

MARKED HANDS

**FRANCISCO CÂNDIDO
XAVIER**

MARKED HANDS

SEVERAL SPIRITS

PREFACE

Lord!

When You give me
The privilege of rebirth
In the nursery of the world, given the needs I have
And those I do not see,
Behold, Lord, the desire,
On which I, day after day, deepen myself:

Let me be reborn anywhere,
However, may I accompany You
Where You constantly remain
Working and serving on all the paths,
So that I also have my hands marked
As You bring yours ...

What an illusion when I struggled,
Believing that despair was prayer,
Praying to You for joy and hope
Without doing anything!
I used to imitate the farmer on Earth,
Who feared the stone and mud, wind and mist,
Awaiting harvest miracles, without
seeding anything.

Despite that, Lord, now I know

That work is a divine commitment,
A Heaven's stimulus guiding our steps
And which, in accordance with such law,
You put both hands into our arms
As stars of love and service.

So, when You bring
The hopes in which I wrap myself,
And when You are among men, my brethren,
May I forget myself by doing my work
And remember my hands ...

Do not give me time to mourn,
May I seek only the light that You indicate me ...
In the longing to follow You,
I solely want the work.
Give me the grace to be with You, wherever You are,
A rosy of peace ... May I be someone
Without prominence and with no name,
That forgets himself in doing good.

And if one day a cross of trials and grievances
Claims my heart and my task
Do not let me before the scare that entangles me,
Help me offer my own hands to the nails
Of incomprehension that surrounds me
Among blessings of faith and prayers of forgiveness!

Do not let me go back to the dead time.
From the illusion converted to discomfort,
Give me the calluses of peace in good works.

Serving, without asking whom ...

Listen, heavenly friend,

I aspire to be with you,
Far from my wild hours,
Where you have always been
Planting love on all the paths,
So that I also have my hands marked
As you bring yours ...

MARIA DOLORES

Uberaba, June 3, 1972

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YEARNING AND PRAYER

Lord! ... I know You have bestowed to us all
A post or a mission.
You do not promote anything purposelessly,
You do nothing in vain.

To the star You granted
The blessing of supporting itself
And shining without a veil,
Just like it happens to the Sun that leads us
Through the pathways of Heaven.

You assigned it to the Earth
The compose and recompose function
In the way the work concedes us
The science of love.

You put at the sea the immense endowment
Of manifesting your power
And in the fountain, the privilege of teaching us
The humility as norm and the forgiveness as duty.
You have commissioned the friendly trees,
In which the lesson of good is expressed and condensed,
For the task of keeping your life
And assisting without reward.

You donated the flower the gift of scenting
And You put on the road the gift of driving
To the birds, You conceded the music,
To the wind, the sweet ministry of serving.

Everything filters your sovereign glory,
Everything exalts your law,
For this reason, I myself recognize
That I am almost nothing, and almost nothing do I know.

But if I may ask you something,
Please convert, Lord, my very imperfection
Into a tiny channel that shows You
The strength of goodness and the light of compassion.

MARIA DOLORES

ON THE PATH OF LIFE

Life reacts to us everywhere, according to our own actions.
Let us observe the nature in its pure and simple aspects.
The deeper the river, the more it requires the contribution of the affluent.
The fire grows, according to the fuel of which its flames feed.
The fruit relegated to abandonment becomes an infectious focus,
increasingly virulent.
So, our gestures of kindness also enrich our treasure of sympathy, just as our
incomprehension acquires increasing numbers of disaffections.
Our perseverance on the well-done duty turns into jubilant prosperity around
our steps, while laziness, with indifference towards the obligations that the
world bestows upon us, quickly transubstantiates itself into penury and
disease, on the path we journey.
Get used to looking for thorns in the others' life, and you will live with a
hawthorn in your heart.

Search, however, the stones of the way and soon you will breathe in a stoned
desert.

Seek, nonetheless, the good qualities of your neighbor, and a sublime
understanding will crown your head.

Be committed to identifying the best, on the screen of life's circumstances,
and you will recognize, in every event of every day, the harmonious Will of
God, leading you to peace.

Let us not forget that the Divine Law is expressed in us, with us, and for us,
at all times in our existence. From it, we will receive happiness or suffering,
light or darkness, liveliness or discouragement, ice or heat, in accordance
with our own requests, in the use of the talents that the Lord has placed in
our hands.

Let us learn to sow the wheat of goodwill, with everyone, wherever we may
be, in the certainty that by moving in the Infinite Good the resources that we
have been lent on Earth, we will be gathering our imperishable wealth for
heavenly glory.

Emmanuel

Let Us Start Today

Do not say that you practice the lessons of the Gospel in the light of Spiritism, simply because you debate its problems.

The edifying word is a Blessing from Heaven, but there are somnambulists of the distinguished verb that are not mad. They speak brilliantly, though, sleeping.

And we all can suffer such calamity.

In our testimony of application with Jesus, something must be done. Thus, wake up working.

Remember that the neighbor waits for your assistance.

Move, somehow, in order to help.

Paint, with your own effort, the house where you live, making it look nicer.

Wash the dishes from the table that served yourself.

Clean a bleeding wound.

Trim the nails of a paralytic person.

Guide a blind man in a public square.

Ensure hygiene, wherever you are.

Settle your own body carefully, so as not to disturb your neighbor in the collective vehicle.

Carry a child on your lap, so that this or that tired mother rests for a few minutes.

Sew to the needy.

Pay the children of misfortune a snack.

Distribute, with joy, the leftovers of meal.

Before it gets rot, give the tatty companion the superfluous clothing.

Share the bread with the unhappy boy, who often observes your comfort

through the window pane.

Plant a useful tree.

Address a kindness to friends, trying to hide yourself.

Extend fraternal arms, even for brief a moment, to those who are caught by the disease on the street.

Get a balsamic tablet for the brother who has a headache.

Carry spontaneously the small burdens that weigh on the hands of others.

Put a noble book into circulation in the home environment.

Offer a flower to the sick.

Kindly provide the information you are asked.

Give some money, in favor of good works, without worrying about overseeing.

Let us start now.

Do not believe that the noise from outside can arouse us.

Once faced with the external pressure, the turtle hides more in the shell.

Nonetheless, the noise of our own hands in constructive work renews our minds.

Today, you enrich the service of the Lord with something.

Tomorrow, though, the service of the Lord will be a growing treasure on your path.

Andre Luiz

SERVE AND YOU SHALL FIND

Examine the nature that surrounds you in the world. Everything is wealth and laborious effort to secure it.

The soil wounded with a plow is a prodigious cradle of production.

The tree, a thousand times torn apart, is proud of suffering and helping more.

The fountain, surpassing the heaps of pebbles, gradually reaches the great river, on the way to the sea.

Some seeds form the precious base of the forest.

Aggressive stones become masterpieces of the statuary, when they do not bring from the soil, the sparkling beauty of jewelry material.

Humble animals, suffering and helping, ensure the comfort of creatures against weathering, or nourishing their bodies, sustaining their existence.

Poverty is a simple appanage of man - of man as he takes refuge, insensate, in the cave of ignorance.

Solely the human soul, distant from higher knowledge, resembles a ghost of anguish, penury and lamentation ...

If you can see the heritage of heavenly blessings, on the path where you evolve, search for your place of work and serve tirelessly in favor of the good, so as the good may teach you to see the imperishable fortune that the Father has bestowed upon you as a sublime inheritance.

Support the neighbor, protect the plant and shelter the animal; be your trip, wherever you go, a song of assistance and goodness, harmony and understanding...

And, as you advance on the path of spiritual elevation, you will find yourself increasingly rich in love, enclosing, in your own chest, the untransferable treasure of light that will bless you with the inextinguishable happiness, in fullness of the Triumphant Life.

Emmanuel

TALK TO JESUS

Sir! We do not regret so much
Contemplating on the road the nameless penury,
For we know You will help
The hungry for bread and the thirsty for peace;
It hurts seeing in life
Those who cause the hunger.

*

Before those who cry
We are not so sorry,
Since You protect
All the ones who moan in anguish and weariness;
We lament to find in the crowds of the world
Those who open the floodgates of tearfulness on Earth.

*

We do not lament those who overwork,
Enduring the affliction of the ferrous cross,
Once we know how much You assist
The humble and the sad;
We bewail the brains that shine
And withhold the light.
We do not mourn for those who suffer
Sarcasm and loneliness in the lack of love,
Whereas You have your hands, hour by hour,
In comfort and support to every weeping being;

We grieve for looking at those happy friends
That feed the pain.

*

That is why, Jesus, we beg you:
Do not let us follow You in vain,
May the pleasure of comfort not overcome us,
Deliver us from falling into the dust of indifference ...
Although the trial will be our support and guide,
Take and keep our hearts in service.

*

MARIA DOLORES

ANSWERS FROM THE ABOVE

Once recognized the truth that Our Heavenly Father responds to good hearts through better hearts, let us not forget our possibility to serve as valuable instruments of Divine Goodness.

As we are always so hasty and prodigal in asking, let us remember that we can give too.

Let us assist Divine Providence in the blessed service of exchange.

No one can count on a fortune in coined values to find the perfect happiness, but every time we pour out our hearts in favor of our neighbor, we will sow true joy.

We can all, in the name of the Lord, respond to the pleas of the ones who struggle and suffer more than ourselves.

A visit to the sick is a sacred resource of fraternity, to the one who supplicates, in despair, the assistance of heaven.

The sincere apology is a blessing of relief to people who suffer under the weight of guilt.

A gesture of affection is a plantation of sympathy in the dark land of the soul, which has thrown itself into the precipices of outrage or incomprehension.

A friendly smile is a response of good cheer and friendship, rebuilding the strength of those who are about to fall.

Remember that the Lord awaits your goodwill and your arms, in order to respond with peace and hope to the ones around you.

Although everything is dryness and roughness around your feet, love always.

Through the living stream of love in your heart, you will interpret Heaven's cooperation to people who are with you, and you will receive, constantly, the answers from the Above to your afflictions and problems.

Emmanuel

SPIRITUAL ELEVATION

The spiritual elevation does not incorporate into our lives for any of the reasons like these:

For prosperity;

For dearth;

For glory;

For obscurity;

For intellectual culture;

For the insipience;

For human authority;

For the condition of subordination;

For the adjustment to life considered normal;

For the psychological issues that one carries;

For the friends;

For the opponents;

For the support of praise;

Not even for the disregard of offense.

The intimate elevation depends solely on our personal reaction, when accepting and using all of this for the cause of good.

Albino Teixeira

ALL CLEAR

After death, it is not the grandiloquent spectacle of the worlds that will haunt your spirit restored to life; no matter how the child feels bedazzled in a palace of wonders, it will not be exempt from the imposition of the growth.

Everything is sequence on the tracks of the Universe ...

You will not have the greatest revelation of the light of Syrian or in the landscape of Jupiter ...

The astonishing surprise flows from ourselves.

In contemplation of what we were and are ...

No subterfuges ...

No masks ...

No lies...

All logical, all alive, all clear.

While the animal nature surpasses us, our mind creeps on the vile clay, and for this reason, we must subject ourselves to repeated experiences in the physical dimension, in obedience to the laws that preside over the vegetative life.

Nonetheless, when existence affords us with the higher teaching, because the soul structure in the already measurable frequency wave, has changed us so much, our mind, increasingly with greater responsibilities, projects itself on lines of growing sharpness.

The emissions of the present clear up the past, which can then be photographed within a second.

But when existence affords us with the higher teaching, by having the already measurable frequency-wave soul structure so modified, our increasingly responsible mind projects itself into sharp lines of growing force.

The emissions of the present clear up our past, which can then be photographed in a second

Through today, yesterday emerges...

The existence in the body of flesh is a negative plate.

Death is the revealing bath of truth, because spiritual life is the positive demonstration of the eternal soul.

If we have uselessly received the renewing lesson of love, with innumerable possibilities for the fulfillment of the Lord's designs among creatures, and holding in vain the heavenly gifts of recognition, then woe to us!

Because justice will call us to account ...

Because faith will argue us ...

And because reality will speak to us harshly ...

Do not forget that within us lies the imperious light that will make everything clear on our path, when our already enlightened and responsible consciousness is undressed of the breath of disincarnation ...

Antônio Americano do Brazil

ON THE EARTHLY WAY

Reincarnated spirit,
In the body that contains you,
Before the necessary evidences,
Wait by doing good.

*

If you expect tranquility
In the struggle that comes to you,
At any turn of the road,
Await by doing good.

*

You exercise many roles,
With no support from anyone ...
Do not lament, nor complain;
Wait by doing good.

*

In the task in which you live,
Many stones arise,
Be faithful to the obligation, and
Wait by doing good.
Slander has come to hurt you
Without your knowing its authorship,
Do not increase the forces of darkness,
Wait by doing good.

*

You suffer disillusionment,
Sarcasm, insult, disdain ...
Do not exchange evil for evil,
Wait by doing good.

*

You mourn for sorrows and blows,
You weep for someone's derision,
Sadness is fruitless
Wait by doing good

*

Someone told you, with grief
About the mud that the world possesses,
Behold the sky, stare at the sun ...
Wait by doing good.

*

If you want happiness
On Earth and beyond it,
Do not be away from service,
And wait by doing good.

*

God is a Just and Perfect Father,
He gives everything and withholds nothing,
If you long for a higher life,
Wait by doing good.

*

CASIMIRO CUNHA

IN THE TEMPLE OF FLESH

The physical body is always the action equipment that the spirit - the pilgrim of progress - is able to receive fruitfully, in accordance with the needs and merits that characterize its experience.

As it happens in the human sphere, in which each creature will be given the instrument it can manage for the common good, every spirit, by materializing on Earth, uses the carnal vehicle that is suitable for it in the indispensable struggle.

Among men, the helm of the power plant will not be entrusted to the irresponsible teenager, nor the explosive, destined for engraving the forms of nature, will be placed in the hands of the child, unable to grasp its danger.

No one will remember to hand over the treasury of the collectivity to the delinquent that the penitentiary arrests, nor will the court be given to the head of an illiterate.

Thus, in reincarnation, every soul holds the resources it deserves.

That is why, although identified in the species, no two human bodies are perfectly alike.

Justice works for every being, on the agenda of the prizes that it conquers, or the debts it heaps.

Keep your garment of flesh, above all, as the work uniform that the Lord concedes to you for living, so that you may recover the forces you had lost in the dark past, going in the direction of a bright future.

Even when aggravated by ailments or deformed by painful mutilations, incomplete or unhealthy, disabled or unpleasant to look at, your body is a blessing from God in your own favor, a chisel with which you ought to learn and serve, to suffer and fight worthily, perfecting the very soul, which, one day, if you want to live consonant with the standard of Jesus, it will emerge, released in Heaven, as a masterpiece.

Emmanuel

PRAYER BEFORE AND AFTER

Before observing the presence of evil, pray to the Lord, so that your eyes get used to the fixation of good, in order that later, your prayer does not convert into a desperate plead.

Before pointing out the slanderous or thoughtless phrase, pray to the Lord to let your ears know how to listen, in order to bring the fraternal help, so, in the future, your prayer does not turn into a dark appeal.

Before walking toward the well, in which the murky waters of cruelty get thickened, implore the Lord to keep your feet moving in a decent work, in order that later, your request does not transform into a blasphemous cry.

Before considering the offense from others, ask the Lord to illuminate your heart, and so, you will be able to practice the legitimate charity of the understanding and forgiveness without restrictions, so that, in the future, your supplications do not be expressed as a stain of remorse and malediction.

We all pray, after suffering calls us to regenerative atonement, when the process of our moral defections has already coagulated around our spirit the caustic of the affliction, with which we will purify the tissues of our own soul.

However, how rarely do we pray before the fight, vaccinating the feeling against the shadow of temptation! ...

Let us praise the Goodness and the Wisdom of God in every step of life, giving thanks for the flower and the thorn, the ease and the obstacle, the joy and pain, the abundance and dearth.

Thanking Heaven for the tiny lessons of each moment in the march, we will learn to weave with the small victories of every day, the sublime triumph, that in the great anguish, will lift us to the sovereign joy, able to lift us forever to the full light of immortality.

Emmanuel

TOWARDS THE FUTURE

Gather the shackles that bind you to sadness or pessimism and throw them into the brazier of love.

Let the light of fraternity exterminate, in your inner world, the memories of the blows that hurt you, of the words that lacerate your heart ...

Remember the flowers blooming over the ruins.

Think of the trees that rise victorious over the hawthorn.

They perfume the swamp and seek the sky.

There are people who preserve only bitter reminiscences from life, solidifying the chains of affliction on their own wrists, as if we should carry with us the wastebasket, that public hygiene determines to be thrown into oblivion.

He who believes in good, and entrusts himself to the evil, is similar to the bird which, consciously mutilates its own wings.

Light the lamp of your heart and move forward...

Those who have fallen into the shadows will rise at your signs.

Those who toppled fatigued, will resurrect, to the light of your hope.

Do not fear.

Do not be disturbed.

Do not be discouraged.

It is sweet marching in the blessed environment of companions who understand us, but if you are alone, go ahead anyway.

He who walks with Jesus might know solitude, never abandonment.

The ideal of good is your strength.

Serve everyone, and victory will begin in yourself.

In order for incomprehension to entrench itself in the form of a lying power, it is almost always necessary for millions of men to annihilate each other, but for love to be brought to the throne of human hearts, the sacrifice of OnlyOne sufficed. Let us walk with Him, our Master and Lord, and we will reach the Divine Sunrise of Eternal Sublimation.

Nina Arueira

COSTUME

As the cultural pattern comes into a higher level, the individual worries about his own aspect.

One has to impress pleasantly.

And fashion takes action to solve the problem.

Tailors and fashion designers, shops and cabinets, needles and tapes move to the mister of seam. Simple sewing and haute couture.

Creations for winter and summer, fall and spring arise, in special lines, in consonance with suggestions of weather and time.

Happy businesses and combinations in the world almost always take place according to costume credentials, and thus, men and women strain in the contest of slenderness and elegance, which they routinely accomplish on the streets.

Let us not forget, however, that we are equally observed in the kingdom of truth, through the spiritual poise we adopt.

Our thoughts are the creations that clothe our authentic personality and, through them, we are known, seen, heard and analyzed in the Higher Life, with the duty to seek in Jesus the model of our attitudes and decisions.

In the earthly circles, the requirements for the human authority demand great elegance in the presentation to be considered. And in the Spiritual World, many times, after this or that petition to the Celestial Administrators, we have heard, with an oppressed heart:

- Dear, notice your costume.

Scheilla

DISOBSESSION

Imagine yourself lost away from home, on a thunderstorm night.

On the outside, the thick shadow appears to be populated by monsters, while the voices of nature resemble the disjointed cry of affliction and madness ...

From moment to moment, you stagger in the swamp, struck by the whip of the strong wind ...

And inside yourself, you feel the dread of the unknown and the fear of receding.

You scream and cry, ending up by being identified by travelers of the despair in the terrifying scene...

Nonetheless, suddenly, a sweet refuge bathed by sublime light arises...

And in this love home, you find warm clothing, comfort, fire and bread. Then you understand that a temple of help, open to the hearts that death has troubled, is a gate of Heaven and a blessing from God.

Emmanuel

FORGETFULNESS

Do not rebel against the forgetfulness in which you immerse yourself, in the Earth experience, and learn to value the minute in order to materialize the good, just as the weaver takes the thread to make his own garment.

Under the fog of flesh, we meet each other again in good time to correct and sublimate.

The consanguinity, therefore, is generally the blessed sanctuary of readjustment. Inside it, in the invisible altars of the heart, it is always possible to forgive; to help without rest, and repeat gentle lessons of humbleness, so that our souls may set free from heavy commitments to the shadows.

Do not worry if the memory numbed by Divine Mercy reveals unable to recognize yesterday's affections and opponents. In yourself, for your tendencies and principles, you know who you were. And in your home, for the conflicts and necessities that the home experience presents you, you know what you owe.

We are still the reflection of what we are.

We get from the world what we deserve. Thus, let us know how to rectify the past, with the observance of the good, in the present hours, and the future will answer us with the harvest of love and light, peace and joy, that we propose to reach.

The earthly struggle is an immense field; on whose surface we can project the seeds of goodness every day. Let us begin, however, with the home garden.

Our parents and children, husband and wife, brother and friend, are windows of spirituality, awaiting our demonstrations of fraternal cooperation.

Do not forget the application of Jesus' teachings, wherever you are, and the transitory forgetfulness of physical life will appear to you as the blessed bridge of access to integral sublimation.

Emmanuel

EMISSARIES OF CHRIST

This sad companion,
Whose step is seeking you,
Terribly tired of misfortune,
Whose origin you ignore...

*

This beggar devastated
By unknown pains,
Entangled in wounds,
With no protection from anyone.

*

This friend who mourns
His own rude and blind action,
In the jail that segregates him,
For grief and reform...

*

This abandoned brother, at night,
With the looking hurt and deep,
Who begs the world to no avail,
The sweet warmth of a home ...

This homeless woman,
Who stretches out
A poor and wizened hand,
Whose penury on the road,
No one on Earth can translate...

*

This tired patient,
Who whines alone,
Left in the cold on the way,
In scarcity of peace and light ...

*

This mother, holding onto her baby,
That in tears gnaws,
Sometimes with fever and hunger,
Praying for help in vain ...

*

This scared child,
Who cries aimlessly,
A flower thrown into the desert,
An angel on the cross of affliction ...

*

Before these friends,
Who suffering incarcerates,
Hearts in Long Wait,
Remember "NOT JUDGING" ...

*

They do not ask for censorship.
By showing the need
They teach that charity
Is the law of the laws!

*

These brothers, almost dead! ...
Behold, the Heaven sends them unto us,
On the path of everyday life,
To the lessons of the Lord! ...

*

Let us resurrect them,
From death in shadow and trial,
Giving them a new life
In the living school of love!...

*

IRENE SOUZA PINTO

JUST A MOMENT

Before rejecting the calls of charity, meditate for a moment on the others' afflictions.

Imagine yourself in the place of the sufferer.

Watch the brothers relegated to the street miseries, and visualize yourself in the same situations, constrained to similar conditions.

Notice the unaided patient, and consider that tomorrow we will probably be the candidates to assistance on public roads.

Note the weary elder, and ponder that if your disincarnation does not come soon, you will not escape from old age.

Contemplate the children in need, remembering your own children.

When the ambulance slides close to your step, carrying an anonymous patient, ponder that maybe a very dear relative of ours is moaning inside it.

Listen patiently to the companions, left to the shadow of a great misfortune, and remember that in the near future, it is possible that we are crossing the same difficulties.

Look at the ignorant and weak, tired and unhappy, considering yourself among them, and mentalize the gratitude you would feel for the crumb of love that someone offered you.

Take a moment to think about all of this, and you will realize that the charity for us all is a simple obligation.

Andre Luiz

ALWAYS MORE

Observe the nature, and you will understand the Gospel lesson of the “always more”

The more the fountain humbles itself in the depths of the soil, the more it receives the trickles of water, turning into a great river.

The more the fuel becomes expensive, the more devastating fire proves to be.

The longer the sludge lingers on the ground, the more it extends to the surrounding area.

It occurs the same in the field of our moral life, we will always have from what we produce.

If we entrust ourselves to the slight shadow of sadness, we will soon experience infinite discouragement.

If we escape fraternity, then loneliness will live with us.

If we surrender to the temptations of rebelliousness, the anger will explode, as an invisible dynamite of death, in our vehicle of manifestation.

If we deny entry to love into our souls, then hate will crystallize, violent, in our inner world.

If we postpone our learning for the future, tomorrow certainly our ignorance will become heavier.

If we emphasize the faults of others, we will wake up in the bramble of slander.

A gesture of sympathy will summon solidarity in our favor.

Let us extend the light of goodwill to someone, and the help of minutes will meet our needs.

Everything is attunement in the Universe.

Everything is linked in life, according to the origins of our feelings, ideas, words and actions.

Do not forget that the Law will give you, in double and "always more", in accordance with what you desire and produce.

Emmanuel

PLANS CHANGE

Do not wait for the body's death to perform the task of your own spiritual elevation.

Each day is an opportunity to ascend to the best.

Each edifying activity is a step; with which we can ascend to the superior spheres.

We all breathe in different planes, and we all can reach higher horizons.

If you have gotten used to irritation, cultivate the silence and tolerance, once such elements will disentangle you from the dark bonds of wrath, allowing your entry into the domains of light.

If you cherish the willingness of gaining enemies, through unthinking attitudes, hold back to serenity and learn to serve the disaffected, so, reaching the brilliant realm of sympathy.

If you are still struggling in the garrets of ignorance, do not forget the effort in sound and uplifting reading to acquire knowledge and wisdom.

If you frequently breathe in the slippery slope of complaint, forget idleness and discouragement, rising to the decent work, and consecrate yourself to the ennobling sweat, so as to incorporate optimism and peace, good cheer and joy to your own spiritual heritage.

There are millions of "life circles" within our planetary residence.

Each creature lives in the range of feeling to which it fits.

The worm clings to the darkness of the undersoil.

The batrachian lives in the marsh.

The bird glides and sings free.

The flame engages in the emanations of the light it radiates.

In a like manner, each soul lives in the sphere of ideal that it forms for itself, with its own thought. Anyone who wants a better world can move forward, through work and goodwill, in the ascension road map, since today.

Emmanuel

CONSANGUINITY

You receive at home the heritage of the past, with which you restructure your own destiny, towards the future.

It is there, in the boiling crucible of intensive spiritual reactions, that our hearts are exercised to serve the larger family, which extends into humanity.

Remember that within the four walls of domestic organization, you gather your mainadversaries, in order to make them sacred affective deposits, under the seal of forgetfulness, with which the law of the Lord assists the physical life.

The Christ brings together in the same bonds of sacrifice those who have handcuffed themselves in the past of dark crimes, and helps them in the rescue of the perpetrated faults in common, sustaining them in the purifying conflicts that so often arise, strange and blunt, in the links of consanguinity.

If you have someone at your side, who constitutes a living burden to carry, be merciful and always help them.

All of us, when in the world, are faced with the imposition of helping those who, latecomers on the evolutionary path, expect from our efforts, the crumb of light that will take them from the domain of darkness.

If you were confronted, unlike your dreams, by family members who do not fit your way of being, remember that the old lender comes along to your house claiming payment.

If you surprise in those people, in whom you have deposited the best hopes, modifications that envelop you in the disturbing vibrations of disappointment and bitterness, then make silence, forgive them, and move on, supporting them as best as you can.

It is not worth defecting our regenerating obligations or escaping our renunciation of the harsh service that we have to attend to, because tomorrow life will again compel us to return to the cup of despised gall for the benefit of our own healing.

Love those whom the Lord has entrusted to you what they are and not as you would have been them, because by your well-fulfilled vows you will find the way to access sublime communion in the joys of your spiritual family.

Emmanuel

ERRORS OF LOVE

Before the errors of love that appear in life,
Never raise your voice.

Remember, my heart, if the accused person
It was any of us.

Who can weigh the circumstances,
Of coexistence, anguish and loneliness! ...
How much change comes out of the blue,
For a "yes, for a no"! ...

Between affection that dreams and duty that governs,
How much conflict arises and how much yearning comes! ...

When the pain of being just darkens the way
No one can predict anyone's tears ...

Vows in oblivion, affections destroyed,
Hidden afflictions, fatal disenchantments! ...
How much weeps who suffer, in the face of blow and abandonment,
And those who beat or despise sometimes suffer more.

Before the lack of love, dear soul,
Do not give yourself to ever vain censorship,
May your day of love misunderstood
Maybe it'll be tomorrow.

Problems of those who love, in struggle and
trial, Be yours, be mine ...

Who will know them from the beginning?

Who will see them? ... God only.

MARIA DOLORES

BEFORE OPPOSITION

When the spirit of rebellion approaches your heart, whispering phrases like these: “it is no use doing good” or “you do not deserve to suffer”, sharpen the ears of your own soul, so you can collect the great inarticulate voices of life.

At the top, constellations that you got used to admiring, tell you to the thought: “before your reasoning saw the light, we already obeyed the Supreme Lord to serve”, while the Earth will affirm to you: “you are no more than a guest of the millions that I have carried for millennia.” Around you, the tree will speak: “I strive from January to December in order to bear my fruits for a few days, in the name of the Creator; however, in addition, I have to tolerate the rigor or the difference of the seasons, learning to memorize”.

The animal confesses: “I live under your will and you do with me what you want, for centuries and centuries, because I must suffer your orders, whatever they may be, so that one day I can feel as you feel and think as you think”.

Meditate on the maternal tolerance of Nature that transforms coal into diamond, through decades and decades of silence and traces paths in the stone using the persistence of the drop of water.

Contemplate the piece of polished steel and reflect on how it would never be what it is without the fire, which the elements adjusted to it, and when you satisfy your hunger, dedicate a moment of gratitude to the bread you serve, remembering that you never you would have blessing if humility did not characterize the task.

Do not interpret discipline for tyranny or accuse obedience of slavery. Work and serve with joy. Offer to the peace of all the contest that harmony asks of you.

Rebellion is pride imposing blindness on the heart.
There is no progress without effort, victory without struggle, improvement

without sacrifice, as there is no tranquility without patience.

Reflect on the Infinite Goodness that presides over the Universe, surrounding us with love, in all directions. We will recognize that if painful transformations in the field of existence often transform us into agonizing chrysalis of affliction, at the impact of the necessary trials, the pain it is the invisible instrument that God uses to convert us, little by little, into waves of light.

Emmanuel

PRESENCE OF JESUS

You say frequently, dear soul,
In fervent prayer:
-“I want, Jesus, to serve and cooperate with you!...
Oh! Lord, if I could...!”

Then you declare yourself powerless;
However, think about this:
You can be today, wherever you are,
The sublime extent of Christ's goodness!...

Stare at the leftover table that supports you;
Using a loaf of bread, simple though,
Can you replant the flowers of joy
In the penury of those who cry.

Consider the heap of goods you throw away
Without feeling, without thinking, inconsequentially:
You will discover in your hands the privilege
To extend comfort to many people.

Remember the coin, considered simple;
Anchored in the faith that blesses you,
Transforms into the cup of milk
That helps and remakes the unhappy child.

Stop in the available minutes;
To your devotion will be done
The visit, kindness, affection and consolation
For the sick left in loneliness.

You bring with you the gifts of gentleness:
Before the blows of explosive and violent hatred,

You guard the faculty of extinguishing
The fire of revolt and the gall of suffering.

Observe the treasure of the word:
If enveloped in peace your sentence reaches
Everyone who falls into the shadow of sadness
To rise again to the touch of hope.

Don't say you're useless, don't omit yourself...
Working, serving, supporting, recomposing
You will be, dear soul, anywhere,
The presence of Christ in your gesture of love.

MARIA DOLORES

BETWEEN NOW AND TOMORROW

Reflect on the companion who comes tired and disillusioned to beg you for sympathy and consolation. You may know, in the smallest details, everything that has happened to him.

Think of Jesus, nonetheless, and what He would do if He was searched by this one. He would listen to him with generous interest, discover for him some topic of goodness, or be able to point out this or that praiseworthy quality, in order to unlock for him some mental door of good cheer, helping him to walk forward.

Before the brothers who seek you asking for comfort after falls and disappointments, do not give in to condemnation or censure.

Think of the good they will have done, of the noble impulses that presided over their actions and renew their confidence in themselves.

Above all, pity those who dwell on the problems of guilt without immediate possibilities of solution.

You need not reprove their directive and conduct.

They already recognize themselves marked from within by the fire of anguish and do not look for you to make their pain worse. They beg you for peace and remaking, help and support for their own liberation.

Remember how many times we have been supported by the goodness of the Christ of God the light thread of the correct intention to transform it into a vigorous vigorous appliance to help ourselves and not despise anyone.

It is also important to consider that many times in the field of an occurrence that is reproached at present, there will be born the event that will reap praise from us in the future.

Besides, all of us, spirits in evolution in the sphere of the Earth, we are still carriers of imperfections and deficiencies to be overcome, along with

intimate obstacles to be necessarily transported, with credits and debts, mistakes and successes in the book of life itself. And, for this very reason, when it comes to spiritual support, if today is our moment to understand and to give, tomorrow may be our day to ask and to receive.

Emmanuel

BORN AGAIN

Nhô Limundo shouted bravely,
In the old Farm do Rio Fundo:
"I don't want a vagabond on my farm!..."
And he set fire to the huts of poverty.

The women cried out, "How sad!"
And the old ones: "God help us in this world!"
Without compassion, continued Nhô Limundo
Making a fire from lit straw.

But the old man died... he was mad,
He saw fire from the feet to the coconut...
He begged reincarnation as much as he could...
Today he is happy in Roça do Macaco,
It's quiet, but lives in a shack
It catches fire almost every day.

CORNÉLIO PIRES

IN THE SHARING OF GOOD

Do not stop to complain, when opportunity allows you to share.

Many will cherish the largesse of the square, pouring verbal scorn on those who have risen to the responsibility of public evidence, or negatively confabulating around the occurrences of the day, without realizing that they could convert their own time into support to their fellows.

You will walk, however, in the duty to serve.

You will understand that an empty hour is a depredated value in the edification of the collective good, as much as wasted bread is indirect theft at the table of those brothers who face the threat of hunger.

You will recognize that the obligation to share is a universal law for all creatures.

The sun shares the benefits of its strength, the fountain shares the gifts of its waters.

Divide equally your resources, whatever they may be, to multiply the common happiness.

You shall give a ray of light from your faith to each of those whom unbelief preserves in the night of discouragement. You will transmit your high knowledge to the companions that ignorance gathers in the shadow; you will extend the talent of courage to those who have lost hope; you will share your money with the victims of famine...

You will do even more. You will promote your moral enrichment in the

practice of the superior principles that you assimilate, and you will increase your prosperity in order to share the good, more and more.

Do not turn back to enumerate the roses of praise, or the thorns of ingratitude.

Help and move on, in the certainty that the privilege of offering others the best of what you are and the best of what you do, is enough.

Many accuse or complain.

Be you the voice that blesses, and the hand that helps.

And if someone reproaches you or does not understand you, it is still useful to recall that ahead of us, always walks the Infinite Love of the One who is the life of our lives, and who hides, misunderstood and silent, in the single syllable with which He presents himself to us, under the name of God.

Emmanuel

SOWER'S WORDS

Cultivate goodness and peace in your own work.
The world is an immense field open to life.
You will plant...reap...
Everything will be, then, as we choose,
The deepest pool or the supreme heavens,
Joy or sorrow, war or peace.

*

Look around your feet at the glory
That enriches your transitory path.
It is the harvest of light
Of those who, by helping and opening their arms
Out of love for your steps,
They traced out the path of faith that leads you,

*

The struggle is the enormous ladder on which you rise,
Beyond suffering, beyond darkness,
It is the chisel of affliction
Which, with bitter blows, torments you,
Everywhere is the holy tool
That improves and redeems the heart.

*

Do not stop! Believe, love, and trust.
After the night there is always a new day.
Praise the eternal splendor!
And, although the ice and the shadow, serve and wait,
Sow now the exalted spring
Of your dreams of love.

*

The life that follows you and surrounds you
Is the field always active and always full
Of good principles.
Cultivating sweet and pure kindness,
You will welcome the buds of bliss,
Here, now, and beyond.

Learn without rest and love by serving
And your future will shine more brightly
In real beauty.

*

Make the sun that illuminates you gush forth
And later you will reap the divine light
In the immortal harvest!

CARMEN CINIRA

IMAGES

It is not only the man who writes, the person capable of bringing monstrous creations to the people's thoughts, just as it is not only the tribune who can form alarming states of anxiety and madness.

How many times, in our daily tasks, we trace other destructive impressions of anger and indifference, with our thoughtless gestures?

How many times has our anger generated in those around us, discouragement and frustration?

In how many small moments of the daily struggle, we give way to slander and malicious gossip, molding ideas that vague and imprecise today, may be decisive factors of disturbance and delinquency tomorrow?

Far from pondering the responsibilities that enrich our spirits, we often descend into wrangling and unhappy trifles, suggesting evil and spreading affliction, thus aggravating our debts, consolidating the forces of ignorance and cruelty, to our detriment.

On the altar of our faith and in the field of charity that the Lord has given us to cultivate, remember that we will answer for the images that our thoughts, words and deeds establish in the souls of others, just as the architects are in charge of the constructions that obey their plans.

And waking up for the light that it is up to us to light in the journey of life, do not forget the clarity of peace and good cheer, confidence and joy that falls to us to extend, in the protection of those around us.

Hence, we should freely advance toward harmony and progress, because all our creations of pessimism and indiscipline, discouragement and bitterness, in their return blows, will mean for ourselves, hardship and difficulty, misfortune and trial.

Emmanuel

LET US PRAY AND HELP

In the services of prayer, let us not limit ourselves to asking.
Let us pray by helping.

We all can help.
Remember that the protection of Heaven comes back to Earth energized in a
thousand ways, through the forces of nature.

The dry ground cries out for help from the source to rescue it.

The spring suffers the rigors of the heatwave and the rain comes down to
solve its problems.

The forgotten plant weeps and the fertilizer comforts it.

The tree sighs for help and the dew rushes in as a balancing remedy.

Everything in life is interdependence, brotherhood, cooperation, mutual
support.

Let us not forget that by asking the Heavenly Father for assistance, we can
collaborate with Divine Providence, representing it, together with those who
suffer more than than we do, facing obstacles that we have never seen.

No one is so poor that he cannot give a little joy to his neighbor; that he cannot distribute tiny crumbs of tolerance to family members in need of understanding, or that he cannot offer some prayer on behalf of the sick or dying.

Everywhere, it is possible to observe the existence of drawers full of clothes, which could serve to replace the rags of those brothers of ours, who suffer the lash of the cold and wind, and safes saturated with resources and memories, whose owners they will probably soon be visited by death and who uselessly pile up what is unnecessary for them...

Let us learn to ask for what we can.

Let us ask for love, by loving those around us.
Let us implore the help of Heaven, spreading solidarity on Earth.

Do not forget the tragedy of stagnant waters.
While the stream that serves all runs happily, on its way to the sea, giving and receiving, helping and being helped, the stagnant well becomes a refuge of worms and monsters, unhappily disseminating the habit of disease and the darkness of death.

Emmanuel

EVERYONE CAN HELP

Charity is not the exclusive work of those who are temporarily stuck in material wealth. It is, above all, love, help, self-giving.
We all can help.

If you are rich in health, do not forget the word of encouragement to the sick.

If intellectual culture congratulates you on your reasoning, do not forget the brother who demands your help to improve himself.

If you have faith, help the unbeliever, giving him the witness of your spiritual renewal.

If you have received the gift of joy, do not forget about the sad and support him, so that he gets back on the path of hope.

Each one can be rich in the position in which he finds himself.

If the man of great financial expression can be rich in earthly gold, the man poor in material resources can be rich in talents of the spirit.

The sick person can be rich in patience and courage, just as the person in excellent health can be rich in kindness and cooperation.

The mature man can be rich in tolerance and affection. The young man may be rich in discipline and good will.

Poverty only exists where laziness and ignorance dominate.
Seek your fortune and spread your blessings.

Life will infinitely compensate you for every gesture of love that you fix in the soul of your fellow human beings, helping them in some way.

God is our Father of Unlimited Mercy, but also of Infinite Wealth.

As His children, let us distribute the resources that life lends us, in His Name, convinced that Heaven will always repay us, according to our own works.

Emmanuel

IN THE BUILDING OF FAITH

The great journey starts with one step.

The great spectacles of intellectual ability or physical endurance achieve fair initiation into literacy and gymnastics.

Nature never alters the principles of sequence, in which she gives full execution to the Laws of the Lord.

It is also thus in the spiritual field of life, it is essential to remember that we will never remove the mountains of difficulty outside of us, without overcoming the stones that afflict us inside.

Let us remember that the most complex building is made up of numerous insignificances, and let us know how to build, brick by brick, the walls of our sanctuary of indestructible trust.

For this, it is necessary to focus our forces on the work of our self-education, day by day, converting the little obstacles of our interior life into resources for our improvement.

We are not always called to public demonstrations of culture and sublimation, but we all find, in the course of incessant hours, training opportunities for building the temple of living faith in our soul.

Dark stumbling blocks threaten our spirit's ascent.

Here it is the blunt word that hurts us; there it is the ingratitude that visits us in the form of impermeability or indifference...

Now, it is gossip that tempts us to levity; later, it is the suggestion of darkness, inclining us to disturbance and crime...

Today, it is the relative who becomes the executioner of our heart, tomorrow, it is the friend who deserts our best hopes.

Here, he is the harsh and cruel director, further on, he is a subordinate who leads us to bitterness and despair...

Now, it is the imbalance of those we love the most, then it will be the illness, hammering our moral resistance...

Indispensable to love, believe, hope and always tolerate...

Let us keep serenity and move forward.

The world is God's house, humanity is our Family and the refinement of our own personality is still essential work to do...

Let us build by understanding and goodness within us, serving, helping, elevating, forgetting all evil, creating sympathy and cooperation around our steps, we will be surprised by the clarity of faith that, as a blessing from Heaven, will come to enlighten us the heart, illuminating our lives.

Emmanuel

CHARITY READING

Charity will not be transmitted only through the phrase that teaches it, although we owe the best veneration to the edifying verb.

It will not be learned only in the consoling pages of the religious anthology... It will be read, above all, in our own existence.

In the home, the husband will know the principles of renunciation of the wife, as much as the wife will contemplate the excellency in the irreproachable correction of the man who presides over the house. Children will observe their teachings in the ennobling behavior of their parents, and family members, in the common sense, will seek their living treasure in the one who speaks and moves in their name.

In institutions, the leaders will identify him as sublimity in the worthy cooperation of the subordinates, and those who obey will notice the greatness that guards the authority and guide the service.

Let us not forget that at home and in public life, all those around us expect from us the message of CHARITY, through our smallest acts of understanding, kindness, affection and gentleness ...

Our heart is daily read by others in the word we say, in the sentence we write, in the commitment we make, or in the gestures we practice.

It is necessary to remember, therefore, at the height of our current spiritist knowledge, that the donation of the superfluous is no longer enough for the revelation of divine virtue, in the material order of life.

Let us remember the duty of giving of ourselves, with effort, personal sacrifice, discipline and sweat, in our relations with our fellows, if we wish to assimilate the lesson that JESUS bequeathed us.

Let us make of our experiences an open book of pure love, in which our

brothers on the way can read fraternity and cooperation, in all our well-fulfilled obligations. Charity will be a shining debut in our hearts, shining for those who live with us and clearing the way for us to the glory of eternal life.

HOUR BY HOUR, DAY BY DAY

If you wish to guide your path in the footsteps of Jesus, called to the service of the Gospel, do not forget the hour well lived, so that your working day day be a real blessing.

When you get up each morning, watch the thoughts with which you begin your daily task, meditating on the confidence with which Christ awaits your cooperation with those around you.

When you begin the performance of your duties, center your mental strength on the duty to fulfill.

If your mission remains confined to the family sanctuary, make your dwelling a small paradise of love and joy, even at the price of your pain and renunciation, in favor of those who share your experience.

If your efforts are to unfold at a distance from home, remember the respect that we owe all creatures, and use the energy of your words only to console and instruct, to help and to sublimate.

In your home, or on the public road, you will certainly receive many times the visitation of malicious gossip to the requisition of your thoughts and words, to discord and slander, to frivolity and foolishness...

Now, it is a carefree friend who cherishes the culture of pessimism and criticism, inducing your heart to lose precious minutes of your life, reproaching the conduct of distant authorities...

Later, you will be summoned by the observation of blood relatives, about a thousand trifles, which frequently involve the reputation of others...

Do not mistreat or injure anyone who offers you similar thorns from the rose bush of the world, but without affectation or fanfare, try to direct the talker to some edifying theme, or a gentle service, in which his contribution can be valiantly valuable...

Above all, do not be deceived by the anesthetizing appeal of unnecessary rest.

We can hardly find the difference between idleness and fatigue.

If you want to win the title *chosen* in the field of Good News, take advantage of the call of Jesus and move towards good with indefatigable fervor.

Look at your days if you want a life full of graces and, converting your works into songs of service, you will finally find sublime communion with Him who has loved us since the beginning of the centuries. For love of us all, He never abandoned the incessant work, so as to succor and sustain us to the end.

Emmanuel

SPIRITUAL SUPPORT

As happens in the plane of the companions still bound to the physical garment, we, the disincarnate, also suffer the challenge of the rude problems that are addressed to us from the physical world, yearning to see them definitively solved, however it is necessary to conform to the own deliberations to the impositions of life.

Understanding is not a construction that is raised in a hurry, and the death of the dense body does not does not marble the soul's fibers.

Many times, we tremble in the face of the dangers that unfold in front of loved ones, and we do not identify any other resource to calm our souls than the prayer that induces us to accept the Eternal Wisdom.

We grieve before beloved children, deceived by terrible deceptions and we would give everything, so they may be in harmony with reality, without wasting any time, but we must to respect their free will, and to count on the benefit of disenchantment, so their mature experience is ripened in the core of their being as a precious fruit of security.

We share the pain of the shaken patients who involve our thoughts in the tormented vibrations of the pleas with which they await our intervention, and we would readily renounce everything that would mean our own joy to rearticulate their terrestrial health, though, it is our duty to encourage their courage in the inevitable suffering of their own moral victories.

We accompany the trials of unforgettable friends, who drag themselves in asphyxiating pilgrimages in the world, and we would joyfully take their place under the crosses they bear, but it is necessary to strengthen their spirits so they do not lose heart in the struggle, the only means that will guarantee their own redemption for the great liberation.

We follow the course of unpleasant events, among brothers who share our ideals and tasks, understanding that any fair sacrifice would be a blessing for us to avoid the conflicts that hurt their sensitivity.

Yet, it is imperative, on our part, to sustain their strength in the crossing of minor crises that are breaking their hearts at present, so that their learning is illuminated and the sense of responsibility in the duty to be fulfilled is more vividly awakened.

Hence, we will avoid greater calamities that would fall in the future, by devastating agents, on their own spiritual constructions.

We all belong to God and to each other, however, each of us is mentally in a different place of evolution.

For this reason, in our own difficulties and struggles, we beg the Infinite Goodness for concessions of this or that, but only Infinite Goodness really knows what we need from this or that.

Let us thus condition our own desires to the Divine Guidance, which directs the Universe in divine silence. For recognizing ourselves presently unable to want and know rightly what is best for us, that Jesus taught us to feel and say in prayer, before the Father: "Be done Your will, both on Earth and Heaven..."

Emmanuel

Your Religion

Your religion!

On many occasions, you ask whether it is really the best.

But you do not need to let go of comparisons.

Examine your own faith.

If in the crises of life, when you implore special concessions for your benefit, your religion teaches you that all creatures are the children of the Creator, without being lawful to demand any privilege in Creation...

If, in the attributions of merit, when you ask for particular favors for those who enjoy your whims of affection, your religion advises you to respect the right of others...

If, in the invasions of lies, in the face of the disturbances that are distended by poisoned gases, when you naturally bend towards where the winds of sympathy predispose you, your religion gives you the precise moral strength to accept the truth...

If, in the invasions of lies, in the face of disturbances that are distended by poisonous gases, when you naturally incline where the winds of sympathy predispose you, your religion gives you the moral strength to accept the truth...

If, in the game of material interests, when numerous temptations induce you to cheat, in the name of intelligence, with obvious personal advantages, your religion shows you the way to correct money, without departing from sweat in work and responsibility in your own effort ...

If, in the bitter days of humiliations, when wounded pride suggests you despair and revenge, your religion recommends humility and abnegation with unconditional apology of offenses and forgetfulness of all evil...

If, in hours of anguish, when death inevitably hovers over the foreheads of your loved ones, when temporary separation impels you to discouragement and rebellion, your religion assures you of the certainty of the immortality of the soul, sustaining your patience and enlightening your hopes...

If your religion considers the happiness of your neighbor above your own happiness, converting itself into incessant service to the good, under the inspiration of justice, your religion is and will always be a true light for the path, leading your soul, a step of understanding and work towards the Higher Spheres.

If you declare yourself in action, in the Spiritist Doctrine, effectively, your religion cannot be other. And if you have any doubts about your beliefs and conduct, prejudices and traditions, enter into the world of yourself and inquire of your own conscience what would have been, among men, the religion of Jesus.

Emmanuel

HEART AND BRAIN

The brain, in fact, will articulate laws that will discipline peoples; it will conduct daring scientific experiments; it will form philosophical and religious lessons of the highest importance in the evolutionary march of consciousness:

It will measure distances in the middle of the sky;

It will compose wonders with merits of the word; will conquer the dominion of space, elevating the man to the condition of conqueror of the world;

It will safely descend into the darkest labyrinths of the sea, extracting its secrets;

It will masterfully approach the enigmas of nature, to solve them in its favor;

It will weave the finesse of art; will extend the benefits of the industry; and will oversee all creature initiatives in ascension to the higher plane.

Nevertheless, in the heart resides the creative force of being, and only through it flows the generous source of love that generates beauty and glorifies the blessings of life.

That is why Jesus, our Divine Master, spoke above all to the Human Heart, because if the Brain is the guarantee of progress on Earth, the Heart is the star that shines, sovereign, confusing Earth with Heaven, so that Humanity can be integrated, victorious, in luminous communion with God.

Emmanuel

MORE LIGHT

In truth, the night, in which the soul struggles in the world is great.

In the most varied angles of the march, we see the darkness of incomprehension and the clouds of discord, begging for the grace of light.

But do not cry out against the shadows.

Despair is often agitated laziness, just as much as lamentation is idleness.

Do not condemn, and do not complain.

Do some charity and move on.

The seed of now will be harvest later.

The hesitant spark of today will emerge as a resplendent torch tomorrow.

Great is the fog of ignorance that still surrounds the Earth.

Pay attention to the brain, but do not forget the heart.

Wisdom is the path.

Love is the light.

The palace in the dark may be populated by monsters.

The plain field in the morning glare is a temple open to solar glory.

Help and you will transform pain into joy.

Love and you will make life shine.

PRAYER FOR TODAY

Lord... As time renews itself
In the vast horizons of this day,
I aspire to be, where you place me,
The memory of peace and joy.

Before the explosion of love with which you surround the world,
Let me be a ray of hope
To every discouraged heart
That seeks to find you and still cannot reach you.

Let me have my own arms to assist
The hardship of all shades.
Meanwhile, Lord, make me also the word of faith
Lifting up on the road the sad and unhappy.

Convert my vision into charity,
Give me the gift of serving without asking to whom,
Keep me in the school of duty,
Make my hands into artisans of good.

Help me, Lord, to be transformed;
In the harvest of life and with whomsoever I may be,
In a single seedbed of work,
Which blesses your light, blossoming with love!

MARIA DOLORES

OUR HANDS

Truly, there are thousands of wonderfully clean hands in the game of appearances...

Hands that are covered with valuable jewels, but that are not willing to break bread with the hungry.

Hands that move, vivacious, in the mimicry of moving speeches, but that do not descend to the field of action to mix a drop of medicine with the sick.

Hands that sign important decrees and ordinances in public administration, recommending order and virtue to the governed, but who do not hesitate to dismantle the collective goods entrusted to them.

Hands that write admirable pages of literature, under the inspiration of grammar, adorned with artistic treasures, and that never worry about the practice of the brilliant verbalism they produce.

Hands that move in a collection of coins and banknotes, displaying power, but that do not yield the slightest loan of the resources in which it takes, without heavy tributes to the brother who bears thorny burdens on dark paths.

Hands that show others the path of salvation and that choose the dark path of the curse for themselves.

Really, do not forget the hygiene of your hands, however, watch what you do.

Our hands constitute the antennae of love that, guided by the Gospel, can convert the Earth into a domain of light.

Let your arms be integrated into the work of true fraternity and you will be, in this way, the living instrument of the Divine Will, wherever you are, in favor of the reign of peace and joy for the aggrandizement of the whole world.

Emmanuel
