The practice of charity as an action of disobsession

Topic 6

1. Benevolence

2. Indulgence

3. Forgiveness

4. The practice of charity as a preventive measure obsession

The establishment of the obsession depends on the attunement between pursuer and pursued.

It is from this communion of thoughts that we must stay away.

Only the elevation of feelings and thoughts will create the necessary protection against the actions of obsessors.

In this context, the practice of good by doing charity appears as the most effective preventive action against obsessions.

1. Benevolence

Benevolence can be understood as all favorable disposition toward others.

Cordiality, tolerance, kindness are always present.

Benevolent is the one who demonstrates affection, friendship, brotherhood, and respect.

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2. Indulgence

Indulgence is the ability to be tolerant to the actions or imperfections of others.

It is acting with kindness, brotherhood, solidarity and mercy in personal relationships.

It is to put yourself in another's place and to try to understand their actions and missteps.

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3. Forgiveness

To forgive is to forget the offenses unconditionally.

"(...) forgiveness is always a preventive measure that assures health and peace, renewal and security wherever it may be."

XAVIER, F. C. *Thought and Life.* Chap. 25.

4. The practice of charity as a preventive measure obsession

Spiritists, must always find a way to become affiliated with an activity that will give them the opportunity to practice charity. They should seek for one with which they have more affinity.

Mediums, in particular, because they require better understand in relation to the suffering spirits, will have the opportunity to exercise understanding in activities with the suffering incarnates.

To go after those who suffer, to ease the pain of their trials, sometimes very painful, is a moral duty of all Spiritist adepts.

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