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## Love in Motion

As much as we have advanced in the various fields of knowledge, techniques and in the art of producing ingenious machines ... none of these will make sense, as

Neuroscientists investigate the human brain and every day they dazzle the world with their discoveries, exploring the rich communication web that is

you are the only one able to free ourselves? Why do we pause, if only you, sublime feeling, will be able to raise us to the high flights that we are destined?

As we write these lines, news of wars and attacks spread across the world, and nations and international organizations try to find solutions. Countries inflate their war budgets, clinging to the known destructive mechanisms, without looking at the History. Moreover, while "smart" weapons launch their missiles on defenceless citizens, the voice of Love calls us to a different attitude, to

taught Paul the Apostle, without the contribution of the greater sentiment: Love, because only its strength can connect us to life and to everything we produce and think.

Sociologists, psychologists and educators have long attempted to uncover the human behaviour and provide valuable theories to understand violence, which spreads like a virus, infecting all earthly society. Nevertheless, their studies will not be efficient until human beings disentangle themselves putting this higher sentiment into practice, until they can see their neighbour not as a threat but as a brother in the journey, with limitations and values... and this will only be made through Love.

established without our awareness, as well as the effect of emotions and hormones in this spectacular chemistry laboratory that we are endowed. However, all this innate human ability becomes evil or underutilized while disconnected from the power of Love.

Religions point to ways that the being can find the Creator, whichever names we attribute to Him. But while disconnected from love, His name becomes the motive for wars, dissensions and never-ending discussions, because true faith needs the sentiment, John the Evangelist said "God is love" and only through this expression we find the Creator.

Oh, liberating power of Love! Why do we run away from you if

finally change the picture of the world.

If, in these days, fear tries to dominate our soul to dissuade us from the deep purposes of transformation, listen to the "Voice of Love" because if hatred and cold reasoning were not able to solve human conflicts, let us give a chance, for the first time, to a different attitude. Setting love in motion, we will be liberating ourselves and assisting in the transformation of the beloved planet that awaits our decision to bring the dawn of the New Age.

**Cláudio Sinoti**

**Jungian Therapist**

## Humanity's Progress

Spirits are the lords of time and use it for their evolution, modelling the Universe, in accordance to the divine plan. Everything that they do will become their own reality by changing their personal and collective destinies. Their stories are that of civilization, which progresses in accordance with the progress of each Spirit. This progress in the field of spirituality happens as the human beings become aware of their immortality. There are some undeniable progress made by society even with lagging signals in the ethical field.

The human beings have been able to shorten the distances with the technology of portable communication devices, have shown solidarity in collective disasters, have advanced in the medical field, they have created numerous jobs that translate into work that dignifies the human being, but they are still in their infancies when it comes to knowledge about the spiritual life.

However, we are watching the awakening of the Spirits to the understanding of their important role in society, and feeling the need for social intervention to build a better world. Humanity advances in this direction thanks to the efforts of those that are dedicated to the study, practice and to the dissemination, whether in the field of religion or not, of matters related to the spiritual realm, like reincarnation, the survival of the spirit after death, mediumship, the soul's detachment from the physical

body etc...

What lies ahead is an increased awareness that human beings are reincarnated Spirits and that their immortality needs to be a part of the planning of their present existence in the physical body. For this to occur, it will be necessary that religions leave behind the Salvationist character and start to



## The Greater Good

The definition of good and evil was the cause of many philosophical controversies, and even individuals who have limited or partial view of their existence can evaluate something or a situation as good, when in fact they have failed or refused to see the "evil" inserted in it. The opposite also occurs frequently in various existential occurrences.

The idea of "Summum Bonum" or "Greater Good" that we find in the philosophy of Aristotle and Kant, among others, was also addressed by Augustine of Hippo, which concluded that God is the Supreme Good. However, some misinterpretations understood that to achieve the good, beings should remove from themselves all evil, and this fuelled the culture of guilt, sin and fear, building distortion around perfectly natural aspects and manifestations of the human being.

Human beings are destined to be wholes, and none of their component parts and expressions that characterize them can be excluded without harming the whole. Therefore, in the pursuit of fullness or perfection to which they are destined, individuals cannot simply dismiss the shadow: they should know it, prepare its content and transform it so that what was seen as evil is transformed into good. Only by knowing one's own "evil" is that one can reach the "Greater Good" because the path towards the light goes through the darkness of the being.

clarify their followers by offering them a genuine spirituality. On the other hand, it is up to Spiritism to play its relevant role in the progress of humankind, as Allan Kardec said, disclosing and disseminating all matters pertaining to the immortality of the Spirit. He said that Spiritism is in the air and imposes itself by the force of circumstances. Let us do our part.

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### Essential Values

The essential qualities of the Human-Spirit refer to the virtues of the soul, acquired through the process of individuation of the Being.

Always progressing, the immortal Being evolved a lot but is still immature in the field of feelings, with the prevalence of egocentric passions that bring unhappiness.

How to develop virtues?

Humility is one of the core values of the soul; it encourages us to examine our shortcomings as well as it facilitates transcending them by happy choices, cultivated by the simplicity of heart.

Through the Law of Progress, which is solidary to the Law of Labour, the human being mobilizes the will to make continued efforts, persevering in the decision to self-improve. This choice which is the exercise of the Law of Freedom (practice of conscious duty) is driven by the Divine Law towards the real happiness of the Being.

Virtues are the result of effective work to develop the potential of the soul.

By surrendering to the Law of Labour, we will feel the Law of Cause and Effect, by feeling the beneficial effects of our efforts to change by the practice of humility, developing obedience and resignation to the Natural Laws, promoting inner peace and joy of living. For if the cause is good, the effects will also be. Similarly, if the cause is moral laziness, the effects will be pain and suffering.

Due to the cultivation of the Law of Cause and Effect for the Good, we will feel the Law of Love working within us and through us, in humanity, thus promoting in our consciousness the Law of Charity.

These reflections lead to the development of other virtues, the essential values.

**Evanise M Zwirtes**

**Transpersonal Psychotherapist**

### Social Challenges

We live in a paradoxically globalized world. On one hand, we are connected with the numerous social networks. On the other, we are often isolated. Then we come across one of the greatest social challenges of today: loneliness.

According to recent statistics, loneliness can increase by 14% the number of premature deaths. In November 2015, American scientists published a scientific study showing the effects of loneliness on the

Solutions, Joanna de Angelis). It is necessary to promote, then, prophylaxis and therapy of this social scourge that is loneliness, through the awakening of the immortal being. "When you're awake, achievements and meetings are intimate, shining, calm, powerful as lightning and soft as the morning breeze" (idem).

When going through the inevitable self-encounter, the individuals awaken. Moreover, the



physiology of the human being. Published in a prominent scientific paper (*Proceedings of the National Academy of Sciences*), Doctor John Cacioppo showed that loneliness triggers the stress signalling system, affecting the production of lymphocytes - our defence cells - and so we are more exposed to the development of disease.

In the social challenges of our time, individuals "accommodated to their situation, they complain, but do almost nothing to change the degenerative factors of their social setting, usually present in themselves. ( ... ) The sleeping consciousness prevails in the modern world because of its concessions to immediate pleasure without the consequent proposal and opportunity for the liberating emotions" (*Life: Challenges and*

individuals awakened before their immortal reality value the profound meaning of existence, allowing in themselves the psychological and spiritual maturity in constant pursuit of the joy of living with the Lord of Life and for Him. Consequently, certain of their constant and continuous interaction with all His creation, the beings undoubtedly feel connected to everything and everyone. Dissolved the illusion of solitude, the social network in which the individuals are inserted gains another meaning, provide them with their development to be unique, co-creators, fulfilling the "Will of God on Earth as in Heaven."

**Vanessa Anseloni**

**Neuropsychologist**

## Planetary Change: Hopes and Consolations

The Superior Spirits who advised Allan Kardec in his magnificent work of synthesis gave humankind all the conditions that might lead us to change paradigms.

According to Emmanuel's statement, the revelations "evolve in a gradual sphere of knowledge" and are similar to Allan Kardec's thought - "moral truths are essential elements of progress." We can deduce, therefore, that the moral sense will develop as individuals feel the need to complement their already developed knowledge and skills, creating a magnificent completion process in which reason and heart are integrated, cohesive, in the same personal and collective aspiration - happiness.

When the Spirits said that Spiritism would be "the Comforter promised by Jesus", immediately immature hearts deduced that the spiritual realm would communicate with them at each stormy time in their lives, giving answers and solutions to afflictive and sad problems.

However, the Spiritist philosophy is clear and objective - the human being progresses, and to progress, one must take responsibility. This, in turn, guarantees the security needed to conduct yourself in a safe journey of inner peace and tranquillity,

which does not mean that other people will act like that, since we live in a vast ocean of cultural, moral, intellectual, religious, and ultimately evolutionary diversity.

It has never been so necessary to seek solace in the Gospel of Jesus, in his words, attitudes and advice. His presence is the friend of every hour, the crucified who rose from the dead to say that it is just an incomplete perception, poor and apparent. Jesus did not rise from the dead, he showed that the death of the body does not destroy the immortal Spirit; Jesus is not God, he is the fullness of evolution that a Spirit in continuous improvement can reach.

The adversities and tribulations we currently go through foster disbelief, discomfort, division and somatization of the most diverse problems, enclosing the human soul in a view of the world in which hope (from hoping, stimulating good expectations) does not find space in the minds weary in the tragedies of everyday life and world events.

Jesus and his apostles lived in a world in transition, transition from mythological beliefs to rational faith that would be completed two thousand years later with the Spiritist Philosophy. From that time forth the human being obtained many achievements,

but the mishaps of the Spirit who seeks to be fed on immediate satisfactions prevent one from looking to the future optimistically and assertively.

*The Spirits' Book*, question 119, brings a statement from Paul of Tarsus: "to achieve plenitude, three things are needed: justice, love and science; three things are their opposite: ignorance, hatred and injustice". He adds, "... that the one that by a false impulse of the soul departs from the goal of Creation, consisting in the harmonious worship of the beautiful and the good conceived by human archetype, Jesus, is responsible (for social disorganization )."

This is the time to change paradigms. To do this, we have the natural urge for the Good we bring within; we have auspicious models that could be deployed from the empty spaces generated by pain and loss. The spirits who collaborated in the codification of Spiritism are and will be on our side so we perform within us and alongside us this new model of peace and spiritual prosperity, modelling the new civilization we so desire.

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