

LIVING AND LOVING

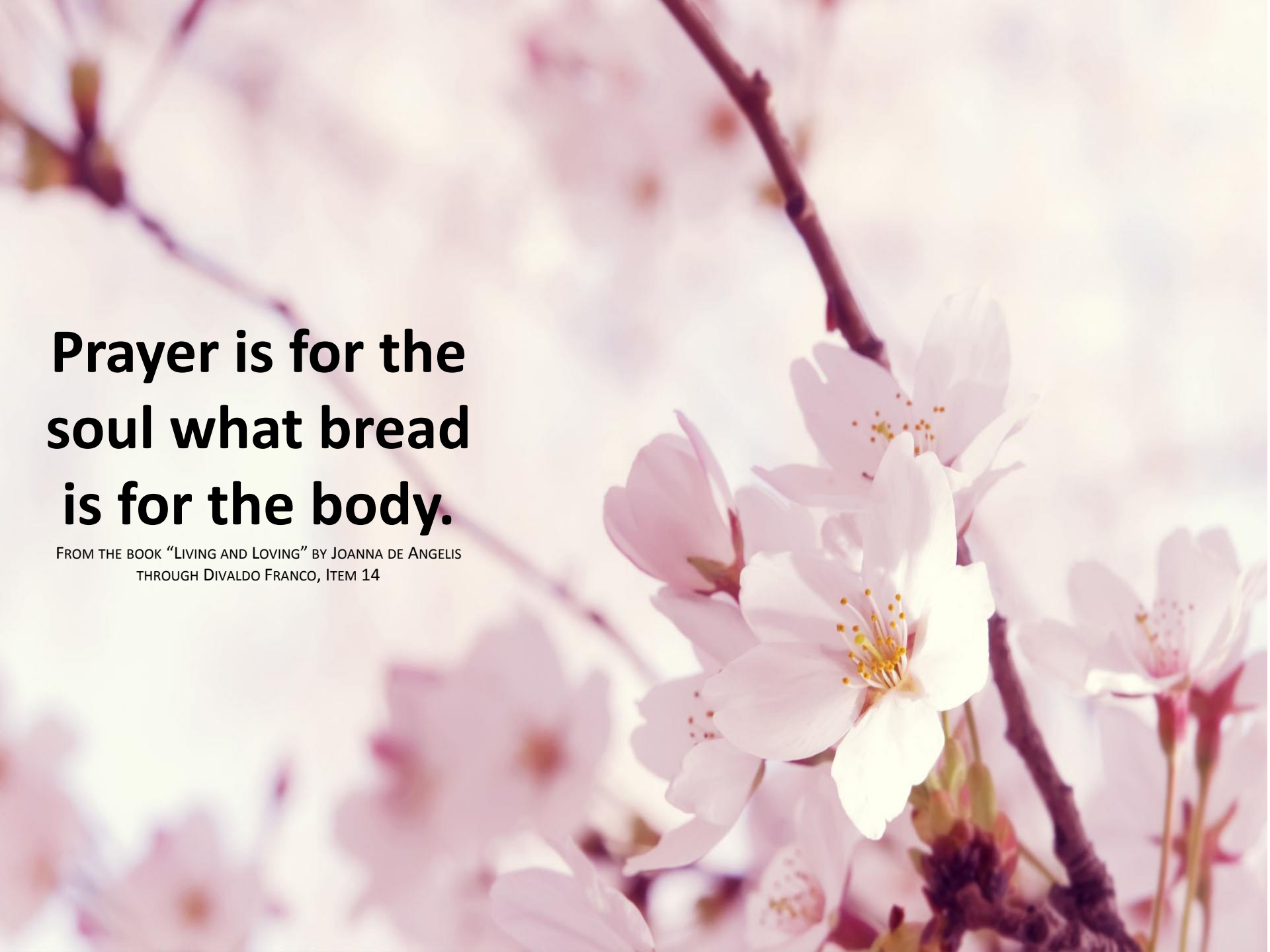
BY JOANNA DE ANGELIS/DIVALDO FRANCO



FRUITFUL PRAYER


**UNITED STATES
SPIRITIST FEDERATION**





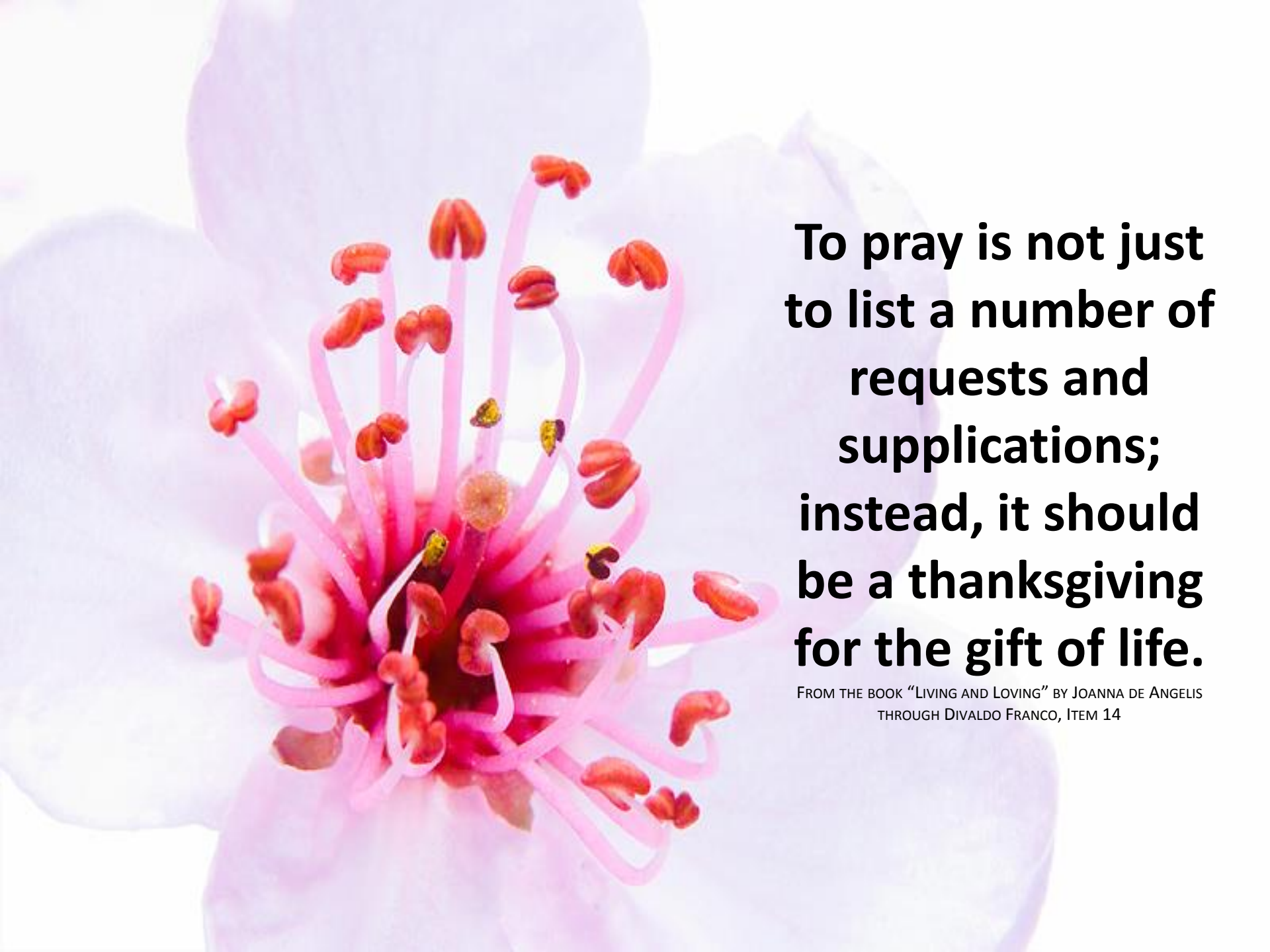
**Prayer is for the
soul what bread
is for the body.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS
THROUGH DIVALDO FRANCO, ITEM 14

A close-up photograph of several pink cherry blossoms in full bloom. The flowers have five petals each and prominent yellow stamens. The background is a soft, out-of-focus blur of more pink blossoms, creating a dreamy and serene atmosphere. The lighting is bright and even, highlighting the delicate texture of the petals.


**To pray is to open
oneself unreservedly
to God.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH DIVALDO
FRANCO, ITEM 14



**To pray is not just
to list a number of
requests and
supplications;
instead, it should
be a thanksgiving
for the gift of life.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS
THROUGH DIVALDO FRANCO, ITEM 14




**When you pray
you establish a
link with the
whole creation.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS
THROUGH DIVALDO FRANCO, ITEM 14

**Silent prayer is better
than verbal prayer
because words create
visual symbols that may
interfere with your inner
aspirations.**

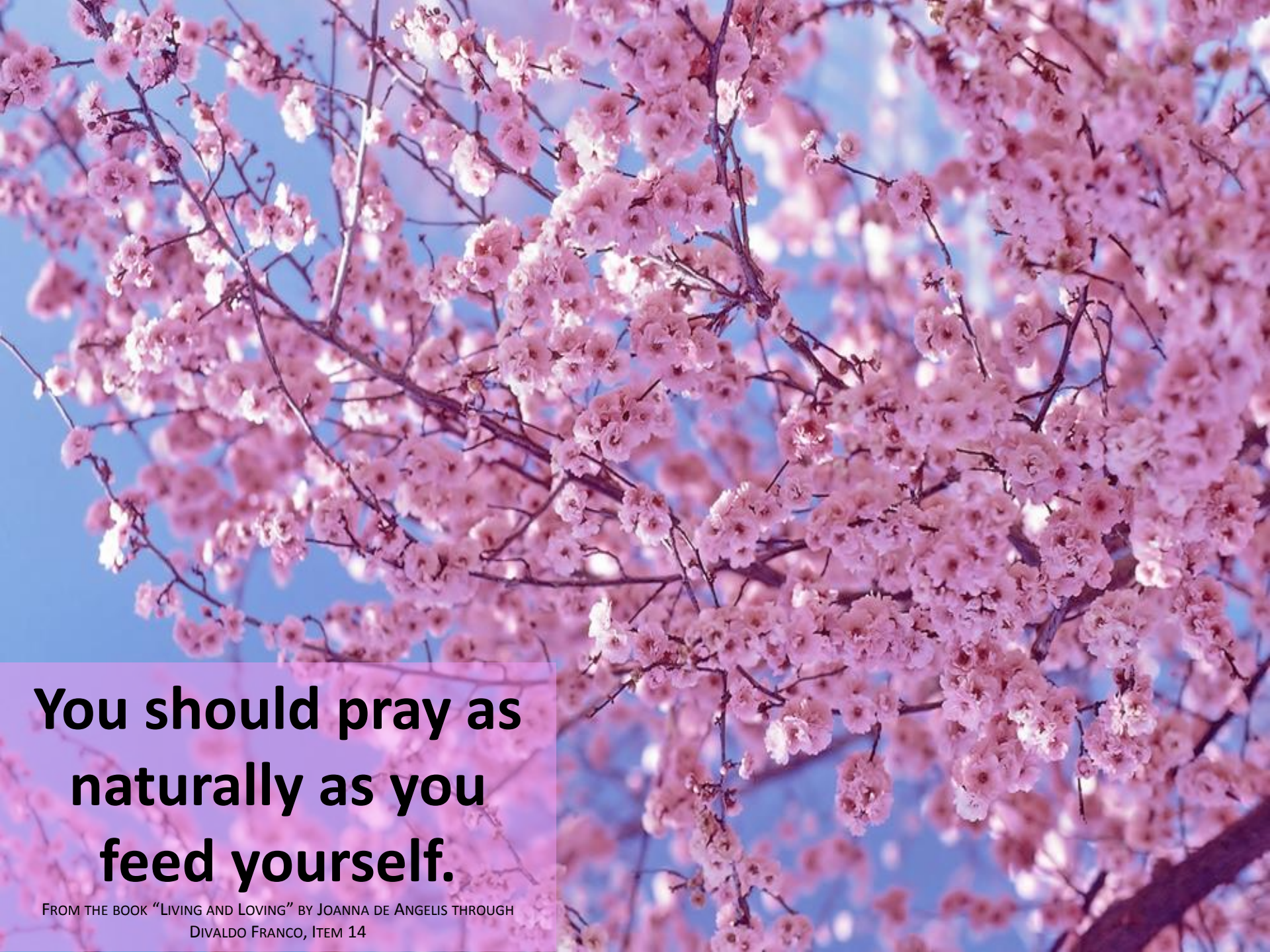
FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH DIVALDO
FRANCO, ITEM 14






**When you pray
you identify
yourself with God
and all His other
children,
everywhere.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH
DIVALDO FRANCO, ITEM 14



**You should pray as
naturally as you
feed yourself.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH
DIVALDO FRANCO, ITEM 14


A close-up photograph of pink cherry blossoms in full bloom. The flowers are delicate with multiple layers of petals and prominent stamens. They are set against a soft, out-of-focus background of more blossoms and a clear blue sky. The lighting is bright, suggesting a sunny day.

**True prayer is an inner
communion between
you and God.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH DIVALDO FRANCO,
ITEM 14

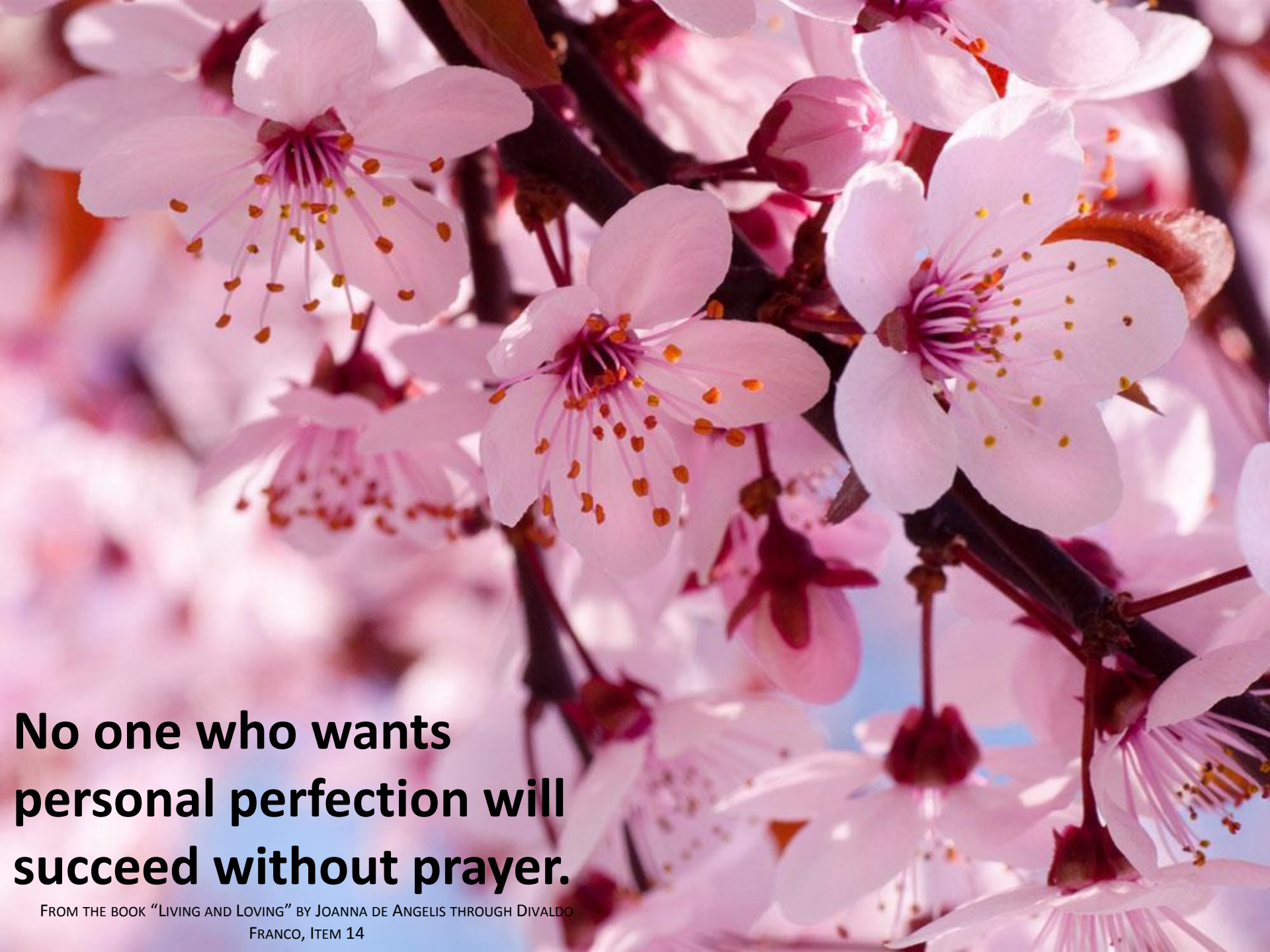


When men and women become aware of the power of prayer and the boundless positive energies that floods through it, non-violence and understanding will govern communities and nations, furthering peace to all.

A close-up photograph of pink cherry blossoms against a clear blue sky. The flowers are in various stages of bloom, with some showing yellow stamens. The background is a solid, bright blue sky.

**Prayer is the
language that
inspires the spirit
and opens doors to
higher perceptions.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS
THROUGH DIVALDO FRANCO, ITEM 14



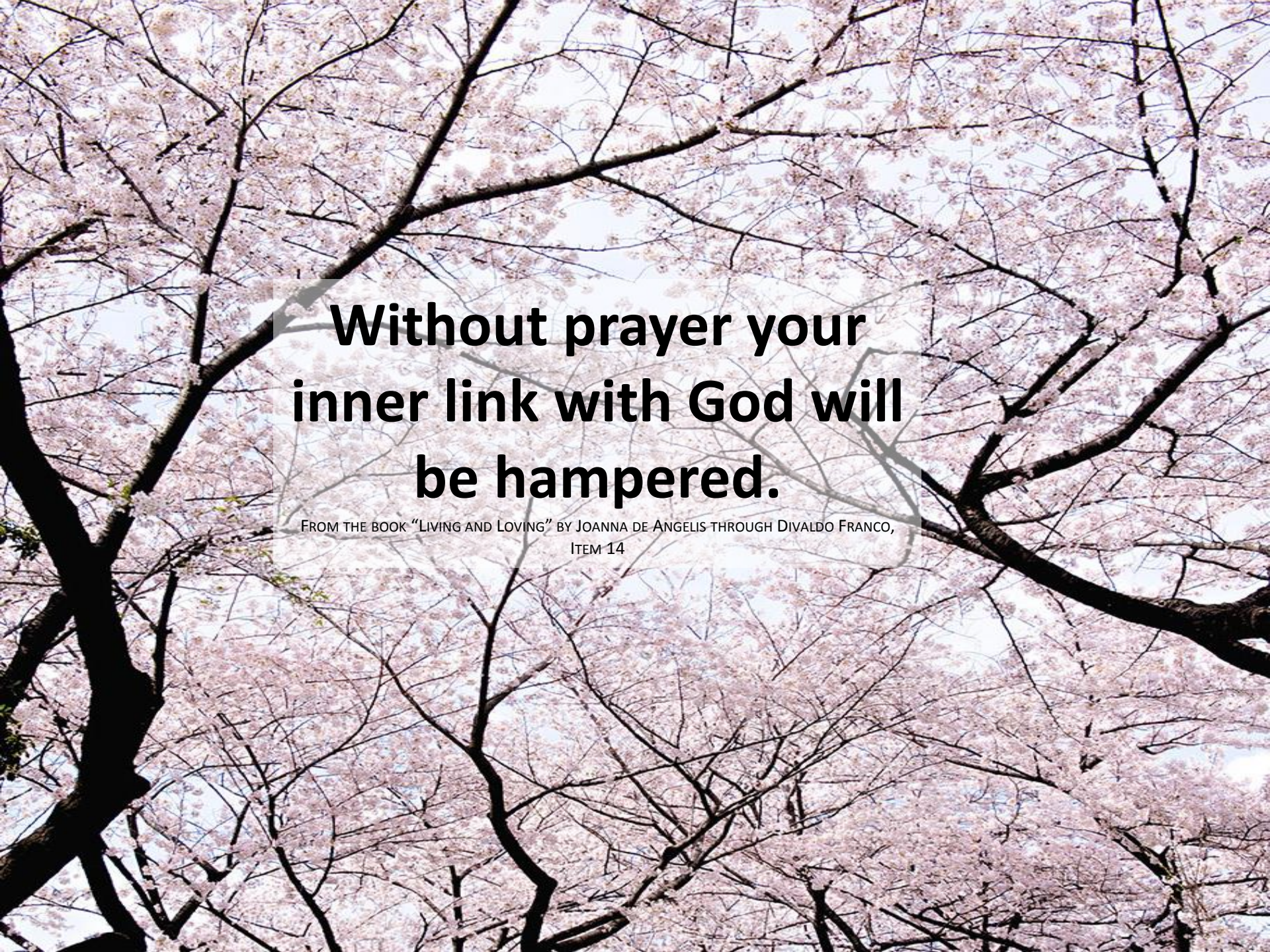
**No one who wants
personal perfection will
succeed without prayer.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH DIVALDO
FRANCO, ITEM 14

Prayer should be the prelude to all human actions since it fortifies the soul and enables it to overcome any difficulties.

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH DIVALDO FRANCO, ITEM 14





**Without prayer your
inner link with God will
be hampered.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH DIVALDO FRANCO,
ITEM 14

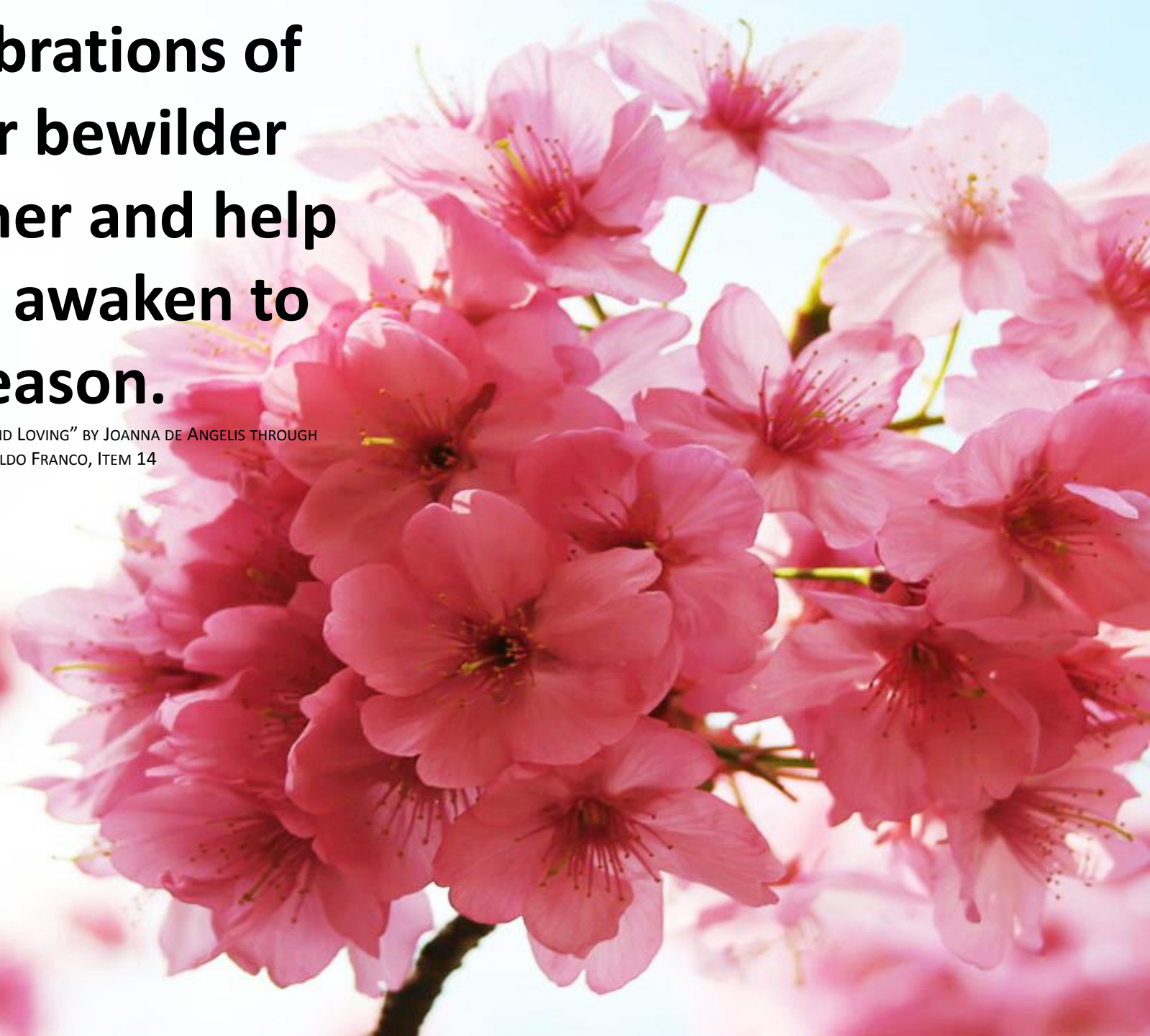



**Prayer should be your
joy; it will help you to
face your many battles.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH DIVALDO FRANCO, ITEM 14

**The vibrations of
prayer bewilder
the sinner and help
him to awaken to
reason.**


FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH
DIVALDO FRANCO, ITEM 14





**Prayer inspires noble souls to
join forces to assist others.**

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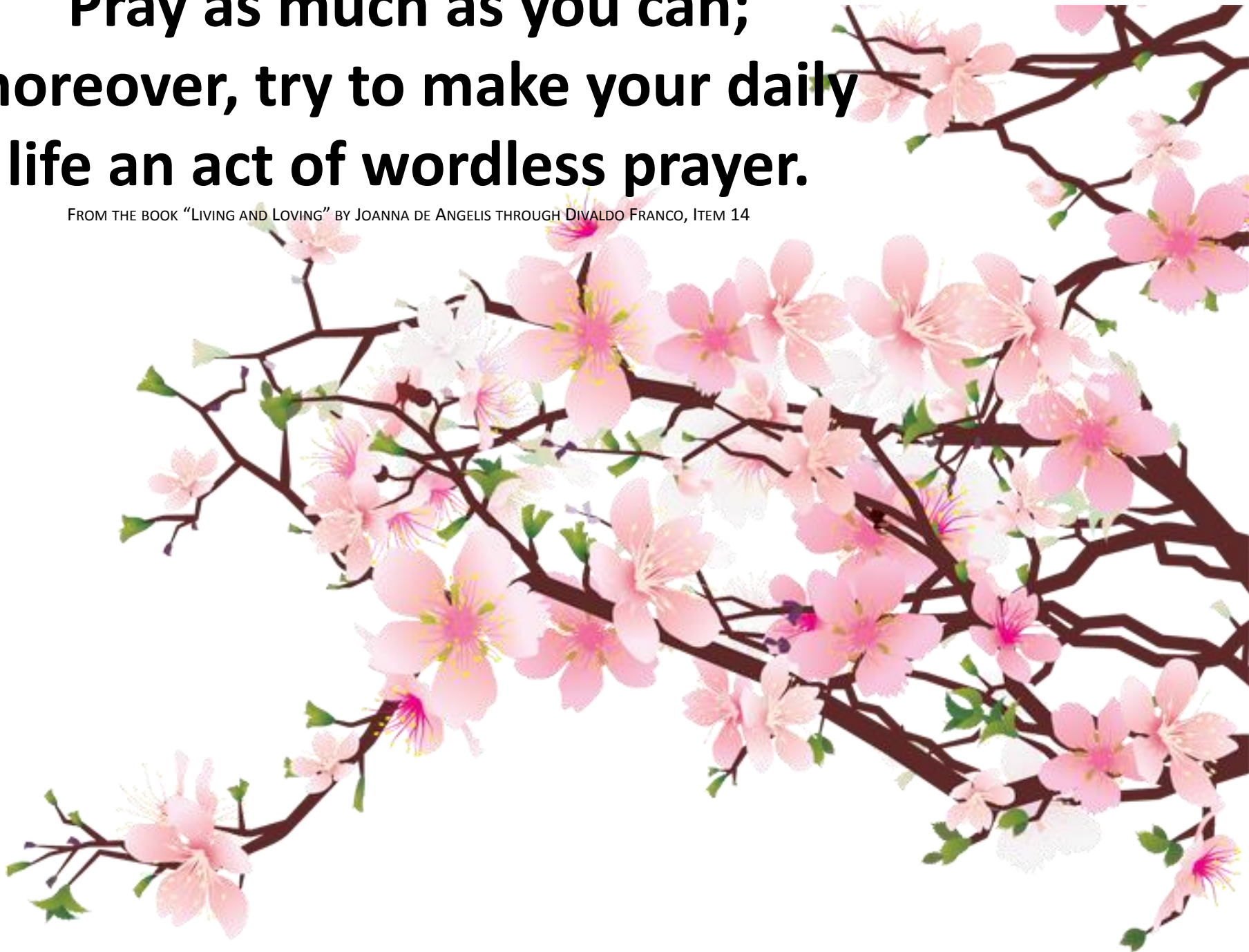
A close-up photograph of a branch with several pink cherry blossoms. The flowers are in various stages of bloom, with some fully open and others as buds. The petals are a soft pink color, and the stamens are visible with yellowish tips. The background is a clear blue sky with a slight gradient.

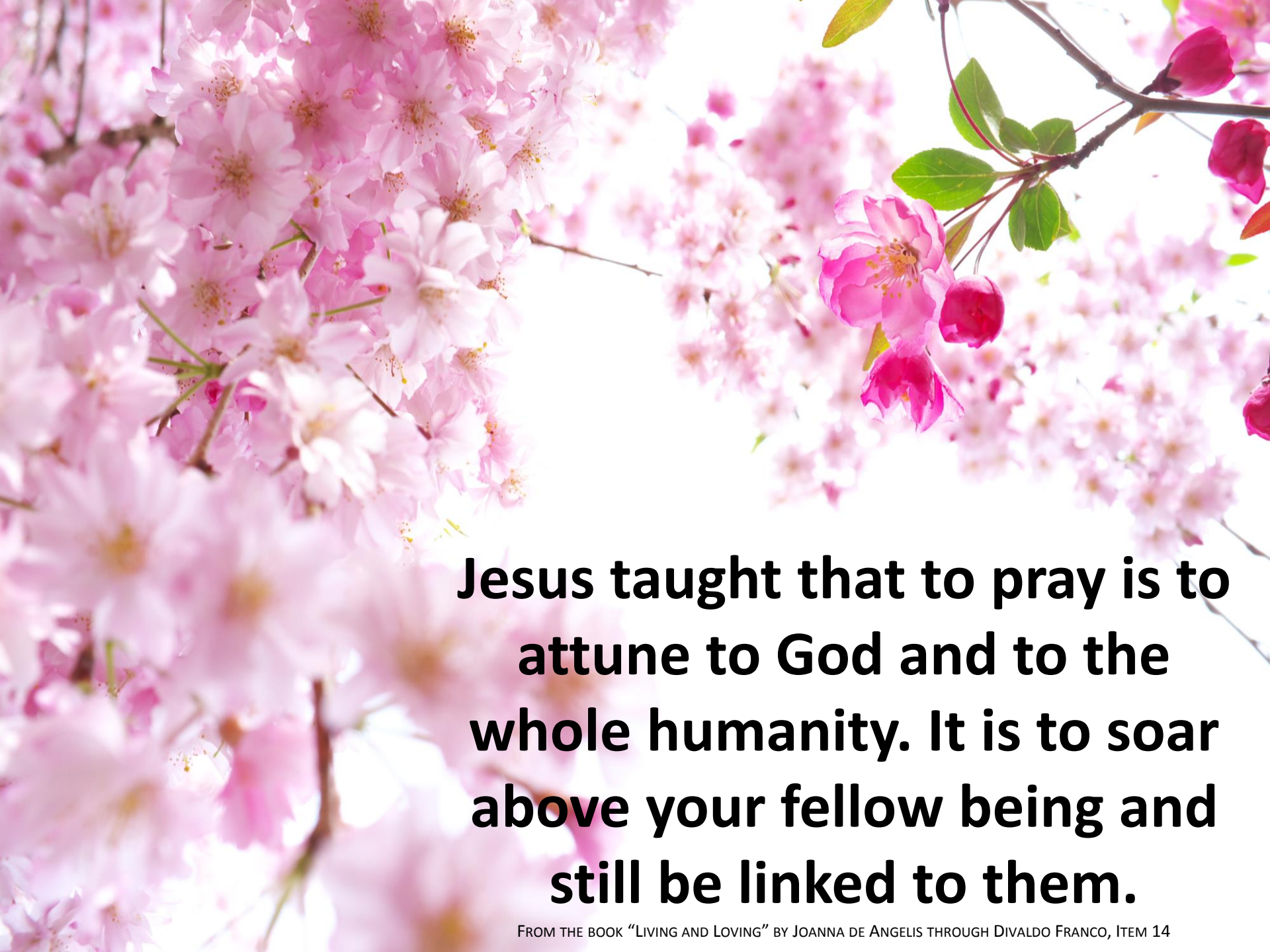
**Without prayers
the soul withers
like a plant
without water.**

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THROUGH DIVALDO FRANCO, ITEM 14

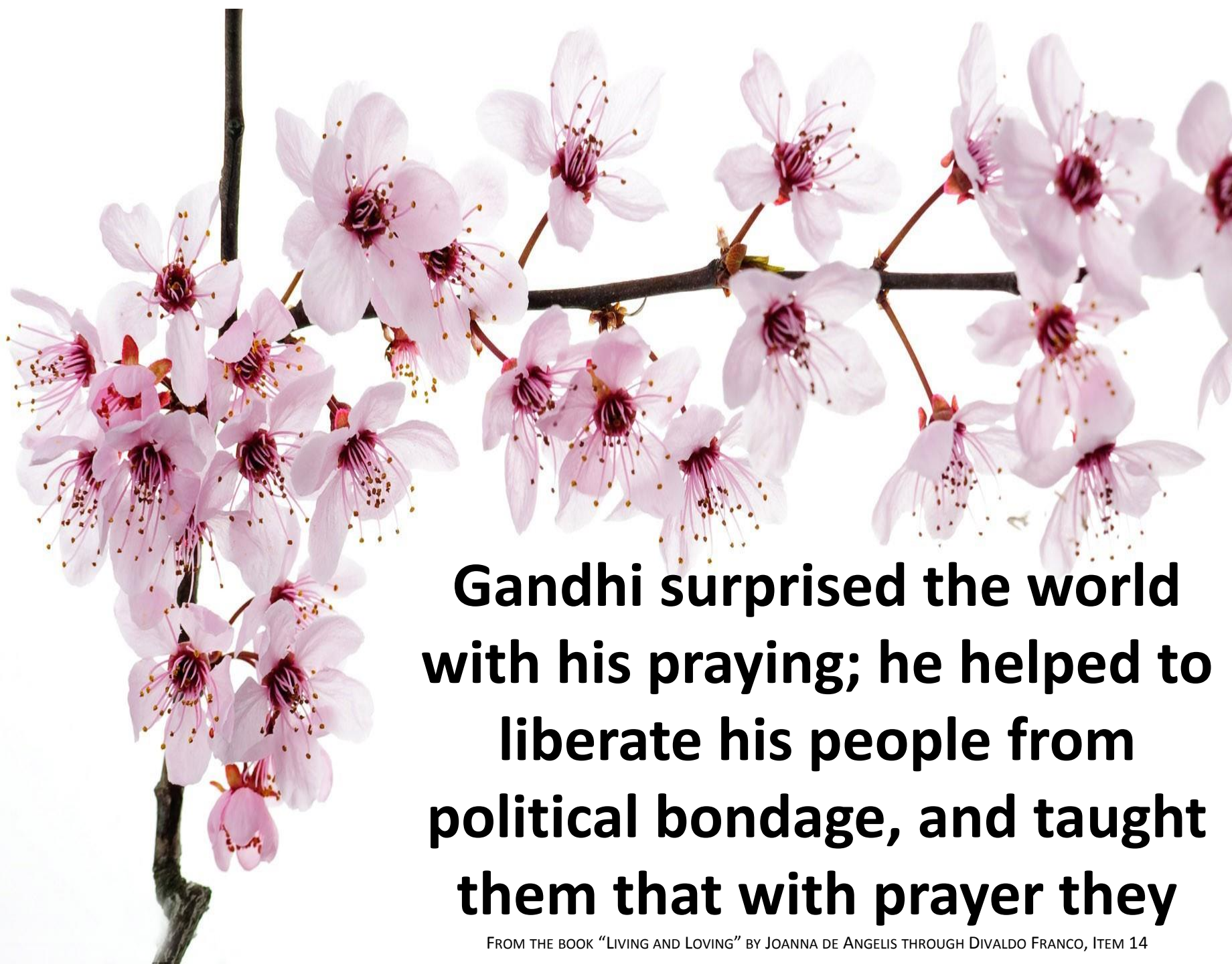
**Pray as much as you can;
moreover, try to make your daily
life an act of wordless prayer.**

FROM THE BOOK "LIVING AND LOVING" BY JOANNA DE ANGELIS THROUGH DIVALDO FRANCO, ITEM 14



A close-up photograph of pink cherry blossoms in full bloom, with some buds still closed. The flowers are delicate with five petals and prominent yellow stamens. The background is a soft, out-of-focus white, suggesting a bright, sunny day. The blossoms are arranged in clusters, with some branches visible.

**Jesus taught that to pray is to
attune to God and to the
whole humanity. It is to soar
above your fellow being and
still be linked to them.**



**Gandhi surprised the world
with his praying; he helped to
liberate his people from
political bondage, and taught
them that with prayer they**