

Practice of Christian Rationalism

Internet Edition

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Physical And Psychic Phenomena

Although they differ in classification, both physical and psychic phenomena have an essentially common origin and are produced by the same powers.

Inasmuch as the Universe is composed of Force and Matter, in both physical and psychic manifestations the agent is always one, namely Universal Force, revealed in a multiplicity of ways.

Outward expressions of Force do not go beyond the limits of normal phenomenology framed within natural law. They provide valuable ingredients for transcendental studies in the spiritual sphere.

Contrary to widespread belief, the most common human senses - smell, sight, touch, hearing, and taste - do not originate in the physical body. Their origin is in the spirit that gives them outward expression by means of suitable organs which do not work without spiritual vibrations and the consequent impulses transmitted to them. They are like a violin whose strings need to be struck by a player in order to produce sound.

The spirit, while incarnated, cannot give outward expression to all its capabilities. One of these is the telepathic sense, which is common on the astral level. Mankind will not be in a condition to use this capability on Earth until it reaches a stage of higher evolution.

Under the present conditions prevailing on Earth, the telepathic sense would be very dangerous because it would be like a holding valve for human miseries, which need to be consciously fought, not repressed.

In the worlds where they belong, spirits communicate by means of thought. On Earth, articulated language will continue to prevail, as a means of expression, for a long time to come.

Manifestations of psychic phenomena vary according to the degree of evolution and the peculiarities of each spirit. Mediumity, which is expressed in various ways, adds unequivocal demonstrations of these phenomena to human knowledge. This is

because mediums have a more developed sensibility than other people, which enables them to establish contact with psychic vibrations.

Vibrations that are harmonious, or that match and adjust to others, associated among themselves.

LINKAGE OF TWO LEVELS

The medium is the liaison between the physical and the psychic levels. This is why psychic phenomena are always revealed through mediums.

The more sensitive an individual is, the greater are his chances of picking up vibrations. Space is filled with such vibrations, which differ among themselves. Each vibration picked up can produce a corresponding revelation or phenomenon.

The retina of the human eye can pick up the vibrations of the sunlight but not those of Astral Light except when a medium intervenes with the help of his sensitiveness. It is the very well known phenomenon of clairvoyance.

Under certain psychic conditions it is possible for an incorporation medium to disembodiment. This phenomenon is very useful provided its practice follows some disciplinary rules.

Disembodiment means momentary withdrawal of the spirit and its Astral body from the medium's physical body while retaining their connection by means of animistic cords.

The same that happens to the common person during sleep happens to incorporation mediums while awake in disembodiment seances.

The safety of the mediumistic instruments, in this case, is warranted by Superior Astral, which regulates the psychic cleansing operations carried out by Christian Rationalism.

The work of the Superior Forces that astrally control Psychological Cleansing is one of the most outstanding achievements in the field of spiritualism, considering its highly beneficial results on behalf of mankind.

Those who restrict themselves to watching physical phenomena while closing their reasoning to the analysis of psychic phenomenology take a narrow-minded view of spiritual matters. Their dialectics, which revolve around a circle of small dimensions, disappear in front of the large scenario occupied by psychic science.

Human masses, which are alienated from spiritual powers, are mostly impressed by the spiritualist phenomena of materialization, levitation, and rising or floating of objects.

Some of these phenomena are produced by playful spirits of the Inferior Astral. They do this by invisibly hurling objects and making noises. They also seek the help of abettors who make bad use of their mediumistic gifts for profit, usually for money.

There are also, not rarely, mediums who engage in reprehensible practices for purposes of sensationalism, especially in the press. They do it to make converts out of people lacking knowledge of spiritualism, i.e., people who go about engulfed in superstition and clinging to absurd, benumbing beliefs derived from dogmatic mysticism.

It is a well known fact that simple, organized matter can be broken down to an atom - a particle of infinitesimal dimensions, invisible with naked eye.

Notwithstanding its invisibility, the atom is a reality and is around us, composing all bodies and passing invisibly from one body to another under the action of an equally invisible Force.

Obviously, this same Force that drives one atom also drives a countless number of them without upsetting universal equilibrium. The laws that govern these actions belong to the Astral level and are independent from those known on Earth.

Every living person on this planet can feel the action of the forces of nature, which are particles of the Total Force acting in harmony with the Universe in a combined and balanced way.

It is not difficult for man to sense atomic force, interatomic force, intermolecular force, the force of gravity, the force of attraction, magnetic force and all other forces that maintain Earth in perfect balance, in a combined motion of all opaque and luminous bodies in sidereal space.

These and other forces act directly over the atom with an intensity that is regulated by Universal Intelligence in order to maintain the Universe in complete stability.

It follows then that any other forces acting over the atom to produce psychic phenomena are driven by a spirit because the spirit is a particle of Total Force. Although in a limited way, and in proportion to its state of evolution, the spirit shares the powers of this Total Force.

THE POWER OF THOUGHT

Depending on its state of development, the spirit is strong enough to use the power of thought in order to alter certain physical conditions. It should be emphasized that psychic phenomena result from the action of the thoughts of incarnate or disincarnate spirits, working either by themselves or jointly.

Levitation is one of these cases. It is possible only when the power of thought is sufficiently intensified to offset the force of the gravity that acts over the atoms of a body.

When this happens, the body thus levitated hovers at a point in space in accordance with the force that upholds it.

A second force, also originated by the power of thought, can be applied to convey a directional motion to the body.

Materializations are similarly performed. To achieve materialization, it is necessary to perform a simultaneous dematerialization. In this case a removal of atoms takes

place in animistic form. The atoms are withdrawn even through obstacles, most of them relatively porous, like walls, floors and ceilings.

In the case of levitation and floating of objects, in addition to the force that counterbalances gravity, there is also the force that imparts movement. In the case of materialization, in addition to these two, there is the force that interferes with cohesion, offsetting it in the act of dematerialization and reusing it in materialization.

Obviously, there is nothing supernatural in these phenomena. What happens in reality are simple manifestations of Force.

It should be emphasized that all that is herein stated with regard to spiritual capabilities is but a negligible part of those powers that the spirit will possess when it reaches a high degree of evolution and its development will be taking place in the high planes of the Superior Astral.

Given that the spirit is Force and Power, its potential grows throughout and in proportion to its evolution. Its thoughts translate into ideals, and the higher the concentration of these powers, the higher these ideals will be.

NORMS AND ORIENTATIONS

The first duty of the members of the Christian Rationalist Centers, is to give examples, in all acts of life, by effective practice of the principles they learned in the Doctrine.

Examples have more persuasive power than words. The habit of excessive talk, other than compromising the being, causes him, much frequently, without realizing it, to contradict and deviate from the standard orientation that one must adopt.

An advisable practice is that the human being dedicates himself, for a few moments of the day, thus gathering from within, in silence, to meditation.

There is no one without material, moral or spiritual problems that need not being resolved. And that meditation, that spiritual gathering from within and profound thinking, very much facilitates the solution for those problems.

The Creative Force is everywhere and acts in all senses of the Universe. The reason is obvious: It fills the Entire Space and penetrates all bodies, without leaving one single particle vacant.

True sages think more and talk less, just so because of the imperious need to think. The same happens with scientists, inventors, investigators, in short, all studios in general. Only, through constant and habitual meditation is the human being able to expand his knowledge and improve his life from within.

Whenever anyone yields into meditation, concentrated in determined matter, he establishes ways, conditions, and spiritual climate which facilitate the connection to the Superior Forces, through harmonious and attuned vibrations emitted.

The repository of greatest knowledge is not on Earth, as many would think, but in the Superior Space. The advanced progress of modern technology wouldn't exist, if

many fractions of that knowledge weren't transmitted by way of intuition to the human beings.

Our planet, despite of the awareness that its inhabitants lack about this great truth, it still receives subsidies from the superior plans. And these would come, yet in greater scale, if the contingent of beings in conditions to receive those intuitions was greater in number.

For that expansion, however, it is necessary that the human being prepares himself, thus, eliminating any inferior emotions from his soul. Calm, serenity and reflection, constitute highly healthy habits.

Wherever the being may find himself, the world claims its presence to make it participate in the events which involve everyone.

Like the essential parts of a group, like the components of the Whole, it is against our duty to forsake responsibilities imposed to us by life, whereas they are unpleasant.

Whenever we find ourselves, for any motive, in unfavorable position, we must carry out, with courage and bravery, that which is part of our duty, by marking our acts with the greatest portion of dignity, therefore, acting with nobility and incentive.

Never separating ourselves from the constructive acts which we are connected to, even if we had to face sacrifices or endure renounces, since what Life requires from us in abnegation, must be given with superiority and greatness.

Those who perceive in Christian Rationalism a wide and ample vision of things, those who won't let be caught by the transient earthly emotions, they know that life always continues, offering us, at each step, new opportunities for the enrichment of our spiritual patrimony.

Once acknowledged the law of reincarnation and awakened the consciousness to the fact this is a worlds-school, Earth, which supplies us with means to acquire a great deal of knowledge offered by the lessons that we greatly need, hence, let us strive with a maximum effort in order to become applied students, submitting our behavior to the most severe and rigorous vigilance.

Let us not be indelicate, if we can be attentive; let us care for not being importune, if we can be discreet; let us not be intolerant, but understandable; let us not demonstrate sapience, but modesty; and let us not be the tools for sorrow, but messengers of bland and comfortable words.

We must not forget that we do not own any material wealth. They belong to the world where they remain, thus, when we become gravitating on another plan. Ours, entirely ours, are the moral and spiritual wealth, conquered during the journey in this physical sphere. Therefore, let us not bewildered amongst these wealths: the foremost are short-lived and, unquestionably, illusory; the latter are real and eternal. Thus, let us not concede to the former ones the value which they hold.

The majority of people loose themselves in the vain fanciness of material possessions. The more we feel the value of those possessions, to the satisfaction of our ego, the less we will be feeling the spiritual wealth.

Therefore, within possibility, we attempt to be rich materially and spiritually, acknowledging that material progress is necessary and ensuing favorable conditions for the spirit's incentive and good use of it.

Let's not be indifferent with the serious things of life. We must be attentive and disciplined, not only towards the obligations before a Christian Rationalist Center, but also at home, at work or any other place. Considering the habit a second nature, let us introduce in our individual nature the habit of method, discipline and organization so that this system will be practiced with natural spontaneity in all occasions.

The christian rationalist should be well-humored, even before the most severe adversity.

Whenever the situation cannot be associated within the laws that rule the Universe , things happen, naturally, for the purpose of ascertaining a goal. We do not always know, in the immediate occurrence, the nature of it, nevertheless, we can always find out about it later on if we do wish to do so. The important is that we recognize that there is a goal, and this will come as a benefit to us, to others or our own evolution. As the saying goes: "Some evils happen for the sake of our own good", so it is a truth that has been proven many times.

The respect that we owe to anyone who has a different belief, must be maintained. Our previous lives have strong influences upon what we are today. Nature does not leap. Evolution takes its course at a slow pace, because it depends on many experience factors obtained or not, but necessary, in the sequence of incarnations.

It is a mistake to think that all beings are mature enough to receive the Christian Rationalism Doctrine. The majority need primarily rid of the enormous amount of habits, beliefs, limitations and fears which correspond to the chronic state of erroneous thoughts causing them, however, to undertake a new path diverse of that which they have been treading for centuries or thousands of years.

Therefore, one must not argue about beliefs. To put forth is always from the inside out, depending on the inner state of the individual and its capacity to learn spiritual concepts.

It is said that Jesus advised that no one should sow among the thorns. The similarity is obvious. We must have ample perception in order to avoid the propagation of the Doctrine in hostile surroundings.

The occasions for us to manifest upon them arise, naturally, and the opportunity surfaces without provocation. The right response is to indicate the Redeemer Center in the cases of awaken interest, thus, devoid of the person's interest to extend himself into explanations. The exposition of the Doctrine must always be performed under the action of the Superior Astral, for what is given within the fluidic currents formed in the Christian Rationalism Centers.

Everyone must take care of his own health; suitable nutrition, at regular times; adequate rest accordingly with the physical necessities, also avoiding exhaustive and

inordinate work. Those who do not proceed as such, affect their health, and shorten their stay on Earth, consequently, practicing suicide little by little.

To commit suicide, does not only mean to terminate one's life on Earth, instantaneously, in a tragic and insane manner. It is also, contributing for a premature disincarnation, when proceeding irrationally and practicing unhealthy acts, in a conscious manner.

Those who have knowledge of Christian Rationalism principles, they are devoid of excuses to proceed in ways that infringe its teachings, therefore, disincarnating before due time. The more enlightened the being, the better prepared he is to benefit from the incarnation and reach for a higher level position in his future life, without accumulating debts which would be accounted for him to redeem inexcusably, in the forthcoming.

Attachment to matter must be fought. It is common that beings attach themselves exceedingly among each other, animals, objects, memories, old keepsakes, and yet with peculiar illveneration.

We must not forget that, all which is material remains on Earth, for it belongs to it. We can hold esteem for this or that object, and that's because of the spiritual value it represents for us. Often, the most apparently insignificant thing can enliven the emotions for a lost loved one, evoke a feeling of gratitude or profound recognition. However, we must not take that esteem to the point of exaggeration, which leads to depression. Let us follow a line that is inbetween, equidistant from both extremes, commonly known as the position of virtue.

So to speak, we all need to proceed with care and prudence, for, if we are not the person in charge of ourselves, and if we don't hold the reins, our lives can take any direction other than that we would like to follow.

That is so, because we have "tendencies" - resulting from the ways in which we lived our previous incarnations - bad indeed, they need to be reformed and oriented with the actual knowledge, exhausted from the Christian Rationalism.

In order to maintain organized all issues related to material life, ample reasoning and meditation is necessary each day, consequently, anyone who doesn't proceed as such only errs, for each step, they promote suffering, bear losses and accumulate moral debts to be redeemed, later on, in painful conditions.

The Earth - world-school - teaches the human being how to deal wisely with material wealth and be humble; it teaches, also, the cultivated individual to understand the human triviality and the little that he knows. Thus, in accordance with the outcome gained in life, and the gathering of experiences.

When the individual, though, deprived of any resources, revolted with the situation and envious of those who possess fortune; the rich, the prodigal spender, only worried about his proud self-centered well-being, always inclined to scorn the simple ones; the quick-tempered, vengeful and restrained creature, who only awaits the moment to pour the venom accumulated in his soul; the cultivated man, yet presumptuous, immersed with vanity, exhibitionist and ambitious of a temporal

power to satisfy his false grandiosity, then, in this manner, the complete loss of an incarnation for these, and in return, during the next future incarnation, or succeeding ones, other experiences will be offered to them, everyone harder, until the day they become to round the harmful edges of their spirits, reshaping the defecting structure of their personality and attain, yet, little by little, the correct form of living.

There are no privileged beings, since everyone proceed in the multiple paths of evolution. Those who are good now, they were bad then. Those who are still bad, depend on a great deal of work, struggle and suffering to become good.

Before this evidence, this reality, we need to be complacent with those who didn't attain, until now, the truth of enlightenment.

This does not mean that the enlightened ones possess great spiritual advancement, besides, most of them are still at a low level in the scale of evolution, however, the ones who dwell in the darkness of ignorance, in need of help and guidance, place themselves behind the first ones, awaiting, even though concealed, something aspiring, still not defined to their spirits.

DISCIPLINE IN THE PUBLIC SESSIONS

The discipline in Public Sessions, is as follows:

19h00mn, arrival of first supporters, who will be directing themselves to the platform, thus placing themselves respectively at the head and the end of the table one director or supporter, both integrated in the discipline, previously designated by the effective president.

Everyone will maintain a complete silence, irradiating mentally to the Superior Forces or reading books of the Doctrine and Communications given by the Superior Astral which, in advance, will be placed at the center of the table, and removed, after the entry of the components of the Currents in the same room.

This same criterion will be observed in all Sessions, except with a variation in the time tables.

19h25mn, with all doors closed, the president will signal three times, continuously, with the bell, and one and two more beatings, lightly, with the back of the baton, and says:

To the Superior Astral - irradiation A will be said by the respondent. Soon after, three irradiations B are pronounced, intercalated by two beatings with the end and two beatings with the tip of the baton, thus processing the shaking, which is done by two supporters. At the end of these three irradiations the president will say:

To our Astral President (cites his name) - another irradiation B will be said.

The president gives two beatings with the back of the baton, and the supporters will retreat to their post, staying in their places, seated, those who occupying the head and the end of the table, also those participating in the currents.

19h30mn, three signals of the bell are given, so the doors are opened and the public is received. From that time onward until the end of the Session, the directors and

supporters are allowed to exchange prompt words about the proceeding and regularity of the services.

With the doors opened, the public will be conducted to indicated places. The assistants wishing to drink fluidic water can do so before being seated. The perturbed persons are set in the proximity of the platform, in proper place, previously reserved, where they will stay under supervision and care of one or more attentive supporters.

Mothers with children in arms, must stay with them, preferably where access to the bathroom is easy; only two perturbed persons are taken to the table and put in the proper places, after the participants chosen for the currents have occupied their places at the table, or before, in case of absolute necessity, according to the directors. The assistants take their seat in processing the half-chain, on the platform, after organization of the current for the table.

20h00mn, the president signals three times, continuously, with the bell and one and two more beatings, lightly, with the back of the baton, and says:

To the Superior Astral - Irradiation A is said by the respondent. Soon after, three irradiations B are pronounced, intercalated by two beatings with the end of the baton, and, finally the president says:

To our Astral President (cites his name) - Irradiation B is said by the respondent, followed by two beatings with the back of the baton given by the president.

In the process of doing so, the female mediums seated at the table will retreat to the room for the currents, where they wait, in spiritual meditation or reading the book "Christian Rationalism" among other works edited by the Redemptor Center, the moment to organize the currents.

The female mediums arriving, involuntarily, after that time, (and until 19h40mn) approach the table, on the left or right hand side of the president, (depending where the room for the currents is situated), where standing, and he will say:

To the Superior Astral - he makes, in low voice, two irradiations B, consecutively, thus done, he gives two beatings, lightly, with the back of the baton, so they will retreat to the room for the currents where the others find themselves.

The supporters arriving between 19 and 19h45mn, go directly to the table, where, standing by with their hands resting upon it, make; mentally, two irradiations B to the Superior Astral, in order to give initiation to the fulfillment of their duties.

20h10mn, the president signals three times with bell to announce the following organization of the current.

20h15mn, the president, again, signals three times with the bell and two beatings with the end of the baton, and says:

To the Superior Astral - two irradiations B are made by the person seating at the end of the table, intercalated with two beatings with the end of the baton; followed by which the president gives two beatings with the back of the baton and those seating at the table will stand up and follow the effective president, leading the way to the room for the formation of the currents, in orderly manner, they will take their place at the

table in the position occupied in the previous Session, standing by with their hands resting upon it, except for the first medium on the right hand side and first medium on the left hand side, who will be seated; the mediums and supporters who didn't participate in the previous Session, stay aside, isolated from the table; in the event, those from the current of previous Session are less than eight, this number must be filled with those at margin, as exceeding. Next, with the president at the head of the table, he signals with two beatings of the baton and says:

To our (cites the names of the two astral organizers of the currents) - and the respondent will make irradiation B.

The medium from the left hand side will write down the relation given to her by intuition for the people who will participate in the first current, in order of the respective positions, and the president will read that relation, so that everyone will take his proper place.

Next, because of commotion and breakdown of the silence, the president says:

Everyone be well concentrated - next he will hand down the reverse page to the medium on his right hand side who will write down, in proper order, the names of the components for the second current given to her by intuition. If there is, at least, one developed medium to receive the Superior Astral, she will occupy the chair to the right hand side of the president, for the organization of the first and second currents.

The president says:

To our(s) [cites the name(s) of the astral current organizer(s)] - and the person seating at the end of the table will make irradiation B. Following, the president reads the names of the second relation, beating twice with the back of the baton, the current leaves the room in order to take place at the table of the platform, in the positions indicated in the second relation, while the exceeding will cooperate as determined by the directors.

20h25mn, the president signals once with the bell, for auxiliaries management.

20h28mn, he gives a second signal (also with the bell) to caution everyone be prepared for the irradiations.

20h30mn sharp, with the first strike of the clock, the president, standing, gives a third signal of the bell; one auxiliary adjusts the lighting of the platform, finally the president gives one beating and, followed, with two more beatings with the back of the baton, determining the beginning of the Session. At this moment all doors are being closed, everyone will stay wherever they are, in absolute silence, while the president says:

By determination of our Astral President, this Session is opened followed by: To our Astral President (cites the name) - he makes irradiation B.

The president gives an extend signal of the bell, the doors are reopened, the moment he gives two beatings with the end of the baton for the person seating at the end of the table to initiate a series of irradiation B, always intercalated by two beatings with the end of the baton, and the shaking effectuated three times, simultaneously, at the table and at the half-chain of the platform. The ringing of the bell, however, stops, when the auxiliaries of the extremities of the half-chain, proceeding with the shaking,

find themselves, initially, at the center of the half-chain. The shaking is proceeded, for two more rounds, with the bell silent.

20h40mn, the president gives a signal of the bell and the doors are close; following, he gives two more beatings, lightly, with the tip of the baton, indicating that one of mediums now can transmit. At the end of the president's doctination, motivated by the manifestation transmitted by that medium, two beatings with the end of the baton are followed, and the respondent makes irradiation B; then, two more beatings with the tip of the baton, any other medium transmits the intuition received; thus, these works must continue until, approximately, 20h40mn, without the president being obliged to interrupt, abruptly, the doctrinaire thesis being developed, and wrap up within 5 minutes, so, at 20h45mn, The Astral President can manifest (or another spirit of Superior Astral) by intermediary of the medium on the right side of the President.

If during the manifestations, until 20h40mn, any spirit mentions his name, the president says: - To the spirit of (cites the name given), beating twice with the end of the baton and the respondent makes irradiation B.

21h15mn, the president ends his lecture, if he is doctinating, and says: Everyone be well concentrated, thus, the first medium on the right hand side will be receiving and transmitting the communication of Superior Astral, at the end of which she will mention the name of the Superior Spirit which manifested, also transmits the determination of the Astral President for the closing of the Session. The manifestation of the Astral Superior will last between eight to a maximum of ten minutes. The president, then, says: to our (cites the name mentioned by the medium), gives two beatings with the end of the baton, to determine the proceedings for the shaking on the platform, simultaneously with the pronouncing, from the person seating at the end of the table, of the irradiation B; by repeating three times this discipline, and finally, the president says:

To the Superior Astral, himself, he makes one irradiation B.

Then the president:

To our Astral President, he makes another irradiation B.

The president finishes: By determination of our Astral President (cites the name) the Session is closed. Following this, he gives two beatings with the back of the baton, one ringing of the bell, then he sits down or continues standing up. The doors are opened, the lighting is intensified, and the auxiliaries promote the exiting of the assistance, in disciplinary manners, without letting both male and female rows mixing in the site.

After the assistants start walking their way to the exit, the president gives two beatings with the tip of the baton for the exiting of the two rows of the half-chain of the platform. Soon as these two rows exit, the president gives two more beatings with the tip of the baton for the exit of the two obsessed ones, who must be entrusted to the members of their family or accompanied to the exit by the auxiliaries. Finally, the president gives two beatings with the back of the baton and the components of the current and half-chain as well as the auxiliaries will retreat.

PSYCHIC CLEANSING

Psychic cleansing is a mental hygiene practice.

It consists of irradiations, i.e., spiritual vibrations, which drive the Inferior Astral out of Earth's atmosphere. This removal is carried out by the spirits of the Superior Astral that perform psychic cleansing by working in tune with the disciplined thoughts of persons of good will, either during mental exercises in Christian Rationalist centers or in cooperation with such persons.

There is no doubt that this mental preparation, or psychic cleansing, is just as important to the spirit as physical hygiene is to the physical body. Therefore, Christian Rationalism recommends it to everyone so that, by following a disciplined, methodical and conscious life pattern, they will enjoy both physical and spiritual balance.

Everyone who wishes to undergo psychic cleansing should follow the procedures described below, daily, in their homes, during five minutes, preferably at 7 AM and 8 PM.

1. The head of household, who will serve as president, will take his place at the head of the table and will not leave, nor let anyone else leave, until the psychic cleansing is over.
2. The others will take their places around the table, either sitting or standing.
3. In case of any psychically disturbed person in the home, he or she should be seated at the extreme end of the table, with a healthy, strongwilled person behind to shake him or her. This should be done by holding the disturbed person's shoulders with both hands and giving him or her a strong shake every time the president says the GREAT FOCUS irradiation. There should be no gap between the persons around the table. Shaking is a useful practice, even when applied to normal people but the one assigned to shake a disturbed person should not leave his or her position until the psychic cleansing is over. In instances where the disturbance ranges on obsession or insanity, there is a special discipline prescribed in Chapters I and II of the book "The practice of Christian Rationalism."
4. In the case of bedridden patients, the irradiations should be made around the bed with the presence of healthy and strong minded persons only, who are capable of emitting powerful thoughts.

Thus, gathered as close as possible to one another, in complete silence, the president will say the following irradiations aloud:

a) TO THE SUPERIOR ASTRAL

Great Focus! Creative Power!

We realize that the Universe is ruled by natural, unchangeable laws that everything is subject to!

We also realize that it is through study, reasoning and suffering derived from the struggle against our bad habits and imperfections that the spirit reaches enlightenment and greater evolution.

Being aware of our duty to do good and using our free will for that purpose, we here irradiate to the Superior Spirits so that they will envelop us in their light and fluids, strengthening us to accomplish our duty.

b) TO THE GREAT FOCUS

Great Focus! Life of Universe!

We here irradiate to the Superior Forces so that our spirit will be enlightened and become aware of its errors, in order to atone for them and keep away from evil.

This latter irradiation should be repeated during five minutes.

After five minutes, the president will close the psychic cleansing session by saying twice the smaller irradiation (Great Focus), once addressed to the Superior Astral and again to the Astral President. After this all should endeavor to remain calm and well humored.

The irradiations recommended by Christian Rationalism are simply a mental preparation. They are completely useless if those saying them do not try to feel their meaning deeply.

If, during the irradiations, anyone should have a fit or try to give out communications from spirits, he or she should be strongly shaken, given fluidic water and called by his or her name until awakening. This should be done by one or more of the more without getting up from the place where they are seated, no matter what happens.

These instructions should be followed to the letter. Whoever does anything beyond what is indicated here, especially spirit (inferior astral) sessions at home, will be risking bodily and spiritual sickness.

No one should visit the homes of fortune-tellers, witches or any other environment of superstition or fanaticism because such attendance and practices are apt to produce insanity and various illnesses.

MEDIUMNITY

Among the faculties of the human spirit, that of mediumnity is one of the most worthy of attentive and careful study. Unfortunately, very little has been paid to it by science. This is undoubtedly a gap that will have to be filled with the advancement of the spiritual development of mankind.

Mediumnity reveals itself in many ways, depending on the degree of development of one or more of its variations. It is an innate faculty of all incarnate spirits. Everyone has at least intuitive mediumnity which varies from one individual to another depending on the degree of evolution reached in each incarnation.

When put to good use, mediumnity is always useful. However, it becomes extremely harmful when used for evil purposes. Good or evil thoughts are attracted in direct proportion to their affinity, and mediumnity is their pickup device.

The space occupied by Earth's atmosphere is full of both spirits and thoughts, hence the resulting vibrations of two separate currents: the current of good and the current of evil.

Every individual with good character who harbors a sincere desire to grow spiritually, and strives to reach this high objective, will be enveloped by the currents of good, strengthened by the irradiation of Superior Forces. With this favorable attendance, success becomes easier.

Similarly, when he is inclined to do evil, his spiritual vibrations establish the magnetic poles of attraction of affinitive currents of the Inferior Astral. Then the obsessive spirits, with the help of his intuitive mediumnity, begin to influence him mentally and eventually lead him to wild behavior.

There is nothing extraordinary about this. Ill intentions, reflected in thoughts, find their way to organized currents on Earth's inferior space surrounding our planet. These currents match those intentions because similar vibrations always find some form of identity.

Generally speaking, although unaware of it, all scoundrels are but slaves of obsessor phalanxes that turn them into pliant tools of their own will and lead them to perpetrate the most hateful actions. This applies to those who live apart from sound moral principles, be they wealthy or poor, humble or powerful; to those who act in undignified ways, either covertly or in the open; to those who wear the mask of kindness on their faces and hide in their souls the ugliest turpitude; to murderers, thieves, swindlers, rascals, traitors, the disloyal, the false, the self-righteous, the liars, the ruffians, the cowardly, the lazy.

These phalanxes find an easy way in the environment of physical life, in view of human mediumnity and the supporting current provided to obsessors by evil thoughts.

Many insane individuals are developed mediums who became obsessed due to a respondent of knowledge about their mediumnity. As a rule, insanity is a consequence of ignorance about incorporeal life.

As long as scientists persist in ignoring the study of mediumnity in its various aspects and varieties, they will not realize the pressing need for a concerted effort towards human enlightenment. The findings of such studies should be made known to the common person. In this way man would realize the need for sound spiritual guidance and the number of insane individuals would be minimized so as to include only the careless and the negligent.

FORMS OF MEDIUMNITY

Although the intuitive category is the most common form of mediumnity, it is by no means the only one. There are others, including incorporative mediumnity which is peculiar only to certain individuals.

We call "incorporative mediumnity" the kind where the action of the actuating spirit is easily observed in the medium's incorporative mediumnity, which no one can fail to notice in the moment of actuation.

We may call it by other names and try to explain the unknown by other causes, but the truth is only one. Sooner or later, incorporative mediumnity as a spiritual faculty will have to be acknowledged as an obvious reality, like all tangible things on Earth.

The most common forms of mediumnity on Earth are the following:

intuitive mediumnity

olfactory mediumnity

visual mediumnity

auditory mediumnity

psycographic mediumnity

clairvoyant mediumnity

incorporative mediumnity

together with the corresponding phenomena of disembodiment, materialization, levitation and floating of objects.

The manifestations of mediumnity vary among individuals, depending on their temperament, nervous system, animating force, sensibility, and degree of evolution.

An incorporative medium does not even need mental concentration to receive the influence of spirits of the Inferior Astral. Just the action of thought is enough for him to be either violently or mildly actuated - depending of the animating forces of the actuating obsessor spirit. This is because the medium's sensibility and nervous system are already predisposed for actuation.

However, once the medium concentrates his thoughts with the purpose in mind of yielding to actuation, perfect juxtaposition of the actuating spirit to the medium's body takes place, without loss of consciousness on the part of the medium.

This spirit uses the mediumnity of the incorporative instrument in order to give outward expression to its thoughts. The medium's spirit slightly shifts to its normal position in order to seize the thoughts transmitted more easily.

As already stated in Chapter XVI (Christian Rationalism), telepathy is a faculty which is still insufficiently developed in mankind. Nevertheless, some incarnate spirits are already endowed with it.

Intuitive mediumnity is closely associated with the structure of the embryonic telepathic element which is a reflex of psychic sensibility. In due time this element will develop and reveal itself.

Therefore, intuitive mediumnity, incorporative mediumnity and the elementary functions of the embryonic telepathic element, operating in a coordinated, complementary way, make up the sum of three spiritual faculties. The development of these faculties, when performed under careful supervision, produces the best results in the picking up of thoughts of both incarnate and disincarnate spirits.

Generally speaking, in currents supervised by the Superior Astral, the mediums express voluntarily what the spirits pass on to them. However, they do not lose control of themselves, and therefore do not utter improprieties perchance passed on to them by obsessor spirits.

THE EVILS OF IGNORANCE

In every social stratum there are individuals who are unknowingly endowed with incorporative mediumnity, in addition to intuitive mediumnity with which all humans are endowed. Because of their unawareness of this, we see such a large number of suicides, deaths by accident, and hospitals, jails, and penitentiaries over-crowded. A great number of these individuals with less developed mediumnity take to disorderly conduct, gambling, drinking and ruin their lives in unrestrained sensuality.

The disincarnate spirits wandering in the Inferior Astral quickly identify those incarnate spirits who are endowed with incorporative mediumnity. They notice that, unlike others, these incarnate spirits receive their intuitions very naturally.

Thus, an individual endowed with incorporative mediumnity will infallibly become a victim of those inferior spirits unless he is enlightened and prepared to repel their harmful approach.

In the Inferior Astral there are millions of pandering, troublemaking, disloyal, biased, quarrelsome spirits. They find in the incorporative mediumnity of humans an ample field to appease their malevolent desires and gratify their low passions in the homes where Christian Rationalist discipline is not followed.

One should not lose sight of the reality of affinitive attraction, and of the fact that one's way of thinking reveals oneself. Those who love slander, hoax, and malicious gossip generate corresponding thoughts and attract obsessors of like inclinations.

Whenever the generator of such thoughts happens to be an incorporative medium, though, the situation is even more serious because he becomes subject to receiving constant charges from affinitive disincarnate spirits. These instigate him against his own enemies and also against the enemies of the obsessors themselves.

DISCIPLINE AND THOUGHT

Thought discipline is essential to everyone and much more so to mediums. Even though well-meaning in many cases, mediums may become victims of traps set by the Inferior Astral and engage in wild behavior with serious consequences.

Mediums need to select their acquaintances carefully and avoid inadequate conversations. Overworrying and overworking are also inadvisable. They should take good care of themselves, both spiritually and physically, so as to preserve their capacity for reaction against discouragement.

Work, besides being a strong incentive for the body, is the most useful distraction for the spirit whose attention should be constantly focused on useful, honest things.

No doubt, everyone needs rest, sleep and recreation at proper hours. No one, however, should abandon himself to idleness, which is always harmful, especially to mediums.

THE NEED FOR ENLIGHTENMENT

Arguments are strong magnets that attract the forces of the Inferior Astral. They generate misunderstanding, heartbreak, and resentment, which are strong contributing factors to the destruction of harmony and affection.

Mediums, due to their great sensitiveness and vibratility, are easily impressionable and can be influenced positively or negatively by what other people say or do.

Hence their need for enlightenment in order to perfect themselves, in the environment where they live, from the blows of the terribly malevolent force that encircle the world. These forces have as a bearing point the millions of ignorant, undisciplined, unsuspecting mediums living on this planet.

Like all spiritual faculties, mediumnity develops gradually from incarnation to incarnation. Beginning from the first degree of evolution, in the most backward human strata, in their savage rites, in the practice of magic, certain individuals begin to develop their mediumnity without psychic preparation, unaware of risks to which they expose themselves due to non-compliance with the discipline that should be followed.

This explains why the world is filled with so many disturbed, abnormal, paranoid, deranged, obsessed, and insane people. It should be reiterated that those who develop their mediumnity outside the discipline recommended by Christian Rationalism run all these risks, including that of insanity.

The medium's safety lies precisely in guarding himself against inferior forces so as not to become an unconscious tool at the service of evil and deception.

To lead a useful life, man needs to know himself, beginning with the basic fundamental principle that he is composed of Force and Matter. Force is the Spirit. Matter is simply the vehicle, the instrument, the means used by the spirit to promote its evolution on Earth.

Matter has no faculties. However, the spirit is endowed with countless faculties, and it should be stressed that only a few of them are revealed in earthly life.

Mediumnity is one of the most important of these, due to the influence it exerts on everyone's life.

Therefore, every person who wants to live consciously, and not only vegetate, must try to learn about mediumnity, its complexities and multiple manifestations.

MYSTIFICATIONS

The studios of mediunity and its effects, know that all mediums can mystify, when they don't follow or become unfaithful to Christian Rationalist Principles.

Within the current organized by the Superior Astral the medium is placed, thus under Its action, with precise power to dominate the inferior astral.

No one should feel concerned with the spirits' manifestations, except with the doctrinal Principles, upon what the sincere investigator has the duty to submit his observation.

Repulse to mystification defines the enlightenment of the medium and his strive for perfection in the mediumistic practice; in the perfection of the instrument rests the perfection of the music, thus, regardless how proficient is the artist, nothing good will succeed if the instrument defaults.

The mystifying medium is:

- a) whom, intentionally, disfigures the communication, with second intentions, or gives expansion to his I, without being actuated;
- b) whom, surrenders to mediumistic practices away from the basis of Christian Rationalism and ignores the action of thought and will;
- c) whom, although being honest and revealing good will for the practice of good, speaks exceedingly of any subject, seldom of his cognition, mostly about spiritism, giving way to erroneous principles, contrary of Truth;
- d) whom, the spirit filled with preconceived ideas, of the sort and degree, that whenever any Superior Spirit actuates through him, to communicate useful things, refuses to transmit the intuition received and exteriorizes whatever is in his mind;
- e) whom, gives way to torments derived from mistrust, thoughts of doubt and envy irradiated upon him.

The medium can mystify when the fluidic current is weakened due to lack of concentration of any components forming it, however.

This aspect of mystifications is of the most delicate, thus, the reason why the teachings explained in Christian Rationalist works need be absorbed meticulously.

Whenever he begins the second period of development and receives intuitions of Superior Spirits, the medium becomes persistently targeted by the inferior astral, thus, taking advantage of any minor negligence on his behalf to obsess him.

The inferior astral makes use of skillful subterfuges to lead the mediums to mystification, taking advantage of negligence related to inobservance of discipline and involves them in its fluids, in order to become familiarized with them, thus, facilitating, their approximation in opportune moments. Therefore, the mediums always vigilant and upholding through the teachings ministered by Christian Rationalism become shielded against the prejudicial action of inferior astral.

Among the instruments of Superior Astral, the most targeted are the President and the mediums.

The inferior astral also takes advantage of the weakening of the fluidic current to approximate the medium most involved and providing better services, hence, throwing off its fluidic discharges upon him. Somehow, acquainted with those fluids,

he feels those irradiations as the inferior astral imitates the Superior, subsequently allowing the possibility of mystification.

How is it possible for the inferior astral to take over the medium, in such occasion, substituting the Superior Astral, if the work is serious, the ambient is good, the medium is honored and disciplined, the fluid is different and, yet, the darkness doesn't overcome the light? - will ask the reader.

Indeed, this is possible, since the fluidic current organized by the Superior Astral, where the medium finds himself, is sometimes weakened due to the lack of concentration, ceasing the attractive force - magnet which holds the Superior Astral next to the medium.

To better achieve mystification, and prevent the medium from repelling it, the inferior astral makes use of the effluvium thrown off by the Superior Astral also conserved in the medium's perispirit.

It's more like a disinfection done by the Superior Astral on the medium's body, for It to actuate and bring about benefits for humankind.

This actuation being gradual and gently done, other than benefiting the medium, it produces a great well-being; contrary of the mystifyer which, after withdrawal, leaves the medium abased and filled with heavy fluids, which causes him irascibility, if his fluids do not correspond. There are many of these unfortunate.

Therefore, the medium is subject to mystification when being careless. Furthermore, when negligently, he sets himself apart from the regulation discipline which he must submit himself; observance for which discipline constitutes the guaranty for all those working for the purpose of this Rationalist Doctrine and, specially, the mediums, for being the instruments mostly exposed to the inferior astral.

OBSESSION

Obsession is one of the most distressing woes of mankind.

Its greatest danger lies precisely in the fact that its least shocking aspects go unperceived by those who are unaware of spiritualistic truths as divulged by Christian Rationalism. This applies especially to those aspects related to incorporeal life.

Obsession may appear in subtle, mild, periodical, permanent, bland, or violent form.

In its subtle and mild forms, it appears as manias, fright, oddities, phobias, eccentricities, exoticism, exaggerations, passions, fanaticism, cowardice, laziness, as well as overindulgence in sex, eating, laughing or crying, and many others.

We say in Chapter XVII, dealing with mediumnity, how obsessor spirits prevail over individuals who attract them with affinitive thoughts.

There is no denying of all the damaging effects of the action exercised by the forces of the Inferior Astral over mankind. Nevertheless, it must be admitted that, to a great

extent, the victims themselves are to blame. This is because, while still sound, they harbored thoughts that facilitated the formation of attractive currents for obsessors.

This book has exhaustively demonstrated - and this is substantiated by facts of everyday life - that thoughts of wickedness, revenge, hatred, and others of similar nature, cause vibrations all over inferior space, thus establishing immediate contact between the emitter of these thoughts and the obsessor spirits.

The low strata of the Inferior Astral are therefore closely connected, by affinity, to people who are ill-humored, vindictive, envious, irascible, dishonest, as well as those who harbor weaknesses and vice.

Such individuals, even though they may not appear to be obsessed, create an environment which is extremely harmful to themselves and to members of their families or other people with whom they live. Thus they compel others, not having at their disposal the enlightenment to minimize the harmful effects of ill attendance, to share the same environment.

the result is, in nearly all cases, the disturbance or obsession of those victims, either in a benign or violent form.

Obsessor spirits themselves are not always aware of the harms they produce. They are also victims of their own wrong doings while incarnated, due to their lack of knowledge about incorporeal life.

This regrettable ignorance makes obsessor spirits become prisoners of Earth's atmosphere. They are led by the blindness of false beliefs and by their conviction that, apart from the deceitful environment where they now live, nothing else exists for those who disincarnate.

Thus these obsessors begin to act in that environment by transmitting intuitions to their former relatives, friends and acquaintances, either in the assumption that these people will benefit from such intuitions or because, as obsessors, they feel pleasure in this activity.

Such intuitions, if well received, act as an incentive to other intuitions, thus establishing close interaction between the Inferior Astral and the incarnate spirits. When this happens, the path to obsession is open.

Whenever there is deep affinity, obsessors do not part with their victims, because they enjoy staying where they feel well. When obsession is caused by spirits who were enemies of the obsessed on Earth, then their disturbing action takes a more violent form and even furious spells become frequent.

INEXISTENCE OF DEATH

The concept of death derives from a concept of life which is completely wrong. In fact, death has never existed. It is no longer necessary at this point to reiterate that the spirit is immortal. The spirit never dies.

Therefore, every person should do his best to recover as quickly as possible from the shock caused by the disincarnation of relatives and friends. In this way they will not weaken spiritually.

Accordingly to a popular saying, “what cannot be cured, must be endured”. It is completely useless to continue to regret the past. Man should concern himself with the present, which is the basis of the future.

It has been said many times that to think is to attract. Those who cling, through thought, to disincarnated spirits of the Inferior Astral, besides attracting and disturbing them still more, also delay the obsessors’ ascent to the world where they belong. This encourages such disincarnated spirits to keep in touch with earthly issues, including family problems, and tends to turn them into obsessors.

Let us emphasize again: the spirits that, while incarnated, led an erratic life, filled with flaws and materialism, remain in the Inferior Astral, often during decades, acting viciously against the incarnate. Their only goal is to make intuitions for evil purposes. They engage the help of weak-willed individuals whom they use as passive tools to perpetrate their crimes. Hence the murders, suicides and many other social tragedies.

These spirits act either on their own or in well trained phalanxes, in order to better achieve their goals. Their groups place attentive watchers at various points, ready to signal at the right moment and recruit the aid of other obsessors.

Since unity makes strength, they usually win over the incarnate spirits who are unwary and unconscious of their plots. Sometimes these incarnate spirits become obsessed, at other times they are led to perpetrate crazy acts while their senses are completely disturbed. Without this enlightenment no one can escape obsessive influences nor avoid interference from outside forces in his behavior and in his spiritual ego.

Only the enlightened ones who are aware of the value of the powerful forces of Will and Thought are capable of keeping obsessors at distance.

WAYS TO OBSESSION

In various chapters of this book we have clearly shown the ways that lead to obsession - a psychic disorder caused by improper use of free will, illguided will, sexual unrestrained and intemperance, lack of control in everyday life, uncontrolled nervousness, unrestrained desires, inordinate ambition, and headstrong temperament.

Whenever man makes improper use of his free will he goes against natural laws that establish correct, safe, adequate patterns of life. Free will ensures everyone’s right to conduct himself with freedom of choice and independence of action, as befits all beings endowed with reason. But it also makes man responsible for all his actions.

Man can follow the rules of good conduct by proper exercise of reason in solving the problems he constantly faces, always bearing in mind the importance of honesty. In this way he will make good use of his free will.

Those who swerve from this route do so because they so desire, and because they let themselves grow weak. This weakening of the will, in turn, paves the way for spirits of the Inferior Astral, which sooner or later bring about obsession.

An ill-guided will derives from laziness, indifference to , and negligence of life's serious issues. The lazy are always hopeful that others will do what they themselves should do. They dislike schedules and abhor discipline. They are enemies of work and order and do nothing to progress.

They are, therefore, classified as parasites. Whereas the world demands energy and action, the lazy act as mere spectators with no desire to participate in the activities that claim their share.

No one can exempt himself from the obligation to work and find in work the true fulfillment of life. The whole Universe is a round-the-clock workshop where everyone is supposed to be an active, hard-working laborer.

Those who do not do so are placed at a lower spiritual level of life. They are nothing but outcasts, just like the spirits of the Inferior Astral with which they associate due to the law of attraction.

The origins of obsessing materialism lie in sexual unrestrained and intemperance, the pillars of which are lasciviousness and other vices. The human being, in this situation, gives free rein to his animalistic instincts, offering free shelter to the affinitive spirits of the Inferior Astral which contribute to his obsession.

Every act of everyday life needs to be done with the utmost good judgment and honesty. Our social organization follows a pattern whose main features define the positions that man must take in the course of human interaction, without losing sight of both self-respect and respect for his fellow man.

To achieve this goal, behavior control, self-control and active reasoning are needed. Lack of control over behavior and words, besides being grounds for offense and even sorrow, is a frequent cause of lasting resentment and brings on hostility and animosity.

IRRITABILITY, LACK OF SELF-CONTROL, AND INORDINATE AMBITION

The spirits of the Inferior Astral like to take advantage of unrestrained, ill-tempered, thoughtless individuals who do not pause to think before acting. They enjoy the effects of their actuation.

Unrestrained individuals are, therefore, tools of the Inferior Astral, and are on their way to obsession, if not already obsessed.

Unbridled nervousness brings about irritation, intolerance, thoughtlessness, and recklessness, which leads to deplorable psychic conditions. Therefore, nervousness needs to be kept under severe control because it is, among all agents of disturbance, the one that facilitates the most the action of obsessor spirits.

Certain desires and aspirations are unattainable. Some individuals are inordinately ambitious and never satisfied with what they have. They are chronic complainers,

always believing that they deserve more, and living in a permanent state of dissatisfaction.

It is perfectly rational and even praiseworthy for one to endeavor to improve one's style of life and spare no efforts to accomplish this objective. However, this cannot be achieved through despondency or lamentation. These states of mind can only worsen difficult situations and debilitate spiritual energies.

The boundless ambition of some individuals, associated with their inner mental conflict, cause ill-humor. The spirits of the Inferior Astral take advantage of this to actuate over these individuals, thus conveying to their minds the gloomiest thoughts, capable of leading to obsession and, by way of obsession, to other evils.

The law of attraction never fails. Everyone is under its domain. Mankind needs to understand that earthly things are ephemeral. Besides delaying spiritual evolution, enslavement to such transitory earthly values has caused a great deal of suffering.

Moderate ambition is only natural. Unrestrained ambition however, is an obsession in which selfishness and self-worship play a decisive role. The overambitious and unrestrained believe that the end justifies the means. They cheat, appropriate, monopolize. Their minds are set on ideas of quick profit, even at the cost of extorsive, despoiling manipulations.

For them, there is neither consideration nor middleground. They are always determined to win. They plot their bold strategy regardless of morals or honesty.

The world is filled with such characters who are, to a large extent, responsible for its economic instability. They comprise two very large groups. One is on Earth, speculating and acting with artfulness and self-assurance. Another group, equally active and clever, is in the Inferior Astral and consists of disincarnated spirits who, while incarnated, acted just like their present incarnated counterparts.

Both groups work in close association with each other and share the same sensuousness that feeds their common obsession.

HEADSTRONG TEMPERAMENT

A headstrong temperament reflects the self-centered personality of those who believe they are always right and want to impose their ideas on other people.

Such individuals frequently clash with others even when their conflicts are not outwardly expressed. And nothing is more entertaining to the spirits of the Inferior Astral than watching human conflicts. This stirs up obsessor spirits. As they are always on the alert for suitable occasions to actuate, headstrong individuals are their primary targets. At every step of the way they perceive an opportunity to trigger friction. Lacking another form of recreation, this becomes an absorbing occupation for them.

The headstrong becomes easily irritated when the viewpoint of others does not match theirs and thus they promote annoyance.

It is unnecessary to emphasize what this very common form of obsession means for mankind.

In a deceitful way, this obsession slowly penetrates the human subconscious until the individual is completely overwhelmed by it. The victim, unaware of his entrapment, does not react, does not oppose it, plays down the harm which is being done. By force of habit, he finally derives a sense of pleasure from it and that facilitates the control of the obsessors who become more active, more violent, more difficult to drive away.

One can never be too careful. Only knowledge about spiritual evolution and how it is processed provides mankind with the conditions and means to fight obsession.

Passionate attractions of all kinds are the most dangerous, due to the intense pleasure they cause and the alluring impulses they arise, which often have the effect of a magic spell over the victims. Even newly enlightened individuals sometimes fall under their charm.

RESISTING DEPRESSION AND FOLLOWING A SAFE TRACK

No one should ever lose heart. There are times, in the course of life, when moral depression - sometimes very intense - shakes the human soul pitilessly. The soul, however, does not lack strength to react and overcome these situations, especially when backed by knowledge of the realities of life and truth. This knowledge constitutes the soul's strongest weapon and shield and, when well wielded, always leads to victory.

How often does the mere departure of a loved one to eternity -something rather natural- leads to uncomformity, distress and despair!

Thus, the unenlightened disincarnate spirit frets, suffers, tries to convey soothing intuitions to the incarnate and, not quite succeeding, ends up becoming an obsessor, disturbing and leading the incarnate spirit itself to obsession.

The best that the incarnate can do on behalf of those who depart from Earth is to lift their thoughts up to the Superior Forces, with firmness and conviction. In this way those who disincarnated will be enveloped in the tender warmth of friendly irradiations and helped in breaking through Earth's atmosphere before leaving for the worlds where belong.

Christian Rationalism is engaged in showing mankind a safe route to a healthy and evolutionary life. This is the purpose of this book.

A great many humans are victims of obsession, precisely because they do not know the resources, the elements, and the means at their disposal to avoid it or free themselves of it.

Some symptoms of incipient obsession may be notice in the following instance:

- 1) a tendency to laugh without cause on account of futilities.
- 2) tics

- 3) crying without plausible reason
- 4) overeating
- 5) constant sleepiness
- 6) delight in idleness
- 7) manifestation of manias
- 8) fixed ideas
- 9) facetiousness
- 10) persistent annoying of other people
- 11) mechanical repetition of the same sayings
- 12) allowing oneself to be overwhelmed by passions
- 13) foolish prejudices
- 14) melancholy
- 15) depravity
- 16) ostentation
- 17) temperamental outbursts
- 19) lying
- 20) using obscene language
- 21) cowardice
- 22) swearing
- 23) fanaticism
- 24) gesticulating in talking to oneself
- 25) constant nagging
- 26) hearing and seeing imaginary things
- 27) living beyond one's means
- 28) obsession with illnesses
- 29) neglecting of duties at home and in the workplace
- 30) abandonment of work at home and estrangement from family
- 31) living in a faraway world of dreams
- 32) stirring up entertaining arguments

Any of the above manifestations predisposes one to obsession, even though it may not be an advanced form of mental abnormality.

It should be reiterated that thought is the language of disincarnated spirits. Through thought they identify the feelings of the living, their intentions and tendencies. Obsessors take advantage of this to encourage human vices and weaknesses through intuition.

As a matter of mental hygiene, one should not concentrate one's thoughts on troublemakers, slanderers, enemies and, generally speaking, people who harbor mean feelings.

To think of such people is equivalent to connecting oneself to their evil spiritual attendance, receiving malevolent influences and risking overwhelming obsession.

DISOBSESSION

Disobsession is best achieved within the fluidic currents organized by the Superior Astral in Christian Rationalist centers. In the public seances for spiritual cleansing purposes which are held in the Redemptor Center and its branch centers, two obsessed persons are seated on a suitably designed chair at the end of the seance table (one on each side and facing each other, next to the "respondent") and each surrounded by three "supports." The latter watches the obsessed persons closely and apply the shaking technique. From time to time he or she is offered a drink of fluidic water.

The purpose of the "shaking" technique is to facilitate the removal of the obsessor spirit from the body of the obsessed person by the spirits of the Superior Astral. The obsessed person often struggles on the chair, thereby disclosing the activity of the obsessor spirit which stubbornly tries to hold on to its victim. If necessary, the obsessed person's feet, hands and waist are tied to the chair in order to prevent him from hurting himself due to sometimes violent contortions.

Meanwhile the supports irradiate confidently, thus strengthening the current and facilitating the process of disobsession. In the meantime the seance follows its untroubled course and none of the participants, including the person presiding, pays the slightest attention to the complaints or protests raised by the obsessed person. As soon as the obsessor spirit is dragged away, the obsessed person quiets down and develops a feeling of exhaustion due to the loss of animic life drawn by the obsessor spirit.

However, he is not yet cured. The cellular upheaval caused by the obsessor was too great, and now his system needs to return to equilibrium. In this case, if he cannot depend on the assistance of relatives or friends who are able to apply the discipline and corrective measures recommended by Christian Rationalism, that person is bound to attract another obsessor, among the millions that roam Earth's atmosphere, thereby making his cure more difficult or even impossible.

Nevertheless, if people at home can help, by irradiating around the obsessed person during 5 minutes twice a day and shaking him in the process, disobsession will take place quickly provided other measures are not required due to the person's disturbed condition.

As a rule, obsessed people harbor the same desires as those of the obsessors, one of which is for strongly flavor, spicy foods. For this reason, during treatment a bland diet should be administered, which is not favored by obsessors.

One should not lose sight of the fact that the spirits of the lowest level of the Inferior Astral cultivate the same habits and vices that they entertain while incarnated. Thus,

in order to meet the demands of their materialized “ego,” they eagerly cling to their affinitive incarnate, so as to gratify them, no matter how illusively. This peculiarity should not be dismissed in the treatment of obsession.

Treatment of the obsessed should proceed until they are cured, with regular attendance to the psychical cleansing seances held in Rationalist centers where the discipline already described is administered.

There they will listen to indoctrinations and, notwithstanding their still disturbed condition, some of what they hear will remain imprinted on their Astral bodies and will benefit them. Their escorts will thereby also improve their knowledge of spiritual matters, which will enable them to deal with disobsession at home.

Each one of the millions of obsessors roaming the Inferior Astral has its own likes and dislike and they choose their incarnated victims according to the degree of affinity perceived or to their own feelings towards those victims. Affinitive thoughts are always a magnet of attraction.

There are those that enjoy alcoholic beverages, those that were and continue to be gastronomers, the smokers and the slaves of other vices, all engaged in gratifying their intemperate cravings. The harmonic vibrations of the obsessor work together, merge, adjust to those of the obsessed. They tie in so closely that it becomes difficult to separate them.

Disobsession of a hateful, vindictive person is always questionable. Sheltering hate and ill will is a sign of and inferior spirituality and the entertainment of such feelings makes that person a permanent prey of inferior spirits. In such cases the psychic condition is incurable because the obsessed person’s free will is used for evil purposes.

After disobsessions, when the obsessed person is psychically cleansed, it is necessary to strengthen the patient’s spirit and body, both damaged by harmful fluids and loss of animistic energy. This is done by retraining of his will and disciplining of his thinking patterns.

In this second stage of disobsession success is more difficult to attain because it depends on retraining of the will and reaction against future obsessions. The vices stirred up by the obsessors become so ingrained in the spirit that only with much effort can, they be uprooted. Under the influence of Rationalist discipline, the obsessed begins to reason and to overcome his own vices plus those that were aroused by the obsessors. When he is able to control himself, the patient will no longer fall victim to obsession.

The normalization of children will be achieved by disobsessing and enlightening their parents and other people they interact with, thus, about the Rationalist principles. These children should undergo treatment through faithful attendance within the fluidic currents of Rationalist centers.

Obsessed children may also be helped by a change of environment, away wherefrom the spirits of the Inferior Astral act (attracted by vices and evil thoughts of adults),

they may benefit by changing to a pleasant environment that is ruled by the principles explained in this book.

GENERAL OBSERVATIONS

1. At the service of the Doctrine, everyone must be convinced of his obligations and yield them full accomplishment;
2. only by fully justified motive, those working at the Sessions are allowed to be absent;
3. any work done in the Doctrine is worthy being done, without anyone having preferences for this or that service or this or that place;
4. the most perfect harmony must always prevail amongst everyone, in order to understand each other as good citizens and true christians;
5. any relation with the public must be maintained invariably in noble manners, thus choosing, for such duty, auxiliaries of good demeanor, courteous, mannered and kind, capable of enunciating correctly in the proper language;
6. those at the service of the Doctrine must distinguish themselves by example of their own actions and attitudes;
7. the study of our works, especially the basic, "Christian Rationalism", needs to be constant for those working in the Doctrine, in order to be integrated, more each time, in the essence of the principles;
8. no work will be initialized at the Center, until the disciplinary irradiations are done at the platform;
9. anyone in need to stay away from the works for a few days must give notice of this to the president;
10. any disciplinary irregularity occurring by chance, must be acknowledge by the president;
11. everyone working in the Christian Rationalist Centers must know how to do the "shaking"; observing the most correct form, thus by positioning the hands on both sides at shoulder level, and apply a quick shake, along with the mental irradiation;
12. three supporters must surround the obsessed person; the irradiative action of those supporters, along with the shaking will produce the desired effects; the fluidic water will be given in paper cup, which after use by anyone must be discarded; if the obsessed person manifests any fits of fury then he must be tied up according to the instructions given to the supporters;
13. after the irradiations done on the platform, the female mediums must enter the room for the organization of the currents, where they will remain silent, in mental preparation until beginning of the works; the male mediums, if any and the president will remain at the table, on the platform, until the time for the organization of the current;
14. the mediums must abstain from conversations about mediunity, limiting themselves to reading, with attention, the subject exposed by the book "Christian Rationalism", putting their reasoning into action, with firm desire to dissipate all doubts, and meditating on what they heard in the doctrinations.

15. the training of the mediums for the formation of the current must be done on Tuesdays and Thursdays. In the Filials, the president authorizes the training of new mediums for the organization of the currents, exercising one at a time, that is, not exercising a second or a third one for the currents, before the first one is fully capable. This training is done, only, in the organization of the first current, and the position of the medium at the table is between two supporters, third chair of any of the two sides of the table;

the use of fluidic water in cups is strictly prohibited, generally at the table for works and on the platform. It will only be allowed when the fluidic water in cups is offered to obsessed people at suitable time or adequate moments, following that, the cup is removed from the table, without ever accepting their remaining on the table.

16. whenever a member of the current of either a Filial or the Chief Head Quarters is attending any other Filial, with the courtesy card for presentation signed by the president, he or she can partake in the works for particular sessions, even without being chosen, in which case the president will assign him or her the last seat at the table;
17. the last two supporters must be attentive to the president's signals, in particular sessions, thus whenever there is any somnolent, they must shake him, by determination (or signal) of the president;
18. those who have to say the irradiations aloud, need to strive for good diction, trying to pronounce the words correctly and clearly, without omission of syllables or letters. If they persist saying them without observing the pronunciation, it belongs to the Secretary, by suggestion of one the directors, to write a letter to the relapsed auxiliary, pointing out the mistakes committed during irradiation, and the latter should not be offended by the observation, which is always done with the great purpose of serving the Cause. There's imperious necessity for the irradiations to be well pronounced, for causing bad impression, mainly to the beginner, those pronounced incorrectly;
19. people very ill shouldn't be taken to the Center without previous consent of the president or the directors, and the carriers of contagious diseases must practice the discipline at home, in order to avoid disquieting, by their presence in the Center, the susceptible assistants who are still approaching the Doctrine;
20. at the end of the works for Psychic Cleansing, from the beginning of the Public Sessions, the assistants must remain attentive to the doctrinations, avoid going to the bathroom except in case of extreme necessity.
21. while the president does the irradiations, the auxiliaries who find themselves standing by the table with the same intent, will remain there until they are finished;
22. on their way to the platform to effectuate the two regulation irradiations, the auxiliaries will greet those on the platform with a fraternal good-morning or good-evening; the greeting will be answered by the president only, on his behalf and the others present;
23. it is advised the maximum zeal for general hygiene, especially for the salon; the clock must be maintained accurately; the bells functioning, prompt replacement of burned light bulbs, the speakers in good conditions and flashlights ready for anytime there is a light emergency;

24. the left side of the salon of the Center, including the half chain, will be reserved for the ladies and children who need to stay with their mother, and the right side for the men;
25. half of the salon occupied by females will be supervised by female auxiliaries, and only by exception will they have assistance of disciplined male auxiliaries in charge of the other half of the salon;