



Endocrinology of the
Integration Spirit-Body
and the Healing Process



4th U.S. Spiritist
Medical Congress

Issue Number 02 -
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Health of the *Soul*

Disease
Is Thought in
Disharmony with
God's Law that
Requires Rebalancing
Interview: Andrei Moreira, M.D.

Editorial

Following the inaugural issue of **Health of the Soul** published by the U.S. Spiritist Medical Association that was launched at the **4th U.S. Spiritist Medical Congress** held in Washington, DC last September, we are now releasing the first issue of 2013.

This issue features two articles: The first, entitled “Endocrinology of the integration spirit-body and the healing process” was written by Dr. Jorge Daher and is an expanded version of the lecture he gave in the **4th U.S. Spiritist Medical Congress**. He begins the article by explaining the medical field encompassed by the Endocrinology. Under the topic *Spiritual Body and Information Systems*, he explains the physiological pathways of the integration Mind (Spirit) – Body based on scientific observations. Dr. Daher follows to discuss the healing process and states: “In cases of spiritual healing, the spiritual fluid that is directed to the patient through the “pass” or through prayer reaches the mental body of the subject and directly acts upon the crown center. The work of the crown center initiates the processes that occur through the integration of the nervous, endocrine, and immune systems, by communication through receptors in cell membranes, initiating an immunological reaction that favors the restoration of health – increased natural-killer cells and rebalancing of cytokines, restricting inflammatory processes.”

The other article, a translation to English of an article originally published in Portuguese in the magazine “Saúde da Alma” (Health of the Soul) published by the Brazilian Medical Spiritist Association is an interview of Dr. Andrei Moreira by Dr. Eleni Gritzapis entitled “Disease is thought in disharmony with God’s law that requires rebalancing”. Dr. Moreira states that “Diseases appear as a natural result of our digression from the law of love, as an alert signal from the soul.” He also talks about the process of self-healing: “When the individual rebalances his/her mind, feelings, attitudes, this renewed bundle act harmoniously, reorganizing the cells and the whole organic structure.”

Both articles stress the importance of maintaining spiritual balance (initiated in the mind) in order to keep the physical body in harmony, promoting a healthy experience. A new era is unfolding, when the notion of healing as a state of complete (body and soul) well-being gradually becomes better understood. Thus, it is time to widen our knowledge on the mechanisms of healing, so that we can assess the appropriate internal or external resources to maintain our state of well-being or to promote it when we encounter ourselves affected by a physical disease or by emotional imbalance.

In addition, a special session was included in this issue to give an overview of the **4th US Spiritist Medical Congress** to those who were unable to attend. This session will feature a summary and comments on the lectures presented and some photos taken during the event.

The SMA-US team hopes you enjoy this issue of **Health of the Soul**, and promises to continue working enthusiastically to publish articles that can help readers to become more enlightened in the field of Spirituality & Health.

Sonia Doi, MD, PhD
President, SMA-US

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Dr. Jorge Daher Jr.

Endocrinology of the Integration Spirit-Body and the Healing Process

Dr. Jorge Daher Jr.

In 1905, Ernest Starling used for the first time the term hormones at a conference at the Royal College of Physicians, London (Croonian Lectures of the Royal College of Medicine). In the words of Starling: *“These chemical messengers ... or hormones (from Greek = I excite or arouse), as we may call them, have to be carried from the organ where they are produced to the organs which they affect, by means of the blood stream, and the continually recurring physiological needs of the organism must determine their repeated production and circulation through the body.”* In that moment Endocrinology was born.

Endocrinology is the medical specialty that studies the various ways in which substances named hormones stimulate or inhibit their target cells and tissues in order to maintain homeostasis, or to adapt the body to necessary responses to variations in the internal and external environment.

We can also say that Endocrinology is a broad discipline that focuses on the production (synthesis), storage and release of hormones and chemicals that act as messengers, as well as their actions on cellular receptors and the changes resulting from this action, both in cells and target tissues, or in the organism as a whole.

Thus, we conclude that the action of hormones is part of a communication system (or information system) used by the body – since the first

unicellular beings – as a form of preservation of the internal environment from the external changes.

The information system was expanded during evolution with the development of the nervous system, which permitted information to be transmitted almost instantaneously (milliseconds) in the form of inhibitory or excitatory stimuli. The end-result of such information transmission by the nervous system is the release of substances that act as chemical messengers or hormones into the synaptic cleft (junction where two neurons communicate).

In an integrative paradigm, we could didactically say that the immune system is a specialization of the endocrine system, as well as a member of the communications system of the body in its relation to the external environment.

The hormones, and chemicals that act as such, act directly on target-cells to get the responses to the information they carry. For this action to occur, it is necessary that they interact with proteins located either on the cell membrane or in the cytoplasm of cells. These proteins, named receptors, bear a specific spatial conformation that gives them the ability to bind in a spatially complementary manner to specific hormones, in a relationship dubbed key-keyhole. A hormone or specific substance only produces a cellular response if it binds to its specific receptor.

The binding of a hormone to its receptor produces cascade reactions that amplify the signal or information, leading to the production of certain proteins (or peptides) that begins with the activation of specific genes located in the DNA.

Glands and Hormones

Hormones are produced by specialized tissues named glands. The glands are organized hierarchically. Those located in the brain control, through specific hormones, the peripheral glands, situated outside the brain. Thus, the hypothalamus and pituitary, which are cerebral glands, control the peripheral glands.

The pineal gland or epiphysis is a gland located in the center of the brain that apparently did not seem to have any relationship with the endocrine system. The pineal produces a single primary hormone, the melatonin, which until recently was known as a puberty-suppressor and sleep hormone. Today it is known that melatonin plays a fundamental role in other physiological functions, as will be discussed later in this text.

Endocrinology and Cancer

The relationship between endocrinology and cancer arises from the understanding of the role of hormones and their target actions in the DNA.

The progress of cell biology has demonstrated that most types of cancers are related more specifically to extra-genic factors than to gene alterations. These factors, which are beyond the DNA, but decisively affect the action of genes, are known as epigenetics. Adrian Bird asserts that epigenetics is one of those terms that have

different meanings to different roots (Bird, A. Perceptions of Epigenetics, NATURE | Vol 447 | 24 May 2007 | doi: 10.1038/nature05913). Classically, epigenetics is understood as the mechanisms that interfere with the activation or inhibition of parts of DNA, via enzymatic reactions called methylations. A gene that undergoes the process of hyper- or hypomethylation has the product of its action altered, either by enhanced or inhibited expression. As a consequence, the outcome is the production of abnormal or unexpected effects.

All cells have a limited lifespan, determined by self-induced cell death, which some authors call programmed cell suicide. Cell death is important for cell renewal of the organism, among other functions (dead cells form the lining of skin and intestine, for example). The process of cell death is named apoptosis. Apoptosis occurs when the activation of a receptor in the cell membrane causes a reaction in the cytoplasm, modifying receptors that are located in the outer membrane of the mitochondria. That leads to the rupture of the mitochondrial membrane, and the release of an enzyme called cytochrome C. The release of cytochrome C causes, in turn, the activation of a family of proteins called caspases, which in turn initiate the mechanisms of cell death.

In the case of cancer, these epigenetic factors can promote changes in the life cycle of cells, in a process named immortalization. A mother cell has a life span estimated at 60 cycles or 60 cell divisions through mitosis. An immortalized cell escapes the limiting cycles and produces cells autonomously. Immortalized cells stand out as tissues that do not obey homeostasis and give rise to tumors.

Spiritual body and information systems

The term spiritual body is not included in medical dictionaries. It appears discreetly in PubMed literature searches with a symbolic and metaphorical meaning in articles on Oriental Medicine and Transcultural Medicine or Ethnopsychiatry. We adopt here, however, the term spiritual body as described by the spirit André Luiz in the book *Evolution in Two Worlds*.¹ (Xavier, FC, Vieira, W., André Luiz, spirit, (2010) *Evolution in Two Worlds*, 2nd Special Edition, FEB, Brasilia-Brazil). The spiritual body was called Perispirit by Allan Kardec (Kardec, A. *The Spirits' Book* (2010), ed. FEB, Brasilia-Brazil). In *The Mediums' Book*, the author states that perispirit is the key to many puzzles in Medicine. André Luiz (op. cit) divided didactically the spiritual body into mental body and psychosoma. The mental body is hierarchically superior to the psychosoma and can be understood as the body (envelope) of Consciousness. The psychosoma – or outer layer of the perispirit – in turn, serves as a template to the physical body.

André Luiz explains that the Superior Spirits responsible for the development of humanity act as co-creators at a lower level. *"In an analogous base, the human intelligences that rub shoulders with*

¹ To be published in 2013-2014 in its English translation by the International Spiritist Council. "Two Worlds" refers to the spirit world and the physical world.

us use the same cosmic fluid, which is in constant circulation through the Universe, for co-creation in a lower level, connecting the corpuscles of matter with the spiritual energy proper to them, thus forming the physiopsychosomatic vehicle in which they express themselves, or creating civilizations that span in the globe both the Incarnate Humanity and the Discarnate Humanity". (Op. cit.)



Illustration of Spiritual Body with Chakras

The whole book is an evolutionary biological description of the origins of life on Earth under the tutelage of Divine or Higher Intelligences. In this work there is no concern about Natural Selection or selective pressure, since the evolution, according to André Luiz, follows a teleological and metaphysical pattern, where chance is replaced by intelligent experimentation in the two planes of manifestation of the spiritual principle – the physical and extra-physical. When dealing with the spiritual body and cells, the spirit author speaks of cell differentiation and

specialization as activities of the relationship that the spiritual body establishes with the cell. *"These cells that obey - the orders of the spirit, differentiating and adapting to the conditions established by the latter, proceed from the common primitive element, from which we all came, in a laborious march through the millennia, from the warm bosom of the ocean, when the protoplasmic formations became our first manifestations."*

The activity of the spiritual body to structure

the information systems occurs by its link with the cells through the cytoplasm, where the mental (spiritual) influences determine functional specializations and extra-genetic (epigenetic) regulations: *“It is the current world knowledge on cells that cells develop different phenotypes depending on the nature of the systems they serve. But, it is up to us to develop more fully the assertion to state that intelligence, influencing the cytoplasm (which is in fact the interstitial element bonding the physiopsychosomatic forces) compels the cells to the work needed for their expression – a work which, at the cost of nearly endless repetitions, becomes fully automated in the cellular units that are renewed, incessantly, in performing the tasks to which they are assigned by life.”* (Emphasis added.)

Hormones, as elements of signaling and cellular regulation systems, are at the service of the mind, or incarnated consciousness: *“[t]hese hormones, perfectly purified by the common science, are originated by mechanical impulse of the mind over the cellular empire, according to different emotional states of consciousness, releasing loads of chemical elements at optimal levels, when the intimate balance presides over their manifestation, and consolidating resources for maintenance and preservation of normal life”*

Spirit (Mind) – Physical Body Integration

The relationship of the spiritual body with the physical body occurs in two levels, hierarchically separate. The first hierarchical level is the interaction of the mind by direct stimulation of the mental body with the brain, responsible for the phenomenon of consciousness that occurs through quantum processing systems. Knowledge of these quantum systems in neurons is not entirely new, but it has not been fully established yet. Since John Eccles, who proposed a quantum explanation of vesicle release at the synaptic cleft and developed

an algebraic model in 1968, until Hameroff and Penrose’s hypothesis that places the seat of the quantum system of interaction with the brain on tubulins – proteins that form the microtubules – the understanding that consciousness is not explained by neuronal activity becomes stronger every day.

The second hierarchical level occurs concomitantly with the first and happens by the connection of the spiritual body, through the psychosoma, with the cells. Obeying the command of the mental body, or consciousness, it not only generates electrical stimulation of the nervous system, but modulates the hormonal system at all levels, which responds to the initial stimulus for the production or inhibition of certain hormones, cytokines, and various other substances, regulating all organs by homeostasis.

The physical body is the mediator of the information generated in the subtle [spiritual] body; the endocrine system is the modulator of information at all levels.

First hierarchical level

André Luiz, in the aforementioned book *Evolution in Two Worlds*, places in the center of the brain the so-called Crown Center, or seat of the mind. This location is related to the pineal gland. Considered as the ultimate mystery of modern science, the pineal gland has been ostensibly studied by some neuroscientists and today stands out as having an important role in sleep regulation and in chronobiology.

The pineal is known to secrete a single main hormone, melatonin. It is also known by its sympathetic and parasympathetic innervation. However, Daniel Cardinali demonstrated that the cells of this gland possess receptors for all pituitary hormones and would serve as model for integrative processes in Neuroendocrinology (Cardinali DP,

Vacas MI, Lowenstein PR, Estévez E. Neurohumoral control of the pineal gland. A model for the study of neuroendocrine integrative processes. *Acta Physiologica Latino Americana* [1979, 29(6):291-304]).

Cardinali also showed that the melatonin has an effect on tubulins (Cardinali DP, Freire F. Melatonin effects on brain. Interaction with microtubule protein, inhibition of fast axoplasmic flow and induction of crystalloid and tubular formations in the hypothalamus. *Molecular And Cellular Endocrinology* [Mol Cell Endocrinol] (1975) May; Vol. 2 (5), pp. 317-30). Tubulins have also been identified as organelles in rat pinealocytes, which serve as models for human pinealocytes. (McNeill, M. E. An unusual organelle in the pineal gland of the rat. *Cell And Tissue Research* [Cell Tissue Res] (1977) Oct 21; Vol. 184 (1), pp. 133-7).

The role of the pineal appears broader than previously thought. Its chronobiological regulation acts on the endocrine system in sensing whether it is night or day, and in which season we are. Melatonin acts during non-REM sleep and modulates the immune and endocrine system, increasing the immune efficiency, regulating apoptosis and also acting as antioxidant by facilitating the removal of mitochondrial oxidative wastes. The pineal gland also has oncostatic actions and modulates the action of cytokines and neuropeptides (Pandi-Perumal, S. R., Srinivasan, V., Maestroni, G. J. M., Cardinali, D. P., Poeggeler, B., & Hardeland, R. Melatonin: Nature's most versatile biological signal? *FEBS Journal* 273 (2006) 2813–2838).

By establishing that the pineal gland is the seat of consciousness, as written in the aforementioned work of André Luiz, one can comprehend that the mental body is connected with the crown center,

whose physical counterpart is the pineal gland. The modulation of the pineal gland by influx from the mental body, through the crown center, is considered as the first level of interaction spirit (mind)-body.

In a broad integrative model, the pineal acts as a modulator of endocrine and neural signals, both through melatonin and through sympathetic and parasympathetic innervation. Thus the pineal becomes no longer a gland buried in the brain but emerges as a culminating point of spiritual and physiopsychosomatic forces.

The crown center is the source of impulses from the mental body and act in a nonlocal manner throughout the brain, starting from the pineal gland. At the same time, the crown center modulates such impulses through the melatonin secreted by pinealocytes. The challenge is to prove that the tubulins of pinealocytes act as quantum computers of the stream of consciousness, stimulated at the same time as other brain areas.

Second hierarchical level

André Luiz develops the thesis that the intelligent principle develops the life force centers (chackras) in the extra-physical dimension, still at the cellular stage of development. These life force centers will be established at the stage of human evolution as energetic fulcrums with a fundamental role in the regulation of cellular processes – homeostasis.

The life force centers are also components of a “*vehicle of electric cells that we can define as an electromagnetic field, in which thought circulates in a closed circuit.*” (Xavier, FC, Andre Luiz, spirit, in *Between Heaven and Earth* p. 138th, 2nd ed. FEB Ed (2010)).

The interaction at the second hierarchical level begins with the first chemical messengers, and is submitted to the higher hierarchy, with the supremacy of the mental body, from the moment

that the life force centers are individualized and the spiritual principle begins its stages in the higher phases of evolution.

Healing process

The term spiritual healing refers to healing or remission of chronic disease through the action of spirits. But there is no exact definition for this term. A MEDLINE search using the terms Spiritual Healing resulted in 56 scientific papers that analyzed remission or cure of various diseases by various methods of spiritual healing.

All diseases, including various types of cancer, have the possibility of spontaneous healing, defined as remission or partial or complete disappearance of the disease without treatment, or by employing methods not considered effective for that disease. (O'Reagan, 1995, uses this definition specifically for cases of spontaneous healing of cancer).

Thomas Lewis, magnificent medical writer and brilliant scientist, discusses the cases (cancer) of spontaneous healing, as a prospect of future research and therapeutic use in medicine: *"It is a fascinating mystery, but at the same time a solid basis for hope in the future: If several hundred patients have succeeded in doing this sort of thing, eliminating vast numbers of malignant cells on their own, the possibility that medicine can learn to accomplish the same thing at will is surely within the reach of imagining."* Lewis Thomas, *The Youngest Science: Notes of a Medicine Watcher* [Viking Press 1983, 205].

The cases of spontaneous healing of diseases considered incurable where non-conventional methods are used, like the thousands of cases of spiritual healing – a few hundred of them described in the medical literature – make room for the proposition of healing mechanisms beyond those the currently knowledge of pathophysiology offers

for the understanding of the mechanisms of cellular repair.

To better understand these cases of spontaneous healing, I propose the replacement of the term energy to *Spiritual Fluid*, as defined by Allan Kardec and explored in detail in his book *Genesis* and the *Revue Spirite*, issues of 1864 and 1867. André Luiz (spirit) in the work *Mechanisms of Mediumship*², psychographed by Chico Xavier and Waldo Vieira, defines the Universal Cosmic Fluid as the matter-forming field. What we call spiritual fluid is derived from the Universal Cosmic Fluid. I compare André Luiz's definition to David Bohm's proposition called Implicate Order, which are fields that unfold allowing the formation of new fields (and matter/energy).

The relationship between the brain, glands, and immune system is now well known. These physical systems interact, starting from mental elements, and sufficiently fit the epistemological system of downward causation.

In cases of spiritual healing, the spiritual fluid that is directed to the patient through the "pass"³ or through prayer reaches the mental body of the subject and directly acts upon the crown center. From the crown center, the assimilation of healthy fluids starts an entire process, as taught by Allan Kardec in *Genesis* (page 376, FEB electronic edition, 2005 [Portuguese version]): *The process of cure happens by replacing an unhealthy molecule by a healthy one.* The work of the crown center initiates the processes that occur through the integration of the nervous, endocrine, and immune systems, by communication through receptors in cell membranes, initiating an immunological reaction

2 Also slated for publication in its English translation in 2013-2014 by the International Spiritist Council.

3 "Pass" or "Passes" (its plural form) is a transfusion of [spiritual] energy, altering the cellular field. André Luiz – *In the Realms of Mediumship* - Ch. XVII – International Spiritist Council.

that favors the restoration of health – increased natural-killer cells and rebalancing of cytokines, restricting inflammatory processes.



Illustration of "Passes"

Source: <http://www.ancestorpaths.net>

The fluid assimilated by the patient diffuses out through all life force centers of the psychosoma and reaches the cytoplasm of the cells, where the fluid will directly influence the cellular repair mechanisms. André Luiz considered mitochondria as *accumulations of spiritual energy* (*Evolution in Two Worlds*, p. 55 [Portuguese version]). These organelles, termed granules by the spirit author, as previously mentioned, regulate apoptosis or programmed cell death, which is fundamental to the stability of the tissues and organs. The new fluid, balmy and healthy, would then act directly upon the mitochondria, restoring by epigenetic means the altered cellular life cycle in cases of tumor.

The action of the integrative mechanism of tissue repair on neoplastic cells begins with the mass-

death of these cells, and is completed by intense macrophagic activity and replacement of these tumor cells by normal ones.

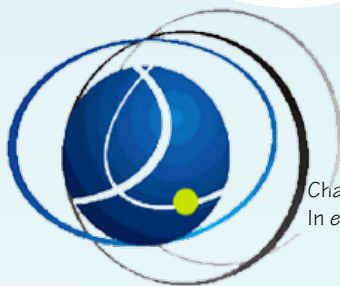
Albeit without any scientific evidence, based on epistemology and on the evolution theory brought to light by André Luiz, based on the Spiritist teachings of Allan Kardec, I advocate the following propositions:

- We are spiritual beings and our biological manifestations arise from the interaction spirit (mind) - body;
- This interaction occurs through the spiritual body in two distinct hierarchical levels: At the first level, from the interaction of the mental body with the crown center and the pineal gland; and at the second level, from the interaction of the psychosoma with the entire physical body through the cell cytoplasm.
- The healing process occurs from the assimilation of healing fluids by the patient. The assimilation of these fluids obeys the two hierarchical levels of interaction, and provides cell repair and removal of diseased cells.
- Diseases initially arise from fluidic changes in the perispirit that reverberate in the cells, both as an energy matrix through the life force centers and also directly through the cytoplasm. In cases of genetic diseases, the disease manifestation obeys to chronogenetic mechanisms. In diseases considered karmic, the energy matrix can have its manifestation modified by the patient in doing good, which substantially changes the need for physical repair. In the case of diseases resulting from lifestyle, the energy matrix is formed from alterations in the physical body.
- Spiritual healing only occurs if there is active participation of the patient.



ANNOUNCEMENTS

Announcements



Mednesp

Challenges of the Spiritist-Medical Paradigma:
In education, in research, and in the clinical practice **2013**

The Brazilian Medical Spiritist Congress Maceió, AL, Brazil – May 29 to June 1, 2013

Dear Friends,

MEDNESP, the annual national congress organized by the Brazilian Spiritist Medical Association (AME-Brasil) will be held in the beautiful city of Maceio (Alagoas, Brazil) from May 29th – June 1st, 2013.

This enlightening event will feature lessons about health and spirituality associated with the most beautiful expressions of Christian fraternity.

In the main auditorium with 1,300 seats, topics from medicine, psychology, ethics and education will be discussed at a level easily accessible to the lay public. In the first day of the event, lecturers will address topics on the dawning of the existence, from conception to its prelude to death, with analysis of aging and the decline of physical health. In the following days, the complexity of diseases and treatment will be discussed, with special emphasis on the complementary Spiritist therapy. In addition, we will address fundamental questions of ethics and a more humane practice of medicine.

In a smaller auditorium (500 seats), the Two Williams – dedicated to William Crookes and William James – more specific topics of Science and Medicine will be discussed using scientific language. Sessions in this auditorium will focus on scientific research conducted by the Spiritist Medical Associations in Brazil and abroad. We will discuss the Spiritist theory about the thought, including the contribution of quantum physics. In addition, these discussions will include scientific aspects of reincarnation and of evolution of the species, as well as the influence of the Spiritist personalistic bio-ethics on the humanization of medicine. We suggest that only those who really enjoy scientific discussions and research register for the sessions in the Two Williams auditorium.

Another auditorium will be dedicated for some specific discussions including: Assistance and guidance to drug addicts; assistance to outpatients through the Health Institutes, and to inpatients by the Spiritist chaplain service, both in partnership with hospitals. In summary, sessions in this auditorium will be geared to the development of one of the fundamental pillars of the Spiritist Medical Associations: Benevolence.

This is just a summary of the 2013 Mednesp program. Register now!
We look forward to seeing you in this event!

Warmest regards,

Marlene Nobre, M.D.
President, AME-Brasil & AME-International

Speakers:



Maceio

Haroldo Dutra Dias

Dr. Alberto Almeida



Dr. Sergio L.S. Lopes



Dra. Iracema L.S. Prada



Dra. Marlene Nobre



AME-ALAGOAS



AME-BRASIL



Dr. Danilo Landoli, Jr.



Dr. Roberto L.V. de Souza



Dr. Andrei Moreira, M.D.

Disease Is Thought in Disharmony with God's Law that Requires Rebalancing

Interview: Andrei Moreira, M.D.

Eleni Gritzapis

*Healing and Self-healing: a Spiritist Medical Viewpoint*¹ is the title of a recently released book by Andrei Moreira, a homeopathic physician and President of the Spiritist Medical Association of Minas Gerais, Brazil. The work discusses the process of health and illness in light of reincarnation, the law of cause and effect, and the law of progress.

In this interview, Andrei discusses healing and self-healing, together with other main issues raised in the book, in particular the role of the Spiritist physician in promoting physical and spiritual health.

How to understand illness development in the light of the Law of Cause and Effect and the Law of Progress?

Reincarnation is a course of successive trials that allows the spirit, which is immortal, to return to matter, to benefit from the possibilities of developing its innate divine essence. In this process, the spirit finds the effects of its choices - happy or unhappy - according to the use of its free will. In its relationships, it will find situations of ease, difficulty, fault or virtue according to what it planted or sowed. In its biological organism, as a reflection of its spiritual body - the mold of the physical body - it will find either dysfunction or

harmony resulting from its actions in accord or in conflict with the Law of Love.

When the attitude of human beings offends the Laws of Love and thus disconnects them from this law, which is the synthesis of the universal laws, disease develops as an automatic mechanism of the organic physiology - which follows the commands of the law imprinted in the consciousness of the spirit - or rises from the energetic and spiritual response of all negative deeds that have been sown in someone else's life. The biology of the organism is a divine mechanism that signals the harmony or disharmony of the soul.

In your opinion, what is the best definition of health?

In 1949, the World Health Organization (WHO) defined health as "*a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*". Emmanuel (spirit author) has informed that "*health is the perfect harmony of the soul*". That is, the absence or not of infirmity is not a determinant for the person to enjoy inner wellness or



1 Not yet translated into English

harmony, as it does not attest that the spirit is integrated with its evolutionary estage, its history, and incarnation objectives.

The harmony of the soul can be attained with or without illness.

An individual can experience a cancer, for example, and develop a mechanism to understand this moment in his/her life and move very positively towards the cure of both, the physical body and the spirit. However, if physical cure is not possible and disincarnation occurs, this individual will disincarnate spiritually renewed and inwardly harmonized, healthy and healed from the harm that originated the illness. So, as an immortal spirit, he or she does not carry forward spiritual needs that were resolved in the physical life and journeys to immortality in peace.

However, Joseph Gleber's definition of health in "*O Homem Sadio*" (The Healthy Man) is for me the most complete: "*Health is the actual achievement of the creature-creator connection, and disease is the temporary opposite of such fact*". We should understand health in the context of the relationship of the spirit with God, its creator. The most important thing is to: not focus solely on the physical body - but to - take care of it, because it is the sacred vessel of the spirit. Also, educate yourself about health, because the true cure is always an asset of the spirit that renews itself intrinsically.

Can you modify the degree of illness, according to the evolution achieved (or not) throughout an incarnation?

Surely. Through its moral, mental, and emotional

conduct, the spirit controls the functioning of cells constantly. Emmanuel explains that "*thought controls cells at subatomic levels*".

Andre Luiz also tells us that "*the re-vitalized mind restores the cells under its control*". This means that, with moral regeneration, with the re-establishment of efforts to develop the virtues exalted by Jesus, humans can imprint in their physical body a new path to harmony, which depends on being in harmony with the Divine Laws.

And what are the main principles to establish harmony with the Divine Laws?

Grow in knowledge and understanding of the divine laws and the practice of love, comprise by its multiple virtues such as compassion, tenderness, charity, kindness, patience, and tolerance, among many others. However, the one that is undoubtedly essential to highlight is forgiveness.

People find it difficult to forgive because they believe that forgiving is forgetting, to be passive and submissive. Forgiveness involves the decision to free himself or herself from the pain of keeping bitterness inside - manifested in attitudes of aggression - proceeding instead towards a slow and continuous process of achieving own inner peace and in relation to others.

Without forgiveness there is no health. Forgiveness is an attitude necessary for the maintenance of life and organic balance, because all negative connections produce obstacles to the harmony of the soul, as well as physiological and emotional balance. Anguish in most cases, is the record of traumatic experiences and frustrated

expectations. Even though it has broad action on the other individual, it acts as a poison in the person who harbors it.

Andre Luiz clarifies that we get in return everything we cause to the life of others. When we sow thorns, we reap not only the fruits of our ensuing repentance, but also the vibrations of the victim and those who sympathize with the victim's feelings, which will intensely influence our vital centers and may cause the development of illnesses. The protection for this situation is constant prayer and the unrestricted and unconditional good done towards those we have harmed.

From the Spiritist medical point of view, why do diseases need to exist?

Diseases appear as a natural result of our disconnect from the law of love - a signal from the soul. It is an invitation to human beings to renew themselves before the divine laws, rebuilding their lives through new decisions, new behaviors, or by trials either determined by the Divine Goodness or chosen by the spirit before reincarnation - which would aim at encouraging the solving of intimate dramas and the reparation of faults, as well as the awakening of divine gifts within themselves. Under any circumstance and any scenario, disease is an invitation for the human being to grow morally through love.

Indeed, there are illnesses that are the result of guilt and self-punitive actions, manifesting as

unnecessary experiences determined by the use of free will. But, even in these circumstances, the individual may think that the situation was determined by misuse of his or her freedom, and therefore that it is an invitation to rebalancing in the development of self-love.

Since a self-punitive conduct may lead to an illness, it becomes clear that this is not an attitude consistent with the Divine Laws, with the Law of Love.

How can the Spiritist doctor promote the healing of the patient?

The physician can only promote the healing of the patient by promoting an educational process that leads the individual towards the process of self-healing. Doctors don't cure anyone. What the physician does is to assist the individual in becoming his or her "own-doctor", offering competent instruction and prescription, loving support and the establishment of a care plan within a genuine therapeutic welcoming relationship in integrative care. Altogether, this will enable individuals to feel receptive of their needs, in possession of the information and elements necessary to take care of themselves, instead of merely experiencing symptomatic relief with medications or a variety of therapeutic techniques, which should primarily act on the cause of the disease.

Drugs treat the effects, but the moral regeneration acts directly on the causes. The best

Self-Balance



Meditation



Spiritual Healing



way for the doctor to aid in healing an individual is acting competently through scientific knowledge, but also by leading the patient in the process of education on health with a perspective of the immortality of the soul.

How then is the process of education on health developed?

The patient should realize that the body is like a television that shows, by means of signs and symptoms, the story of his or her life. Each chapter is read within a context and linked to the next. In other words, the options chosen on an episode will determine the subsequent installment. The body is part of his or her spiritual story. It is necessary to take care of it, and at the same time to embark on a journey of self-knowledge to remedy the real nature of the problems and to conduct a direct search for the moral causes that originated them.

You can paint over a moldy wall, but it does not solve the problem. We need to go straight to the cause of the infiltration. Andre Luiz explains that the cure is an asset of the spirit that governs itself and that *"only the patient converted into his or her own doctor will achieve a positive healing."*

In the book *"O Homem Sadio"*, the various spiritual authors clarify that this process of education on health is promoted through effective listening, through loving and well directed words, and acceptance of the integral being, in a two-way therapeutic process where therapist and patient connect in a spirit-to-spirit relationship.

The therapist, aware of the reality of the immortal spirit, understands the Divine Laws and knows that the patient has the latent, if not evident, potential of moving towards maturity and the healing of body and soul. He or she therefore can empower the promotion of health by enabling the individual to manage and govern his or her own self, triumphing in the experiences of illness and recovery of health.

How does self-healing occur?

Self-healing takes place with the renewal of the individual's soul, through awareness of his or her spiritual needs and affective experiences. When the individual rebalances his or her mind, feelings and attitudes, this bundled renewal acts harmoniously, reorganizing the cells and the whole organic structure. Neurotransmitters, hormones, and organs are effects of something that predates them, seated in the astral bodies, altogether called the perispirit. The moral renewal restores the balance of all these bodies and influences health beneficially, even if it takes one reincarnation, or even more than one when this process is deeply rooted and results from complex actions of the past. The individual will only promote self-healing through an education process to develop the virtues advocated by Jesus.

Lourenço Prado, in a mediumistic oral communication by (the medium) Chico Xavier, has taught that *"health is the thought in harmony with God's Law. Disease is the process to rectify it, correcting errors and abuses perpetrated by us against it yesterday or today."* That is, disease is the thought in disharmony with God's law, requiring readjustment.

How can the Spiritist doctor help in promoting self-healing in children?

The doctor can guide them in the understanding of themselves and in the acceptance of their illness, as well as assist their families in enabling a loving healing experience. Children are ancient spirits, who work on their own experience, mature, and enrich themselves by what they're going through, with the ability to triumph over themselves. They can enter into a process of self-healing as intensely as an adult; they just need specific methods and therapeutic approaches suitable to their age and their evolutionary stage.



4th U.S. Spiritist Medical Congress

Leticia Oliveira, M.D.

The **4th Spiritist Medical Congress** took place September 8 and 9, 2012, at the George Washington University in Washington, DC. Under the main theme *“Spiritual Therapy in Integrative Medicine,”* the event was attended by health care professionals of diverse areas as well as the general public.

Dr. Gary Schwartz opened the congress with his keynote address entitled *“Science and the role of spirit in healing: The sacred promise,”* where he talked about his studies on the role of spirit in our everyday lives and how we could more accurately receive collaboration from spirits. A heartwarming presentation came from Dr. Claudio Petrillo as he shared his and Dr. Silvia Knoploch’s (his wife) personal experience on the accidental death of their only son, Ricardo.

research, as presented by Dr. Jeff Levin, a Professor of Epidemiology who talked about the categories of energy healing and the practice of healers, and Dr. Julio Peres, who explained why reincarnation should be taken into account in psychotherapy. The first day closed with a session of therapeutic visualization, a relaxing moment that allowed for individual meditation and spiritual elevation.

The second day was highlighted by presentations on practical research experiences conducted by Brazilian physicians: Dr. Giancarlo Luchetti, on the influence of passes on bacteria growth; Dr. Alessandra Granero, on the influence of Spiritism in Brazilian medicine; and Dr. Jorge Daher Jr., on endocrinology and spirit-mind-body interaction. Another remarkable lecture was given by Dr. Lynne Morrison (Doctor of Oriental Medicine), reporting



Dr. Gary Schwartz



Dr. Claudio Petrillo



Dr. Jeff Levin

Claudio and Silvia have been Spiritists for a long time, and their son’s death brought a profound change in their lives and in medical practice. Dr. Petrillo’s talk touched everyone deeply, especially those who have experienced the loss of a loved one. Two other lectures were drawn from scientific

the results of her research on bio-energy applications for the healing of children in a hospital setting. Scientific research in spirituality and spiritual practices has been growing steadily, and the findings shown at this event sparked the interest of members of the audience. Kirsten



Dr. Julio Peres



Dr. Giancarlo Luchetti



Dr. Alessandra Granero



Dr. Jorge Daher Jr.

DeMelo, RN, also touched many hearts by conveying her experience of using a spiritual approach as a nurse practitioner.

Dr. Marlene Nobre, President of the International Spiritist Medical Association, presented two lectures, one of them about the phenomena of spiritual surgery and physical healing, explaining that there is no need for physical manipulations by healers for healing to occur.

One of the attendees, Mr. Robert Oberg from North Carolina wrote a nice report on the congress to share with his friends in Charlotte, NC, who could not attend the event. He also wanted to share his write-up with the U.S. Spiritist Medical Association (SMA-US), and his report was posted in the Association's facebook (www.facebook.com/pages/US-Spiritist-Medical-Association). Mr. Oberg, in his report wrote that this conference was very meaningful for him – "Not being either a medical professional or researcher, I had a very personal agenda for attending. Marianne and

I learned about Spiritism about five years ago, and in 2011 we began attending a small Spiritist group in Charlotte and did quite a bit of reading. Marianne all her life felt in touch with the invisible world and found Spiritism very congruent with her view of reality. I have become increasingly open to the reality of spirits. Since Marianne died I have had a sense of her continued vital presence in my life. I hoped the Congress would help me to better understand and appreciate the reality of the spirit world. It exceeded my expectations".

If you missed this great event you can acquire the set of four DVDs at <http://www.sma-us.org/content/4th-us-spiritist-medical-congress-dvd> and watch the entire presentations at your own leisure.

Speakers with Dr. Sonia Doi



Dr. Lynne Morrison

Kirsten DeMelo, RN



Dr. Marlene Nobre