

## PROJETO ESPIRITIZAR

By Joce Almendra

We were blessed to receive the visit of Mr. Saulo Carvalho on Feb 28th and March 1st for the lecture "Spiritual cure of fears and phobias" and the workshop "Secure ways to develop self-love", both in Portuguese.

Mr. Carvalho is one of the lecturers of the "Projeto espiritizar" in Brazil, which aims to promote the Spiritism Doctrine in order to revive the original Christianity.

The "Projeto Espiritizar" has 3 main focus:

- 1 – To Qualify
- 2- To Humanize
- 3- to Spirutualize

Always having Jesus as a model and Allan Kardec's work as guiding principles.

To learn more about this project, please visit [www.espiritizar.org](http://www.espiritizar.org).

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### Youth Spiritist Education

Kardec Spiritist Group of Austin invites you and your kids to join us on our Youth Spiritist Education.

The meetings take place every 1st and 3rd Sunday of the month.

From: 11:00 to 12:00am

Ages: 5 and older

If you plan to join us, please let us know in advance.

If you need to reach one of us to find your way, please feel free to call:

- Adriana Martins: 638-7176
- Beth Madden: 992-9048
- Joce Almendra: 576-2030

### Book Club

Our Book Club meets every third Wednesday of the month to discuss a book, or part of a book related to Spiritism.

The purpose of our Book Club is to promote study and discipline through reading.

Our next meetings:

May 20th at 7:30pm

For more information, please contact:

Michele Souza at [michele.fsouza@gmail.com](mailto:michele.fsouza@gmail.com)

### Volunteer Opportunity

Every second Saturday of each month Kardec Spiritist Group of Austin visits the Austin Children's Shelter for an afternoon of fun and interaction with children that were rescued from abuse and neglect.

There are about 50 children and youth in care today at ACS, over 40 of them are between the ages of 12 – 18.

Sign up as a volunteer with Michele Souza at [michele.fsouza@gmail.com](mailto:michele.fsouza@gmail.com)

We look forward to hearing from you!

#### Many of you have asked how to help our group, and here is one opportunity!

Any contribution is optional, but really appreciated.

If you are in a position to commit helping the group, even with a small amount monthly it would be really helpful.

The fundraising events we promote throughout the year help us mainly with special events, such as speakers' travel expenses, but they don't cover these fixed costs.

Please talk to us if you can help!

We feel very blessed to share such a wonderful house of studies and prayers!

Thank you in advance for your consideration.

# Kardec Spiritist Group of Austin

## KSGA Youth Volunteer



KSGA Youth Volunteer is designed to teach the youth (5 years and older) the importance of charity work. We focus on involving the kids, as well as their family members, on charities and causes that they care the most in our society. We create activities in which kids of all ages can engage and participate. The main purpose is not only to teach them about giving material help to the needed ones, but also to give up and share their time working toward helping others. We want them to learn how good it feels to be able to help, and that in helping others it actually helps ourselves, and give us joy. "Without charity there is no salvation" is our motto!

Our agenda was prepared with the suggestions and help of the kids. They chose the causes they wanted to help, and how we should do it. Helping animals, homeless, elderly, and blood donation, are a few of the topics they chose. Activities like, collecting and organizing donations, making homemade animal toys, lemonade stand, cookies sale, blood drive, meeting with the elder people, are all in our schedule for this year as well.

KSGA Youth Volunteer meet once a month, every 2<sup>nd</sup> Sunday of the month at Kardec Spiritist Group of Austin center, from 11am-12pm.



FOLLOWING JESUS & FULFILLING HIS MISSION

## Research reveals the power of energy released by hands

Energy released by hands can aid all kinds of treatments, says research by USP.



A study recently developed by USP (University of São Paulo), together with UNIFESP (Federal University of São Paulo), proves that the energy released by hand has the power to cure any kind of discomfort. The work was done according to techniques already known by many, like Johrei, used by the Church of World Messianity, and at the same time similar to religions such as Spiritism, practicing the so-called "pass".

All of this research and development process started in 2000 as a master's degree program theme by the researcher Ricardo Monezi, from USP's Medical School. He took the initiative to investigate what are the possible effects of this laying on of the hands practice. "This interest came from my own experience, when the practice of Reiki had helped me during my adolescence, out of a depression crisis", said Monezi, now a researcher at UNIFESP.

According to this scientist, during his master's degree studies he investigated the effects of the laying on of the hands on mice, when he observed a remarkable improvement of the defense cells against tumor cells. "Now, as my doctoral work is being finalized at UNIFESP, we studied not only the physiological effects but also the psychological," he added.

The findings in this study identified that the laying on of hands releases energy and is capable of healing even though the current science does not have an exact measure about this effect. "Science calls these energies "subtle energies", and also considers the space in which they operate is close to low-level electromagnetic frequencies," he explained.

The sensations provided by these practices as analyzed by Monezi showed the reduction of the perception of tension, stress and symptoms related to anxiety and

depression. "The interesting thing is that this type of practice provides the feeling of relaxation and fulfillment. In addition, it brings more energy and disposition."

This master's degree dissertation study used 60 mice. However, for the doctoral study 44 elderly patients with stress complaints were evaluated.

The research and development process that made this doctoral study was completed in the first half of this year. UNIFESP is about to start new investigations on the effects of Reiki and similar practices beginning April of next year.

## FRIENDSHIP NIGHT – APRIL 2015



Thank you for all of you that participated and contributed to our friendship night. It turned out to be another successful event!

## To Instruct and To Transform

My Dear Friends:

In truth, it is necessary to instruct so as to clarify.  
But, likewise, it is vital to transform so as to redeem.

Instruction empowers.

Transformation saves.

Theory prepares.

Practice bears fruits.

By teaching, we influence.

By doing, we demonstrate.

Whosoever teaches enlightens.

Whosoever edifies, is that very light.

To instruct effectively, it is necessary to reach wisdom through the mind.

To transform successfully, it is essential to follow love through the heart.

Teaching, though, is not enough.

It is imperative that we ourselves become living lessons.

Thoughts to guide and enlighten.

Feelings to understand and help – always.

Let us not limit ourselves to the merits of words alone.

Let us seek, with the same enthusiasm, for the benefits of acting.

Culture improves.

Work sanctifies.

Hermes, Zarathustra, Confucius, Siddharta and Sócrates were great and venerable instructors who revealed the path to us.

Jesus Christ, however, bringing together the lesson and the example, is the Wise and Loving Master who teaches us to walk it.

**EMMANUEL**