

*Endearing*

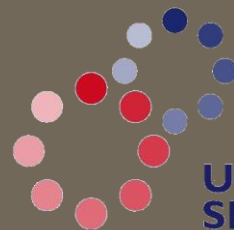


# *Gems*

from Francisco Cândido Xavier



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UNITED STATES  
SPIRITIST FEDERATION

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# The Harm of Mental Impulsiveness

The first harm that mental impulsiveness imposes upon us is that of holding back the trust of others toward us.

Emmanuel - Francisco Cândido Xavier



# The Problem of Hunger

The reply of Chico Xavier to a person who, upon observing a needy person drinking soup, asked him:

- “Do you believe that distributing a plate of soup to the needy ones is going to solve the problem of hunger in the world?”
- Chico, without blinking answered:
- “The bath also does not solve the problem of hygiene in the world, but nevertheless we cannot dispense with it.”



Every 3.6 seconds a person  
**dies of hunger**  
**75%**  
of them are children

Thirty million people a year  
**DIE of HUNGER**  
Thirty million people a year  
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**DIE of HUNGER**

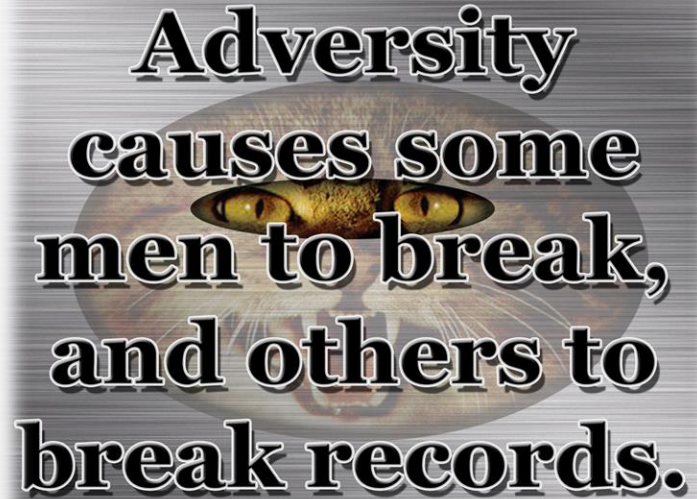


# Today

"Perhaps today everything seems to be against you, but continue supporting goodness, while maintaining the certainty that God is with you and believing that tomorrow will be another day..."

André Luiz - Francisco Cândido Xavier

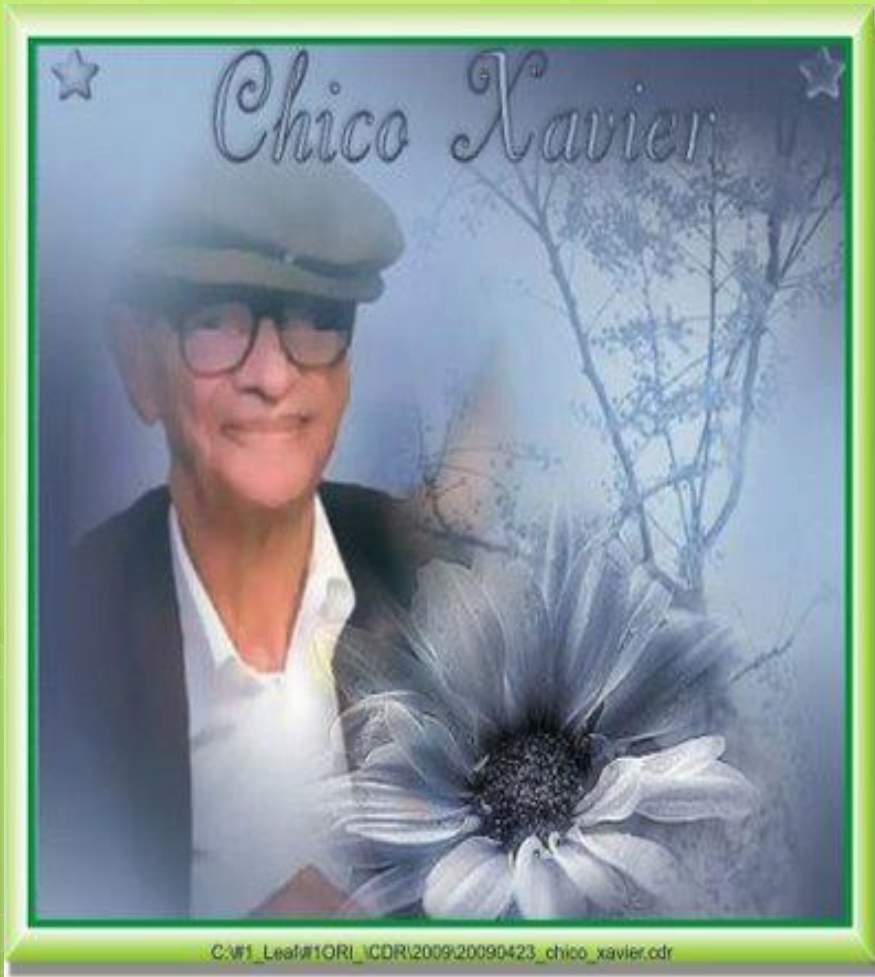
**Adversity  
causes some  
men to break,  
and others to  
break records.**



# Truth

“He who loves  
the Truth does  
not use it as a  
whip in his lips.”

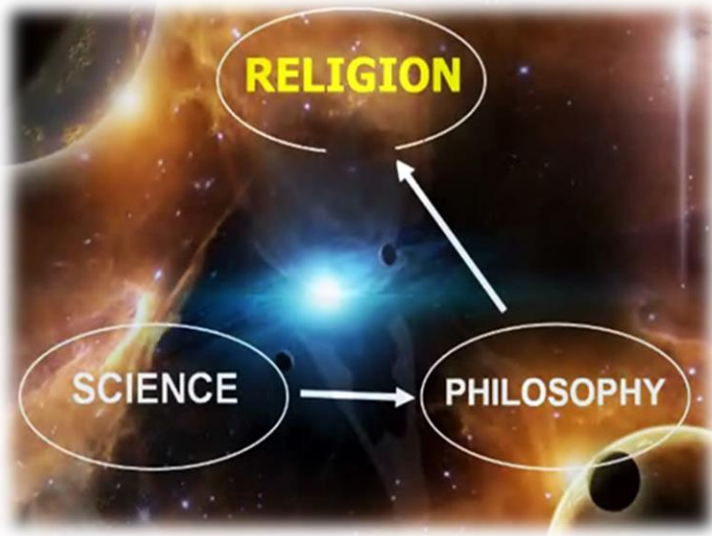
Francisco Cândido Xavier



# Spiritism

"Spiritism, in fact, frees the imprisoned consciences, but it is the Gospel that teaches what to do with the acquired freedom."

Francisco Cândido Xavier



**Author:** Pasquale Giacobelli | **Title:** Allan Kardec – The Codifier of the Spiritism

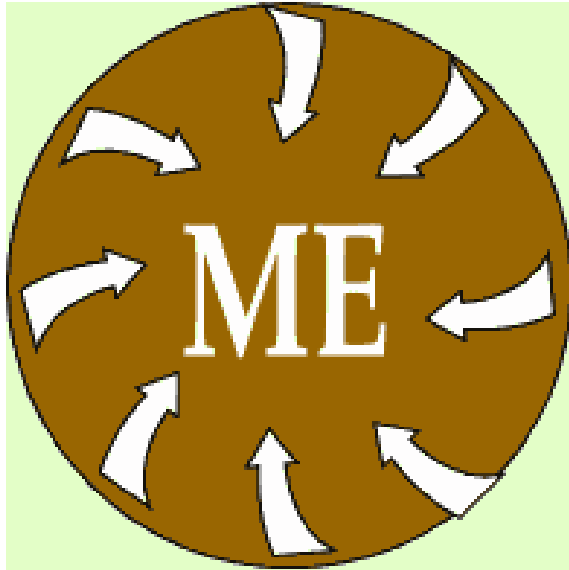




# Happiness

"Happiness does not come from possessions or power, but rather from a wise and dedicated heart."

FRANCISCO CÂNDIDO XAVIER



**SELFISHNESS**

I Have Licked Both of These Straws.

## Selfishness

“Selfishness causes us to see competitors in everyone. Fraternity finds brothers and sisters in all.”

Francisco Cândido Xavier





# Giving Thanks

“Upon arising, thank God for the blessing of life. If you are not in the habit of praying, be composed and recall old thoughts of serenity and optimism for a few moments before resuming activity.”

ANDRÉ LUIZ - FRANCISCO CÂNDIDO XAVIER

# To Serve

“If you have erred, think about the assistance that you can render to others and correct yourself through work. Do not condemn yourself; serve more. God understands you.”

EMMANUEL - FRANCISCO CÂNDIDO XAVIER





## Friends and Adversaries

"We need encouraging friends so that we perform our duties correctly, and adversaries to help us correct our lingering deficiencies."

Francisco Cândido Xavier

# Forgiveness and Freedom

“Let us learn how to forgive, achieving the freedom of service. The act of forgetting evil is indispensable if good is to be accomplished. Wherever you work, exercise tolerance so that the task is not receptive to disturbances.”

EMMANUEL - FRANCISCO CÂNDIDO XAVIER





# To Be of Assistance



“Do whatever you can so that not even one day goes by without you rendering aid to one of Nature's living creatures.”

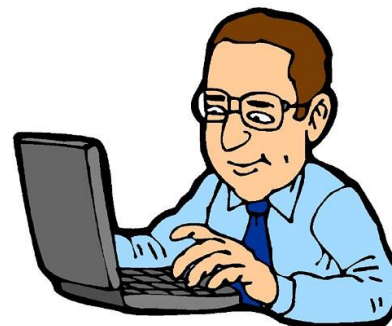
EMMANUEL - FRANCISCO CÂNDIDO XAVIER

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# Work as a Remedy

"Work is the remedy for many ailments of the body and soul; but, more so, for the illnesses of the soul. Whoever seeks a useful occupation, be it of whatever nature, escapes from the ambush that the obsessing spirits prepare for men on Earth."

FRANCISCO CÂNDIDO XAVIER



# Do not Delay your Work

“If I had waited for a more evolved spiritual condition to be of service, I would, as yet, not have commenced.”

FRANCISCO CÂNDIDO XAVIER

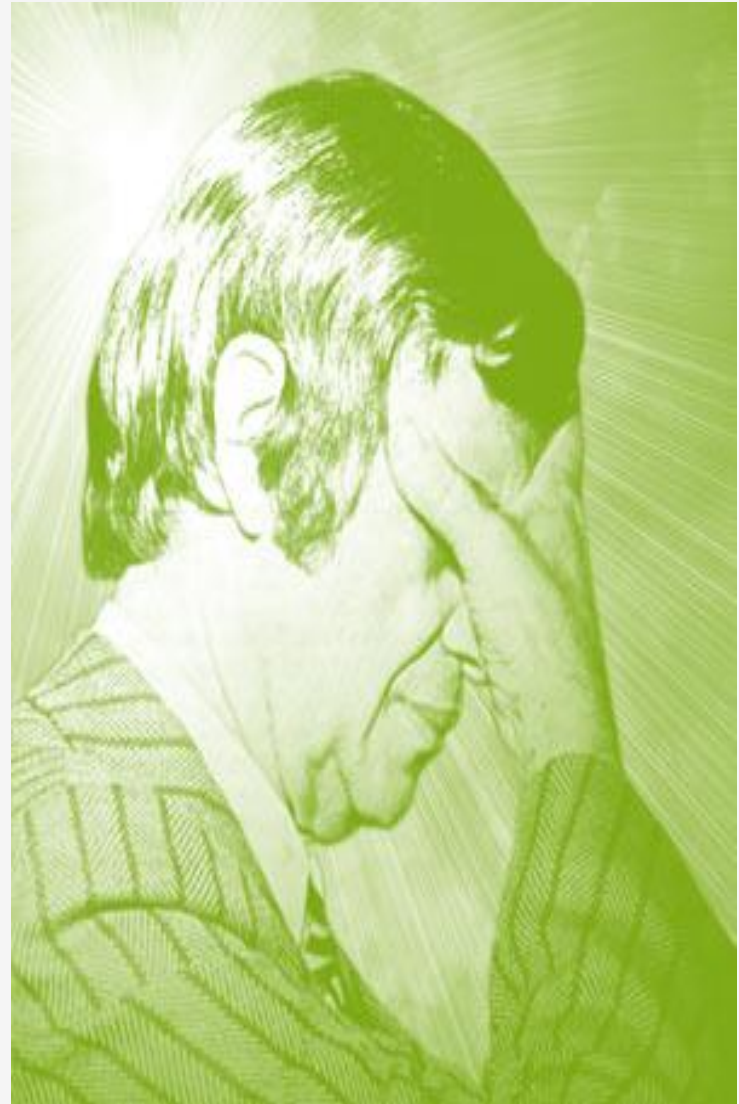


# Mediums

It is said that Chico was once asked about what the future of Spiritism in Brazil would be if he were no longer able to work as a medium, to which he replied:

"My son, mediums are like grass, the more you pull them out of the soil, the more they grow."

FRANCISCO CÂNDIDO XAVIER





# The Art of Treating Others



"It saddens me when someone is offensive to me, but I would, with certainty, feel worse if I had been the offender. It is terrible to be hurtful to anyone"!

FRANCISCO CÂNDIDO XAVIER

# God is with us



"Perhaps today everything seems to be against you, but you will continue understanding and acting, in support of goodness, keeping the certainty that God is with us and that tomorrow will be another day..."

ANDRÉ LUIZ - FRANCISCO CÂNDIDO XAVIER

