



NEUROPILLS,
readings on the
brain and the
gospel

Nubor Orlando Facure

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"The best living recipe will always be to improve ourselves, through the improvement that we will achieve for others."

(Emmanuel)

1 REVISITING THE EMOTIONAL BRAIN

From a didactic perspective we can see 3 levels of emotions in the brain:

1 – The reflex emotion

Aggressiveness and instinctive fear.

The pattern for this development was reptiles.

The frog and the alligator are typical models for perceiving fear and instinctive aggression.

2 – The visceral emotion

With the advent of mammals the activity of the viscera and the glands was emphasized.

The heart starts to pound, blood pressure increases, the intestine loosens, urine is retained, and vomiting appears and sweat increases.

Today, generalized anxiety, panic attacks and OCD are the most frequent examples.

3 – The cognitive emotion

More evident in primates.

There is perception and meaning in every emotion.

Passion, longing, mourning, grief, gratitude, and all the victories of the soul and heart.

You are not alone.

Pray to remember that God is always present in your life.

Do charity using the heart with the intent of helping, to remember those who need not only your leftovers.

Do your duty to serve those who wait.

Value the opinion of others, it can help correct false beliefs that you hold without being sure they are right.

Always remember the guidance of Paul the Apostle that we live with a "cloud of witnesses".

Spirits of every order accompany us.

It is up to us alone to choose who we will tune into.

2 OUR LAWS

Scientific rigor requires experimental demonstration.

But Theories of Relativity and Quantum Mechanics were conceived by intuition.

The action of gravity is present both around us and in all the phenomena of the Universe.

But gravity itself still remains as a conception of our mind.

The laws of biology interpret the phenomena that occur in living beings.

But exactly what life is – it is still a metaphysical guess.

Thought will always be the most important phenomenon in the Universe.

Therefore, a friendly Spirit teaches:

Let us live immersed in God's thought.

3 WEALTH AND SIMPLICITY

- **So**, Ms. Julia, are you still going for your therapy?"
- No, now I've discovered myself. I'm going to the slum areas even with the warnings of my son who claims it to be the PCC¹ people. I take everything, noodles or peas to make a soup, leftovers from dinner... I've even taken two worn tires of my car. At home, I love to cook. I'm always busy baking banana cakes. The people at the corner post, at the office, and sometimes the grocery store ask me to do it. I help my husband prepare a buchada² that our neighbor adores. At the end of the year, we have fun preparing a barbecue under the vine on the sidewalk.

Homework Lesson: The best therapy is to keep your hands busy helping others.

Translator's note:
organization in Brazil.

¹ PCC (*First Command of the Capital*) criminal

² Buchada is a typical dish of the Brazilian northeast made with the stomach of the ox or goat.

4 HALLUCINATIONS

How's your mediumship going? Do you still have visions?

– Yes, even more than before. Sometimes I find on my sofa a piece of paper or a cloth. Suddenly, they transform themselves and an entity appears in their place. To me, they seem foreigners, people with a very light skin as the Dutch... a man, a woman, children... all well dressed and the entities take turns. I only see them and they stare back at me.

– Don't they talk?

– Sometimes I hear them talking and I ask: where are you? At night, while I sleep, I talk to myself. On these occasions my daughter talks to "them" receiving messages and information.

5 WEAKENING THE SPIRITUAL PROTECTION AND ATTRACTING SPIRITUAL COLLECTORS

Ms. Marlene and Ms. Rosinha chat on the phone – idle talk. A report here and there and Marlene starts to criticize her neighbor Genilda – she talks about her clothes, her lack of taste regarding the decoration of her home, even the color of the curtains, and her arrogance at the parties and she loosens her tongue and says that Genilda’s mother is a schizophrenic, always hiding at home or hospitalized in clinics.

They both start to mock and ridicule the poor woman and end up by spiritually committing themselves with slander.

They both have organized families, hard-working husbands, children at school and in their homes food and resources never lack. They cannot imagine how much their behavior has maintained their spiritual protection in constant vigilance.

Entities connected to brotherly love accompany and protect both families when they are ill or go through difficulties that we all confront in life. But they have just compromised themselves with the divine justice and ethics when they began to slander about their neighbor, Ms. Genilda. They leave their doors open for the harassment of entities, as mocking and gossipy as they.

They become vulnerable and get paid back in the same way.

One day both will be subject to public mockery at a family party – they will swear innocence and complain on unfairness.

Facts of equal importance occur within the several environments of human coexistence.

Following are some examples:

- The boss that harasses his employee.
- The mistress who humiliates the maid.
- The partner that takes money from the firm.
- The politician who is a corrupt.
- The woman that is vulgar.
- The husband who devalues his responsibility of the home.
- The student who cheats school rules.

Each slip or disrespect towards our brother weakens our spiritual protection, suspending our defenses against the harassment of obsessors, who are then entitled to collect from us what we took from the others.

We have learned over and over:

Reincarnation brings back in the same house old setbacks for the necessary adjustments.

The family group is a cell with the only opportunity for redemption of collective debts.

The relatives with Schizophrenia, Bipolarity, Autism, Mental Retardation or Serious and Painful Paralysis are born in our homes awaiting fraternal welcome.

In these situations of family ordeal, it is worth considering for study:

We can see that the mental disorder is highly contagious.

The sick son unbalances the harmony of all the people who live with him under the same roof.

God does not use bars, but places us as true prisoners of the difficult relative, who restrains our freedom by preventing us from taking more or less time to attend him.

We do not know the spiritual reasons for these stormy paintings, but we must consider the possibility of being accomplices of their deviations in the past.

This disturbed relative is only part of the family problem.

Debt is collective, commitment is everyone's, and healing is to include him and us.

Homework:

May God strengthen us so that our words and our actions never disturb anyone's mind.

In anxiety, our suffering is the possibility of losing something in the future.

In depression, suffering occurs because of a loss we had in the past.

Loss of vision isolates us from the world.

Loss of hearing isolates us.

To treat your head, your bad mood, use your feet.

A half-hour walk will give you the serotonin your brain needs.

Our genes strictly follow a program of activation over our entire body and especially over our neurons.

We bring with us cancer and mental illness genes.

Our interaction with the environment will awaken them or not.

Aggressive, traumatic external factors, both physical and psychic, produce marks, now called "epigenetics" that modify genetic expressions and may in the long term increase the tendency or our vulnerability to cancer or to a mental disorder.

Live happily, but mainly live in peace.

What can we say about this Man who proposes that we discard our riches and share them with the poor?

Who asks us to offer the left side of our face to the one who hit us on the right side?

To forgive the enemies, those who betrayed us, those who stole from us, and those who slandered us?

What can we say about this Man who speaks in the name of God and states that only God is the Path, the Truth and the Life?

Who refuses to observe the Sabbath to rest, who touches with his hands the wounds of the lepers, who cures the blind from birth, who whips the merchants of the Temple, who sits at the table with said evil people?

Who does not wash His hands to eat, but who does not let out of His mouth any offensive word.

Who blesses the humble woman who kneels to wash His feet, anoint His hair and perfume His garments, but curses the learned and wise men because everything they say are only words?

Who warns us about our faults, and frees the adulterous woman that human falsity stoned?

Where does this Man come from, He who heals a woman who touched His garment, who raised Talita from her deathbed, who opened the grave of Lazarus on the third day?

What authority has this Man who in referring to us says: are you gods?

Who answered Pilate: "Are you King of the Jews"?
– "You say, for my Kingdom is not of this world".

In the face of worldly concerns, this Man teaches us: *Look at the lilies in the field and the birds that God dresses and feeds daily.*

Why, then, do we, men of bad faith, still condemn Him by keeping Him adored, but bound on the cross?

Everything that strikes us may have an intelligent justification.

All pain that oppresses us may have a medical or philosophical interpretation.

Everything that did not go as we wished may seem to be the fault of chance or fate.

Everyone who has hurt us may be pursuing us or in the service of evil.

None of this is sustained when our purpose is to understand and follow the lessons of the Nazarene Master.

His gentleness, His patience, His lesson of tolerance, His perseverance in goodness, never allowing us to walk through the mire of the world; "I am no longer I", Paul said.

May we also free ourselves from the old rancidness that still dwells in us to be Jesus at least for today.

He has brought us the greatest messages ever transmitted on the face of Earth:

Come back and announce...

The blind see.

The cripples walk.

Lepers are purified.

The deaf hear.

The dead are resurrected.

The unclean Spirits are removed.

Good news is preached to the poor and to sinners.

Reconcile with your opponent.

Do not cling to the things of the world.

Seek first the treasures of Heaven.

The alms you give with the left hand, the right hand should not know.

Whoever asks you for a tunic give him two.

When you pray, do it with your heart, not with your lips.

And blessed is he whosoever shall find no occasion of stumbling because of me.

Jesus

Some agents, such as genetic load, prematurity, severe perinatal infections, severe traumatic stressors, illicit substance abuse can precipitate disturbing pictures involving the dysfunction of these areas mentioned above.

We may in the future identify a teenager with a constellation of problems that forces many families to wander through medical and psychological practices. There comes the phase of one examination after another and the frequent exchange of increasingly potent medicines. Clinical symptoms, family martyrdom: anorexia nervosa, hypersomnia and narcolepsy, hyper-sexuality, routine disorganization and general care, impulsivity, aggression, antisocial behavior and mood swings.

12 JUVENILE PSYCHOSES – A CEREBRAL DEVELOPMENT DISTURBANCE

Adolescence is a period of bustling, well-marked changes throughout our body, especially the changes in phenotype that are easily perceived in various parts of our body.

In the brain, several transformations are also at play. They occur mainly in the increase of the production of certain hormones, in the expansion of networks of neural connections and in their associations at distance between the different areas of the brain.

The hypothalamus and pineal gland will produce hormones that will act strongly on appetite, sleep, sexuality and mood. This new hormonal pattern will bring tremendous behavioral changes in these four areas, leaving parents in despair in an attempt to impose discipline.

The frontal lobe acts in the planning of the actions, in the decision making, in the hierarchy of needs and in the logical reasoning, but will reach its full development only around the 21 years of age. It allows us to follow the familiar suggestion of going to lunch at the mall, to decide in what college to enroll, how to organize the room, the clothes in the closet, the towels in the bathroom, the day to go out and buy a new sneaker, and what kind of friends we will bring home.

In the temporal lobe, we have three important structures for our psyche: the amygdala, related to our

primary emotions such as anger, fear, sex and hunger, the hippocampus, the place of our short-term immediate memories, and the areas of auditory processing that allows the understanding of sound and spoken language.

The temporal lobe builds a meaning, a mental image bringing together the various sensory perceptions that strike us.

We are hearing from afar the bell tolling at the church, we will soon retrieve data from our memory and recognize that the procession is about to begin.

I hear the raucous noise of a car approaching, I identify in seconds that the ambulance will pass.

In the brain, several transformations are also at play. They occur mainly in the increase of the production of certain hormones, in the expansion of networks of neural connections and in their associations the distance between the different areas of the brain.

I feel a strange smell next to a bullous noise. The milk has boiled and seems to be overflowing, burned.

The hippocampus, related to short-term memory, makes it easy for us to leave the house and on our way back to the pharmacy to buy the drugs Grandma asked us and charge credit on the mobile.

Spiritist lesson:

We return to physical life bringing the memory of the commitments and opportunities of rescue and regeneration for which we have been programmed.

The perispirit, from birth, expands and reinforces its neurochemical connections with the brain and,

gradually, from adolescence onwards, it transfers the code of those commitments and rescues that we will have to fulfill, even bearing the cost of a psychosis.

Professor Jean Charcot's star shone in Salpêtrière in the year 1883. By "force of fate", brilliant students were gathered there.

Each of them, in turn, was a great highlight in the history of neurology, making numerous descriptions of diseases or neurological syndromes unpublished.

In the school of the French master, psyche was a subject of great importance being studied in depth.

Charcot expounded in theater classes the famous pictures of hysteria, catatonia and lethargy, attributing to brain injuries the occurrence of these processes. But a new interpretation was about to take place in this school.

Two brilliant minds attended Charcot's class.

Freud, who produced the greatest literary monument on the human soul, opened the secret box of the unconscious, rewriting the cause of hysteria and human anguish.

Charcot's favorite student, however, was Pierre Janet, a French nobleman, professor of philosophy before becoming a physician.

At that time, which we may call the golden age of French mediumship, Pierre Janet and Charles Richet - this eminent teacher, awarded by the Nobel Prize in Physiology - testified to the psychographics and other mediumistic phenomena of Eusapia Palladino.

A profound connoisseur of neurology, Pierre Janet offered us an interesting hypothesis for mediumship. He

attributed the speed and brilliance of psychographic discourse to a "psychic automatism," not admitting the participation of a spiritual entity foreign to the psychic's brain.

Pierre Janet attributed to the subconscious the knowledge contained in the messages. He also studied multiple personalities.

A scholar of the subconscious, Janet in 1883 recounts the picture of a 45-year-old French woman possessed by a multiple personality - a dissociative personality disorder. It manifested a major personality that ignored the existence of two others who, in turn, knew the first, but were not concerned with its existence.

Let us study with Allan Kardec a Spiritist hypothesis.

Amelia, 38, makes her first visit to a Spiritist Centre in Sao Paulo. She has undergone psychiatric evaluation and treatment in the last 4 years. It was hard to know who Amelia was.

The husband reports that she underwent a radical change after her mother's death. He described her now as futile, disinterested in relatives, squandered the little money he had, was disorganized, could not function in any of the household services. When she was visited by one of her sisters she was completely transformed. She asked to go out, she wanted to go to the mall, she had social commitments to fulfill, she enrolled in arts courses, she spoke a lot, and she used a crude and authoritarian language. She got involved in discussions in the traffic, and had to be restrained not to abuse of drink. She

refused to be called Amelia, said to be Ruth, who was young and wanted to enjoy life.

The husband continues the description.

Every now and then he could see her talking to herself in the bathroom mirror. The voice was childish, as if forced, and the subject, extremely childish, that one was definitely not his wife. She did not notice his presence, she did not care to have a dialogue with him. She said she was an 11-year-old girl who had recently lost her mother. Asked about her name, she claimed to be Eulalia, she was born in Brotas in 1936. She said she knew Amelia and Ruth, but she refused to talk about them.

Today, the leader of the Spiritist Centre said he would begin the process of dis-obsession.

The apostles stayed until the wee hours of the morning in service without rest, accompanied by followers and volunteers who were enthusiastic about the new type of charitable work that was inaugurated in that town.

People from various parts of Judea, from Galilee to Syria, were welcomed unconditionally. Pressing needs, mental disturbances, paralytic litter, tormented convulsive, laments due to the loss of loved ones, news about Jesus as he walked the world, reports of religious persecutions, fear of the vengeful hand of the Roman soldier, pains of all natures.

Food was distributed, a portion of wheat, vessels with water, sparse fruits, bodies were cleansed with oils, adjustments of worn sandals, shelter and spiritual assistance tasks.

The routine included the Lord's Prayer, the reading of the Scriptures and reports of unforgettable passages with the Lord that the apostles witnessed, especially their meetings with them after the crucifixion. Jesus remained alive in everyone's heart.

One day the rain had passed and, at the end of so much work, Peter sat down to rest, when a young man approached asking permission to speak to him:

– I see your strength at work, your affection for the Master's memories, your faith in the survival of Jesus, the clarity with which you describe your moments with

Him, it surprises me, however, to know that you denied Him three times... How do you explain why you failed in those moments?

Peter took the clean, uncured hands of the young man and asked:

– And how many times would you have denied Him? You see, He did not come to destroy the Law, but He made so many changes that the Law after Him would never be the same. He and we worked on the Sabbath. He healed the blind from birth, even with the prohibition of the Law. He settled with women of ill-fame and allowed them to touch His robes. He lived together with thieves. Without committing himself to any fault, He said that the lesser would be the greatest in the Kingdom of Heaven. He dared to show himself as the Lord's favored Son and could forgive, in His name. That He was the way and that Isaiah referred to Him as the divine envoy to save His beloved people, and that we should love our enemies and give those two of our robes. To offer the other face if they hit us and that the greatest commandment was the love of God and neighbor. That charity dispenses ostentation and a penny can be more to God than a fortune. And still that we should not do to others what we do not want them to do to us. And wisely, He denied being the King of the Jews because His Kingdom is not of this world. He also explained to us that we do not need temples to address God. How many of us, young man, for millennia will we deny, deny and deny three times the Master's proposals?

The Gospels did not record the name of that stoned woman. The men judged her mercilessly by misconduct and began the severe and deadly punishment. Then the Master, who perceived her terrified and helpless, asked that whoever was without a sin should come forward. The woman could not read what the Disciple recorded in those immortal words ... "Cast the first stone..."

The next morning, early in the morning, in order not to arouse the fury of the men who persecuted her, she goes to her Savior and asks:

- Master, what can I do to keep me off course?
 - Follow the Commandments.
 - Where to find shelter to live if I do not have the resources?
 - I do not even have a stone to lay my head on either. But God does not forsake and the World is our blessed home.
 - Now I've lost friends and clients...
 - The world offers noble needs for you to occupy yourself with. True friends struggle in the very struggles you face now.
 - Where do I look for strength not to succumb?"
- At work
- How to respond to temptations?

– Pray and watch, keep your mind occupied in the service of good.

– What is wrong with me?

– Get rid of the past and enjoy the blessing of a fresh start.

The Disciples were already approaching and that woman had to move on to overcome the world. The Master's words would accompany her forever: "Pray, work, watch, go and sin no more".

I have heard some interesting mediumistic reports that may be a reason for study.

Said one daughter:

– When I met my father in spirituality, I even smelled grease, he was a mechanic.

Said a son:

– I was visited by a young man, Andre. He told me he came to teach me how to behave on this side.

Said a father:

– The first thing they taught me here: take the ghosts out of your mind and forget what was left behind.

Said a brother:

– I'm tired of doing nothing. I want a hoe to work with.

Said a mother:

– Come quickly to me; Earth is very dangerous.

The Spiritist Doctrine adds the "spiritual dimension" in the understanding of human nature, emphasizing its complexity.

We gather here, at random, some of its lessons.

The physical body is transitory garment that gives the Spirit, instrument to manifest in the world in which we live.

Reincarnating in successive lives, we have the opportunity to renew experiences, redeem faults, reassess correctness and mistakes, and design future commitments.

Nothing happens by chance, God is creator and his agents guide our destinies.

We are all inserted in the project of unceasing progress that will elevate us to the level of Superior Spirits.

The "intelligent principle," with which we inaugurate life, went through the various evolutionary scales, striving to acquire reflexes, instincts, automatism and rationality until we reached the human condition we enjoy today.

The evolution of the mind has suggested and directed the needs of the evolution of the body.

Superior Spirituality has introduced the necessary changes to the success of human design by making interventions in the two planes of life.

Our talents or abilities for good or evil are fruits of our own merit.

Perseverance improves the artist, study builds the genius, serenity models the saint, to persist in vice, makes one stationary, to harm the neighbor enslaves one to the misconduct, to flee from the lesson postpones the corrigenda.

Both the appearance that each of us reveals and the environment that life finds us, are momentary situations, adequate to our needs.

A peasant, who exhausts himself on the land, may be living the lesson of simplicity and patience.

A politician in evidence may be experiencing the power commitment.

A religious leader may be learning perseverance in the faith.

The family that accompanies us, with dedication or with difficulties and demands, represents credits or protection, accounts to be paid or corrections to be accepted in ourselves.

We are partial and limited expressions of the multiple lives that we have already experienced in other existences. Valuable talents and various deficiencies are often immersed in the law of transitory oblivion that protects us.

In reincarnation, divine mercy favors the blessing of a new beginning by ignoring our past of guilt.

The Spiritist Doctrine has no idea on superiority of race, gender, profession or social prestige. What gives

credence to us is the good we do to others and the transformation to the best that we add to ourselves.

Each child accumulates the sum of the personalities he has developed over the millennia, and the innocence of the early years is an opportunity to redirect behaviors, transform feelings, and acquire new values.

Parents and siblings, profession and marriage, fortunes and privileges are transient loans that will require accountability.

"Life will give us what we seek and it will charge us for what we receive."

"Genetics signals, but it does not fulfill what is our commitment." Indeed, "we are heirs of ourselves," it is our past that represents us on the stage of life. Neither genes nor surnames will be passports to get rid of guilt, of the time lost or the forgiveness we refused to give.

Our difficulties reflect our needs and with the effort of today we guarantee the reward of tomorrow.

Official Science has not yet realized the "spiritual dimension" and how much it interacts in our lives.

Those that we buried on the last farewells of the tomb remain alive and share with us an intimacy that we do not suspect.

Our sensory physiology has no sensitivity to register their presences, but our mental activity radiates in the same spectrum of attunement. We share with them the same universe of mental waves.

We live permanently as transmitters and receivers projecting and receiving all thoughts that vibrate with the same goals as ours.

Relatives and friends, enemies and opponents, companions in the good and companions in crime associate themselves to our purposes.

Their voices resonate in our thoughts, their suggestions induce our choices, their protection helps us overcome difficulties and their disturbance holds us back in despair.

We mingle with the "dead" more often than with the "living".

"We live with a cloud of witnesses," in Paul's words (Hebrews 12:12) and we are responsible for this "consensual partnership" that sustains us for good or for ignorance.

18 METANEUROLOGY
Our double operating system

Our senses do not give us account that the Earth turns in spite of the numerous phenomena that it reveals to us alternating the days with the nights, moving the seas and ordering the seasons of the year. In another sense, we also do not realize that our Spirit acts and reacts to two functioning systems: in the physical body and in the perispirit.

The phenomena are there to show us: intuition, premonition, extra cerebral memories, telepathy, clairvoyance, mediumship among others.

Homework: The Apostle Paul is right when he says that where there is an animal body there is a spiritual body.

There in Prata, a small town in the "Triângulo Mineiro", in 1947, we all went to the wedding of Uncle Abraham's daughter. An Arab family, 3 days of parties, table with plenty of food at any time of the day.

The kids were running in the yard and hiding behind the mango trees.

The jollification that should have had a happy ending did not because of my inguinal hernia. Everyone getting into the Ford 36 to go back to Uberaba and I could not walk, the hernia strangulated and it hurt a lot.

I was taken by Aunt Latife to Uncle Abram's bed. That, yes, was a King size bed.

A physician at that hour, on Sunday, in the Prata? No way.

Someone said to have seen Dona Geralda passing in the street, an infallible folk healer.

A dark, sweet, thin lady enters the room, medium height carrying in her left hand leaves with a pleasant smell.

She tells me:

"Pull your pants down a little so I can see the hernia.

I had already paled, and I began to shake.

Dona Geralda passed the sprigs of leaves up and down.

And, they say in Minas, "I saw with these eyes that the earth will eat", that the hernia gradually retracted and returned to its usual place.

From then on I began to believe in miracles, in hauntings, in evildoers because "there are more secrets between Earth and Heaven that our vain philosophy can imagine."

That night we were quite comfortable talking to Chico.

There were 4 or 5 people in the room.

– Chico, did you ever go to Our Home?

– Andre Luiz told me that in order to write the book I needed to know it. It was a new vision of life on the spiritual plane. But to prepare myself, he, on the first trip, would take me only to a garden. Standing before the flowers I did not hold back. I fell to my knees in uncontrollable weeping. Besides the perfume, the flowers gave me a soft vibration that reached the deepest part of my soul ... indescribable ... sublime. I could not stand up.

– Chico, in the book "Two thousand years ago", Senator Publius Lentulus has a quick encounter with Jesus. When Emmanuel described this passage... you must have seen Jesus at that moment. How was He Chico?

– We have not yet the right to see the late Galilean Master. His light would affect all our emotional control. I believe that a mere glance in the bright eyes of the divine Master would disturb our balance.

Once again we understand Chico's affection for the figure of Jesus. More than once I heard him speaking with emotion of the beloved Nazarene Master. I lack terms to repeat how Chico referred to Him. There is an emotion that overflows from Chico to us and makes us stop even thinking. It is a pure spiritual experience.

My mother had gone to visit a baby with hydrocephalus. The head grows quickly from the excess of cerebrospinal fluid that accumulates inside the ventricles. Its image causes a very uncomfortable impression. But my mother, Mrs. Landa, asks Chico:

– Why she... she that has such a beautiful face? She is a beautiful child and bears such a horrible skull!

Chico explains that as much as possible, God favors us with a crumb of His mercy. And this child would receive mental vibrations tremendously damaging to her psyche of anyone who saw only the aberration of her head. This sweet little face, by divine goodness, softens her suffering before the curious ones.

Our tears run freely, thanking for more this proof of God's mercy.

In 1976, together with half a dozen people, we talked with Chico Xavier at his house.

– Chico, how's the pain in the chest?

– Yesterday it hurt a lot and I tried to lie down earlier.

Suddenly, I saw two men enter my room. I realized they wanted me to turn in bed. The pains that were already terrible, made me suffer a lot. I complained. I asked them to leave my room in a visible bad mood. I was not willing to attend to any Spirit. That was when I perceived Emmanuel saying to me: Behave. These gentlemen, who bother you, have come to operate your coronaries, be educated and thank them for their considerate work.

Then he tells about a very distressed woman who came to see him because her life, after several surgeries, was by a thread.

– My sister, work and the thread will become stronger. There in the room, on the table, I see packets of printed matter with psychographic messages.

Chico calls Mr. Benedito de Mirassol and asks him to dispatch one of the parcels to Poland.

Two ladies from Sao Paulo describe the longing for the dead son of one of them a few months ago.

Chico takes the young man's mother to his room where they stay for a few minutes.

The lady comes out, looks for her friend, who in tears, hears her say that she talked with her son incorporated in Chico and he asked her to commit herself to a project to help the needy.

A man, of approximately 60 years of age, says to Chico right there in front of me:

– Chico, my eyesight is getting worse. I'm reading more and more slowly.

Chico then says:

– But, Silva, by reading slowly, you'll enjoy your lessons better.

Someone next to me, taking advantage of Chico's generous laughter, is encouraged to ask:

– Chico, is there a psychiatric sanatorium, a hospice, on the other side?

We all laughed with gusto.

Yes, there is. And it's full of Spiritists. Spiritists are dying with guilt.

– You scare us, Chico.

– I'm not talking about you, but about all of us. We have often committed various types of human errors. Only one is impossible to solve. And it's the one that has been tormenting the Spiritists for years, the guilt of having wasted time.

– Chico, what are you going to do when you disincarnate?

– I am going to found a Spiritist Centre; it will be called HEAVEN, a Spiritist Center in the Umbral.

– Chico, I'm a neurologist. Can I switch off the breathing apparatus of irreversible patients in the ICU?

– No, you cannot. There he will be protected from his obsessors.

I asked him in the kitchen at 3 o'clock in the morning as he offered me a piece of toasted cheese, on the gas stove:

– Chico, don't you sleep?

– I sleep 4 hours.

– I want to reduce it to 3 hours. I need to make the most of my incarnation.

22 IT IS THAT SIMPLE:

To prevent from disaster, step on the brakes.

To save yourself fights, stop the discussion.

To prevent more serious illness, stop the abuse.

But to evolve, it is recommended not to stop in time.

Progress in the studies and practice Charity.

Homework:

Staying back is easy; keeping up with those who have reached the light is very difficult.

After Broca, in 1861, located the area of speech in the brain, other researchers mapped areas and functions of the cerebral cortex: sight, comprehension of words, touch, pain, movement of arms and legs, calculation, the identification of a familiar face, and expressions of anger and fear.

It lacked understanding of how coordinated, integrated functioning was possible, obeying a continuous flow of thought and consciousness, synchronizing all these multiple areas of the brain activity.

In 1949, still under the disastrous effects of World War II, two researchers, Horace Magun (American) and Giuseppe Moruzzi (Italian) electrically stimulated a cat's brain by observing the waves on the electroencephalogram.

With the cat anesthetized these waves were continually slow throughout the brain. But, as a result of an error of direction, they by mistake, made a stimulus in the brainstem, in the region of the mesencephalon. Immediately there was a change in the electroencephalogram, it was as if the cat's brain had awakened.

Subsequent studies showed that the two researchers had discovered the place of consciousness. That is where the ascending reticular activating substance

lies. It relates to sleep, coma, and the awakening of the brain.

Thought, language, culture and beliefs.

Culture and belief do not separate; one is part of the other.

Thought and language alternate continually.

The mental images we make of the world depend on our beliefs.

Thinking and reasoning depend on our culture. Thought is directly linked to language. We think by words and by images and their values depend on the context.

Languages differ in the way one sees things and the world.

The colors are expressed in 11 words and an enormity of variations for their tonalities.

Quantity, speed, the passage of time, threats are perceptions that vary with the text of each language.

They are in the brain the physiological bases for talking and acting, building tools and producing work, accumulating knowledge and transmitting them to the new generations producing a culture.

Our 4 giants are biologically expressed in the brain.

Biological behavior depends on this mixture: culture, belief, thought, and language.

Our brain was built with the development of these talents.

Animism:

This doctrine says that the Soul is responsible for sustaining all organic activities, especially perceptions, feelings, and thoughts.

Location: (Localizationism)

For more than a century, neurology has been revealing the relationship between the areas of our brain and our more complex motor, sensory, cognitive, and intellectual activities.

Today, resonance imaging shows that brain areas are active when we make choices, when we choose to lie, when we recognize a familiar face, when we imagine a bird flying or when we remember our elementary school teacher.

Neurology knows that a certain area of the brain will be active when we perform a task, but it does not state that it is the area that performs the activity tested.

Animic phenomena:

"They are psychic phenomena produced with the conscious or unconscious cooperation of the mediums in action".

In these pictures, it is the unfolded perispirit, "outside the physical body", that acts by mobilizing its resources, acting "from the outside in", from the spiritual dimension to the physical, in the production of motor,

sensory, intellectual and visual phenomena, provoking typical pictures of human psychopathology.

There are hallucinations, epileptic pseudo-crises, depersonalization, persecutory delusions, speech or automatic writing.

Pictures of a neurological clinic:

Mrs. Aparecida treats her epilepsy with me for years now.

On her last visit she said that the medication has changed her pattern of seizures. Now, when she passes out, she feels she is leaving her body and, from a small distance, she sees her physical body floundering. The feeling is horrible and painful.

The use of medication may actually change our sensory-perceptual activity, but the phenomenon of unfoldment that began to happen to Mrs. Aparecida is real and it reveals two planes of life.

Mr. Luiz tells me that he cannot sleep, it is no use closing his eyes, he remains conscious, but in another "environment".

He says that he feels taken to different places and sees other people, people working, others being rescued, patients lacking parts of their bodies, and others in a state of deep torpor. It took time to get used to this scenario.

I asked a series of questions and a very curious thing he told me that he has already been to places where the floor is sticky, making it difficult to walk.

Mr. Nicanor says that he was doing well with the treatment, but that for some months now he is having the same feeling that bothers him for many years: he escapes

the sensation of reality, and it seems that what he sees does not exist. He looks at everything and doubts if what he is seeing is real.

He suffers searching for a word in his vocabulary to try to describe me his feelings.

Mr. Solomon's wife tells me that she sees the ill organs of people. When she approaches certain friends, she feels strange, as if she were no longer in her own body. In this kind of trance, she sees in people's bodies spots and deformations.

This lady, of little studies, has no knowledge of anatomy but can point out where she notices the organic problem.

Deborah is a young student of pedagogy. She goes back and forth by bus to the College and on these trips she experiences unfolding phenomena. The bus stops at the red light and there in her seat she suddenly notices that she was projected to the outside of the bus, and she is standing there at the corner.

The time normally passes and she returns to the physical body when her bus begins to move.

Benjamin Franklin at his death made a promise:

He would return in an improved edition.

This is a good metaphor for the meaning of reincarnation.

We are evolving Spirits who go through multiple lives, doing right and wrong, acquiring talents and experiences, relieving and aggravating our commitments, appearing in various social, professional and family settings; living in different cultures, transiting between power, fortune, poverty and submission.

When we reincarnate, we receive a new role with the possibilities of rewriting our trajectory. For the success of the new journey we have not received any information of what we were or what we had, with whom we lived and to whom we owe. The Spirit will remain in possession of all its conquests.

It can access and dispose of them more or less easily according to its evolutionary pattern.

Generally, most of us are limited to being able to use only the latest information.

On the other hand, the physical brain is protected from past memories that could jeopardize its success.

A new battle begins, with the weapons and tools we need.

We grow, we become rich or poor, we develop talents and vices, and we learn a new language and a new profession.

Later, over the years, we will return renewed to the spiritual life, a new person, a new personality, a new luggage, a new passport, new spiritual rights, a new brightness, a new edition.

Summary: I left there as John, today I will go back home as Anthony; an improved edition, with a remade cover, new chapters, and new experiences. I worked in construction, as a taxi-driver, and in security. I had children, I got a diploma. John is no longer there, I am going to settle my accounts with God as Anthony.

A thought that creates distress needs to be replaced by another thought that generates satisfaction.

One of the techniques is to replace what you want to own by what you can distribute.

I often say that what is in the head does not go out by the ear. It is no use talking repeatedly what to do and what to choose. It is the mind that corrects the mind. Put your hand in the dough.

The broom and dishcloth, the needle and thread, the paintbrush and the paint, sneakers and racket are less toxic tools than the chemistry of many mind medicines.

To understand the world, I need to make mental representations about it.

My little tricky kitten, called "Said", runs past my legs. Minutes later, "Peludinho", our restless little mutt, appears at the door of the room.

The challenge is easy to make out: it's another run of "Peludinho" after Said.

But these propositions can only be understood by those who already know that dog and cat are always in quarrel, disputing territory and the preferences of the owner.

A philosophical deduction induces us to think that our degree of knowledge gives us the measure of understanding about the world.

It pays to read to live better.

We are making great progress in the brain sciences. I want to draw your attention to several of its autonomous properties. What I mean is that it responds to certain stimuli regardless of the Spirit.

The Spirit vivifies, commands, decides, but this does not exclude the neurophysiology proper to the brain.

Andre Vesalius was expelled from Paris - 1543 - because his drawings of anatomy of the human body gave the impression that the muscles themselves contracted producing movements, independent of the action of the soul.

Franz Gal was expelled from Vienna when he made phrenology - 1804.

The Church accused him of fragmenting the soul when he drew in the skull his proposal to locate multiple functions in the brain.

Neurosurgical experiences with the exposed brain show that, punctual electrical stimuli on the surface of the brain, causes the patient to speak, to see, and to remember the past or have strange behaviors without participation of his consciousness.

I remember very well that Emmanuel teaches us that drugs often soothe the brain, but not the Spirit.

Allan Kardec, in talking about hallucinations, proposes that some of them are visions that the Spirit "sees in his own brain," I think this reminds us of our reading of texts on the computer screen.

Any one of us knows that nitrous oxide causes irresistible laughter by direct effect on the brain. Without asking the Spirit if the joke amused it.

Neurosciences, using functional MRIs, have shown which areas are active when we speak, write, understand the meaning of a word, feel the bitter or sweet taste of fruits, and even when we are in prayer.

But no electrical stimulus provoked by a neurosurgeon can make this brain produce the Fifth Symphony or write the poetic phrases of Fernando Pessoa:

"The poet is a pretender.
He pretends so well
That he pretends that it is pain
The pain that he really feels".

In 1966 I attended one of my first patients with brain tumor, in Campinas.

It was at the "Hospital da Beneficência Portuguesa" on the third floor, the noble wing of the hospital.

Family of Minas Gerais, emotional people, they crowded in the room like restless birds trying to settle in the branches, they would not allow me to take a step without explaining everything that I was doing to make the diagnosis and to establish a conduct.

The tumor was highly malignant, there was a risk of not being able to undergo the surgery, the patient was a 60-year-old man with a compromised general condition, and he suffered a lot with headaches and with some episodes of vomiting.

My decision was not to operate, call the family and direct them to go home and wait for the worst.

Before arriving to the room for this conversation I received the message that the Head Nurse of the surgical center wanted to speak to me urgently.

It was Sister Leopoldine, a thin woman, arched like those people from the northeast, with the bravado of those women of untamable fiber.

She, as gently as possible, began to speak to me:

"You cannot begin your professional life like this. It looks like you're giving up the fight".

"But sister, his chance is minimal; he may die in the surgery".

"You'll operate."

"Better to die caring than neglecting".

Ibrahim picked up two sacks of wool and took his sheep to the nearby pasture.

The first signs of the morning began to appear and, before Peter's house, a group of people sat on the stones around.

Ibrahim approaches to hear what it is about. He can see a man with a penetrating, illuminated and serene look, who in a firm voice seemed to say to the world:

"The least shall be the greatest in the Kingdom of Heaven."

Without wanting to waste more time, Ibrahim must go to the city where he will deliver the wool to the merchants.

Next day, there is the same group and the same man who imprisons them in His words:

"First, reconcile with your enemy".

Again, Ibrahim is in a hurry and leaves carrying three pots of wine that he needs to sell.

On Friday, the same group is gathered before going to the Synagogue and Ibrahim, now more interested, he listens:

"Do not put new patch on old clothes."

Our merchant leaves for the last time that blue-greenish look that the Master directs to him, the beam of firewood is weighing and he has to deliver it to the buyers.

Next week, there is no one in Peter's house.

Thomas, who stayed behind, says to Ibrahim:

"To follow Him you must leave the world, sell your things, give to the poor and get rid of the old man in you".

Our brain is formidable, admired and respected in prose and verse.

But there are controversies.

We are very condescending to its stumbling and the troubles it creates. It lies and makes us make mistakes.

It exchanges a smell of smoke for the smell of barbecue, it thinks that it knows the team's rank, does not exchange a cat for a hare, but it confuses cousin with his sister-in-law, the mall saleswoman with her neighbor, and even a relative with a snake. It distorts the facts, says it was that month at the doctor, but it was last October.

It forgets the names at the wrong times, it is a master at making excuses, and makes us afraid of thunder, spiders, cockroaches, shadows and noises in a dark night.

It thinks it is right about what's going to happen in the future. It is an expert in economics living without money for lunch, it makes us fall in love, in debt, marry, have doubts and regrets.

It says that it decides without thinking, that it lets the heart speak louder.

That is why God makes the tears that come out of it, run from the eyes.

33 IN THE MULTIPLE DIMENSIONS OF THE MIND, IN
THE PARALLEL WORLDS

Our "mental world" enjoys certain competencies that the neurons cannot reproduce or justify. We perceive phenomena far beyond the physical senses.

The memory is infinite and possibly not of a physical nature.

We have extra-cerebral memories.

The "déjà vu" (familiarity) is a very common feeling. Therefore, I agree with the existence of a "brain" in the spiritual dimension.

Another "environment" that "rotates" in tune with the physical, carnal brain. Premonitions, memories of past lives, out-of-body experiences, lucid dreams, perception of "a presence" at our side, concordant thoughts between twins or between mother and children, vision at a distance, among other possibilities.

My explanation, based on Spiritism, may not be plausible, but what cannot be denied is the existence of these phenomena that deserve careful analysis due to their complexity.

Mrs. Leda informs that her 19-year-old son is coming for a consultation. On the phone I noticed her state of concern. Leandro is out of a job, spends his allowance on tattoos and drugs, insistently urging his mother to let him live alone. He has not taken his medication for months.

Mrs. Carmen posts the portrait of the daughter in the wheelchair on Messenger. She stopped doing her physiotherapy for some time because of difficulties with the health plan.

Diogo's father discovered, among his notebooks, a little pack of marijuana. The 16 years old boy is worse and worse at school. He is angry, he no longer goes to his cousins' birthdays, and he stays away from them. He gets up at night to eat what he finds in the refrigerator and draws attention to the abusive amount of water he is drinks.

James's grandmother wakes up scared with a phone call. The 17-year-old boy has been arriving home late at night. The parents are separated and Mrs. Consuelo has been raising the young man with difficulty. That night's call was the worst thing that could have happened to the old lady. Tiago was arrested with drug dealers when he went to buy drugs.

Marcela is 9 years old and can never control her seizures. She is in ICU now. The new remedy that started with so much hope caused an almost deadly allergy.

Homework: Thank God when in your personal world there is health, moments of happiness and a welcoming family.

The concept of mind is controversial.

Either way, we all consider it as an entity or a function within us.

What I want to defend is the possibility of the expansion of the mind beyond the physical body. It is our psychic sanctuary.

Even the animals like the birds or the kitten that you have at home build an environment around the space they occupy. There they keep their objects of adornment, attachment and warmth.

Our office or our study table. Every professional has his whims there. New and old objects are arranged within a particular preference.

The little chapel of the elderly. Our old people have the little cloths, the little scissor; fragments of memories of those that have already left and they let them touch to relieve their longing.

All this makes up our mental "environment" which some call psychosphere.

We should take care to build our environment of psychic comfort without developing attachments that may later form ghosts in the mind.

We must respect the "sacred" of our elderly relative who, if on the one hand may appear to be grumpy, on the other may protect the integrity of his mind.

We do not need these amulets to make the outside world less hostile.

I always leave my patients at ease to report their strangest personal experiences. That is why I accumulated over the years, as a neurologist, a great collection of curious "cases".

Knowing that I am a Spiritist, many feel comfortable to report "otherworldly" experiences. Look at the case of Mr. Dionysus:

– Do you mean, Mr. Dionysus, that you do not sleep?

– Most nights, no. They always take me somewhere.

– But what do you do in those places?

– I always go to help.

– Tell me some details.

– Will you believe me? I'm going to help wake up sick people who are in a coma and need to wake up, people who had accidents and lost part of an arm or a leg... it's work for the night.

– Are these places uncomfortable or beautiful?

– Usually, very sad, but I've been to well-kept homes and happy people.

– Do they talk to you?

– They speak, they give advice, they guide, and they tell me what to do. Then I can remember everything, less what they told me. It all stays in intuition.

– Have you ever been afraid?

– I've been in places where the floor was sticky, a goo...I was afraid I would not come back.

– Have you ever seen anyone you know? One of your relatives?

– Never, sometimes from afar, it's as if they cannot get close to me. Maybe one day I will.

What I mean is that each of us has a "modus faciendi", a way of acting, a particular way of behaving in the world, a proper functional system, just as we have intelligence, memory, reasoning, free will, emotions and ability to learn.

These cognitive functions of intelligence and memory develop over time along with age, exercise, opportunities and cultural interference, but the "modus operandi" is stable and permanent, built by the instincts (the genetic heritage of each of us), personality and cultural experiences.

Let's look at the examples - let's look at our pets.

We have the bravest, the most affectionate, those who welcome the visitors, the crabby, the ones who politely accompany us through the mall, the troublemakers who stick their nose everywhere, the destroyers, those who chase the little birds in the yard, those who have time to eat, those who covet the food of the other, those who obey the rules of hygiene, those who do not accept another little animal that comes to live at home. And what happens between us humans?

It's time to clean the kitchen, you know that son that does not help? He walks into the living room and turns on the light. Do you think we will switch it off? No way.

The allowance is the same for the three children, but always one of them runs out of money first.

You invite for a barbecue, do you know that brother-in-law who always arrives late?

Discuss politics, no way. There are friends who always seem to have a weapon in their hands.

Traffic ticket? The son-in-law has lost his driver's license three times.

Income tax? There is always a client asking for a receipt from last year, they cannot organize themselves.

The boss takes a vacation? The company is upside down, no one is collaborating.

End of year party? There is always one that decides to participate in the last hour.

When she completed 40 years of work in the Spiritist Center of her city, Mrs. Maria Augusta received a special homage at the hour dedicated to her weekly lecture.

The presenter, taking advantage of the presence of many young people at the meeting, asked Dona Augusta to express some advice to young people about her method of preparing her lectures.

She, with the usual simplicity, answered:

"My greatest care is not to disturb anyone's mind".

Neurology teaches that before we make a decision, we choose a path, we choose one or another possibility, we perform a procedure, and our brain constructs a mental representation, a project, a draft, a cognitive map that is responsible for our behavior. It is interesting that this activity is very primitive, instinctive, and unconscious.

It has been confirmed that bees, rats, spiders, pigeons make this model of cognitive map and are able to symbolically communicate their information.

Poets suggest that we decide based on our heart, however, before that, our mind already made the choice.

39 DEPENDENCE OF THE CONTEXT
 DRUG GENETICS
 ENVIRONMENT AND SPIRITUALITY

We speak of "chemical dependence" when one constantly uses and in increasing doses of a particular chemical substance. That name may be wrong. It does not tell the whole truth or everything it can involve in its meaning. A simple chemical mechanism would not explain every phenomenology that encompasses this dependence.

Let's go to the facts.

1 - The drug – a single dose is not addictive. It is not even the time, nor the same dose that will cause addiction. The addiction varies from one individual to another. Some people say that, of their own accord, they can stop using a drug, which they use when they want to use it.

2 - Genetics – the risk of alcohol dependence increases greatly when one of the parents has a history of dependence. The same is likely to occur for psychoactive substances.

3 - Environment – the point of purchase of the drug, the place of use, the presence of the same friends, objects or instruments of drug application all have a very strong addictive potential.

The "environmental context" is as addictive as the drug. The ritual of lighting a cigarette or drinking a beer is highly conditioning.

In fact, we are "networks" dependent. The context, the rituals, the environment are much more addictive. It's better to choose where to go and who to walk with.

In the schoolyard the fight is daily. First you have to accommodate the children in the classroom. Then check if they have taken a shower and if they have already been fed. And only then, are they ready to learn.

Mrs. Ritinha starts the Portuguese lessons.

In the house of prayer, Mrs. Ruth gathers the twenty friends who regularly dedicate themselves to the reception of the suffering.

After the prayer, they read a page of the Gospel and begin the laying on of hands for the sick, while around the table where they sit, they indicate the instructive comments.

In the group of studies, Mr. Neco distributes the Spiritist Book so that the 12 friends can accompany the reading of the study page.

Then, Professor Pepe starts the comments by clarifying the most difficult points.

Week after week this study has been very helpful to everyone.

In the shed, clothing and supplies were arriving. The volunteer group organizes the packages to begin the distribution.

Campinas already has 2,500 street dwellers and the night struggle lasts until dawn.

In the medical ambulatory, Dr. Mario, Dr. Douglas and Dr. Raquel have been attending for 4 hours.

There are many volunteers engaged in this work such as medication distribution, referral of exams, physical therapy exercises, prescription diets, occupational therapy groups.

The homework is that the world out there exposes a million worries and dangers, but these anonymous workers do not have time to hear the world's dissonant noises.

Suffering does not wait or give respite to those who are willing to help others.

Lord, if we are not yet the Fatherland of the Gospel then allow us to be at least your temple that welcomes your lessons, do not let us depart from humility, and send us the needy for us to wash their feet.

If we still do not know how to multiply the bread as you have done, teach us to divide what we already have, meet again with us on the road to Damascus so that His light may illuminate our eyes.

Hold our hand to prevent us from throwing stones at the least happy, repeat with us the lesson of the beatitudes, lift us from the spiritual inertia that immobilizes our steps and commands us to walk in His direction.

Cleanse from our hearts the wounds of pride and vanity, cast out temptations from us, and accept with your blessings that prayer which we say with all faith.

Why should we go through the line of incarnations on this planet Earth, suffering the risks and mishaps of physical life?

Philosophers and theologians of many schools have addressed these questions. Looking only at the physical reality that matter allows us to see easily, we realize that our world offers rewarding particularities.

The Earth favors the limit and the possible measure of time and space.

Everything then becomes predictable within these two magnitudes.

And the sky?

The physical and temporal dimensions in the spiritual world lose their limits because all experienced in this dimension is mental.

On Earth it is harder to realize that our perceptions of reality are purely interpretations of the mind.

But in the spiritual dimension, the mind will coexist with the stratification of time and space.

We will not all be in the same pattern or plan of psychic experience.

We will be attuned to the focus of our thinking.

It is difficult and foolhardy to warn that death will not open the door to immediate contacts with friendly entities, with relatives or colleagues who will be vibrating in environments other than our own.

It is interesting to remember the appropriate words of Jesus: in the Father's house there are many mansions.

Most of my memories, I have realized, in time, they are out of my brain and today they are slowly abandoning me.

Marcel Proust found them in the smell of the madeleines he tasted.

It seems like all my things are losing their meaning and taking with them my memories.

I still see them in the stained glass of the churches that describe the seasons of Jesus' martyrdom.

In my fears of the painting of the devil who claim to be lurking my sins.

In the coldness of my body and in the noises of the waterfalls that refreshed me.

In the noisy trill of the birds that woke me at the beginning of dawn.

In the sound of footsteps arriving when I stole the first kiss without noticing that your mother was so close.

On the grilled corn from the wood burning stove squeezed into the corner of our kitchen.

In the darkness of the night that was approaching, thus ending our fun with the catch-up game.

In the first book I read, leaving only the title as a remembrance - Two hearts.

My memories did not go away, what left me was the value I gave to things that I do not care about anymore.

44 THE COGNITIVE MACHINE - OUR WAY OF
THINKING

We judge by appearance, we choose emotionally.

We decide on intuition, few data is enough to
create images.

We use more beliefs than concepts.

The past changes when it is retold.

In the future I'm going to do things that I've
already done yesterday.

Our mental world is more a fantasy world that we
create to soften our anguish and our fears.

Homework: we live more of imagination than our
vain presumption assumes.