's gifts.

Apply natural forces as therapeutic aids in the cure of various illnesses, especially the pure magnetism of the countryside and beaches, the open air, and medicinal waters.

All the pharmacopeia come from Nature's reservoirs.

To refrain from criminally trading with Nature's resources found in the strips of land for which he is responsible.

The steward will always be called to account.

**"For we are co-workers in God's service."**

**Paul. (I Corinthians 3:9.)**

Towards Animals

To abstain from pursuing and imprisoning, mistreating or sacrificing domestic or wild animals, birds, and fish, for recreation, in periodic excursions to fields, lakes, and rivers, or in obstinate and bloody competitions of sportsmanship.

There are amusements that are real crimes in disguise.

In contact with animals you hold in high esteem, govern your impulses of protection and affection so as not to fall into obsessive excesses under the pretext of loving them.

Every passion blinds the soul.

Shun any tyranny over animal life, not acting with unreasonable demands for the satisfaction of food whims, nor with reprehensible refinements in laboratory research, restricting themselves only to the natural necessities of life and to the fair impositions of good.

The use builds, abuse destroys.

To oppose the excessive work of animals without giving them more extensive assistance.

Gratitude also expresses justice.

In helping sick animals, use all possible therapeutic resources without despising even those of a mediumistic

nature that you apply in your own favor.

The light of good should shine on all planes.

Support, as much as possible, the movements and animal protection organizations, through acts of Christian generosity and human understanding.

The evolutionary rear beings line up with us in a position of necessity before the law.

**“Let all that you do be done in love.”**

**Paul. (I Corinthians 16:14.)**

Before the Body

Cultivate personal hygiene, sustaining the physical instrument as if it were to live eternally, thus preserving yourself against indirect suicide.

The body is the first loan received by the Spirit brought to the flesh.

Precautions must be taken against toxics, narcotics, alcohol, and the excessive use of drugs that vitiate the natural physiological composition of the organism.

Some poisons act drop by drop.

Conduct yourself so as not to overdo in attitudes superior to your resistance, nor entrust yourself to untimely emotional manifestations that create calamitous depressions.

The abuse of bodily energies also causes slow suicide.

To distinguish in sex, the seat of superior energies that the Creator grants to the creature to balance its activities, feeling it must protect it from the deviations susceptible to corrupt it.

Sex is a source of renewing blessings for body and soul.

Flee from overeating and avoid the systematic ingestion of condiments and excitants, seeking to take meals calmly and serenely.

A high number of human beings leave the Earthly Planet prematurely by the mistakes of the stomach.

Whenever possible, breathe the open air, bathe in pure water and receive the full sun, dressing decently and cleanly, without, however, becoming attached to the worship of your body.

Criterion and moderation ensure balance and well-being.

For no reason whatsoever, despise the corporeal vessel at your disposal, no matter how tortured it may be.

On Earth, each Spirit receives the body it needs.

**"Glorify God in your body and spirit, for both belong to  
God"**

**Paul. (I Corinthians 6:20.)**



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Before Illness

Maintain faith and confidence unchangeably, without fear, complaint, or rebellion, whenever known or unexpected illnesses visit your body or harass your home.

Every trial has a reason for being.

With the necessary discernment, abstain from the exaggerated use of medicines capable of intoxicating organic life.

For the service of healing, every medicine requires a dosage.

Dispel ideas of fear before contagious or mutilating diseases, using mental discipline and resources of prayer.

The powerful force of thought both elaborates and extinguishes many organic and psychic disturbances.

Knowing that all organic suffering is a spiritual test, within the karmic laws, never fear pain but accept and understand it with fearlessness and resignation.

The intensity of suffering varies according to one's trust in Divine Law.

Accept the help of the missionaries and workers of earthly medicine, not demanding exclusive protection and responsibility of the disincarnate doctors.

Eternal Wisdom disposes of everything for our benefit. Affirm yourself mentally in security, above the insidious illnesses that might affect your body, repelling thoughts and words of despair or tiredness, in the strength of your faith.

The pertinacious sickness leads to deepest purification.

Take advantage of the illness as a period of lessons, especially as a time to apply the values alluding to religious conviction.

Sickness can be considered a thermometer of faith.

**"Come to me, all who labor and are heavy laden, and  
I will give you rest."**

**Jesus. (Matthew 11:28.)**

Facing Disincarnation

To be resigned before the unexpected disincarnating of a relative or friend, seeing in it the manifestation of the Wise Will that commands our destinies.

The greater the resignation, the higher the proof of confidence and understanding.

Dispense with appearances, pomp, and staging at the funerals of people you are responsible, abolishing the use of candles and wreaths, crepes, and images, and give the corpse the time to prepare for burial or cremation.

Not every spirit disconnects from the body promptly.

Sending to the disincarnate companions, without exception, thoughts of respect, peace and affection, whatever their condition.

Charity is a duty in every mood.

Proceed correctly at wakes, silencing jokes about the disincarnate person as much as possible, as improper whispering around the inert body.

The recently-disincarnate companion wordlessly asks for the charity of prayer or of silence, which will help him to recover.

Remove from yourself any idle conversation, commercial dealings, or inappropriate comments at the funerals.

A mortuary solemnity is an act of respect and human dignity.

Transforming the cult of nostalgia, commonly expressed in the offering of wreaths and flowers, in donations to welfare institutions, without sectarian spirit, doing the same in commemorations and tributes to the disincarnate, whether personal or general.

Longing only builds when associated with the work of good.

Carefully examine the issues related to wills, resolutions, and vows before disincarnation, so as not to experience possible shocks when faced with unexpected misunderstandings of relatives and companions.

The body that dies does not remake itself.

It would be appropriate to take the opportunity to pray, or discourse without affectation, about the immortality of the soul and the value of human existence.

Death expresses a reality almost totally misunderstood on Earth.

**“Very truly I tell you, whoever obeys my word will never see death.”**

**Jesus (John 8:51)**

Facing Social Formulas

Abolish the unnecessary use of mourning and condolences for funerals, as well as participation in patronage and ritualistic ceremonies of any kind.

Spiritists are not attached to externalities.

In fraternization visits, suppress protocols or pretentious etiquette.

Trust requires a family atmosphere.

Ban from Spiritist Temples the ceremonies that, in the name of the Doctrine, aim at the consecration of espousals or births.

Spiritism cannot forget the Christian simplicity that it revives.

Keep away from regrettable celebrations, such as those that mark the passage of the carnival, including those characterized by excesses of gluttony, profligacy, or spectacular external manifestations.

True happiness does not escape temperance.

Study previously and with enough criterion the presentations of preachers or mediums, as well as the tributes to incarnate and disincarnate companions and

relatives, so as not to incur in the exaltation of vanity and pride or to hurt modesty and humility of those we cherish.

Flattery is poison in verbal form.

Prohibit the use of badges and emblems in the doctrinal movement.

Excessive exteriority, distancing from Christian simplicity.

Always dispense with social formulas created or maintained by conventionalisms or traditions that stall progress.

All complexity slows down the clock of evolution.

**“The Sabbath was made for man, not man for the Sabbath.”**

**Jesus. (Mark 2:27)**

Before Time

Under no condition, squander time with polemics and sterile conversations, fanciful occupations and too much amusement.

To waste time is to squander divine patrimony.

Self-discipline in all the undertakings you propose to undertake; dressing with the necessary discernment.

"Doing a lot" does not always mean "doing well".

Avoid crying over the past, endeavoring to repair every less correct action.

The past is the root of the present, but the present is the root of the future.

Put away unreasonable afflictions concerning the hereafter, honestly executing the duties that the world assigns to you in the passing minute.

"Tomorrow" will germinate from the seeds of "today".

As much as possible, mold the resolutions of good at the moment they arise since, later on, the field of experience may change entirely.

He who serves late helps less.

Even when overwhelmed with accomplishments and tasks, never neglect the good that you can do in favor of others.

When we seek the good, the good itself teaches us to find the "time to assist".

**"My time is not yet here; for you any time will do."**

**Jesus. (John 7:6.)**



Before the Current Events

Never get carried away by muddled emotions when faced with events that excite public opinion, such as, for example, crimes, catastrophes, epidemics, geological phenomena, and any others.

Calming down calms others.

In conversations and comments about terrifying news, abstain from sensationalism.

Charity mutes the raving word.

Keep a pondered attitude towards events seen as scandalous, juxtaposing the good to the harassment of evil.

The cruel word increases the strength of crime.

It is necessary to take refuge in the shelter of prayer in all the afflictive transitions of existence.

The trials gravitate in the sphere of Divine Justice.

Accept the greatest as in the slightest disappointments of human life, no matter how strange or disconcerting they may be, the manifestation of the Superior Designs, acting in favor of spiritual improvement.

God does not make mistakes.

Even at the cost of sacrifice, amid unexpected accidents, never give up on building the good you have to accomplish.

Each spirit has its account in the Perfect Justice.

**"Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and everyone else."**

**Paul. (I Thessalonians 5:15.)**

Facing Revelations of the Past and the Future

Keep the highest discretion in everything that refers to past revelations, avoiding the unfruitful rebuilding of corpses that must remain buried in the ashes of time.

The past is the living cause, but it does not solve the present.

Be convinced that, for the time being, no one will know about events that occurred before the current incarnation for trivial or frivolous reasons.

The Superior Wisdom, if revealing one's past, aims at the good of all.

Avoiding worries about past existences, any information in this sense must be spontaneous on the part of the Supreme Sphere, which judges rightly as to what best suits the responsibility.

What has passed is recorded.

Be reassured about future successes, analyzing with rigorous logic all studies that refer to predictions.

Real prophecy has divine signs.

Never be impressed by unfavorable astrological prognostications in the certainty that if influences incline,

our will is the determining force. We have with us the life we seek.

Observe that many souls return to the Greater Life carrying enormous frustrations because of mistakes they have become attached for taking revelations without credibility.

We are heirs of our acts.

**"All things are lawful for me, but not all are helpful."**

**Paul. (I Corinthians 6:12).**

Before the Book

To consecrate a few minutes each day to the reading of edifying works, forgetting books of an inferior nature. Prefer, above all, those that, for the soul nourishment, deal with the fundamental themes of the Spiritist Doctrine.

Absent light, present darkness.

Digest first the fundamental works of Spiritism and then enter into the practical sectors, in particular regarding mediumship.

The pondered theory brings safe action.

Within the time available, get to know the works gathered in the library of the temple or doctrinal nucleus to which you belong.

Book read, ideas renewed.

Appreciate with indulgence the works that combat Spiritism, understanding their meaning. Silence hasty and passionate defenses, to take with such papers the warnings and cautions destined to your responsibility task improvement.

Good uses evil to make itself nobler.

Offer doctrinal works to friends, including those without further application lying at home, choosing the genre and the type of literature that can offer them instruction and consolation.

A great book is a path to ascension.

Discipline yourself in your reading concerning timetables and notes; improve yourself, and never tire of repeating studies to remember what you have learned.

He who studies better learns more.

Without excluding any author or theme, analyze thoroughly the books you read to prevent consolidating within yourself the intellectual toxins of false concepts and literary absurdities around which revolve unprofitable or sickly conversations.

Positive and negative thoughts can be born from compositions of the same alphabet.

Divulge, by all lawful means, the books that clarify the spiritist postulates, giving prestige to the sanctifying works that aim at the entrance of Humanity on the way to redemption with Jesus.

The spiritist library is a seedbed of light.

**"Examine everything. Hold fast what is good."**

**Paul. (I Thessalonians 5:21.)**

Before the Instruction

In all circumstances, remember that Spiritism expresses, before everything, a work of education, integrating the human soul in the standards of the Divine Master.

Culture attended, progress made easier.

Solidarity with undertakings when the aim is to teach, write and read children, young people, and adults.

The alphabet is the first step in the ascent to culture.

Strive for the absolute secularity of officially maintained teaching, clarifying the students, whenever necessary, as to the convenience of refraining, cordially, when possible, from classes and solemnities in instruction institutes that convey notions contrary to the Spiritism.

Homes and temples are the schools of faith.

Perfect the methods of administering doctrinal teaching to the infant mind, seeking in this particular didactic resources capable of reaffirming the seriousness and the safe criterion for use in the elaboration of programs.

At the Gospel academy, we are all students.

Renew the matters dealt with in the evangelization programs by updated guidelines.

Spiritism always progresses.

Dedicate constant attention to pedagogical process improvement to offer the little travelers newly arrived from Spirituality the necessary remembrance of what they have learned and commitments assumed before the reincarnation process.

Those who learn can teach, and those who teach perfect learning.

Arrange the problem of educating with Jesus above the interests of societies and nuclei, unifying, whenever possible, the sparse works, printing higher relief to works of evangelization, in the essential preparation for the future.

The education of the soul is the soul of education.

**“Therefore go and make disciples of all nations...”**

**Jesus. (Matthew 28:19.)**



43  
Towards Science

Collaborate with initiatives that ennoble research and the study of intelligence without destructive purposes.

All science that aims at human progress comes from Heavenly Help.

Exalt the immense contribution of terrestrial medicine in its progressive march toward the supreme redemption of human health.

The physician, consciously or unconsciously, is connected to the Divine Physician.

To suppress any unfriendly impulses regarding the representatives of science on doctrinal themes or assistance problems.

In rendering service, let us give the renovating example.

When called to responsibilities in the scientific sector, overcome limitations and prejudices without losing simplicity and modesty.

There is no real wisdom without lived humility.

Disapprove the procedures that, although labeled as scientific, are against the spiritist teachings.

Divine Science superimposes Human science.

**“But knowledge puffs up while love builds up.”**

**Paul. (I Corinthians 8:1.)**

44  
Before the Art

Collaborate in the Christianization of art whenever an opportunity presents itself.

Art should be Beauty creating the Good.

Repel, without sour criticism, the tortured artistic expressions that exalt animalism or extravagance.

The artistic work that betrays Nature denies itself.

Burble relentlessly the artistic works of any genre.

Seeking improvement is perfection on the way.

Prefer the artistic compositions of integral spiritist creation, preserving the doctrinal purity.

Ennobled art extends the power of love.

Examine in advance the artistic presentations for festive meetings in the spiritist environments, dosing and locating them according to the conditions of the assemblies to which they are destined.

The artistic presentation is like the teaching: it must observe conditions and place.

“And the peace of God, which surpasses every thought,  
will guard your hearts and minds in Christ Jesus.”

Paul. (Philippians 4:7.)

Before the Kardecist Codification

Let us constantly recall the irreplaceable and ever-momentous teachings which illuminate the pages of the Spiritist Codification, from which we have extracted some brief topics:

*"Just as Christ said, 'I have not come to destroy the law, but to fulfill it,' so does Spiritism say: 'I have not come to destroy the Christian law, but to fulfill it.' 'It teaches nothing contrary to what Christ taught; but it develops, completes and explains, in clear terms and for everyone, what was said only in allegorical form.'"*

(The Gospel according to Spiritism)

*"Spiritists! Love one another, here is the first teaching; instruct yourselves, this is the second. In Christianity are all truths; the errors which are rooted in it are of human origin."*

(The Gospel according to Spiritism)

*"Superior Spirits constantly use dignified, noble language, of the highest morality, free from any inferior passion; the purest wisdom shines forth from their counsels, which always aim at our improvement and the good of humanity."*

(The Spirits' Book)

*"Man does not know the acts he has performed in his past existences, but he can always know the kind of faults of which he has been guilty, and the predominant stamp of his character. It will then be enough to judge of what he has been, not by what he is, but by his tendencies."*

(The Spirits' Book)

*"The law of God is the same for all; but evil depends principally on the will to do it. Good is always good and evil is always evil, whatever the position of man. There is a difference only as to the degree of responsibility."*

(The Spirits' Book)

*"A true Spiritist is recognized by his moral transformation and the efforts he makes to tame his bad inclinations."*

(The Gospel according to Spiritism)

*"Since he cannot love God without practicing charity towards his neighbor, all the man's duties are summed up in this maxim: "Without charity there is no salvation."*

(The Gospel according to Spiritism)

**"Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress."**

**Paul. (1 Timothy 4:15)**

Before the Doctrine Itself

Erase the sterile discussions, avoiding the creation of embarrassment that impedes the healthy development of the doctrinal work.

The spirit of true fraternity merges all divergences.

Do not restrict the doctrinal practice exclusively to your home, seeking to contribute, in the same way, to the spiritist field of social expression, helping also in the creation and maintenance of doctrinal nuclei in the rural environment.

We are all together in the collective debts.

Pray for those who do not know or cannot respect the sanctity of the spiritist postulates, refraining from appreciating their unhappy behavior, so as not to favor the incursion of the shadows.

The commentary on evil, still and always, is evil multiplying.

Detach yourself from blind belief, exercising your reasoning in the doctrinal principles, in order not to stagnate in the darkness of fanaticism.

Discernment is not simple adornment.

Before criticizing the spiritist institutions you consider deficient, you should contribute, as a person, to help them rise to a higher level.

He who helps appreciates more safely.

Help the spiritualist organizations or philosophical currents that still do not receive genuine Spiritist orientation, understanding, however, that their task is already defined in the constructions of the Doctrine they embrace.

The fruit does not ripen before its time.

Remember the reality that Spiritism has no human leaders and that none of the stewards of its multiform field of activities is indispensable in the scenario of its accomplishments.

Christ, our Divine Guide, does not live absent.

**"What more are you doing than others?"**

**Jesus. (Matthew 5:47.)**



47  
BEFORE JESUS

At all times, recognize yourself in the invisible presence of Jesus, who supports us in the labors of the Eternal Good.

The Christ of God has accepted us from the very beginning of the Earth.

In the minimal commitments, identify the Superior Will, promoting, everywhere, the safety and happiness of creatures.

Each human heart is a potential piece of light, and Jesus is the Sublime Artisan.

Remember that the Lord works for us without rest.

Long rest means desertion of duty.

Without excluding a time or place, beware of reproach and irreverence toward the Divine Guidance.

Respect is silent prayer.

Refuse to interpret the Eternal Friend as a vulgar earthly revolutionary.

Let us recognize Him as the Light of the World.

Renounce the Christmas commemorations that translate excesses of any kind, preferring the joy of fraternal help to our less fortunate brothers, as ideal praise to the Sublime Christmas.

The true friends of Christ revere Him in Spirit.

Identify your position concerning Jesus, the Emissary of God, avoiding unacceptable confrontations.

The man who demands that the Celestial Friend be equal to him vainly intends to level himself with Christ.

In all circumstances, choose the Lord Jesus as the invariable Master of each day.

We are the flock, and Jesus is the Divine Shepherd.

**“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”**

**Paul. (Colossians 3:23.)**



