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Spiritual goals for success

The aircraft trembled and quickly reached the desired altitude. Through the window, it was possible to see the ground distancing itself and everything suddenly looked like miniatures, like the pieces of a *Playmobil*.

Next, the flight attendant began the safety instructions. Standing in the aisle, *in front of the attentive passengers*, she announced the procedures and emphasized that: *in case of a depressurization, masks will automatically drop in front of you. So, pull one of them to turn on the oxygen flow, put it over your mouth and nose first, breathe normally, and only then help the people next to you.*

It may seem extremely selfish that, in an emergency, we think of ourselves first and then of others. But how can we help someone in danger if we are not safe? It is likely that both of us will succumb...

In the same way, we understand that to be successful in our personal and affective relationships, it makes no sense to think of others first and forget about ourselves. Like loving others more than oneself. Forgiving others but not being able to forgive yourself. If you are not capable of loving yourself, how do

you want to be loved?

But this has a name: low self-esteem or self-devaluation. It is impossible to feel full and fulfilled while navigating in a sea of frustrations and personal disappointments. But what is

behind all this? In fact, this feeling of less value and personal discredit, to the point of seeing others as better than oneself, hides two destructive feelings called *fear* and *guilt*.

These feelings, most of the time, are unconscious. The individual is unaware of them in his intimacy, just as he is unaware of possible cancer cells developing in his body. And these feelings are linked to the disastrous experiences of our past and the fact that we have not yet managed to forgive ourselves. This gives rise to self-pity and failure, generating great internal conflicts with the attitudes described above.

Our fear and our guilt do not serve the world, much less ourselves and we do not need to diminish ourselves so that other people feel safe by our side. We were born to shine our light and so stimulate others to do the same. When we free ourselves from our fear and guilt by forgiving ourselves, our

attitude frees other people.

Nelson Mandela taught us that our deepest fear is not that we are inadequate, incapable, small or ignorant, but it is our wisdom, our talent and our success that terrifies us most. Guilt makes us distort reality about ourselves, "*Who am I to be brilliant, beautiful, talented, fabulous?*" - he said - But why wouldn't I be?

We could list dozens of reasons that would be pointed out as goals for achieving success in life. One of them could be our intellectual development, or our family, our children and our friends who light up our existence. They could also be the hope in tomorrow or the courage to dream and take risks that feed our soul.

However, would there be a greater reason, a special and peculiar purpose that motivates us to get out of bed every day in order to conquer our personal fulfilment and enlighten our lives?

I believe that the greatest and overriding reason that should motivate us to live is ourselves. I remember Nelson Mandela's words that confirm how true this is: We are brilliant and talented. We are children of the Universe and we do not need to make ourselves small to make others feel better. We were born to manifest the glory of God and we must let our light shine. Shine your light and achieve success.

Davidson Lemela

Neuropsychologist



The Pedagogy of Jesus

Pedagogy is the science that deals with the education, teaching and learning of children and young adults, that studies the problems related to their development as a whole. From the Greek "paidos", which means "of the child" and "agein" which consists of "to lead".

It began to develop in the 19th century. The Czech Johannes Amos

Colégio Allan Kardec, in Sacramento (MG), founded and directed by Eurípedes Barsanulfo. Later on, still in Brazil, José Herculano Pires was one of its main scholars and defenders.

Even before all these authors brought pedagogic models in favour of the education of children and youth on planet Earth, the

Incomparable

Master, Jesus, for two thousand years, exercised, at all moments of interaction with adults and children, in order to reveal the Divine Principles to guide human life for the spiritual growth of all His tutored ones, in parameters of the eternal path.

He revealed to us, through a superlative love, about the Kingdom of God and how to reach it, through the acquisition of moral virtues, in the multiple reincarnation opportunities, successive lives as school years of the essential schooling of the Great Earthly School.

In sublime meetings with

simple men and women of the communities of Galilee, Jerusalem, Capernaum and Tiberias, he brought the essential lessons about love and forgiveness, the Kingdom of God and His Justice, the peace of the world and His Peace, the stimulus to the search for perfection, true wealth, the Divine Fatherhood, and in the cosmic synthesis of the Gospels, on the mountain, the Beatitudes, which reverberate until today in the hearts of all the spirit-students enrolled on Earth.

Dr. Sérgio Thiesen

Cardiologist, Physicist

Avoidable sufferings

Many times, throughout our existence, when we are visited by pain, we rebel with the idea that we are going through a "Divine punishment", without really seeking to understand the role of pain in our journey and, from then on, being able to choose new paths, avoiding torments that we attract through our daily choices.

Léon Denis teaches us in the book "The Problem of Being, Fate and Pain", chapter 26, entitled "Pain" that "deeply considered, pain is a law of equilibrium and education".

Therefore, we need to reflect that if we go through an evolution process, from the moment we make better use of the lever that is "will" in our daily lives, making choices that are more adequate to the life plan we wish to achieve, and no longer guided purely by instincts or atavisms that we still carry in our being, certainly the tool "pain" will have its need diminished in our lives.

Therefore, let us always try to remember the objective of our existence, which is our improvement as immortal spirits, and instead of waiting for pain to come into our lives bringing its teachings, let us proactively try to anticipate its arrival and through the exercise of our will change patterns of behaviour that are inadequate to the universal Laws of Love. Certainly, in this way we will be readjusting ourselves to the teachings of the Master Jesus, avoiding many torments that would arrive as a Divine blessing to aid our awakening.

Dr. Livia Poli

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Comenius (1592-1670), the Italian Maria Montessori (1870-1952), Rudolf Steiner, Austrian philosopher, creator of Waldorf Pedagogy, Jean Piaget, Paulo Freire, the Swiss Johann Heinrich Pestalozzi, Allan Kardec's educator, are all notables who devoted their lives to Pedagogy.

Every time we have a new definition of Man and of the World, we can build and develop a new pedagogy. This is how Spiritist Pedagogy appeared. The French educator Allan Kardec solidified its principles. But it was in Brazil that Spiritist Pedagogy was born with that name, with its practices and proposals. The first spiritist school was

Integrity

The psychological being, the Spirit, is the sum of its experiences, of its mental and emotional values, corresponding to personal individuality, in the conquest of ethical integrity in relation to life.

Our acts and attitudes in the present are closely linked to past desires, aspirations, feelings and emotions. Our actions are not carried out without previous reasons. Nobody hurts us, we hurt ourselves, but we do not realise it, so we accuse others.

Through free will, the person imprints on his existence the pattern of happiness or affliction that he chooses to live.

Most suffering comes from the incorrect way of looking at life experiences.

Wisdom is the balance of the Spirit, the protection before inconsequence, the dimension of integrity and peace within. For this, it is fundamental to focus more on the cultivation of noble character than on reputation. Character is what we are in essence, reputation is what others think we are.

By pretending so much, at some point we will temporarily lose the conscience of what we are and what we want in life. As a personal choice and commitment, in honouring ethical and spiritual values and principles inherited from the divine fatherhood, such as humbleness, honesty, responsibility as well as charity, we will promote peace within ourselves, with others and with God.

By making an honest self-analysis of our experiences, we will understand that the harmony of the soul lies in the option for divine justice, integrity, and the courage to live the Truth.

Evanise M Zwirtes

Transpersonal Psychotherapist

Watchful Conscience

Although the human being possesses the innate potentiality to reach the level of cosmic consciousness, awakening is a slow and gradual process that occurs in proportion to the individual's efforts to know and transform himself, developing oneself through the process of discovery.

which then turn into displeasures, as well as in the search for an illusory success, to which he dedicates a great part of his life, until finally coming to his senses, when he succeeds.

Nevertheless, an intense and deep force pushes us towards the awakening of consciousness, very



The biochemist Robert de Ropp, based on the studies of Gurdjieff and Ouspenski, developed a system of consciousness with 5 levels, which starts in the Consciousness of dreamless sleep, when the individual only lives for the organic functions, without consciousness of the existential purpose, until the degree of Cosmic Consciousness, when he consciously perceives himself as part of the Universe, contributing with all his potential. However, in most of this evolutionary journey, the human being does not even know the wonders that inhabit his inner world. He behaves like the inhabitant of a house with many rooms and floors, but who remains restricted to one of the rooms of the residence, without having contact with or even being aware of the existence of the rest of the house.

Attachments and egoic identifications contribute to the consciousness remaining in a state of sleep. Attachments not only to things, but also to persons and even to the image that the individual has of himself. Trapped in patterns of behaviour and limiting beliefs about existence, he gets lost in a web of conflicts, in the search for pleasures

often using conflicts and pain, which put us in contact with the impermanence of life, so that by reflecting and changing our posture we become more aware of who we are and our existential role.

Sleep consciousness has become a heavy burden for humanity, which, having reached a population of 8 billion people, has a degree of responsibility that expands before the collectivity. Let us wake up!

Cláudio Sinoti

Junian Therapist





Resistance and ignorance

Jesus, the Light of the World, asked Humanity "Let your light shine"? What could this invitation be from the Master?

In question 120 of The Spirits' Book, Allan Kardec asks the Spirits of Truth if "all the Spirits pass through the chain of evil to arrive at good?", to which the Spiritual Luminaries reply that "through the chain of evil, no; through the chain of ignorance." This assertion teaches that evil is not necessary.

On the other hand, ignorance exists in everyone before the achievement of good, as can be seen in question 115 of the above-mentioned book, in which it is stated that all were created simple and ignorant. Therefore, without knowing, without moral and intellectual accomplishments.

Launched in the multiplicity of reincarnations, the being goes through the difficulties of an evolutionary journey, in which each situation experienced provides an opportunity for advancement in morality, as well as in instructive and intellectual values.

These ascension mechanisms are means of progress and are achieved through effort, generated by the behavioural choice of work, inducing the Spirit to overcome its ignorance, towards the unravelling of itself. It is a natural process, belonging to the divine laws, to which all the elements of creation are bound.

Ignorance is not knowing; it is not being aware of one's own existence; it is not having experience or practice that leads the individual to knowledge. Ignorance, therefore, refers to the

lack of perception and exterior successes, as well as being characterised by the inexistence of achievements truly valuable.

It happens that, in this evolutionary enterprise, many choose, in the exercise of their freedom, to maintain their own ignorance.

It does not aim to highlight processes of prolongation present in the initial phases of the ascending scale of being, in which the hegemony of not knowing is natural.

It aims to signal the resistance conveyed by those who have already walked significant stages in their spiritual history, having contact with divine revelations of truth, who have lived with personalities who stood out in thinking, doing and living the good, but who, even so, insist on procrastinating their actions around love and beauty.

It is the stage to which the inhabitants of planet Earth belong, since it is a world of trials and expiations, in transit to a world of regeneration, there are few Spirits with a predominance of initial ignorance, but present are those who possess a sufficient level of knowledge to change the course of their existence towards something transcendental and real.

Resistance to what is right and worthy, to what is true and useful still flourishes, opting for impediments to happiness and illusions that, once chosen, lead souls to shortcuts of personal ruin. This is a harmful meaning of resistance.

To resist is to stand firm, not surrender, not give in. Therefore,

resistance represents a kind of force, but it needs to be handled properly so that it does not cause imbalances and misunderstandings.

Whenever resistance is directed to the maintenance of firmness of purpose in the good, guiding the individual not to give in to evil inclinations, there is a positive aspect of resisting, because it leads the being to overcome ignorance at each stage overcome, at each temptation not accepted. The lesson is for persistence, resilience and moral firmness. An inner light is lit, originating from the result of the effort made to overcome the traps on the path.

However, this force produces negative effects when the Spirit resists change, does not yield to the appeals of good and love and becomes insistent in spreading ostracism, vicious accommodation. In these cases, ignorance is strengthened, and enlightenment is postponed.

Jesus came to teach that, in the face of evil, the other cheek, and that, for ignorance, the light of truth.

The call is for the living of the Gospel, for moral transformation, making the liberating light shine on ignorance.

Jesus' request resounds: "Let your light shine". All that remains is to welcome it, to become enlightened without resistance, to overcome without hesitation, to overcome without fear!

Lusiane Bahia

Lawyer