

DISOBSESSION

PREPARATION FOR A COUNSELING MEETING

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The **Spiritist Group of New York** (SGNY) is a non-profit organization, which has the sole aim to promote and disseminate the Spiritist Doctrine in English, as codified by Allan Kardec. The group was officially established on April 12th, 2001. However, some of its participants have been earnestly fostering the dissemination of the Spiritist Doctrine in the United States and in the United Kingdom for about ten years. As a result, a number of its founders and participating members have founded the **Spiritist Alliance for Books** (SAB), which is an organization that aims to unite people from all over the world who are willing to volunteer in the effort of translating spiritist books (which were originally written in other languages) into English.

INDEX

A Different Book – Emmanuel	7
Disobsession - Andre Luiz	11
1 Preparation for the Meeting: Upon Awakening	15
2 Preparation for the Meeting: Nourishment	16
3 Preparation for the Meeting: Physical and Mental Rest	17
4 Preparation for the Meeting: Prayer and Meditation	18
5 Overcoming Impediments: Rain	19
6 Overcoming Impediments: House Visitors	20
7 Overcoming Impediments: Other Hindrances	21
8 Natural Impediments	22
9 The Spiritist Center	23
10 The Meeting Room	24
11 Arrival at the Meeting	25
12 Conversations Prior to Meeting	26
13 Director of the Meeting	27
14 Punctuality	28
15 Furniture Used in the Meeting	29
16 The Chairs	30
17 Lighting	31
18 Medical Isolation	32
19 Electrical Equipment	33
20 Meeting Team	34
21 Visitors	36
22 Justifiable Absence	37
23 Unexpected Arrival of Sick Persons	38
24 The Counselor Mediums	39
25 Mediumistic Team: Trance Mediums	41
26 Mediumistic Team: Pass Givers	43
27 Books for the Initial Study	44
28 Preparatory Reading Material	45
29 Initial Prayer	46
30 Opening Message from the Mentor	47
31 Inquiries to Mentor	48
32 Manifestation of Needy Spirits (I)	49
33 Manifestation of Needy Spirits (II)	50
34 Manifestation of Needy Spirits (III)	51
35 Manifestation of Needy Spirits (IV)	53
36 Manifestation of Needy Spirits (V)	54
37 Counseling	55
38 Mental Cooperation	56
39 Simultaneous Manifestations (I)	57
40 Simultaneous Manifestations (II)	58
41 Spirit Mentor's Intervention	59
42 Mediums' Attitude (I)	60

43	Mediums' Attitude (II)	61
44	Unforeseen Indisposition of the Medium	62
45	Mediumship Education (I)	63
46	Mediumship Education (II)	64
47	Mediumship Education (III)	65
48	Mediumship Education (IV)	66
49	Mediumship Education (V)	67
50	Interference from Ill Spirits	68
51	Irradiations	69
52	Passes	70
53	Unpredictable Circumstances	71
54	Closing Message from the Mentor	72
55	Tape Recording the Message	73
56	Final Prayer	74
57	Closing	75
58	Conversation after the Meeting	76
59	Listening to Tape Recorded Messages	77
60	Constructive Study of Mediumistic Activities	78
61	Upon Departing	79
62	Conversations at Home	80
63	Assiduity	81
64	Benefits of the Task of Disobsession	82
65	Meeting of Counselor Mediums	84
66	Meeting for Mediumship Studies	85
67	Special Mediumistic Meetings	86
68	Visiting the Sick	87
69	Visit to Hospitals	88
70	Gospel at Home	89
71	Assistance Activity	90
72	Extra Studies	91
73	Formation of Other Groups	92
	Glossary	93

A DIFFERENT BOOK

*Jesus asked him, "What is your name?"
"Legion," he replied, because many demons had
gone into him.
(Luke, 8:30)*

While doing disobsession activity in the Gadarenes region, Jesus can be observed kindly talking to an obsessed person, who had been brought to Him, at the same time as He makes Himself heard by the unhappy disincarnates also present there.

It is important to notice that when the Master asked for a name, the medium, conscious of the pressure he was suffering from the disturbed and errant spirits, informed his name to be "Legion," to which the evangelist adds that the obsessed man behaved in this fashion "because many demons had entered into him.

We now know, from the teachings of the Codifier of the Spiritist Doctrine, Allan Kardec, in item 6 of chapter 12 of *The Gospel According to Spiritism*, "Love your enemies" that "those demons are nothing more than the souls of perverse men, who have not yet divested themselves from material instincts."

In this episode, we observe Christ speaking simultaneously to the medium and the communicating spirits in the meritorious task of collective counseling, thus, teaching us that disobsession is not a hunt for the phenomenon, but rather, patient work of love coupled to knowledge and reasoning associated with faith.

Whether it is the case of a slight interference or a

more generalized possession, the mediumistic mind remains oppressed by thoughts strange from itself, in a state of hypnosis from which only very gradually it will become freed from. From that stems the need to popularize the systematic assistance to the disincarnates who remain the prisoners of anguish and dissatisfactions. This must be done by the work of a team of companions specially dedicated to this type of assistance. Work which demands the same amount of patience and understanding to that found in the nurses dedicated to the assistance of brothers and sisters segregated by the threads of psychosis, within the establishments dedicated to providing for the cure of mental ailments.

Deeply feeling a similar need and wishing to recruit new groups of workers of goodness willing to help in the readjustment of those no longer in the physical plane and who have become distanced from reality, our friend Andre Luiz produced this book unlike any other found in his repertoire of a scholar, who has specialized himself on themes related to the Soul. There is nothing more appropriate and just than this desire because if ignorance requires the dedication of the teachers, and psychopathology depends on the abnegation of the doctors who employ the use of balanced dialogue in the practice of psychoanalysis, so it is that the mental alienation observed in the disincarnates require the fraternal assistance of friendly hearts, with enough understanding and an abundance of love to help in the existing spiritist centers, now working to restore Christianity in its clear and simple form.

This book thus, presents an important synthesis in the effort of aiding those suffering from obsessive processes

via the work of collaborators with varied talents. We ask the Master to sustain us all, disincarnate and incarnate workers, in the task to be accomplished because, whether obsessed or obsessor, consciously or unconsciously thrown into a state of unbalance; whether in this world or in the beyond, they are our brothers and sisters begging our assistance, companions that belong to our terrestrial family. The assistance to the family is not a ministry that we should relegate to the sphere of the angels, but rather an untransferable obligation that we are obliged to embrace as our task.

EMMANUEL

Uberaba, January 2, 1964

(Page received through automatic writing¹ by Francisco
Cândido Xavier)

¹ Automatic writing – The writing of Spirits using the medium's hand. Also termed Psychography.

DISOBSESSION²

A variety of therapeutic approaches deserve further consideration when seeking the suppression of the ailments that flog Humanity. Antibiotics attack the infectious agents, specialized institutions examine the pathology of cancer; surgery has reached the heart in order to correct heart defects, and millions of people are protected through vaccination. However, aside from illnesses that torture the body, we encounter here and in the next life the calamities of obsession that unbalance the mind.

Beyond the physiologic webs that interweave the organic body utilized by the Spirit in his educational apprenticeship in the world, it is possible to identify the dark pictures of similar disasters, where magnetic forces created by disoriented thoughts assimilate forces of the same nature, establishing mental alienations that go from the nervous tic to madness, reaching to phobias and ghostly disturbances. We see them present in all social classes, from those people provided with high resources

² See glossary

of intelligence to those who are unaware of the first notions of the alphabet, often culminating in the passionate tragedies that draw the attention of the press or the demented state that drives one to the hospice. Not to mention the problems of depression, sexual imbalances, syndromes of anguish and domestic disharmonies.

Disincarnate and incarnate Spirits in a sick state of mind tune into one another, creating harm and disturbances in those suffering from their vampirizing influence, in the resemblance of noble vegetables that parasites destroy after undermining all their resistance.

With this in mind, and with the purpose of cooperating in the treatment of those evils of imprecise symptomatology, we thought about the organization of this book³ dedicated to all the companions interested in the assistance to the obsessed. A book that is characterized by its absolute simplicity in the expositions of the subjects indispensable to the constitution and sustenance of Spiritist groups devoted to the liberation and healing task of disobsession.

³ The Spirit André Luiz invited the mediums Waldo Vieira and Francisco Cândido Xavier to help him in writing this book, each accepting responsibility for even and odd numbered chapters respectively.

A book that is to serve in the precincts consecrated to this task, whether they be in the interior end retreats of the rural zones or in the buildings of the great cities. A brochure's work in which the images⁴ aid in understanding the written explanations, so that the workers of the Spiritist Doctrine attend to the disobsession, in accordance with the principles asserted by Allan Kardec.

No Spiritist Institution can, in short, ignore such indispensable work for the hygiene, harmony, assistance or restoration of the human mind, providing adequate enlightenment, be it to the suffering disincarnates or the incarnates lacking inner education, and who suffer the depressing action, although sometimes involuntary of the disincarnates.

Each Spiritist Center must possess and maintain a team of workers of disobsession, at least for its own defense and preservation, in order to assist the victims of spiritual disorientation that roam the doors of the center.

In this manner, we offer these unpretentious pages to those who feel sufficient tender love, for those who seem

⁴ The photographs that compose part of the original Portuguese were not included in the present English version.

lost in the shadows of illusions and passions that consume them, circumscribed to the narrow margin of ignorance on Earth and beyond the Earth, in the torments and deliriums of the “self.” We turn over to our friends who might be able to welcome our desire, to do right and evaluate with us the extension and gravity of the problem, let us jointly remember and recognize that Spiritism is the Restored Christianity, and that the number one pioneer of disobsession, enlightening the unhappy Spirits and curing those suffering from all types of obsessions was precisely Jesus.

André Luiz

Uberaba, January 2, 1964

(Page received through automatic writing by Waldo Vieira)

1. PREPARATION FOR THE MEETING: UPON AWAKENING

As a general rule, on the day designated for the work of disobsession, the members of the team should maintain a dignified mental attitude.

From the moment of awakening, the counselors, the trance mediums, and those responsible for sustaining the ambiance and even the occasional visitor, must keep their thoughts elevated whether through prayer or by directing their minds to subjects of an elevated nature.

This can be achieved by cultivating pure thoughts and a good attitude, by practicing correct actions and by the use of a dignified vocabulary. Quarrels and arguments must be avoided by cultivating patience and serenity, no matter what difficulties might be encountered during the course of the day.

This is the proper preparation for a very serious undertaking, that is, the assistance to the less fortunate disincarnate beings, under the supervision of the Benefactors from the Spiritual Realm.

Imagine yourselves in the position of the Spirits in need and you will be able to comprehend the responsibility you are undertaking.

Each member of the group is an important component in the mechanism of service. The group as a whole is the engine, so to speak.

2. PREPARATION FOR THE MEETING: NOURISHMENT

The type of food eaten in the hours preceding the proposed task of spiritual interchange should be light. One should not fill oneself up with excessive amounts of food.

Full stomach - slow functioning brain.

The laborious process of digestion uses up a great deal of energy, hindering the clear and ample functioning of the thought process, which demands confidence and clarity in order to express itself best in the disobsession activities.

It is advisable to take a minimum amount of light foods. We believe it to be unnecessary to remind anyone regarding the impropriety of the intake of alcoholic substances. Those who still feel the need to smoke, eat meat, drink coffee and use strong spices, if they are not able to avoid it completely during the day of the meeting, are advised to, at least, reduce their intake. It must be understood that ideally, those participating in the work of disobsession should enter the doors of the Spiritist Center without any digestive problems.

3. PREPARATION FOR THE MEETING: PHYSICAL AND MENTAL REST

After work, whether professional or domestic, physical or mental, those working with disobsession should, within their possibilities, take the necessary time to prepare themselves physically and mentally.

Rest, physically and mentally.

Use edifying ideas to seek relaxation.

Avoid impure thoughts.

Maintain higher aspirations.

Keep distance from worries of an inferior nature.

Prepare yourself inwardly for example, reading wholesome and uplifting material, in this way forming a respectful inner ambiance. This will result in the projection of noble and pure spiritual vibrations, which the Spiritual Benefactors will utilize to build and enhance the resources to be used for the assistance and enlightenment of our spiritual brothers and sisters who no longer are in the physical body, but who still find themselves in an unhappy state.

Those responsible for the work of disobsession must understand that the communications require spontaneity. The preparation we have referred to is of a general nature. Therefore, it is important not to fixate the mind on unreasonable demands or rewards of a personal nature.

4. PREPARATION FOR THE MEETING: PRAYER AND MEDITATION

At least for a few minutes, some time prior to the beginning of the task at hand, and whatever the position the worker occupies in the group, he should dedicate himself to prayer and meditation in his own home.

Turn on the channels of the thought processes tuning in with the higher spheres.

Withdraw yourself from the vulgarities of earthly problems and pray, searching for inspiration from the Superior Realms.

Remember that soon you will be in contact, however brief it may be, with your brothers and sisters residing in the Spiritual World, where you too shall go some day. Therefore, take this opportunity to sow seeds of sympathy and respect, transmit compassion and project wholesome thoughts towards all those who have lost their physical bodies without having been spiritually prepared for the change.

In this way, you will be initiating the journey towards developing productive work via cooperation with the enlightened disincarnate entities, who are in turn the legitimate providers of goodness.

5. OVERCOMING IMPEDIMENTS: RAIN

The time to go to the meeting has arrived.

It is necessary to overcome the obstacles, which the weather may impose.

Frequently, we will be faced with the prospect of heavy rain or windstorms, as common types of obstacles. However, whether it is cold or rain, the team worker will not be thwarted and remain at home because of this type of interference. He will always have the necessary warm clothing at hand and will face whatever natural challenges may occur, completely conscious of his duties.

6. OVERCOMING IMPEDIMENTS: HOUSE VISITORS

In the list of natural impediments, a frequent one is the unexpected arrival of visitors.

One can easily understand the embarrassment of our fellow workers when that happens, at the time they are about to leave to go to the meeting.

Sometimes it is a relative in need of a friendly word, at other times it may be a friend in need of assistance. Let it not be regarded as an insurmountable obstacle. At such times, those involved in the work of disobsession will explain the situation tactfully, using frankness and humility without making excuses for his absence; in this way, not only is he fulfilling his obligation, but also awakening feelings of sympathy in the visitor, and thus securing a state of emotional balance.

7. OVERCOMING IMPEDIMENTS: OTHER HINDRANCES

In the list of obstacles, which often seems to be intelligently set up to hinder the steps of those working with disobsession, one may find the most unexpected occurrences.

- It may be a child who falls, bursting into tears.
- The key to the door that disappears.
- An alarming message that arrives unexpectedly.
- Somebody calls to ask a favor.
- A relative who starts complaining of a sudden pain.
- Troubles with the mode of transportation.
- Traffic jams.

Those collaborating with the services of assistance to the suffering spirits must not hesitate. They must figure out an immediate and reasonable solution to those small inconveniences, and proceed with the spiritual duties that await them, remembering that even family parties, such as birthday celebrations or others domestic events must not be considered insurmountable obstacles.

8. NATURAL IMPEDIMENTS

Some circumstances do exist, however, that may be considered as natural obstacles to the work. For example: an unexpected trip required by professional demands.

In other cases, it could be a serious health problem affecting a family member or even the worker himself, thus preventing him from attending the meeting.

We still have to take into account impediments occasioned by contagious infections such as the flu. For our female workers, it is reasonable to accept as justifiable the needed cares resulting from pregnancy, and the monthly annoyances characteristic of their gender.

Whenever there is a problem, it is important that a companion communicate quickly with those responsible for the meeting, bearing in mind the need of maintaining harmony within the team, as much as possible.

9. THE SPIRITIST CENTER

As our understanding of mediumship activities develops, we realize that the work of disobsession requires the proper ambiance in the Spiritist Center so it may be performed in safety.

In order to understand that, we must bear in mind that while many of those who fall sick are able to recover at home, there are others who need the hospital environment for their recovery.

If at home we have empirical agents working in benefit of the sick, in a hospital we find a whole collection of medical equipment, which has been selected for prompt assistance.

In the Spiritist Center the disincarnate instructors have access to advanced resources from the Spiritual Plane, for the assistance of both the obsessed and the obsessor. For this reason, if at all possible, it is within the respectable walls of this school of living faith that the ministry of disobsession should take place.

It is also important to point out that, those who have committed themselves to this task should not without endangerment, become involved with other mediumistic activities, either before or after the task to which they have already committed themselves, for the benefit of the suffering disincarnates.

10. THE MEETING ROOM

The room where the meetings are held should be clean and simple.

On the table we may place some of the basic books of the Spiritist Doctrine, preferably *The Spirit's Book*, *The Gospel According to Spiritism*, and a book that deals with Kardec's philosophy in light of the teachings of Christ. Only the exact number of chairs to be used by members present should be placed around the table, which should be clear of cloth, ornaments, water jug, or any other objects.

Behind the row of chairs, another may be designated with additional seats or benches for occasional visitors.

A clock shall be placed where it can be visible and handy, either on the wall, on the pocket or on the wrist of the director, so that the timetable set up and discipline established for the meeting may be kept. A tape recorder, in case there is one, should not be a disturbance and will be placed as determined by the director of the meeting.

11. ARRIVAL AT THE MEETING

The Spiritual Benefactors in charge of the work of assistance to our suffering disincarnate brothers and sisters always expect the members of the team to show a respectful attitude upon entering the room dedicated to the service of assistance. Therefore, no loud talking, tumult, yelling or loud laughter will be acceptable.

The workers must remember that they may be in the presence of sick spirits, who are gathered there as in a hospital, and who deserve our kindness and respect.

The rescue work is now about to begin. It is necessary to direct our feelings towards silence and compassion, to goodness and elevated thoughts, so that the group may work in harmony for the edification of goodness.

12. CONVERSATIONS PRIOR TO MEETING

For those who arrive early, there is always the probability of conversation with each other, and it is the duty of the team workers to avoid wasting energy in visits to neighboring places, whether it is to private homes or to public restaurants. Those may be just brief visits, but they are, nevertheless always inconvenient.

It is not unreasonable to ask the helpers in this type of task, to avoid discussions of an undignified nature in the light of the work involved. Avoid jokes and damaging remarks about anyone. Avoid criticism, scandalous comments, complaints, and unkind or ironic references of any kind.

Any comment may affect the ambiance. If we must speak before commencing the task of assistance, then, let our conversation be of a constructive nature that we will help in maintaining the proper vibrational ambiance in the room, instead of perturbing it.

13. DIRECTOR OF THE MEETING

The director of the task of disobsession must not forget that the Superior Spiritual World expects him to provide the fundamental support for the work.

Direction and discernment...

Goodness and energy...

It is true that no superhuman qualities will be expected of him. However, the director of the assistance to the suffering Spirits must understand that his function before the mediums and visitors to the group, are like those of the head of a family, in the institution of the home. His positioning, thus, should be of:

- Authority based on example.
- Habit of study and prayer.
- Dignity and respect to all.
- Display of affection without extending privileges.
- Mildness yet also firmness.
- Sincerity and understanding.
- Constructive conversation.

To maintain the highest morale, the director will afford every component of the group with the same attention and affection, as a good and noble teacher should have towards his pupils. He should position himself before the Spiritual Instructors as a most responsible counselor. He will, therefore, designate two or three workers to serve as his assistants under his guidance in the task, and as his substitutes in case of a justifiable impediment.

14. PUNCTUALITY

Punctuality is an essential part of our everyday life - discipline of life.

Businesses have little regard for negligent employees.

At home, we hold in high regard those of our relatives who keep their appointments and perform their duties efficiently.

As a rule and as politeness demands, we do not fail to keep our appointments with the important people of the world. An interview with an entrepreneur or a conversation with a minister of state could be given as examples of that.

Those working with disobsession must realize that the Spiritual Benefactors and other disincarnate friends must abandon other important obligations in order to come to our assistance and help us.

Punctuality is always a must, but in the work of disobsession it takes on a more solemn role.

We must not fail to comply with the work. We must not forget that in the majority of cases, failure is the unhappy result of a late arrival or an absentee.

Commencement time must be strictly adhered to, while understandingly, the termination of the session may vary.

It is advisable to lock the entrance door fifteen minutes prior to the commencement of the meeting. This time will be used for preparatory reading.

15. FURNITURE USED IN THE MEETING

The furniture in the room where the disobsession meeting is to take place must be void of anything that may be associated with ritualistic ideas and amulets, such as symbols and idols of any kind, but must also be composed of simple sturdy furniture.

The table must be solid and the chairs preferably made of wood, resembling those found in a respectable home, and without unnecessary adornments.

If anything is to be added let it be two wooden benches or chairs, to be used by the occasional visitors, or for the magnetic passes. It can also be used to assist a member of the group, who may possibly need passes⁵ that will be placed outside the ambiance formed around the table, generated by the communion of thoughts.

We should avoid mats, jars, pictures, or other ornaments. We must not forget that the place is consecrated above all, to the comfort of the suffering or truly demented spirits, and who need a clean and simple atmosphere in order to forget the illusions or unhappy experiences they had lived while on Earth.

⁵ See glossary

16. THE CHAIRS

The chairs to be used in the disobsession meetings merit an additional mention.

Avoid the use of any chair that may be conducive to sleep, as well as those that lack a back support as in the case of footstools.

Let us use heavily built chairs in order to prevent falls or excessive movement, so common in mediums during trance communication; constructed with simplicity and with a high back, to provide a firm support for the workers engaged in the spiritual assistance to our distraught brothers and sisters residing beyond the physical plane.

Avoid noisy chairs that may cause unnecessary disturbance or interference in the ambiance.

17. LIGHTING

In the initial phase of the work, in order to facilitate the setting up of the room as well as the initial study, it will, of course, be fully lit.

However, just before saying the initial prayer, the director of the meeting will lower the lighting in the room to one or two lamps. These should preferably be red and of a low voltage (approximately 15 watts). The reason being that the emission of intense rays interferes with the formation of the beneficial potential resources, mentally created and manipulated by the Spiritual Mentors in charge of the ongoing work of assistance with the help of the mediumistic resources of the team.

The lamps should be situated away from the table in order to avoid accidents. In the case that electricity is not available, the director will diminish the brightness of the room by whatever lighting system is being used.

18. MEDICAL ISOLATION

Disobsession is in itself medical assistance of a most serious nature.

It is important to understand that the physical space surrounded by the four walls reserved for it has the importance of an infirmary. It relies on the additional resources from the Higher Realms for the rescue and treatment of the disincarnate beings whose minds are still lingering in a state of confusion and unhappiness.

Any unnecessary curiosity and theatrical demonstrations must be eliminated from the disobsession work.

If we put ourselves in the place of the distraught Spirits, we will realize how detrimental the presence of any stranger would be to this type of special service of assistance.

The assistance to the perturbed or suffering spirits is a task for those who are able to love and understand them, by maintaining a respectful attitude towards their torments and sorrows. From that springs the need to maintain a suitable vibrational ambience in the place dedicated to the work of spiritual enlightenment and rescue, which must be kept isolated from external interference. Therefore, we must conclude that disobsession, whenever possible, should take place in the Spiritist Center, instead of the unsuitable vibrational ambience of a private home.

For this reason, it is important that the members involved with disobsession, in particular the trance mediums and the counselor mediums, should visit hospitals and other places devoted to aiding certain types of illnesses, in order to better understand the necessity of being tactful when dealing with furious and uncontrollable Spirits.

19. ELECTRICAL EQUIPMENT

The use of electrical equipment during disobsession sessions should be restricted to a search light, to be used in an eventuality, and whenever possible to a tape recorder, to record the messages of the manifesting entities, particularly those characterized by their instructive nature, so that their teachings or personal experiences may be saved for further study.

We stress that the group only uses a tape recorder when it is available, for it is not indispensable for the course of the work.

The director of the meeting or the person in charge of its utilization must look after it, verifying that it works properly and know how to operate it before the beginning of the activities, thus avoiding last minute annoyance or rushing around.

20. MEETING TEAM

The members of the team, whose number should never exceed fourteen, must above all, keep their thoughts elevated with a correct mental attitude, before, during and after each task.

There should be no concerns about accessories or special clothing. They must understand that they are in that place in order to exercise a fraternal mandate of trust.

There is no place for blind faith in the Spiritist Doctrine. However, in the work of disobsession one must avoid unnecessary research, vain questions, criticism and unreasonable expectations.

Every member of the team will assume specific tasks. For example in a group of fourteen members there will be; 2 - 4 counseling mediums, 2 - 4 pass-givers⁶, and 4 - 6 trance mediums.

Pass givers and counselors, in addition to their specific tasks, will also function as positive elements of protection and safety for the trance mediums whenever these are being utilized. It is important to understand that each member of the group could be compared to fluidic batteries or lamps. They may or may not be switched on to produce the effects of energy or light for the benefit of those who are in a state of spiritual darkness. This explains the need for all members of the group to maintain an elevated level of vibrations, so that those who are spiritually ill may open themselves to return to a state of equilibrium and discernment.

The incarnated components of the group must not give

⁶ See glossary

way to sleep during the disobsession work to avoid unnecessary out of body experiences. It is worth mentioning that in this type of work there should not be any mediumistic activities or experiments other than those related to the disobsession chore.

21. VISITORS

The disobsession work must not be viewed as a department for social favors, which although well intentioned, would not be harmonious with the task of spiritual assistance to be projected for the benefit of our disincarnate brothers and sisters, who are tormented by bitter difficulties.

However, there may be times when a fellow worker of the Christian-Spiritist enterprise may be granted permission to attend a meeting. They may only be permitted access to oversee the work with a view to constructive observations. It is important, however, not to receive a great number of people at any one given time, so that the ambiance of the meeting does not suffer inopportune variations.

Such visits must only be allowed on rare occasions, and only under reasonable circumstances, in particular when their objective is the formation of similar type of activities. Before accepting the visitors into the meeting, it is important to consult the Spiritual Mentors of the group in deference and respect to the great responsibility they have undertaken to benefit the team. However, one should keep in mind that the guidelines for the Spiritist activities are all contained within the Spiritist Doctrine itself, and not at the discretion of the disincarnate friends, not even the more enlightened ones.

Note that in such cases the visitors do not need to be present for more than 3 or 4 meetings.

22. JUSTIFIABLE ABSENCE

Frequently, it is absolutely impossible for one or more workers to be present at the designated time. It may be due to:

A trip that is impossible to postpone.

A serious domestic problem.

An unexpected professional requirement.

Sudden illness.

In such circumstances, let the participant not overlook his obligations with regards to the disobsession task. He should, if at all possible, send a note to the director of the group excusing himself, even if only a few hours or minutes prior to the meeting. By doing this, he will prevent possible disturbances which would otherwise affect the vibratory level of the group, creating apprehensions and unnecessary inquiries.

In any case, the meeting should proceed even with a reduced number of participants.

23. UNEXPECTED ARRIVAL OF A SICK PERSON

Sometimes without prior notification, an unexpected problem may arise in the form of the sudden arrival of a sick or obsessed individual at the meeting.

Whether they are adults or children, in such an instance it is important that the group promptly decides as to the right approach to the immediate situation.

In the majority of cases the sick person and those accompanying him may be allowed to remain in the room for a few moments during the initial phases of the work. At such occasions the director of the group will delegate someone to administer passes and give orientation, guiding them towards the appropriate avenue of assistance or enlightenment.

They should depart from the room as soon as this brief assistance has been administered.

This example includes those people suffering from some type of disturbing spiritual influence, or in the initial phases of obsession. To them the contact with an unhappy or truly perturbed Spirit without the necessary preparation is always inconvenient and damaging due to the susceptibility and negative suggestions they present in the limited state of consciousness in which they find themselves.

However, in consideration of the already established obsessive process, the group can and must receive the obsessed person, as well as those accompanying him, placing them in the seats designated for visitors, where they may receive the necessary assistance.

24. THE COUNSELOR MEDIUMS⁷

In the work team the counselor mediums remain under the direction and inspiration of the Spiritual Mentors who are the ones who coordinate the rescue or assistance of the suffering disincarnates. These include the director of the group and his assistants who are the ones more directly utilized by the Spiritual Benefactors to convey the teachings and to administer the necessary assistance.

Without a doubt, these companions have one of the most important tasks in the work.

Let us now review some of the fundamental duties included in their task:

1. They must pay close attention to the intuitions they may receive, so as to be able to register accurately the suggestions received from the Spiritual Benefactors who are directing the meeting;
2. Only touch the body of the medium in trance when extremely necessary;
3. Carefully study the cases of obsession that are presented to the team of trance mediums, with a view to identify those which may need to be treated in the field of psychiatry, so that the adequate and proper medical assistance may be sought;
4. Cultivate a tactful psychological approach in order to avoid violent actions or harsh words, although, avoiding systematic kindness, which may anesthetize the mind without renewing it. They

⁷ See glossary

must be firmly convinced that it is essential to couple reason and genuine sentiment, compassion and logic, so that the verbal assistance may obtain or achieve its optimal, ultimate result;

5. Bar the presence of children in the disobsession work.

Other aspects of this particular function are referred to in chapters 13, and 32 to 37.

25. MEDIUMISTIC TEAM: TRANCE MEDIUMS

In the work of disobsession the trance mediums are those called upon to render physiological assistance to the suffering spirits, so that they may be helped. They are expected to maintain an attitude of positive faith based on the certainty that the Superior Spirituality carefully supervises their work. By understanding that no one is called upon to engage in a task of such great moral significance by accident, they will readily understand that it is on their positive passivity that the success of this enterprise of light and liberation depends and, into which they have been accepted.

Being aware of the prominent position they occupy as workers and mediums in the disobsession process, it is logical to expect them to pay close attention to certain points, which are essential to the success and safety of their activities:

1. Development of self-criticism.
2. Acceptance of their own mistakes in the mediumistic task in order to improve and perfect their channeling capacity.
3. Acknowledgment that the medium is the one responsible for the communication he transmits.
4. Avoid becoming offended by comments made by the counselor or other companions, rather taking advantage of the opportunity to improve themselves and the work they are responsible for.
5. Attend solely to one group, thus avoiding the inconveniences that may arise from assuming obligations in various disobsession groups at the same time.

6. Exert complete control over himself, so as to be able to accept or not the influence of disincarnate Spirits, including vetoing any obscene words or expressions that a communicating spirit may wish to utter through him.
7. Genuine intent to improve his own cultural and moral development.
8. Constantly being aware of and avoiding flattery while being thankful for the support and friendship of those who are encouraging him in the pursuit of his duties.
9. Be able to discern the type of Spirits approaching him, whether through the impressions felt by the spirits' presence, his vocabulary, the magnetic emanations, or his general conduct.
10. Use of comfortable clothing, deliberately avoiding certain objects such as watches, pens, glasses, and jewelry.

26. MEDIUMISTIC TEAM: PASS GIVERS

Amongst the providers of goodwill, which make up the team, one in particular stands out as being of significant importance: the pass-giver.

“Diligence and devotion”

“Vigilance and spontaneity”

The pass givers will remain attentive to the need of their assistance during the meeting, in circumstances such as: a problem arising among his fellow workers; a trance medium that may become exhausted; the request from a visitor; and finally, the routine assistance in the final phase of the work.

The pass givers will incorporate a routine in their eating habits and training, to be available and capable of contributing with their abilities to the work, which has been organized for the group in the service of assistance. The counselor mediums may also assume the function of pass givers, but not of trance mediums, so as not to become influenced by sickly Spirits.

27. BOOKS FOR THE INITIAL STUDY

The books to be used for the group to study will be the following:

1. *The Gospel According to Spiritism*
2. *The Spirits' Book*
3. A book describing Kardec's principles according to Christ's teachings.

The reading of passages from any of these books will enable the team to attune their thoughts to the same mental level through the vital study of Christian-Spiritism, thus creating the adequate ambiance for the task at hand.

The Mediums' Book and other books of a technical nature should not be read at the disobsession meetings, but only on adequate opportunities as mentioned on chapters 66 and 72.

28. PREPARATORY READING MATERIAL

The preparatory reading should take no longer than 15 minutes. It should preferably include a passage from *The Gospel According to Spiritism*, followed by a question from *The Spirits' Book*, in addition to the reading of a passage from a book containing evangelical comments, related to Allan Kardec's works.

After studying, the director will remove the books from the table, accommodating them in the appropriate place.

The study of the spiritist teachings prior to the meeting with our suffering disincarnate brothers and sisters creates and conducts us to a higher moral ambiance, favoring the mental affinity of the group in order to project loving fraternal assistance in the task ahead.

The group will avoid discussions around the topic studied, being aware that they must be in unison to receive the sick entities that are waiting in the meeting environment and who are usually anxiously waiting to receive comfort.

So let us reiterate: The director will introduce the reading approximately 15 minutes prior to the commencement of the communications, he will pronounce the opening prayer, and thus will initiate the pre-scheduled task.

29. INITIAL PRAYER

At the exact time set for the commencement of the meeting the director will lower the lighting and respectfully say the opening prayer.

He will be precise and speak no longer than about two minutes.

Some prefer to use a memorized prayer. However, it is better that the director uses his own words when praying to envelope the team with sentiments flowing from his inner soul.

The prayer at this moment requires only a minimum amount of time. We must remember that are entities, in the meeting environment, who find themselves in a state of agony and in need of help, just as a desperately ill person awaiting his medication. In many circumstances they have become linked with the minds of the trance mediums, even hours before the scheduled beginning of the meeting, thus altering his psychic state and even his physical state. Therefore, assistance should not be delayed.

30. OPENING MESSAGE FROM THE MENTOR

After the director has said the initial prayer, the director and the mediums will wait for the manifestation of the spiritual mentor of the group, through the indicated trance medium.

This measure is necessary because there are particular problems and situations, directly related to the counseling and which are only visible to him. This spiritual friend, having the position of the director of the group in the superior plane, will have the opportunity of addressing the team reminding them of incidental details involving the service, and answering a few occasional questions, which the incarnate director may wish to ask. He may also use this opportunity to give some advice or to propose certain measures.

This interchange in the early phase of the work is important for the harmonization of the agents and factors related to the task at hand, even if the mentor uses the medium only for a short prayer, it will undoubtedly produce a tranquilizing effect in all areas of the work to be encompassed.

31. INQUIRIES TO THE MENTOR

Once the meeting has begun, the director may sometimes have the need to consult the spiritual benefactor regarding certain topics.

Frequently, it is the case of a friend who wishes to join the group, but who would not be admitted without prior approval. On other occasions it may be an inquiry as to where the best place would be to put the occasional visitors, a request for medical or magnetic help to this or that member of the team, who may suddenly be in need of assistance. It may be a necessary and fair question related to problems that may come up within the group or a request for assistance on a situation arising under unpredictable circumstances.

On such occasions, the director would wait until the mentor has finished with the brief initial instructions through the respective medium, and then proceed to formulate the inquiries, which he might consider to be necessary and opportune.

32. MANIFESTATION OF NEEDY SPIRITS (I)

The manifestation of sick spirits may last between one and one and a half hour in total, so that the meeting may not be prolonged for more than two hours, excluding the initial reading.

The unbalanced and suffering disincarnate Spirit utilizes the trance medium, projecting him with his own deficiencies and anguish, thereby requiring the combination of kindness and self-confidence, humility and vigilance, on the part of the worker who converses with him.

Naturally we should view these manifesting visitors, as being sick persons to whom, each sentence pronounced should have a soothing and healing effect. It is obvious that it will not be possible to agree to all of his requests. However, it would not be reasonable to expect a normal understanding of things from him, which he may be far from comprehending.

Let us view each suffering Spirit as if he was a very dear member of our family; thus finding an avenue through which we will be able to touch his heartstrings.

In this chapter and in the following ones, we will discuss some common attitudes of the trance mediums during a trance.

33. MANIFESTATION OF NEEDY SPIRITS (II)

The counselor mediums, through their conversation with the needy manifesting Spirit, should be able to deduce the gender to which the Spirit has belonged, so that a constructive conversation may be developed in an ideal psychological frame. Analyse without recriminations or feeling shocked, the problem related to unconscious animism or mystification that may occur. Do the best that they can with patience and kindness, to enlighten both the mediums and the Spirits involved in these obscure types of spiritual manifestations. Work within the team with the seriousness of one who effectively removes a disease from the body without compromising the other parts of the organism.

Do not yield to any temptation to argue or challenge the communicating entities, even going as far as sometimes giving reason to the unhappy spirits or obsessors, accepting that the true disobsession is not always achieved by the immediate removal of the obsessive agent. In most cases the separation between the obsessed person and the obsessor should be done gradually.

Also, whenever necessary, utilize positive hypnosis on the will of the communicating suffering Spirits. Therefore, sleep therapy can be employed, so as to more readily lure them under the care and guardianship of the Spiritual Benefactors who are present there, by creating and projecting the mental images useful for the enlightenment of the suffering Spirit or by improvising positive thoughts, having in mind their mental re-education. It can also be suggested the idea of the production and administration of medicines, or of restraint measures for the security of the disincarnates least accessible to the assistance of the group.

34. MANIFESTATION OF NEEDY SPIRITS (III)

During the course of mediumistic activities the counselor should not induce the trance mediums to receive the disincarnate Spirits already present, by repeating orders and suggestions to that end, being attentive to the fact that spontaneity is essential for the success of the manifestation of the Spirit.

The counselors shall allow the suffering Spirits to express themselves through the trance mediums in a manner as freely and uninhibited as possible, provided that the safety of the mediums and the dignity of the ambiance are respected. They should also bear in mind that the manifestation must follow the discipline concerning the allotted time.

With regards to the mediums, whether they be counselors or trance mediums, they should be very careful not to disturb their particular spiritual activities. When the mediums cultivate doubts or a suspicious attitude, incompatible with the charitable work they propose to do, they often miss great opportunities in the task of the disobsession, by favoring interference of perverse intelligences.

The mediums belonging to any disobsession group, as occurs with every spiritist individual, are called upon more and more to honor their family and professional commitments, and to avoid every manifestation and attitude which may be susceptible of inducing them to fall into religious professionalism.

The director of the group and his assistants must understand that the enlightenment of the suffering disincarnates is comparable to a psychotherapy session, and that the meeting is similar to group therapy. It is his

responsibility, whenever and as often as possible, the application of evangelical procedures. He must bear in mind that the essential part of the treatment is to reach the spirit's focus of interest, which holds him to certain fixed ideas. Therefore, in order to unlock his mental field, it is thus important to avoid any type of unnecessary discussions or digressions.

35. MANIFESTATION OF NEEDY SPIRITS (IV)

It is interesting to notice that there are trance mediums to whom the Spiritual Friends designate certain types of manifestations that correspond more closely to his individual tendencies, character, cultural and moral formation thus specializing their mediumistic faculties.

It is important not to mistake this type of work with the so-called animism or possible unconscious mystification.

36. MANIFESTATION OF NEEDY SPIRITS (V)

The counselor mediums will remain attentive to the characteristics shown by the unbalanced spirits manifesting themselves. Amongst them there will frequently be those who are appearing for the first time as well as the systematic frequenters, the unhappy companions who are linked with the past of the members of the group and those who have just recently disincarnate and are completely disoriented. There are those who have committed suicide and murders; cases of “*lycanthropy*⁸” and madness; criminals brought into the meeting of disobsession in order to improve themselves; brothers and sisters suffering from exoticism having recently disincarnate in foreign lands. We will also meet those addicted to sarcasm and playfulness, the conscious or unconscious vampires who are interested in concealing the truth, and an extensive number of needy Spirits found in all degrees of darkness and suffering that characterize the scale of ignorance and cruelty.

It is very important to be aware that they all deserve understanding and adequate treatment, in accordance to the pain or problem they express, thus requiring patience, understanding, help and fraternal devotion. Disobsession is not achieved without the exercise of reason. However, the proposed ends cannot be fulfilled without the deep foundations of empathy.

⁸ Lycanthropy: The transformation of a human being into an animal. The term is derived from the Greek words, *lukos* a wolf, and *anthropos* a man, but it is employed regarding a transformation into any animal shape. (Lewis Spence, *The Encyclopedia of the Occult*). In Spiritism this is the state in which certain Spirits may find themselves in the spiritual world due to their inferiority or the hypnotic influence received from an evil Spirit.

37. COUNSELING

The director of the group will usually have one or two other members to assist him in the work of counseling and supportive re-education of the suffering disincarnates. He shall be in control of the counseling either by directly addressing the unhappy brothers and sisters manifesting through the trance mediums or by indicating one of his assistants for that.

The conversation must be undertaken in a clear and logical manner but in edifying terms, without any trace of impatience or dislike for the manifesting Spirit, even where there is cause for dislike or amusement. The counseling will not be extended for too long as one must keep in mind that there are time restrictions and also, that other spirits are waiting to receive assistance. With few exceptions the counseling will not take longer than ten minutes.

If the communicating Spirit persists in enveloping himself in the brazier of prolonged revolt or in clouds of complaints, thus remaining indifferent or obstinate, the director or the assistant in charge will request the cooperation of the Spiritual Benefactors there present, to take the rebellious spirit to a spiritual organization adequate for that particular case. In those situations the use of hypnosis will be beneficial, in order to serene the perturbed companion via the application of calming magnetic energies, thus assisting in his removal from the mediumistic field, in the same manner that a tranquilizer is administered to a sick person who is desperate, so that he may be more easily placed under adequate care.

38. MENTAL COOPERATION

While the counseling is being given to the suffering disincarnates, it is imperative that the assistants maintain elevated thoughts, thus lending support to the counseling being given by the director or the assistant in charge at the time.

Thoughts of disagreement, cruelty, irony or scandal should not cross the minds of the workers at this moment.

Both, the person who is counseling the unfortunate brother, as well as the companions present at the meeting, will maintain sympathetic feelings of solidarity in their souls, as if they were rescuing a most beloved relative, so that the needy spirit may sense the genuine support in the counseling being administered.

It is necessary to understand that otherwise the service of assistance would suffer inevitable interference due to the absence of indispensable mental support.

The director will take the initiative to appeal for mental cooperation from the participants whenever it becomes necessary, concentrating the attention of whoever may have become distracted or indifferent. This happens because the group in action is comparable to a dynamo, whose engine in the form of mental current of fraternal help must circulate harmoniously if a proper service is to be rendered.

39. SIMULTANEOUS MANIFESTATIONS (I)

The trance mediums despite being sometimes under great pressure from afflicted entities whose suffering, although unknown to us are nonetheless deeply felt in the innermost fibres of their beings, will in spite of that educate themselves properly to control their mediumistic abilities. They will only render passivity or allow the manifestation of the restless entities when they perceive it to be an opportune moment for that. For this reason, it is not advisable to conduct simultaneous counseling to more than two needy entities, so that order is maintained in the meeting.

Even when the medium has achieved an advanced somnambulistic state he can and must exercise self-control. Aided by a sense of observation and study, the medium will contribute to maintain the necessary discipline, thus providing a safe environment where he will be able to discharge his duties in the nursing work he is a part of.

40. SIMULTANEOUS MANIFESTATIONS (II)

Each medium should only be allowed to receive the manifestation of two entities per meeting. This will prevent a greater loss of energy, as well as successive or consecutive manifestations, which are in many aspects an inconvenience.

In no circumstance should the medium involved in the disobsession group distance himself from his team of workers. He must understand that he is for the team very much like a vital organ in the body, and therefore, must fill his place so that the team can maintain its cohesion and be productive.

41. SPIRIT MENTOR'S INTERVENTION

On certain occasions, in the middle of the meeting, there comes the manifestation of a disincarnate spirit in a state of absolute obstinacy.

The unbalanced state of the entity may coincide with an inopportune thought on the part of the medium, thereby establishing an even greater disharmony.

This happening may cause great inconvenience. Therefore, if it is convenient, the spiritual mentor will spontaneously manifest himself through the responsible medium, and take part in the counseling, either by talking to the communicating Spirit or to the medium through which the Spirit is manifesting itself. On the other hand, the director may request the assistance of the mentor if he deems it to be necessary, by asking him to manifest himself directly through the designated trance medium, so that the problem may be resolved.

42. MEDIUMS' ATTITUDE (I)

The trance mediums, as well as the counselor, must not under any circumstance forget that the perturbed entity is there in the same condition as that of a sick person in the presence of a nurse.

In the task of spiritual assistance, the Benefactors and friends from the Higher Spheres, as well as the incarnate companions, such as the director and his assistant counselors, function in the group as the competent authorities in the healing process. However, the medium is the nurse, so to speak, who has been called upon to control the patient as well as he possibly can, thus preventing the Spirit from producing tumultuous manifestations or from using obscene words.

The trance medium must be thoroughly prepared for the function he is going to exercise, knowing perfectly well that he is not a mere puppet to be completely controlled by the disincarnate entities. Rather, he is the interpreter and the nurse, capable of assisting, to a degree, in the control and re-education of the rebellious Spirits who persist in practicing evil. This understanding is important so that the director may feel strengthened in his work of enlightenment and allow the team to be as productive as possible in the work of assistance.

43. MEDIUMS' ATTITUDE (II)

Even when the medium is in a complete state of somnambulism, incapable of later remembering anything regarding the work of assistance he has been a part of; even when he is partially separated or disassociated from his physical body, he still has the means of controlling the physical senses which the communicating Spirit utilizes. Therefore, he is capable of, with the help and guidance of the Spiritual Benefactors, controlling the manifestations.

Never say that this is impossible to achieve. Disobsession is a process of recovering balance and cure, and never of agitation and theatrics.

Therefore, it is good to remember that there are well-balanced trance mediums and there are still obsessed trance mediums. In any case, whenever a medium appears to be in a state of obsession, he will require personal spiritual assistance in the form of counseling, similar to that given to perturbed entities also in need of help.

It is true that there are certain cases in which the trance medium is unable to restrain all the irregular and uncontrollable actions of the communicating Spirit, in the same way that it is not always possible for the nurse to stop all the eccentricities of the hospitalized patient. Nevertheless, even in those particular cases, the medium that is genuinely aware of his responsibility possesses enough resources to cooperate in the spiritual intervention being rendered by reducing the interferences to a minimum.

44. UNFORESEEN INDISPOSITION OF THE MEDIUM

Every activity on Earth is understandably bound to the possibility of mistakes.

In the middle of a journey the car will often break down due to a failure in one of the engine parts.

The weaver's loom will come to a halt due to the wear and tear in one of its components.

In the task of disobsession there is always the possibility of a medium or other participant to be taken up by a sudden indisposition. This is particularly true in the case of a completely unpredictable organic dysfunction.

Whenever that happens, the indisposed worker will be seated outside the circle of activities, thus continuing to receive the benefit from the vibrations in the environment, unless, of course, the indisposition is such as to recommend an immediate departure.

45. MEDIUMSHIP EDUCATION (I)

While under the influence of or in the presence of unbalanced disincarnates, the medium should control any display of carelessness in relation to how he positions himself among his fellow workers. He must also have control over the use of his words and try to cooperate in the assistance to the suffering Spirits, by frustrating their attempts to scream and use inappropriate language.

Let the medium never forget that the location used for the task of disobsession is comparable to the intimacy of a respectable hospital.

46. MEDIUMSHIP EDUCATION (II)

The trance medium must never lose his self-control to the point of allowing a tumultuous outburst to disturb the atmosphere's vibration by throwing furniture or any other object around.

He should remember that he is not forced to accept inappropriate manifestations that may occur.

The spiritual mentors are at their post in the meeting, sustaining the harmony of the meeting and protecting the strength of all the working mediums, so that they may be able to perform their tasks in a clean, dignified manner.

47. MEDIUMSHIP EDUCATION (III)

An attitude that is totally inappropriate is to allow the communicating Spirit to give way to any aggressive impulses.

48. MEDIUMSHIP EDUCATION (IV)

It is absolutely imperative to prevent the perturbed manifesting entities from interrupting or interfering with the vibrational environment by way of knocks and noises, which the trance medium is empowered to control.

49. MEDIUMSHIP EDUCATION (V)

The trance medium should avoid under any circumstances and at any time during the meeting resting his head on his arms.

This position is conducive to sleep; it interrupts mental coordination, and it facilitates the opportunity of the very ill Spirits to induce the medium to a hypnotic state.

50. INTERFERENCE FROM ILL SPIRITS

During the course of the manifestation of an unhappy Spirit, the interference of another unhappy or perturbed entity may occur, manifesting itself by way of the activities of another trance medium, who is still unable to properly control himself.

On such moments during the task of disobsession, the interrupting spirit may reach the point of provoking other members of the group by addressing them by name, with the intent of establishing a useless conversation with no enlightening value to anyone present.

The director of the group will immediately take the appropriate measures, to avoid the tumult and disharmony, by appointing an assistant to personally handle the situation without any delay. In this manner the disturbance will not worsen, thus compromising the order and safeguard of the group's efforts.

51. IRRADIATIONS

At the end of the designated period for the work of disobsession the director of the meeting will request all members of the group to quietly send vibrations of love and tranquility to all those who suffer. They will then remain silent for two to four minutes so that the director, as well as the other members of the group may join harmoniously formulating positive mental vibrations via a silent prayer or via positive thought waves.

Every thought is a wave of creative force. Therefore, thoughts of peace and fraternity sent out by the group form and create a wholesome environment. They radiate positive beneficial energy, which will supply the spiritual friends present with the necessary resources to perform the diverse types of material aid, which are utilized for the benefit of the group, the Spirits already being assisted, as well as other needy brothers and sisters also requiring spiritual aid at a distance.

A group member assigned by the director may say a prayer aloud, in which he will remember the needy disincarnates that have communicated on that night, the disincarnate Spirits who silently participated in the meeting, those that are sick in hospitals, as well as the brothers and sisters who are living in institutions of assistance in need of comfort and help.

52. PASSES⁹

Once the silence permeates the room in preparation for the radiation as determined by the director, the pass givers will take their usual place. While maintaining their concentration on an elevated level, in an effort to secure the proper vibratory level in the environment to assist the suffering Spirits, they will give passes to all components of the group, whether they are mediums or not.

Such practice should be observed regularly as the work of disobsession necessitates the utilization of energies of everyone present. The Spiritual Instructors are always available to replenish the energies that have been weakened, utilizing the assistance of the pass givers who are willing helpers as magnetic instruments. This shall take place without unnecessary noise, so as not to interrupt the peace and solemn respect of the work area.

Apart from the normal time designated for “passes” the pass-givers will only attend a companion in need in exceptional circumstances, in an effort to observe the established rules, thus avoiding favoring personal idiosyncrasies and indiscipline.

⁹ See glossary

53. UNPREDICTABLE CIRCUMSTANCES

The group must be aware and able to cope with unpredictable circumstances.

There are external disturbances one should not pay attention to, such as inconvenient calls from people unable to understand the gravity of the work of assistance being developed in the disobsession meeting, a newcomer to the group who is unacquainted with the discipline to be observed, and who arriving late, knocks on the closed door. Also, party noises overheard from the neighborhood and other annoyances commonly produced by insects, animals, cars, etc.

There are, however, disturbances occurring within the inner circle of the meeting; a common example would be a light that goes out or someone's sudden illness.

In those cases, the director of the group will take the necessary measures to resolve the problem immediately.

54. CLOSING MESSAGE FROM THE MENTOR

As the end of the meeting approaches, the director, after verifying that everything is in order, will explain that the activities have almost concluded and will beseech those present to maintain thoughts of peace and harmony, especially in order to benefit those in a state of suffering.

After that, he will ask the pass givers to render their tasks, asking everyone to maintain their quiet concentration so that the indicated medium can observe if the spiritual mentor of the group or any other disincarnate instructor wishes to manifest himself to transmit a positive message or make a useful comment for the benefit of the group. If the center has a tape recorder, it is important that it be prepared and ready to record the possible message of the spiritual friend.

If the medium indicated for that task realizes that the disincarnate instructor does not wish to give any message or instruction to the group, the medium will communicate it to the director, so that the latter may say the final prayer and conclude the meeting.

55. TAPE RECORDING THE MESSAGE

If there is the possibility of recording the final message, so that it may serve for the edification of all, the director of the group will not neglect it, and will designate someone to help him in this regard.

He will assume personal responsibility for the equipment to be used by the Spiritual Benefactor, carefully looking after it, for he knows that each meeting's program must be performed without disturbances or omissions.

The group will listen attentively to the words of the friendly speaker, be it the Spiritual Director of the Center or a Benefactor recommended by him.

Frequently the visiting Spirit, recommended by the mentor to give the final message, may not be a very enlightened spirit in the high order of Spirits, but rather a companion who may have recently been converted to the truth, and who is willing to relate his own experiences, which are as a rule filled with painful memories. The objective of such an experience may be to comfort or enlighten.

Whatever the case may be, the visiting Spirit's message must be held in high regard and with respect, notwithstanding grammatical errors in the transmitted message, one should look for the meaning, logic, true significance and its guidance.

56. FINAL PRAYER

The final prayer said by the director of the meeting will be short and simple.

57. CLOSING

At the end of the prayer, with a brief sentence, the director will finish the meeting and switch on the lights.

It may be useful to note that the meeting may be concluded before the two-hour period following the initial prayer, but one should avoid going beyond.

58. CONVERSATION AFTER THE MEETING

It is natural that once the meeting is over, the members of the team may feel like sharing their thoughts in a constructive conversation. If the happiness one feels with the knowledge of one's task fulfilled is not present among the members, then there must be something wrong with the team, which needs to be addressed.

In the happiness of socializing and comforting feelings of well being, produced by the acknowledgement of a duty nobly served, the opportunity to talk around a cup of coffee or while waiting for transportation to arrive may present itself. However, let our conversation reflect goodness and optimism. It is important that the conversation do not take a negative tone.

If one of the suffering spirits had uttered reproachful concepts, or if one of the mediums has not been able to perform his duty well, it is important to avoid reproaches, criticism, jokes or sarcastic comments.

We must realize that the team that is involved in the task of disobsession develops and improves with time and work, as any other productive enterprise. Any belittling comment, highlighting deficiencies and errors, is a hindrance in the progress and consolidation of righteousness.

59. LISTENING TO TAPE RECORDED MESSAGES

Whenever it is convenient, either at the end of the meeting, or some time during the following days, it is advisable that those working with disobsession should again listen to the instructive messages given at the end of the meeting, (if they have been recorded on tape). We stress that you should seek the essence and orientation given in the communication. On the other hand, one should avoid divulging it without prior review.

One should remember that it is at home that the reincarnated person receives his first instructions. The human being receives unforgettable councils and lessons from his parents and relatives; however, not all of them are suitable for publication. Nobody would think of releasing to the press personal maternal suggestions, even though it is known that a mother's advice is always precious for the child it has been directed to.

In the case of messages destined to be published, the director of the group will need to scrutinize them carefully, recruiting people for this task who are familiar with the Doctrine, as well as with intellectual works, and thus, have enough authority to express an opinion about the material. Even if it contains respectable moral teachings, it must also be confirmed that the said material does not coincide literally with one or other Spiritist publication, whether it was received through mediumship or not, and which is already well known.

60. CONSTRUCTIVE STUDY OF MEDIUMISTIC ACTIVITIES

Whenever possible, at the end of the meeting, it is important that the director, the assistants, the trance mediums, and other members of the group analyze the communications received, pointing out all the vulnerable points of the messages, and therefore benefiting the group with further learning.

The fraternal and constructive observations during this study will serve to alert the mediums to attitudes that should be avoided, and remind those in charge of the counseling of minor improper attitudes or words that they should not repeat.

This attitude, accompanied by the reciprocal kindness that we must have towards one another, will result in all the members of the group accepting their own responsibility in continuing to study in order to maintain the efficiency of the group.

If the counseling mediums judge it convenient to call the attention of one or other trance medium regarding a certain point of the spiritual service, the former will speak to the other in private, thus avoiding any embarrassment. We stress that the trance mediums themselves, once liberated from obsessive influences, are the first to feel joy with the honest analysis of their efforts.

61. UPON DEPARTING

The member of the group will leave the room in the same discreet manner they observed when arriving.

Yells, loud laughter, malicious references and dirty jokes will be avoided.

The work of disobsession requires the same tranquility and respect one should have in a mental hospital.

The workers of this field of love should consider that very often, they are being followed and observed by many sickly disincarnates, which have listened with interest to their admonitions and teachings during the course of the meeting. Therefore, it would be counterproductive, as well as undesirable, any attitude or comments on the part of the workers of the spiritual assistance which may in their carelessness, destroy the moral values they themselves have introduced in the conscience and in the will of the Spirits who have benefited from the meeting.

62. CONVERSATIONS AT HOME

On returning home, it is convenient that those who are in the service of disobsession avoid any unpleasant comments related to the communications, influences, phenomena, or revelations received during the meeting.

If the communicating spirits mention unhappy problems, such as crimes, offenses, resentments, or other faults, we must remember that the work of disobsession is a work of liberation from the spiritual shadows, and there is no liberation from the shadows without forgetting evil.

Comments about any manifestation or depressing aspects of the spiritual assistance just concluded establishes magnetic attractions, creating mental currents of action and reaction between the ones making the comments and those referred to. It is totally inadvisable to refer to evil, as it works as an invisible scalpel unnecessarily stirring the mental wounds of the sick disincarnates that have been assisted during the meeting. This behavior may drive them from the peace in which they have been placed into a new syndrome of anguish.

However, it does not mean that the counselor, trance mediums or other companions should be prevented from analyzing certain aspects of the communications or the fluidic presence of certain suffering entities among themselves in their inner circle. They will analyze them with the objective of constructive study in order to add to that or effect a wholesome change, just as specialists meet and have discreet discussions in a symposium.

63. ASSIDUITY

Assiduity is a lesson that we observe daily in the school of Nature.

Farmers enrich the cellars of humanity by trusting in the punctuality of the seasons.

In disobsession, in order to accomplish the objective of liberating and comforting the suffering, it is required to have loyalty to the commitments assumed.

During the week, let us learn how to avoid the obstacles that will probably arise at the day and time scheduled for the spiritual rescue of the unhappy disincarnates.

Let us review our agenda and be mindful of the responsibilities that the Spiritual Mentors placed in our hands and to which we should not fail to respond.

It is only natural that the unjustified absence of a member for three consecutive meetings should be answered with his or her substitution.

64. BENEFITS OF THE TASK OF DISOBSESSION

We would be greatly mistaken if we were to think that the work of disobsession only benefited disincarnate spirits still living in mental darkness.

These activities benefit the disincarnate spirits and us, as well as those who share our physical experiences, whether it is at home or elsewhere, and even in other places where we may exert some influence upon those around us.

Meetings dedicated to disobsession quite often constitute difficult work. In many circumstances they appear monotonous, not only due to the frequent repetition of similar manifestations, but because the same entities which are in a chronic state of rebellion and arrogance are attracted to them for long periods of time. This situation should not, and must not discourage those working on this type of service. No incarnate researcher on Earth is in condition to evaluate the benefits that result from the disobsession endeavor when practiced correctly.

We all have enemies from past incarnations, and due to the state of evolvment in which we still find ourselves, we attract less evolved entities, which adapt to our mental vibrational pattern, often involuntarily affecting our will and our possibilities of taking full advantage of the life and the time we have.

The work of disobsession is, therefore, a special type of moral medicine that acts upon us by refreshing and purifying our mental capacity, immunizing us against the dangers of becoming alienated and establishing unknown advantages to us, within us, and around us in such an extensive manner that at the present time we are not capable of comprehending. Through their endeavor, our

imaginary illnesses, unknown impediments, and difficulties disappear. In addition, with this spiritual assistance we attain a better understanding of life, an invaluable moral enlightenment inducing us to be more loving, selfless and understanding toward our fellow man.

65. MEETINGS OF THE COUNSELOR MEDIUMS

The counselor mediums must not neglect the need for mutual understanding and constant study related to their particular activity.

Therefore, they will meet periodically, or whenever possible to exchange information according to the Spiritist Doctrine. They will on these occasions analyze specific topics related to the work, or present plans with the objective of improving and perfecting the group.

Such meetings are absolutely necessary, so that minor problems present in the functioning of the work may be sorted out and the necessary measures may be taken for the benefit of the ongoing work. These modifications, in the form of a doctrinal re-strengthening, also constitute the means of a secure and direct action on the part of the spiritual mentors of the group, to take certain actions or inspire advice needed for the equilibrium and good performance of the group.

The counselor mediums must not overlook that at the end of each meeting of disobsession, there are usually questions and items left unanswered which are related to the task, and which given time to meditate upon, will need to be analyzed for the benefit of the group.

66. MEDIUMSHIP STUDIES

It is necessary for the group to have meetings, especially for the study of mediumship.

Those meetings must be held at a day and time other than that scheduled for the disobsession work. The counselor and other companions will listen to the trance mediums of the group, observe their queries and impressions in order to resolve any problems that may arise from the use of their mediumistic faculties, as well as respond to any other questions that arise in accordance with the spiritist principles and in conjunction with the Gospel of Jesus.

The systematic study of the *The Mediums' Book*, by Allan Kardec, and all the other respectable works related to mediumship are advisable.

The disincarnate benefactors and familiar Spirits are always studying in order to become even more useful in their role as educators and comforters of the earthly humanity. It is thus necessary that the incarnate workers do likewise.

67. SPECIAL MEDIUMISTIC MEETINGS

In certain circumstances it may become necessary to call for a special mediumistic meeting to address an important need.

On those occasions they will be held as an additional meeting without causing interruption to the usual meeting. Before that happens it is imperative that the spiritual Mentor of the group should give specific instructions in this regard.

At other times, the group itself, via the director may propose to the spiritual mentor the realization of such a meeting in order to conclude a certain task of spiritual assistance considered urgent.

68. VISITING THE SICK

Sometimes the team dedicated to disobsession is called upon to attend a sick person who is unable to leave home.

There is no doubt that the visit should take place whenever it is possible to do so. However, it is advisable that the group be represented by a commission of members who goes to see the infirmed individual.

This small group will make a note of the address of the sick person so that the group may assist him in whatever way possible.

During the visit, the team must avoid mediumistic activities of any type in the presence of the sick person, reserving the counseling and rescue of the disincarnates to the meeting specially designated for these tasks.

69. VISIT TO HOSPITALS

A group dedicated to the work of disobsession is constantly called upon to be of service to others. Among the many requests for their service, there are requests to visit hospitals.

Considering the possibility of attending to the request, it is important that the team be represented by members able to accomplish this task in an effective manner. That is, by maintaining, while in contact with the sick person or persons, a positive and reassuring attitude, without being too impressionable and without untimely mediumistic manifestation, which, in so many cases, disturbed spirits take advantage of in order to aggravate even further the symptoms and perturbation of the demented or sick brothers and sisters whom they are affecting by way of an obsessive process.

The commission representing the group will take note of the names and addresses of those being visited, to be able to aid them whenever possible. It will restrict the amount of information given regarding obsession when conversing with those who are not yet familiar with the spiritist teachings, so that the beneficial orientation may be implemented into their minds slowly but surely.

It is important to observe that the trance mediums will be able to help more efficiently if they personally know the sick person who asks for help, and that the counselor mediums will greatly benefit, by visiting establishments dedicated to the cure of mental disturbances, thus learning the art of talking to the perturbed Spirits in the way that caring nurses talk to difficult patients. It is also important that the team of workers respect the regulations of the institutions they are visiting, so that they do not disrespect

their principles.

70. GOSPEL AT THE HOME

Team members working with disobsession must understand the need to cultivate the study of the Gospel at home.

At least once a week, it is advisable that they should get together with their families or relatives able to understand the importance of the study of the Spiritist Doctrine in the light of the Christ's Gospel, and under the moral support of prayer.

In addition to the disincarnate companions who may be found in the home or near it, there are also other spiritual brothers and sisters stripped of their physical envelope, especially those who have already benefited from the spiritual assistance of the group, and who receive aid and lessons, comfort and enlightenment from the spiritist study and prayer in the home.

The study of the Gospel at home is equivalent to a lamp shining onto the work of assistance and spiritual enlightenment.

71. ASSISTANCE ACTIVITY

Another aspect of the work, which must not be overlooked by the workers of disobsession, is the assistance to the needy.

Suffering or misguided entities, to whom the enlightening words are directed in the meeting of spiritual rescue, do in many cases accompany those who exhort them to the pathway of patience and charity observing their example.

The assistance to those in need, in providing them with food or clothes, financial and health support, passes or teachings in benefit to those who are undergoing greater trials than ours, is not only our duty, but also a valuable course of experiences and educational lessons to us and everyone else.

Therefore, it is impossible to forget that our brothers and sisters in a state of revolt and despair, who hear our appeal for their self improvement and return to love, are not transformed merely by the strength of our words, but above all, by the moral examples of our actions when our teachings are mirrored by our actions.

72. EXTRA STUDIES

It is important that workers of disobsession do not confine themselves with regard to spiritist activities, only to the activities of the group.

In order to enrich their own group with the necessary resources for their general education, and the enlightenment of each worker, it is necessary that they accept to undertake noble studies, whatever they may be, either within or outside the Spiritist Doctrine. Therefore, each one may progress in understanding and usefulness in their work of regeneration, thus strengthening convictions and eliminating uncertainties.

“To learn always and to know even more,” is the motto of every spiritist who dedicates himself or herself to the elevated principles that they enfold. And, in the task of disobsession it is necessary that we grow in knowledge and experience, so that the Spiritual Instructors may find in us a malleable and useful instrument in the development of goodness, which we propose to cultivate and develop.

73. FORMATION OF OTHER GROUPS

The group of collaborators in the task of disobsession will gradually increase in number due to the characteristic nature of the work. However, new members will not be admitted without the needed training, which can be acquired by participating in the public meetings of the Spiritist Doctrine.

Based on the *The Mediums' Book* (item 332), when the number of participants grows beyond fourteen, the director of the Center will assist the extra members to create a new team, which may temporarily work and serve under the guidance of the group in which it has originated.

The new group will, in this way, be able to count with sound instructions in order to consolidate itself, as a sound piece of equipment whose parts will become more adjusted; falling into its proper place, distributing fruits of fraternity and enlightenment, aiding those who suffer, because in every aspect, productivity of service is the basis of the work.

The redeeming task of disobsession will be carried out by those with a heart determined to help friends who have fallen into mental disorientation and conflicts after death, and also for those still on Earth, but who are suffering from painful processes of obsession, whether they are aware of it or not. Only love and patience provide the necessary strength and understanding to withstand this task of liberation to the end. This is because the torments of obsession go hand in hand with ignorance, and if only schooling can dissipate the shadows of ignorance, only disobsession will be able to eliminate the shadows of the spirit.

GLOSSARY

COUNSELOR: The person who converses with the manifesting entities brought to rescue sésances to receive help.

DISINCARNATE PERSON: Someone (Spirit) who has left the physical body and dwells in the spirit world.

DISOBSESSION: is performed during a mediumship meeting where counselors will converse with the manifesting entities. Through these sésances it is possible to stop an obsession process.

Desobsessão (Disobsession, Deobsession) In Spiritism, the practice whereby mediums receive lost or perturbing Spirits and whereby another member of the center talks to the Spirit and educates, evangelizes, or “indoctrinates” it. These lost or perturbing Spirits are not necessarily linked to specific victims, and the afflicted do not need to be present during the disobsession meeting. Frequently, though, victims are present and, as a result, non-Spiritists may refer to disobsession as “exorcism” (a word that Spiritists reject because it implies demons or other, nonhuman Spirits.) (David J. Hess – “Spirits and Scientists – Ideology, Spiritism and Brazilian Culture” 1991 - The Pennsylvania State University)

PASS: (“*pass*,” laying on of hands). The donation of spiritual energies or vital fluids from a medium and/or spiritist source to a patient. Spiritist divides *passes* into three types: (1) *magnetic*, in which the energy source is the medium; (2) *spiritual*, in which the energy source is the Spirit; and (3) *mixed*, in which the source is both. Spiritists believe that, in practice, most passes are of the

third type. (David J. Hess – *Spirits and Scientists – Ideology, Spiritism and Brazilian Culture* - 1991 The Pennsylvania State University).

Webster's New Collegiate Dictionary - **Pass:** "A moving of the hands over or along something."

Merriam-Webster's Collegiate Dictionary - **Pass:** to serve as a medium of exchange.

PASS-GIVER: The pass-giver is the person who administers the pass. To be a spiritist pass-giver is to have a task of great responsibility, for it is to help and to bless people in the name of God.

INCARNATE PERSON: Someone (Spirit) who dwells in the physical world with a material body.

MEDIUM: is the interpreter of the Spirits. Although almost all people feel the influence of spirits, to either greater or lesser degree, this classification is only practically applicable to those people whose faculty shows itself clearly and with some intensity, producing well-marked results.

OBSESSION: The influence of a perturbing or earthbound Spirit on a living human's thoughts and actions. Spiritists divide Spirit obsession into three categories – simple obsession, fascination and subjugation – the first of which is the least serious and the last the most serious. (David J. Hess – "*Spirits and Scientists – Ideology, Spiritism and Brazilian Culture*" 1991 - The Pennsylvania State University)

SPIRITS: according to the Spiritist theory, Spirits are the intelligent beings of creation. They populate the universe beyond the limits of the visible world. They are the souls

of men who have lived upon Earth or in other globes, and
who have left their corporeal/physical envelope.