



*Calm
Down*

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Emmanuel**

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Emmanuel – Spirit

Calm

Unrest on Earth.

Times of transition.

Difficulties of understanding.

Impacts of progress.

Generational conflicts.

These are the reasons given by many friends for us to send them a few pages on serenity and security, for life doesn't allow us to stop, either on the Physical Plane or in the Hereafter.

Evolution never stops.

Suffering or learning, creating, or recreating, improving or renewing, making mistakes or readjusting, every creature will always continue to pursue the supreme objectives of Divine Wisdom.

In any case, however, and whatever the point in the Universe where the spirit inhabits, it needs peace within itself to build its way to other elevation paths.

From these ideas came this book, which we give to you, our friends, hoping you find harmony and trust in God to achieve the happiness we aspire to.

"**Calm**" is the subtitle that defines this unpretentious volume. May this blessing strengthen us all amid the obstacles, struggles, difficulties, and trials we may have to face on our march towards the Ever-Better Tomorrow, with the support of Jesus, the Master and Lord.

These are our wishes.

Emmanuel

(Uberaba, November 17, 1978)

In the Tasks of Life

Remember:

God created us to carry out determinate tasks in which we will be happy.

Don't say that the Earth is exclusively a world of trials.

At any stage of evolution, you can set yourself in the appropriate place to create your own joys.

It is necessary to recognize that you are in the best condition and with the most suitable creatures for the job in question.

Be aware that no one can do anything without the support of others, and it falls to all of us to acquire patience and tolerance toward each other.

Let's learn to live without complaints.

Most of the obstacles we face in our duties come from us, not others.

Adapting to the demands of the work without losing height in our superior ideal is the norm for triumph in our mission.

Let's remember that all those who can excuse the difficulties and faults of the neighbor are creating fundamental factors for their success.

Those who consecrate themselves to good deeds serve to live, honoring life in any position.

Through the Earth

Always remember that you're in an educational stage on Earth.

As we journey along the trails of evolution, it's not time that passes you by, but conversely, you are the creature that passes through time.

Keep hope in your travel gear.

Keep working and doing as much good as you can.

Accept your companions on the road as they are without demanding perfection, from which we are all still very far.

Bear with your neighbor's faults with patience, recognizing that we, the spirits still bound to the Earth, are not exempt from imperfections.

Lift the fallen and support those who stumble.

Don't lament.

Get used to facing difficulties and problems with a firm spirit, assimilating the teaching they are bearers of.

Don't dwell on the past, although it should be an unforgettable lesson in the archive of experience.

Forgive, unconditionally, any offenses, whatever they may be, so you can move ahead, free from evil.

Support others as much as possible and repeat this benefit as often as you are asked to.

Do not let the calamities and trials hinder your evolutionary endeavor since you recognize that you are passing through the Earth on your way to the Greater Life.

Always praise, thank, bless, and serve.

And let's not forget that our achievements constitute our baggage, wherever we are.

The portions of everything we give or do on Earth will have their fair share in Spiritual Life.

Speak in Peace

Just remember: the human voice is full of vibrations.

Endeavor to avoid shouting at the wrong time.

A loud exclamation is equivalent to a mental stoning.

If someone addresses you in a loud voice, do them the courtesy of replying in a lower tone.

Other people's nerves are like yours: they get off balance quickly.

Fruitless discussion is a waste of strength.

Don't allege exhaustion as an excuse to spout stormy and offensive phrases; those who are tired seek rest and silence.

If you're on the verge of irritation, you're sick, and the sick require medicine.

Verbal noise only complicates matters.

Think about it: your voice is your sound portrait.

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In Crisis

You may be facing a problem that seems positively insoluble.

Don't think that running away will help you.

Think about the reserves of strength within you and accept difficulties as they arise.

Don't give up your chance to work and remain faithful to your duties.

Take on the responsibilities that concern you.

Avoid commenting on the negative aspects of your ordeal.

Pray~ but pray sincerely ~ asking for God's protection on behalf of all those related to the matter that concerns you, whoever they may be.

If there are offenses in your field of worries, forgive and forget any aggression you have been the object of.

Strive to establish tranquility in your action areas, without considering personal sacrifices, which will always be small, no matter how big they may seem if they are the price of the peace you need.

If you cannot solve the problem in question, never resort to violence, but keep working and give yourself to God.

Serenity and Patience

To preserve our peace, we must pay careful attention to ourselves.

Conflict with invaluable results can arise from the explosion of uncontrolled feelings; however, we cannot obtain peace without effort.

Anyone who believes in the imaginary value of unreasonable disinhibition to guarantee their balance should observe the disoriented electric power or the traffic without discipline.

No one possesses a serenity that they haven't built up. Hence the need for vigilance in ourselves.

It's not about prevention against anyone but self-government.

To achieve it, it would be fair to list certain primordial obligations that constitute the calm conscience's foundations.

Let's understand that we are placed before each other to improve ourselves.

Let's embrace initiatives for harmony without expecting certain people to promote them.

For the mistakes of others that concern us, let us

examine our errors with a sincere resolution to correct them.

Let's not get bored with the work that life entrusts us with, for through this is how we will achieve fair promotion on life's scale of values.

Let's never forget that efficiency doesn't go hand in hand with haste, but it won't be seen without the support of diligence.

We should remember that our ears can be transformed into extinguishers of evil whenever it seeks us out.

Let's understand that our neighbor doesn't have our background and let us know how to respect each creature in their position.

In short, serenity is not a spiritual acquisition that can be achieved by magic but through the often arduous and rough exercise of patience.

Inner Security

Faced with the emotional impacts of everyday life, you'd like to build inner security so that serenity becomes your constant defensive citadel, and, without a doubt, you can construct such a refuge.

Start building your own peace, aware that you must think for yourself, despite knowing that we are all influenced by others' opinions.

By accepting ourselves as part of the immense human family, we will see that our difficulties are no heavier than those of others.

Thus, as we are all susceptible to making numerous faults deriving from our apprenticeship, we should understand that we are not exempt from committing determinate errors.

This warning is like a red light in traffic, inviting us to stop to move forward in a space free from risks.

Alerted by the need to take the right path, we will learn that our loved ones' ways can be diverse from ours.

If we accept that every creature is a passer-by, or a traveler in the car of their existence, we will know

how to zeal for our guidelines without interfering in others' conduct.

By sharing everyone's reality, we can recognize that the setbacks that visit us may also occur in the lives of those we love, and it falls to us to help them just as much as we would like them to help solve our problems.

The conviction that we are all on a way, seeking achievements somehow like our neighbor's, under similar risks, will eliminate any impression of privilege, ahead of our fellow humanity, with whom we need to be at peace to guarantee our inner security.

Think about it, and you'll conclude that this or that world traveler needs to protect the vehicle that concerns them, so as not to cause disasters that might threaten themselves and others.

Serenity will dwell with us on Earth when we understand that every brother and sister has their own body, with dreams, commitments, achievements, and initiatives. It will keep us away from hasty judgments and unwarranted condemnations. By loving our neighbor, we will live full of the golden rule, whose practice is the key to happiness, and we shall live at the core of this feeling.

Lamentations

Let's keep a clear and positive idea of the good so that a negative disposition doesn't disturb us.

Don't think about suffering that could happen tomorrow, for it may never happen.

Sickness at home or in yourself? Affliction is no substitute for providence or medication, which requires serenity to be successful.

Trials from family and friends?

Lamentation will not do what strength of mind and courage can accomplish on their behalf with your enlightened word of trust and understanding.

Difficult relatives? Complaints and reproaches will not take the place of kindness and acceptance with which you can help them and improve their lives.

Friends who move away? Reproach won't bring any of them back, and if they are in your esteem, it's fair to recognize that they need a blessing much more than disapproval.

Any accident crying out for help? Despair won't help, but a spirit of initiative and fraternal support will enable you to give the providential assistance.

Rumors? Use your file of silence.

Accusations against someone? Now is a great time to exercise charity.

In any daily crisis, remember that God's Creation is illuminated by efficiency but without any hint of haste.

Peace Within Us

Peace in us is not the result of external circumstances, but of our conscience tranquility in having done our duty, and we should note that the commitment fulfilled is the fruit of comprehension.

Understanding means, in essence, forgiving the people who oppose us and forgetting what we consider adverse events, so we remain faithful to the task set before us.

Don't let the censure or criticism of others disturb you in the performance of obligations that life brings, for if you accept your commitments in favor of the general welfare, these responsibilities concern you, not those who observe you, frequently without logic and certainty.

In any good work, it's important to remember that the ideas, words, actions, and attitudes of others belong to them, not to us.

As part of the reciprocity criterion, it is right to remember that we cannot violate this or that person with opinions and measures aimed at stifling their personality.

Discussions are helpful in many cases of obscure matters or uninformed companions, but serving our neighbor by giving them the best of ourselves is the decisive argument to clarify the solution to any problem.

When aiming at collaboration for the common good, it is imperative to dominate the inducements of selfishness, which make us waver before the assignments that life brings us.

Even if all the external elements seem contrary to your action, it is perfectly possible to keep your peacefulness whether you know how to understand people and situations, leaving them where they are and moving on with the work you have to do.

Peace in us ~ let us repeat ~ is born of understanding in service, and this is maintained by tolerance regarding other people's faults, even by self-acceptance of our errors, so we can correct them without turmoil and wasting time.

In short, if we do not know how to forgive, we will not be free to submit ourselves to the practice of good according to God's Laws.

On the Best Side

If you wish peace to bless your life, open the intimate doors of understanding so that mercy settles in your heart.

No one denies the merit of constructive criticism, born in the springs of Justice; however, as much as you can, let the understanding deriving from Love preside over your manifestations.

Although we are all subject to the principles of cause and effect, let's not forget that God is Love, and He provides us with the resources we need to integrate with the Universal Laws that will make us happy forever.

For mercy to enlighten your feelings, consider our brothers and sisters in Humanity through the better side on which they would like to be acting.

This companion abandoned his tasks in the field of good; nevertheless, he probably adopted this measure not for a spirit of unfaithfulness to the commitments assumed, but because he lacked the necessary resistance.

Another person who fell into the shadow of delinquency did not fail because cruelty dominated

his spirit but because he had not yet managed to master his nature, susceptible to falling prey to obsession.

The other person who has deserted their domestic duties may not have run away from his obligations for want of affection for his family, but because his strength has waned in dealing with life's responsibilities.

Still others fell into this or that unfortunate habit, not because they wanted to, but for fear of slipping into the criminality to which they felt driven by the insistence of continuous temptations.

Let mercy help you in all occurrences so you interpret everything from the best side of the people and situations along the way, and the good side of your problems can also be seen.

Let's remember that God governs each of us by the forces of Justice, but He understands and waits for us all with Infinite Love; let's know how to understand and wait for each other.

Loved Ones

Of course, you already understand that your loved one is a world apart, often with feelings and reasoning quite different from yours.

Let's understand each situation within the context of the needs and trials they may face, and let's respect them for the problems they bring along.

Let's encourage our loved ones to do their best.

Never should we, though, disregard their vocation for more simple tasks.

We should remember the imperative of constructive dialogues in which our improvement suggestions are fully expressed.

If our nobler aims are not met, as long as we are dealing with adults, it would be violence on our part to imprison them in our points of view.

We plan marital bliss for our children while on Earth, but if they are born to experience difficult marriages, it would be dangerous to force them to flee from the path they must follow.

We would love to honor our beloved descendants with the highest academic titles. Yet, many of them

have come to us on Earth for the most arduous tasks, and we must respect them.

If dear souls fall into error when they have come into the world with the promise of overcoming inducements to it, let's not reproach or condemn them in any way, but leave them as free as possible to do with their lives as they see please.

Don't force anyone to live according to your standards of behavior, for you wouldn't be able to stand someone else's impositions on your way of living.

Briefly: remain serene before other people's choices and live your own life, leaving to others the freedom to live the existence that God has given them.

Pruning Irritation

If you still have the habit of getting angry and can already recognize the damage it can do, you can eradicate it, considering the necessity of your renewal.

Start your daily activities by thinking of God and giving thanks for your opportunities to do good.

Meditate thoughtfully before the atmosphere of superior knowledge you already possess, in the certainty that you experience an opportunity to express the best of yourself.

Think about the companions who so far were able to cause you bitterness as our brothers and sisters, living now with qualities as imperfect as ours.

If a trace of resentment settles in your heart at the unfortunate behavior of someone, apologize to that individual, trying to forget their naturally thoughtless fault.

Ponder that if others make mistakes, so do we quite often, in the condition of spirits still linked to the multiple bands of earthly evolution.

Don't accept yourself as infallible, to understand

with indulgence those who, by chance, don't live up to your trust.

Reflect in the intimacy of your heart that no one can accomplish anything without someone's help, so you can take advantage of the mature values of the collaborators that God has entrusted to you without spoiling their unripe values.

Refrain from lamenting shortcomings and difficulties that have already passed and give yourself to rebuilding your peace based on service and discernment.

Let's not forget that, in the most complicated circumstances, life asks us to practice good works, and that for this very reason, any occasion for each of us is a time to understand and bless, to help and serve.

Relationships

If difficulties and trials visit you in your relationships with others, do not allow yourself to rehash sorrows in your heart.

Let trust in Divine Wisdom dispel any shadows from your mind, reminding you of the Sun breaking up clouds daily to vitalize and revitalize life's processes.

For such an achievement, comprehension must preside over your impulses. And understanding will let you know that others are autonomous creatures, always gravitating towards goals different from yours.

The certainty of this will free you from the loneliness that can induce discouragement and despair.

The truth teaches us that no one can do good works or move towards good without others.

Because this is the case, nobody can demand that others carry their own existence along the paths to be traveled.

People may be our co-workers, interpreters, associates, and companions for as long as they can, and the same goes for us about them.

In view of this, love your friends without holding them back.

This person may have been the mainstay of your hopes for a long time. Yet, there might come a day when he cannot remain entirely by your side, given the new challenges ahead for him.

Until yesterday, someone else understood your intentions; however, the experiences necessary for him temporarily altered his reasoning.

Accept them as they are, continuing in the service in favor of your neighbor, and moving forward in building a better life for yourself.

No one learns anything good or improves themselves without others, but nobody can depend on others for the achievements they demand.

In moments of change and renewal for those you love the most, move away from the idea of separation and don't regret it.

Keep on working, for by the designs of Higher Life, others will come to meet you to the duties that the world has given you, and those who distance themselves from you will return later, with more strength of love, to help you or be helped.

The truth does not deteriorate.

Only those who possessively seek them, when they are far away, lose their loved ones, for he who loves always does, and in such a way that even when the dear ones become distant, the loving heart continues to feel it and bless them, aware that, through the powers of the spirit, they will never lose them.

Early Wealth

Documents and valuable objects that might have provided you with material resources for a long time have disappeared.

You wasted the opportunity to secure a solid pension in the future when your body could no longer help you work due to someone else's inattention, or your memory didn't help you recall the details alluding to the subject.

Don't let your thoughts wander for this reason.

Maybe zealous and careful spiritual friends helped you to lose these advantages for your benefit.

Ask yourself if you would think it necessary to work if your life were supported by excessive money.

Reflect on the relatives' situation, whose excessive financial resources would perhaps keep them away from the obligation to serve the neighbor, with the aggravating factor of inducing them into the dangers of golden idleness.

Remember those whose unpreparedness to keep and manage money has placed them in ruinous

segregation for fear of losing the supposed superiority in which they would live.

Think about the unwarranted advances of envy and spite over your days on the part of those who have not yet learned to respect others' lives if you were to keep your fortune out of circulation and work, of no use to anyone.

Remember the disagreements and demands of wills and inventories, promoted by your descendants in the event of your unexpected death, about the material goods you would leave without a fair and profitable destination.

Accept the laborious life God has given you, recognizing that fortune will be in your hands when you know how to direct it without allowing it to enslave you.

Household Quarrels

A small domestic bust can lead to many feuds and dislikes.

Learning to listen without opposing it in order to clarify obscure points at the right time is an evident sign of understanding and wisdom.

It helps children not only to smile but also to educate themselves.

Respecting our relatives connected to us in our earthly experiences is a valuable precaution against positively unnecessary maladjustments.

Avoid criticizing this or that unpleasant detail in the home environment, cooperating in silence for problems to disappear.

Don't censor anything, working to ensure that problems are solved without quarrels or discussions.

Keeping quiet about sensitive issues in the family prevents offensive or useless conversations.

Don't relive the misunderstandings of yesterday or any phase of the past, so household faults and mistakes are truly forgotten.

Let's learn not to shout but to talk.

Don't forget: unity begins at home, but general calm starts with yourself.

Suffering Reproaches

You may have suffered reproaches that felt like an unfair spiritual beating.

Initially, adopt silence without making any comments.

Pray, asking Divine Providence for inspiration.

If you are not at fault for the mistakes attributed to you, don't give any answers and continue with the tasks that life has entrusted to you, forgiving any offenses.

If the criticism you have received is well-founded, try to analyze your own behavior about the matter.

Thank your censors in thought, trying to rectify the points in which you observe yourself in error.

Do not complain against anyone who points out the truth to you, for if they act exaggeratedly against the errors, you may be guilty of, life will clarify them at the opportune moment.

Don't defend yourself or accuse anyone before criticism.

Keep working sincerely, cutting out the attitudes you disapprove of in yourself.

If you are at the center of guilt for which you feel undeniably responsible, continue to act and do good as much as possible.

Be sure that we are all children of God, and God will grant you resources and open new paths so that peace of conscience returns to your life and enlightens your heart.

Irritation Topics

If irritation has already become a habit, you should reflect on its disadvantages to rid yourself of such a spiritual maladjustment.

Pray, asking Divine Providence for the strength to protect yourself in patience.

Imagine bitterness as a magnetic thorn bush, throwing rays of destructive energy in all directions.

Mental intemperance never helps anyone.

A sentence of harshness, in most cases, can be imagined as a punch in the face of the best opportunities that come your way.

Violent moods only aggravate situations and complicate problems.

The habit of getting angry is a predisposing factor to difficult-to-treat illnesses.

Condemnation does not build.

Even if your heart is wounded, talk calmly and clarify with patience.

A gesture of kindness works wonders.

Enjoyment and Patience

Under the laws of the Earth, property, whether it belongs to a social group or an individual, always commands respect; nevertheless, before Divine Creation, the idea of usufruct is a relevant factor of patience for the heart.

If you think about eternal life, you will surely remember that your most valiant ancestors came to Earth, enjoyed its goods, and then returned to the Spirituality that is our field of origin.

Reflect on this so the fears of disconnection don't compromise your balance and health.

Your loved ones have sought your company, or you have sought their company.

However, there will come a time when they say goodbye to you, or you will leave them, under the imperatives of the constructive change law, while love remains intact, foreshadowing the joys of reunion.

The possessions you may have gathered will be transferred from your name to others, whether they are family members linked to you by consanguinity or different companions who will continue your work.

The power you hold, no matter how long it remains in your hands, will pass into the hands of others, considering the inevitable transformations.

The influence you possess will give way over time.

Certain faculties of intelligence you have on the Physical Dimension if you can sustain yourself in a relatively robust body, like the violinist who only stays in top shape while he can maintain the instrument integrity.

Mindful of the reality that we all enjoy resources which essentially don't belong to us, let's be alert, loving without possession, and serving without attachment.

Consider the position of usufructuary in which you find yourself in the earthly experience, and whatever the adverse circumstances you are facing, patience will not fail you.

Settling Accounts

Your friend may have behaved strangely, assaulting or harming you.

Don't react hastily under the pretext of justifying yourself.

First of all, imagine yourself in his position.

How would you disinhibit yourself if you had a loved one approaching death?

What would your behavior be when faced with a determinate illness that corroded your body at a time when someone reminded you of a debt weight?

If you find yourself in front of a madman, you can't ignore that it is impossible to cure him by hammering him on the head.

Before material damage, even of significant proportions, if you can sustain yourself without the debtor being able to pay it off, it is better to wait than provoke a rupture with unforeseeable consequences.

Think of the times when friendly hearts have excused your faults.

Remember the loved ones, for whom you will often have to ask the benevolence of others, sometimes

even of people you might want to embarrass with challenges and demands.

In any settlement of accounts, meditate on the extent of our debts to God and in the certainty that, above all conflicts, patience is worthier.

Sourness and Irritation

Someone may have said that you have some hidden illness, preventing you from smiling, but don't believe that this or that organic ailment can rob you of your serenity.

Perhaps some unpleasant event has stirred up your innermost forces, and you're on the verge of falling into the vast chain of unfortunate reactions.

Maybe a determined person has thwarted your plans and designs.

You have suffered some unexpected loss.

Remember: moments of crisis test your capacity for resistance.

Some setbacks are anticipated blessings, whose meaning you will come to understand.

Certain losses induce you to change directions to make big profits.

Frequently, several relationships disappear so that others stand out on your path, enhancing your existence.

Whatever happens, don't close your face and let your smile help you by helping others.

Bitterness and irritation, in essence, are two shadows that keep you away from the best.

Collaborators

Workers building a better world don't work alone.

No one accomplishes anything for the benefit of all without someone else's assistance.

With this reality, the problem of creating collaborators arises for those who manage to penetrate more deeply into the spirit of responsibility required for good works.

If you are responsible for an enterprise linked to the general interest, guiding a team destined to serve, supporting a circle of creatures wishing to help others, or supervising a family of friends aspiring to higher knowledge, arm yourself with patience and understanding.

Thus, you won't smash precious values that will serve you tomorrow as support, encouragement, continuity, and survival.

Remember the farmer who prepares the soil, sows the seeds, defends the fledgling crop, provides it with the right fertilizer, guarantees it the benefits of irrigation, and protects it until the fruit rises to reward the service of careful training.

Cooperators are not born and made.

Even Christ didn't have them.

Simon Peter gained strength after his denial. Thomas gained confidence after the sufferings of doubt. Judas understood the lessons of the Gospel at the cost of tears.

Paul of Tarsus came to the Good News to work in a field where cruelty was the rule of everyday life.

However, Jesus modeled all of them with serenity and love, sculpting in each one the fidelity to the point of sacrifice.

If you desire companions who will assist you in fulfilling your duty and maintaining its stability, show love and kindness to those whose hearts are still inexperienced, recognizing that the circumstances of life have placed them in your care, all in the name of the Lord.

Learn to forgive and help, instruct and support always, so your ideals and today's achievements find the necessary support in tomorrow's continuation.

Avoiding Anxieties

Considering that restlessness in us generates restlessness in those around us, let's review, at least from time to time, the inducements that might lead us to anxiety.

Remember that all of us, incarnate or discarnate spirits evolving on Earth, are still far from perfection.

We practically cannot continue our journey without errors, but we must recognize that Divine Providence never denies us the resources to correct them.

Accept yourself as you are and where you are so you can walk safely towards what you should be and the best condition you can reach.

Consult the past for information that will help you move in the right direction, but don't get hung up on negative memories, for today is the day to construct the tomorrow with the selected material available to you in the experience field.

Unleash the capacity to understand and forgive with which the Creator has endowed each of us so that resentment before action and opinion conflicts in the work areas where you are do not cause you imbalances.

Don't believe that illness and tiredness will prevent you from serving others by working tougher.

Selflessly helping others will always be the basis of any betterment.

Let's cultivate respect for ourselves, without which we don't know how to gain the respect of others.

Let's trust in God above all else without forgetting that God also trusts in each of us.

Conquering Peace

On many occasions, mainly when difficult situations worsen, you ask yourself how to achieve serenity to overcome daily setbacks.

Imagine yourself in the position of those who stress you and examine yourself more closely.

If, in your work environment, you played the role of the boss, tormented by problems and conflicts, you would be perhaps in a more afflictive state of mental intemperance when this happened.

If you were in the place of the subordinate, sometimes facing bitter domestic dramas, you would probably be slower in your work when this happened.

If you were in the conditions of the patient who bothers you, when this occurs, you would probably recognize yourself with less intolerance in the presence of suffering.

If you underwent the hard temptations of a creature considered in error, you might have fallen to a lower level.

If you saw yourself in the sickly position of the one who offended you, you don't know if you would not

have hurt someone more.

Let's look at ourselves through the lens of introspection, and we'll see that we are pretty far from the condition of angels.

It will teach us that the companions we live with will not always be able to display qualities we don't yet possess.

Deeper reasoning will make us feel the need for calm and tolerance towards each other in all of life's troubling moments.

Intrigues and Accusations

As far as possible, refrain from unhappy topics.

Often, those who speak against others can have a sick or overexcited imagination.

When someone makes you the vehicle of intrigue, both the person who brought you the verbal bomb and the person who created it are worthy of compassion.

An imperfectly heard sentence will always be a misinterpreted sentence.

The person who rushes to erroneous judgments about you may be the victim of a terrible mistake.

Many people with crystallized habits in shameless comments about other people's lives are on their way to the most critical medical treatments.

If your conscience is clear, negative opinions don't get to you.

Before criticism, look at the extent to which it is truthful and acceptable, so we can rectify in our personalities what we dislike in others.

If you are aware of an imbalance in progress, help in silence, where you can cooperate quietly without

telling anyone about the readjustment effort you can do.

Have compassion for the accusers and pray to God on their behalf so they are favored with the blessing of peace that we wish for ourselves.

Ill Temper

If ill temper envelops you like a suffocating shadow, try to examine its origins so that you can eliminate it as soon as possible.

If a debt worries you, don't be too harsh to get the precious resources to pay it off.

When sickness appears, you need a remedy, not intolerance, to heal it.

If you need someone's cooperation for a particular undertaking, a frown won't bring you people's sympathy.

One cannot solve family disagreements with vinegary phrases.

If you want to acquire companions and collaborators, irritation is an ancient process of losing friendships.

Remember that nobody achieves anything without others, and they are not to blame for our indispositions and insecurities.

To this day, nobody knows where bad humor ends and illness begins.

So far, no one is known to have been helped by bitterness.

If you wish to rid yourself of this destructive mask,
cultivate patience and learn to smile.

Family Connections

As much as possible, endeavor ~ but really do ~ to live in harmony with those relatives who seem less in tune with your views.

On the Physical Plane, one does not bind himself to someone by consanguinity ties for no good reason.

When they wish to improve, those who feed hate and aversion are led by Sublime Benefactors to reincarnate together to extinguish the anguishing flames of discord through the trials they live together.

If you think the intentions of this or that relative seem opposed to the higher ideals you embrace, bless him with your best thoughts, and don't hinder his steps on the path of the experiences he needs.

Don't despise your parents or your children for being disoriented or ill, as perhaps you may have been the direct or indirect cause of their imbalances or illnesses.

On many occasions, you will have been reborn in consanguinity with rude and sometimes cruel relatives solely to love and help them in the necessary transformation with your expressions of

tolerance, patience, devotion, and humility.

If after many sacrifices for some relatives – and it often happens between parents and children – you notice that your conscience is fully satisfied, without these persons showing any sign of renewal for good, let them follow the way they wish.

The Laws of Life do not force you to die, little by little, under the pretext of helping those who refuse your love.

A tender and unforgettable child who returns to the Hereafter in the early days of their childhood is almost always a heart deeply dedicated to your spiritual progress and has only returned to you to wake you up to the soul realities through longing and affection.

If you don't have the strength to carry the commitments made to a person with whom you have shared the joys of sentiment, never abandon the child or children born from such a union.

Educate or re-educate the little ones in your care, while they are still in their infancy, easily molded to your principles of a superior nature.

Nevertheless, as the family members raise to the adult's status, respect their freedom to walk in the

world, according to their own choices, because not everyone can walk the same path towards union with God.

Around You

You will always find around you the school of spiritual improvement you enrolled in through the physical cradle.

No matter how much of a sacrifice it may be to live with those brought to you by consanguinity, don't move away from them until the circumstances of life, by expressing the higher designs of the Laws that govern us, determine alterations and changes.

University is a construction of intelligence.

Each student who qualifies for some professional path has to share, for a long time, the atmosphere of teachers and classmates, the most diverse among themselves, to obtain the cultural values they require.

The home is a conquest of feeling.

Each heart part of the family applies to acquire determinate resources and will consequently share, for a long time, the experiences of those categorized as their relatives so they can achieve the qualities they are looking for.

If problems and ordeals plague your days in the

domestic institute, take counsel with faith in God and be patient in the learning you are going through.

Respect the parents who sponsored your birth; however, if they do not respond to your devotion, have compassion on them and do not deny them the respect and gratitude you owe them.

Educate the children the world has entrusted to you and do not refuse them the blessing of peace, which they need to be happy, even though you frequently consider it unfair to give them monetary forces capable of annihilating their chances of elevation and service.

Whatever discordant notes surround you at home or your job, have compassion for the companions who still don't understand the message of fraternity and continue to show them kindness and tolerance.

The Greater Powers who guide our destinies are certainly observing our behavior in the lessons we receive for the conquest of perfect love.

Other People's Opinions

If you have a clear conscience, why are you so impatient with other people's unfavorable opinions?

Each person speaks about what they know, offering what they are or have.

Our companions' assumptions regarding us come from what they would like or like to do.

Each of us is at the center of our own experiences.

The brothers and sisters around us are free to evaluate us, just as we can note their behavior.

No one can force a creature to think with any other brain than the one that belongs to them.

If someone gets angry with us for no reason, that is not a motive for us to begin an unnecessary feud.

When you are in front of an angry creature, it is the same as before a sick person: help them.

Let's tolerate others so that others tolerate us.

Today, someone has lost their composure in front of us; tomorrow, possibly, it will be us in an equal situation before them.

Keeping Serenity

Let us consider that some attitudes and issues preserve the balance and serenity of the group we belong to on Earth, just as various vaccines are already available in the world that defend human health.

We know that nothing happens without the permission of Divine Providence. Nonetheless, we are all called to cooperate with Divine Providence, which allows us the freedom to act in the events of daily life in our capacity as responsible spirits.

Let's remove from our influence anything unnecessary to sustain peace in the lives of others.

If you hear an unpleasant remark around a determinate person, take on the role of extinguishing the unfortunate comment, for the transmission of such kind of knowledge has no constructive significance.

Before a friend complains about this or that relative, don't tell the accused one what you have heard since you would only aggravate a family war that postpones indefinitely the communion of those born in the same consanguinity bonds to learn fraternal union.

Don't dramatize your problems so as not to spread exaggerated impressions of negative themes, which could harm many people.

Refrain from predicting calamities that will probably never happen.

Protect yourself against the poison of rumors by learning to listen and forget them.

If you have a presentiment or a dream, glimpsing unfortunate events, be silent and pray for the peace of those included in your impressions.

The Superior Spirits allow you this imprecise information for you to help to mitigate evil or extinguish it, and not to encourage its expansion.

Remember: in many difficult moments in life, the serenity of others depends exclusively on us.

Support Today

If you can understand the soul difficulties, support all those whom Divine

Divine Wisdom is placed in your action field when it seems out of balance.

In the difficult times of the world's spiritual transformation, social groups seem to be in turmoil, like the ground when shaken by earthquakes.

If you stand on the principles of elevation that guide your life, have compassion on those caught up in the whirlwind of unexpected challenges.

This one believed in negative independence and abandoned the duties that would have guaranteed him true freedom, trapping himself in the invisible chains of bitter commitments.

The other admitted having discovered easy access to desirable renewal and chose indiscipline as the basis for his own experiences, marginalizing himself in dangerous deceptions.

A determinate sister considered the enlightened path of renunciation in favor of others to be heavy captivity and fled to misfortune disguised as an

illusion.

Another woman assumed that a home marked with blessings was a burden greater than her strength and let go of the responsibilities she had taken on to descend into the dark regions of repentance.

Even so, don't blame the hearts broken by the tide of violence on the world's journey.

Lean towards those who are struggling in the waves of turmoil and, as far as possible, extend helping hands to save them from imminent shipwreck.

We are all voyagers on the ocean of life.

Each of us remains in the boat where we are moving toward the shores of the future.

Don't neglect the helm of your ship, and always help those who share your route.

Remember: many of those bound to your heart are crying desperately on the surface of rough waters and can be helped even today by your kindness and understanding.

Do not be afraid to bother yourself, nor waste time in this regard, because if we postpone help until tomorrow, we may have to descend into the darkness of the abyss to seek them, suffering much more.

Bless and Go Ahead

Perhaps you suffer much more for others than for yourself.

It is especially true when you recognize yourself on the Physical Plane as a creature engaged in the constant struggle for light to dispel darkness or for good, to extinguish evil.

On many occasions, you cultivate intelligence and soon notice the intelligence refined to exalt selfishness.

You often improve your feelings and surprise those who receive your best love investments by freezing the relationship into indifference.

You frequently understand those who don't understand you, and you love those hearts that can't love you yet.

Still, even if inner loneliness plagues you in the recesses of your spirit, don't regret it and keep acting and doing good always.

Convince yourself that you are going through a world under construction with the duty to build a Better Life within yourself.

No matter how much you love determined beings, it's important to remember that all of us, actively working towards improving the planet, are each other's fellows.

We may often not be willing to fulfill our commitments and we are susceptible to making mistakes and falling.

It is impractical to carry those who voluntarily marginalize themselves in denial.

Loved ones take on an attitude contrary to all the best we expected of them.

We have those who anesthetize themselves with uselessness and superfluity, forgetting that material resources are loans from Divine Providence to accomplish tasks they should perform; those who wander through an entire existence, looking for the reality of God, like someone who lights a candle to see the sun; those who desert the faith fearing responsibilities and burdens; and those who do not harmonize with discipline, who easily give in to rebellion and dispersion.

Don't stop on the road ahead to dispute their support and understanding. The support we can offer for the good of others is always a benefit to ourselves and

understanding comes from the maturity that only time and experience can accumulate.

If you know companions who have distanced themselves from the path you dedicate yourself to work and serve in the Sowing of Light, give them to God and move forward.

God has the resources to help everyone and to help each of us.

Silence and Wait

In the turmoil of Earth's anxieties, you are also likely to encounter the challenges that arise as tests of understanding and serenity on the path of many companions in experience.

As much as possible, get used to storing up patience, which will give you sufficient resources to acquire the spiritual strength you might need to cross great trials with no risk of sinking into the despair currents.

Even now, you are probably enduring the incomprehension of loved ones in the form of unwarranted reproaches; however, if the matter concerns only your pride, shut up and wait.

If yesterday's friends have turned into adversaries of your best intentions, tolerate the mockery and remonstrations you are the object of and complain about nothing.

When faced with people who consciously attack your life, imposing embarrassments and disappointments on you, apologize and forget, renewing your thoughts toward the higher goals you wish to achieve.

And even if aggressions and offenses strike you in the

recesses of your soul, suggesting harsh settlements of accounts given the manifest injustice they treat you, don't pass on the receipt for the affronts addressed to you and claim nothing on your behalf.

No matter how bad a situation someone puts you in, don't rebel or feel sorry for yourself.

Silence and wait, for God and Time will clarify everything, re-establishing the truth, and for the brothers and sisters who are deceived or stiffened in ignorance to be cured of the illusions and cruelties they indulge in, all they have to do is live.

Petition and Reply

When you turn to Divine Providence to ask for something, don't allow yourself to plunge into unproductive affliction, capable of disturbing your mood and delaying the concession you desire.

You will quickly understand this in the simplest lessons of practical life.

If you ask your car to go faster than the traffic recommends under the pretext of haste, you are undoubtedly heading for a disaster.

If you require the bridge to transport a determinate load weighing much more than the resistance capacity of its structure with the excuse of urgency, you will likely dismantle it.

When you mercilessly beat a plant to seize some of its fruit under the hunger pretext, you are reducing many of the tree's future possibilities to your own detriment.

By leaning over a well and shaking the bottom of it with the excuse of being thirsty, you only cloud the liquid, making it unsuitable for your health.

In your requests to the Greater Life, formulate them

carefully and continue in the work that the world has given you, waiting for the manifestation of Divine Power through the circumstances of the path you find yourself.

Unnecessary restlessness delays the expected help.

Whatever obstacles come your way as you wait for the support you need from Heaven, don't despair or lose heart.

If the answer from Heaven seems to be taking too long, probably your request might require a more thorough analysis.

This way, in the future, you won't go against the laws of life and claim that you didn't have enough foresight.

Sometimes, this lack of planning can come from yourself, not the Lord, who always reserves the best for us.