



# Jean, Spirit Guide

Collection of  
psychographed messages

Joël Ury

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# JEAN, SPIRIT GUIDE

The spirit named Jean manifestes himself through the medium Joel Ury. Since 1985, this spirit has communicated a large number of messages, a number of which are presented in this collection.

Jean, pseudonym of a spirit who lived his last incarnation in the eighteenth century, transmits his messages by psychography, that is to say by automatic writing.

## Foreword

Dear readers,

The Allan Kardec Spiritual Studies Center is pleased to present the first message book of the Spirit Jean. It is the result of a close collaboration between Jean and his medium Joel Ury.

The knowledge of this Spiritual Guide's thought and the reassurance that his messages have given us, encourages us, dear readers, to recommend them to you in the hope that they will reach your heart and your reason.

These messages will be for some of you, a subject of reflection and even of debates. For others, an invitation to more in-depth research on the goals of their lives, on the spiritual world, on spiritualism.

From Jean, we know that he lived his last incarnation in the eighteenth century and that he participated in the group of spirits charged with inspiring the spiritist codification. Jean is a pseudonym.

As for Joel, we have had him among us for more than seven years having carried out within our group a work of diffusion of the spiritist doctrine, as well as a mediumnic work. He is now continuing his work at the French Institute of Research and Spiritual Experimentation (IFRES).

As for your reader friends, if you wish to widen your knowledge of the spirit world, come and take part in our study meetings. Your

presence will be a further encouragement for us to give continuity to the spread of our spiritual ideal.

Fraternally,

Claudia Bonmartin

President of CESAK

(Allan Kardec Spiritual Studies Center)

## The Matter

"Friends!

It is high time to rise higher than your human prejudices by probing them in their principles and especially their sources which delimit their place of being. You will be surprised to see their uselessness. However, you must be humble to study and correct the principles that are often based on your pride, your claim.

Let us try to conceive the principle of the spiritualist that I would call "lame", "wobbly" because neglecting an essential part of life. Some spiritualists, in fact, refuse to speak or study the subject, disregarding the discoveries made on it. They say that matter is the cause of all suffering, and especially of their vices, matter here has the "broad back", a perfect scapegoat. Nevertheless, they should know that matter is not a blind man to whom we would make faces, but an eternal atmosphere, the theater of life where the mind plays the repetitive acts of its existence. A changing existence in ever higher conceptions, constantly approaching the Divine nature.

We speak of semi-material, of fluid, but the so-called "corporeal matter" is hardly more considered than the life of insects or microbes, for example. We forget too quickly the simplest things. We seek God where he is not, that is to say in obscurantism.

I will tell you a story here. This is not my habit, but I will retain it, however, in my presentation.

"Here is a princely man who has never felt the need to come out of his enjoyments, having servants who assure him all needs, resorting to his requests. He lives in a sumptuous castle whose exterior he never saw. One day he heard a stranger talking about the castle of the city where our prince was seated. Surprised, he went to the window to see the so-called castle. Unfortunately he saw nothing but ruins. Yet these were in the shadow of his own home, rising in the sky, seeming to touch the clouds.

He had of course heard the foreigner say that the chateau was perceived a thousand leagues away. But no castle on the horizon! No palace! Logical thing because being inside the castle, he could not see the horizon.

Our prince did not believe him, and drove the stranger from his place, under the instigation and despotism of the prince.

The stranger returned home thinking, looking at this immense castle, that he had been a liar. The prince died without ever having seen the magnificence of his dwelling."

What can this story tell my friends?

Simply that you live in a majestic constitution and that you do not realize it. When strangers, spirits, come to enlighten your understanding and describe in what dwelling you live, you do not listen to them, do not believe them. For before your eyes, abuses of your imperfect needs, you do not notice anything of the Divine.

My brothers! The marvelous is under your feet, and our teachings on the matter should not make you "materialistic" given that this word means on your Earth, obtuse to all spirituality. It is not

because we teach the principles that govern the material that we instil inferiority.

Quite the contrary, we give your spirits much larger cues than those you usually have. We broaden your work plan, starting from a situation that touches you deeply: your condition.

We are not talking about random regions lying in the unknown or in the universe, we are talking about the spirituality of matter, with the disappearance of the body of Jesus, or more precisely, its final ecstasy.

For men, matter does not impose anything, and is in agreement with your deep self. Think, and she will follow you to the soul, if that is your way, or to heaven.

The material is not known because it is characterized by an incorrect design? You are no longer in the Middle Ages and your knowledge of the reality of the eternity of life should allow you to better understand the tool that is the matter, this Divine energy. Even with these words, we only have a pale reflection of this reality.

Spirituality, matter, learn to see only one thing in these two representations. Matter is not only where you are, but where we are, but also where you are, Brothers. We live you and us in one and the same thing, in the same energy: matter. What separates us, as we have seen, is an idea, a certain thought, different vibrations.

Unfortunately the conception of the life in which we are is still unknown to you, and we are quick to try to teach you a reality which your instruments can not foresee.



Let us try to be attentive to what surrounds you and to check, if you wish, the action that the Spirit has on the matter. You might be surprised. Think of the multiplication of bread and certain phenomena wrongly classified as miraculous. "

Jean

*Friday, March 15, 1988*

## The Awakening

"Yes, friends!

These few messages that we give you, discover the matter of a great cloak of ignorance that man has been creating for generations. It rises under the breath of study and science.

Only there are still obstacles, incredulous traps that still hold this coat. But these petty "buttons" will crack under the blazing blows of reality, just as the fur is annoying, the veil of ignorance will dissipate in the presence of evidence.

However, there is still much to say, but unfortunately, you do not hear it. You have seen that matter is energy and that it is fundamental. All that surrounds you is energy, as well as what constitutes you. This energy comes from your mind and leaves its radiation everywhere, becoming friendly regions. Your embodied world is specific to an idea, a need, a design: your condition.

So what separates you from us is not a grave, but an idea, a conception. Oh, do not be surprised, because it would have been easier for the border to be a grave, rather than an idea. For the tomb has easier access, whereas the idea only becomes concrete in the minds slowly.

Matter is plague for many of you, being blind by a long childhood: the childhood of discovery. So we can not be affected because we need a beginning in this understanding. Only, we must be careful

not to block the horizon by impregnable dogmas, just as were the fortresses of the old days.

Dogmas are ramparts to protect the weak mind. When it is strong, these become useless and cumbersome. Soon, when your minds are unburdened with your prejudices, your conceptions, your needs, your forms will become useless and will vanish under your feet. Thus, and only then, the idea of the unconscious will become clear to you.

I said that an idea separated us from you. This idea is an awakening to the divine consciousness. No space separates us, no frontier, but a different degree of awakening of consciousness.

Tune yourself on us, and you will see us. You would join our region. These are the messages of some men that you will call ecstatic. They discover new horizons without actually moving, but discovering that life, your life, is only a semblance of what it really is.

No, we do not want to take away your ideas or mislead you. We have just continued with you the path that only you open with your research and your reason.

Hoping that all this leads you to ask better the problems that your condition inculcates you. "

A friend underlined by Jean

*Friday, February 26, 1988*

## The Quest of God

"Men!

You will have taken a thousand ways, a thousand devious paths. You will have undergone winds and tides, repealed the force of the devastating wind, you will have avoided the bite of the heat, you will have avoided the torrential rain source of the deluge.

You will have contradicted a thousand languages, a thousand arguments, you will have pronounced a thousand truths and a thousand lies, you will have fought against a hundred dragons, you will love a hundred angels.

You will have traveled the universe, crossed a thousand landscapes and a thousand deserts, you will have descended into all the abyss and visit the skies to, in fact, pronounce only one word, to see only one goal, to love only one and see only by it: it is God, your life, your gift, your master, without whom nothing is possible.

The evolution that every spirit lives is simple, pure, I should say. This evolution is at the center of all human inquiry, of all construction, of all living beings, of all instinct, of all matter and of all forms.

The primary feeling of every act is the quest for God, which on earth values formidable legends, which, quite the opposite of wanting to make children dream again, make adult childlike.

This first feeling is decipherable only through studies that develop a certain sensitivity, which may open your eyes, not those of the flesh, but those of the mind. "

Jean

*Friday, September 15, 1989*

## Human Behaviors

"You must understand me!" he said.

You must be tolerant with me! He argued.

You are Men of God, you owe me tolerance and listening, he concluded.

We are here in the study of human behavior. A behavior that recalls pride and openness, hidden under the cover of the piece that often deceives the world, and perhaps also the victims themselves.

Let us try to understand the lament of the envious, or the voices that cry out, brandishing charity as a figurehead for their ship of desolation. Let us try to make a difference between the behaviors, by moving a little away from the unity of things, this in the hope of precisely explaining the autonomy in the test. Not that it is necessary to suppress the aid, but that it is enough to employ it intelligently, which must surpass your deep reflexes which do not naturally take into account all the veridic data of the problems, or tests.

We are not here to talk about generalities, but to talk about your life, by subtracting a kind to study it, as a collector might do by isolating an object from his collection for study and comparison, which will have in everything and for all, explain the whole. I hope not to be too complicated.

Let us withdraw from the human collection two well-defined characters, which are too definite: one is a demand formulated with the knowledge of the necessity of tolerance, and the other is abnegation in pain and consoling silence.

To ask that you be understood, to ask for charity, supposes a circumstance of dispute, or of radical differences, thus bringing the extremes, that is to say, intolerance and egoism into ideas.

By leaning towards it, we always come to recognize that people who complain of a lack of charity in their regard, are themselves guilty of a lack of charity towards those around them, asking others what they are unable to give.

To be tolerant with others, is to accept multiple ideas, and therefore, not to be offended when our conceptions are refused. To want to make it prevail through sermon and moral values, is to prove to oneself and to one's interlocutors our lack of tolerance. The man who does not claim tolerance is himself tolerant, because he does not ask for what he gives, receiving by giving. The man who gives money possesses for him also. A man who claims charity is a man who misses it.

It is thus that we can be deceived in our judgments by delicate appearances. We must not be a person devoid of feeling, of compassion, but in search of usefulness and just judgment.

Of course, going further in the research, we will conclude that we must not

judge because you do not know what is circumscribed by your judgment.

But we ask ourselves a question: are you Men, arrived at this stage? You judge. This is usual. In this way, we try to teach you to judge well by recognizing the value of human feelings, which all hide a treasure, an imperative symbol.

So do not ask for compassion, be it spiritist, but be compassionate for others. Do not feel the victims of an injustice, but teach divine justice. Do not try to attract charity, but give to those who mistreat you. Because you know the backstage of your world and moreover, you are no longer blind!

I hope I have been, in this present, the support you were seeking. "

Jean

*Friday, May 26, 1989*



## Time and Transport

"My dear friends,

You take a step, we have to do two steps to prepare a passable path. When your children begin to walk, the first steps take you as far as you can from any obstacles that might cause them harm. When you advance in your scientific or philosophical deductions, not to say religious, we are obliged to go ahead to allow you a simple and straightforward evolution, sanitizing any roughness that is unfit and difficult for your young walk.

Your mind is discovering, we discover this opening by a Sunday help.

We would like to remind you that time is relative to its utility and easily circumvented, sometimes even in totally unconscious mechanisms, naturals, if you will. Because time is relative, and more precisely non-existent for your life of mind, there are strange phenomena when they break through your narrow partitions of your too dogmatic conceptions.

For the mind, which is eternal, we have seen that the beginning was worth the end, like the small, the great, and that by the analogy everything was reversible. Thus your birth, which is a beginning, is also a death, and in your death there is your birth, always plummeting in the real life of your spirit, even in the moments of your measured days. So let's try to think about the means of transport.

Displacement in the mind is something very complex and simple at the same time, since it is instantaneous. He is where he wants

to go, without waiting, in a spontaneous way. The weather is id frozen. It is a pure displacement, which in the end, does not print any movement in eternity. This must be recognized in conscience, it is a stage of your evolution, of our common evolution to each one.

At all times, men living in the spontaneous spirit of displacement wanted to learn about transport by developing a materialistic technology. The more time passed in revolution, the more sophisticated were its means of locomotion, and to later be devoid of all form and understand the spontaneity of thought, of envy, and faith. The mind is where it thinks.

From then on, cars, planes, flares, followed in an increasing order towards the sublime. On this subject, you men, are still in technological age antagonistic to your own sense of displacement, which is that of your mind. You can not melt them one on the other, it remains the aircraft and your mind, nothing in common.

But in some worlds other than yours, the technology of displacement has evolved much more, coming closer to the movement of the spirit. It can be said that matter in these worlds here meets the spiritual. Their transport is purified of all the rites, of all incompatibilities, of all fuel, of all consoles of direction. You were close to the truth by avenging the cerebral commands, or by thought. In fact, the technique is getting closer to the mind.

As for UFOs, this is what you call them, you have to deal with spiritualistic technologies where the material is less dense, and offering less resistance to the mind. There is in this questions of energy. The beginning of your technology sees in these

appearances of UFO its end, its future, its sublimation, since you go in the same direction. Do you understand?

Your technology will therefore be spiritualized, and with it, your controllers and reactors, everything will be simpler. Thus unidentified flying objects are, in fact, a total purification of everything you know about aeronautics, that is to say a flying piece, that's all!

Oh, I'm not trying to seduce you by exciting your senses of curiosity, I'm just trying to answer you with correction by staying alert to your traveling speed.

That's it my friends, I leave you to study and hope to have answered a few questions.

Remains to do the most difficult. "

Jean

*Friday, November 3, 1989*

"Man!

When you miss love, when you implore it, when you cry it, it is because your mind possesses it, it is because your heart holds it. Grief, despair, are doors to divine love. In great afflictions, it is the finger of God that touches you. This finger is not an undesirable weight, but the indulgence of God who moves within you in an autonomous way.

Love when you hold it, hurts, opens sores, bleeds scars. Love opens eyes that until then you did not know: compassion, sorrow, abnegation, charity, are often the result of a deep love springing up in a test, a contrariety. In what you call happiness, love, although existing, is a little sulky, put under the bushel. Occulted, it watches, even weakens, but never goes away. Love vibrates and remains the same through all kinds of expressions.

But when life brings you to the brink of feelings, love is revealed. Then there is a dazzling sun, or hidden behind the clouds of abutment he seemed to be domesticated. Your reasoning eyes are burning, your heart is racing with its shimmering color.

Love is a unique force, source of your ego. God by sharing himself has shown love. Maybe he would give his life, his strength crying, if only he had tears? But love has no face, it exists in everything, and for all. His bite is terrible, because it touches our strain, the ultimate strain: God!

God speaks in all expressions of love. Do not believe that God is only in your happiness formula and measure. He exists also in all afflictions.

Tears of a mother, you are love.

Crying infant, you are love.

Tenderness of the lover, you are love.

Helpful hands, you are love.

Death and suffering, you are love.

A feeling that is still poorly understood on Earth and in the universe. You understand it, love is synonymous with existence, it is the result of an expression, according to special circumstances. But he never stops being there. It would be a clown to try to escape, as much as trying to escape the Earth. Even if you were an astronaut, you would always end up going down there.

The mind thinks it is leaving love, but never, how much ever, does it separate from it!"

Jean

*Friday, September 21, 1990*

## Sufferings

"My friends.

Healing is hard. Painful are the conditions of improvement. Suffering is common in your atonement regions. It is not uncommon, Men, to hear cries in the home of the very sick. These cries make us jump when the prevailing calm makes us believe in the existence of peace. We always believe to protect our face from the sun's rays by putting the hands between its light and our fragile and sensitive skin.

Suffering is of order here below, it comes from birth, in your imperfect births, showing that your conditions can not accord with the divine resonance and the purity of true life.

Your Earth, which is called to evolution, still has many other surprises in store for you. All will have different impacts. Do you esteem yourself happy when men cry or suffer, and kneel when the elements go to pieces, for then the action will go beyond all understanding.

Men you cry over your inconsistency, but that does not matter. Always some spirits close by you, have held optimistic speeches, this is of order in the skies. My messages do not escape this truly fundamental rule. Some people speak, facing the devastating actions of any kind, of end of the world! Know that in their lack of foresight and their inability to judge events, these people have half reason. For even without natural or provocative cataclysms, the end of the Earth, as you conceive it, is real. Many of your

astronomers have known, I come to confirm: an end of your world exists.

Nothing is devoted, in the creation, to any inertia or stupidity, whether in the material or intellectual form. But what does that matter, since your mind will feel nothing physical about it, as it did not feel all that you have experienced. Eternity is not measured in meters nor in sensations.

Today on the surface of your Earth, men are killing each other, something that is not new. They leave and come to us by the hundreds. Everything is planned and is going well. With a cynical calm, so to speak, we can tell you that everything is going as planned. And we are waiting for the following, because there is one.

But why seek the agreement of the anguish? Is it not a lack of faith? Know that the evolution makes fun of your prejudices because you do not understand it. A tree remains a tree up to its summit even if you do not perceive it lost in the heights. Wars, murders, are not in spheres seen as mathematical calculations or strategic plans. Bombs and cannons are, once again, only materialized ideas destroying only ideas, also materialized, nothing that can disturb the eternity and the designs of God.

We always try to carry out our missions of help. Jesus also led his sacrifice in abnegation, in front of his obvious ways of not perishing by this test.

There are times "gibbet" on your Earth, "woe to him who will unleash the scandal! But the scandal is necessary, a precept which you know well and which I allow myself to resume here. It

expresses my idea well and must encourage you to never lose your faith because humanity will need these soul scouts.

Believe me, Friends, we will not say that today you are living in predicted times, since times have always been predicted times, and that is why they happen. Before going to shopping, the man foresees his purchases, from the place of these, to the time and the day. The affairs of the spirit can also be seen in this evolutionary aspect.

To ask oneself what to do in such moments is commendable, demonstrating a concern for responsibility and sharing for the whole. We will answer that as for the apostles who had to leave to preach to bring the good news, without knowing how to speak to the crowds, do not worry about tomorrow and understand that every day you will know what to say and what to do by inspiration, provided you keep your faith, where she was before you awoke from your sleep of torpor."

Jean and all your guides

*Friday, January 18, 1991*



## The Evolution

"How long the road was, how dark and stuffy the tunnel was. Today, gotten out, you can straighten up and admire the road traveled.

Who are you, where do you come from, where are you going?

It is here, at the top of these blessed mountains that you will be able to hear the answers. A contribution that will not only be external to you, but also from your essence. You see your good, your happiness, your success.

The march was heavy, there was just room for your body in this tunnel, just enough to fill your lungs. Oxygen existed only by a chimerical need. You pushed your machine of flesh and the space brought its light. From now on you feel like a statue of glory. Without pedestal the majesty of your impetus, your movement surprises even in your immobility. You delight your entourage and do not denote of the new environment that you have discovered. The long and painful walk is behind you, you know it. It is in Man that you understand it, but you were desiring it before.

The material form is perfected in you, as a result and worthily, you plant a flag. This one does not create shade and is not agitated by the proud wind, its color does not bend his back, quite the contrary. The life of man is a treasure, it allows a thousand and one things, it is a source of elevation. As your tears are sometimes beautiful, as your sufferings are moving and salutary, and as your questions and your evaluations attract you our sympathies.

You are here standing, weakened by a trip of torpor in the humanitarian tunnel but which has no equal as a beneficial source. The evolution has not been long, and will not be long your material to follow a spontaneous impulse and defined by a precision out of your knowledge.

The man is beautiful, his momentum finished in harmony, his body is an application, a conclusion, but also the beginning of a trip outside of any cycle.

As I was little, say you! as I will be great, add you. How big you are! we say. Misery, suffering, evil can not do anything about it? And we love, apart from all vanity, to tell you that this eternal state shines through all. The road is not finished, but already peace reigns in you, finding a favorable state. This peace which must make you strong and confident about future events that you will cross straight and just? The gains are never lost. Together we like to tell it to you, Men!

The experiences lived by all are treasures of evolution, which only the proud do not know. The intelligent man recognizes the finger of God through all things.

Do not be afraid to be negative, do not look evil like the impious, but pass on his face with greatness and know he is not on the lookout. If the good is worked on, the evil happens as a logical following. He is not a weight falling here and there under a fateful gravity.

My friends, we are happy to receive you in these moments. Do not you feel that good air filling your souls? In vain you would like to fill your lungs, to try to feed yourself. No, only the tissues of

your soul can feel that! But it's because you are here, because you read this as your soul exalts its fluids and those of God. When it comes to sharing, there is no difference. Everything is a permanent live. In twenty years you will read these messages, whether they come from us or from other spirits, that at this very moment your being will receive all the benefits.

We like to declare our happiness at the manifestation, we like to declare that under the gaze of God, permanently in spiritism, you are not wrong, and you will carry your strength to the Almighty.

Life is that, a spontaneity that is recognizable in simplicity. "

All of your guides

*Friday, March 15, 1991*

## Spiritual Exchanges

"Man,

Your house changes and you do not know it. Your sky opens and you do not see it. The light penetrates your home and you do not measure it. The kingdom is coming and you are not ready.

We see you agitated, surprised by a prompt that you expected much later and we like that. Humbly you arrange your affairs in disorder, you push under the furniture things on land that should not be. We come to greet you and you think we come to judge you!

It is not by imperfection that we arrive spontaneously at you, but with love. The arrangement of the forms of life does not interest us. We are looking for the purity of the heart that lies in addition to the external aspects. But it is with respect that you prepare a clean table and a healthy condition. We will not judge, however, the schoolboy on one hour of control, but on the year that preceded it. Nevertheless, we glorify this gesture, we are moved by this act of modesty by which you seek to hide your human nature so invasive. You are sometimes ashamed of your body, of your desires, of your organism.

At our coming, when you agree, you erase these natural things to try to resemble us. This comes from a commendable feeling and things have to stay that way. It is normal for respect to be reflected in your home. But behind that there are still many wounds, staining your white linens. The errors are obvious and

end up defiling the renewed cleanliness. So everything has to be redone and these moments of questioning are flabberasting you.

Your accusing reason does its duty and even more. You are feeling away from us and you refuse us! Know, Men, that your faults do not frighten us, that your trials do not lift our hearts, and that your relative imperfection is not a yoke, or disgust for us.

No, Men! It is with pleasure that our fluids mingle with yours, it is with passion that we answer: present, to all men.

There are key epochs in mankind. You all live that of new paths. It is in assembly that the spirits will manifest themselves to men in the presence of this decision. For blessed events accordingly are being prepared and arriving on Earth. Our spiritual world is in turmoil. Blissful incarnations arrive, also disincarnations, which will strike the weak souls, so many indications of evolution for the savvy ones. You live evangelical times, the ages have not left traces on these precepts. The spiritual groups of the different nations will converge in the same direction.

Our message is not a condition or a call. It is a smile, a hug without commitment, it is our feeling, the air of our existence. Demystified, pure, man can hear the voice, the wisdom at home, among his people, in the most complete humility.

We talked about Peace. This one is approaching. But stay in your era and do not expect the trumpets and the descent of the angels. Positive events will come in simplicity. They will be experienced in different ways because the communication will have to be universal.

Friends, we are happy to manifest on this globe, in multiple points, in a boundless elan, in incalculable times.

You hear a present without measure, a fundamental idea that men have always approached and quit, but it is relentless that this exists and will exist. Follow his voice and you will contribute to his perpetuity."

Jean and all the guides

*Friday, March 22, 1991*

## The Belief

"Men!

In the moments of life, throughout this material and spiritual journey, there are feelings that constantly return, always showing the same intensity. Without establishing a list and its symbolism, or its etymological explanation, I will speak here of belief and its opposite belief, simply trying to make you understand that basically these two states strangely look alike.

Without going directly into the analogies, I will take as an example a believing man and a non-believing man. My examples are hypothetical and do not correspond to existences that you could know, but to the human race and its characters. The believing man is said to own a faith. His ideas are served by a considerable cerebral force. These words are spread by his language with a "diabolical" precision. His opponents will find in him material to reflect. His admirers will feed on his charisma. Two faces, a non-believing man, serving with the same strength his conviction, intelligently reprimand the elucubrations of his interlocutor. He doubts, or is certain of his disputes, of his opinion.

Here are two individuals using their intellectual potential to serve a cause they believe respectively right. Which of these two characters is the most believer? The believer or the unbeliever? But both believe in something! Is it more legitimate that the believer is the one who believes or thinks that the spiritual things are the best. Can not a man have so much faith for something else?

The belief is therefore very vague, not supporting any label. I should say that I do not own any, since belief is inherent to the mind in principle. He believes in what he does, whether in the sense we imagine or not.

We also meet uncertain questions "Am I right or wrong?"  
Showing in fact a believer who is not, staying in a dire situation. We understand that a yes or no would totally change his life, his opinion. Neutrality is often a refuge, in doubt we do not move. The "yes" includes an action, the "no" too.

In fact, for the Spirit it does not change anything and to know if an individual is this or that in relation to the terrestrial conceptions, has nothing tangible for the conceptions of the Spirit, the only intrinsic value. But it remains the importance of this situation which must find a result.

The ardor of the arguments will have to determine the position. But be aware that the change will be true only at the conceptual level, the essence will remain the same.

I am, I am not, I go, I do not know, comfort or collapse, happiness or misfortune. I tell you, Men! Your trials always begin with this point of balance, doubt, uncertainty and question. But you are all believers."

Jean

*Friday, April 5, 1991*



"Friends,

The journey into mankind is a sensory action, rewarding, that can teach us a lot. Spontaneous trip, or measured, by sympathy, by definition of choice. Travels in the aleas of life, in the heart of the events, the hot corners, travel in the deserted streets, visited by staggering walkers, filled with alcohol, in which they had to find the faithful companion of their dreams. A trip that resembles the dance of slippery anemone fish in the midst of poisoned traps, without feeling any pain.

Merry challenge, no-villainous, humble and honest challenge, without waiting for reparation. Travel among people of little virtue, to those who seek the enjoyment of the senses rather than that of the heart, encounter with a trade, exaltation of fantasies; abolition of the prohibitions, fight against death, personification of the disease, crossed looks, uncrossed legs, values of the bowels, stolen orgasms.

Travel to poor and dusty shelters, misery and minerva. Food is in memories, dirt is an entity, alcohol a fury to live. Travel to the healthy ones, always alone with their well-being. Joy of families, childrens' holidays, ideas, gifts, pedagogy, meals and turkey, lights and candles, ringing bells.

Travel among bandits, debauchery, claims and obstinacy, pains, threats and gibbets. The hands will also give the stab, tribute, support of the law of silence.

Journey to the hospice, glances empty of hope, contemplation on the past, hands on the telephone, abandoned by the children, far from the heart and thought. Cold skin heralding gone times. Waiting for death ... Journey to the morgue, shadows, tears, and cold. Inert bodies, but spirits in effervescence, cemetery and beginning of life!

Oh! Travel that I love you, as I appreciate the course of your spaces, as I like to support myself on the sides of this boy with material forms, as I like to take care of this little world that only holds by the mind.

Travel of men among men, as I am resting with the mother breastfeeding her child. I am to the end of the world that bitter man who, like a ghost, advances towards his cross. I like to lie down next to your miseries and sing to them a sweet divine contine. I caress the brow of the suffering and help them to surprise happiness.

Travel among my loves. I like men in all fields, in all characters, in all positions. I understand their distress and do not judge them. I know their future and do not feel sorry for the conditions of a relative and fleeting trip.

Travel through laws, thoughts and futilities. Passage among conventions, doctrines, religions, escaped in philosophies. Travel tender and full of emotions, I am happy to browse you and to send you all a sincere love by trying to tell you, for you have heard me, that you are never alone, neither at the bottom of a mine, nor in the depths of a dungeon, nor on a deserted island. The blessed entities will always be at your side to comfort you.

They will not entangle you with your cross, but will help you to know the result, always in the form of resignation.

Journey to the bottom of the beings, this is God, the all!"

Love and peace

Sebastien Delacroix

*Friday, April 19, 1991*

## Loving Encouragement

"Educated and worthy men, using your intelligence and your strength for the sake of good, in your touching dedication, fainting by the material difficulty, you do not doubt the action you produce, you do not measure the beneficial effect of your actions and that shows your humility.

We like to come and bathe in the emancipations of that spiritual nature that you feel vibrate when your heart sounds the death knell, when your whole being dyes love.

Spirituals faithful, you are in the line of kings and prophets when you understand that the changing wardrobe is useful for storing the remains of your past, your mistakes still heavy in your consciousness. Friends, we love that and will never be tired of repeating it.

You expect our event with hope, with fervor, we can only be irresistibly attracted. Your impulses of faith wash with a sponge's stroke the fluidic stains coming from your multiple baths in waters not always very clear. With innocence you portray us as very high, you glorify us as well as our Father by comparing yourselves with the heroes of the holy stories of men. We come to you with a bag perhaps more "filled" than yours, but our heart is identical to yours, that is what makes us brothers before God.

Our power we bring you, believe in our answer, know that all prayer is heard, that never work tires us, on the contrary it exalts us with joy. As you have our power, we always have the power of the Most High, to help the charitable and his toil.

Our manifestations today have a reduced and subdued character. We follow a plan planned and useful to your humanity. Despite our restraint, you pour into a spiritual practice without even having seen everything, with this faith that would make all "Saint Thomas" jealous. Great minds told you that men would be happy if they could believe without seeing. Remember that the eyes of the flesh see, and that the spirit perceives, and this outside of any border or luminous mechanism. 'Faith is the vision of the Spirit. In this one, it is your soul that sees, and not the reason.

We are waiting for the openings that are slightly conditioned in sessions, all this to make you aware of our action that looks a little like yours. You leave the point of your life to receive purity, we, we look at your conditions so that we can be audible to you. And we will give you in measure of what you have given us, not according to a code that would be circumventable, directed by the will, but a principle that is eternity. Incessantly the spirits give themselves to each other.

The sky is around you, spiritualists of the world! Would it be presumptuous to encourage the workers of the soul, the restorers of life? No, that's part of our duty and we like that. A love that, too, is more than a choice. It's a way of being inherent to our mind, to your spirit. Because, out of time, you are part of us and your toil resembles ours. You will understand that the extremes merge.

Friends, stays here a love and Sunday encouragement. Humanity opens on the dawn of our revelation. Be all present at his great performance.

It's a friend who asks you."

Jean

*Friday, May 10, 1991*

## Spiritualization and Evolution

"Yes, men, we always go back to the heart of the problem. The evolved spiritual always passes through this crucible, where the question becomes a trap, where the preconceived ideas become dogmas, or the necessities become the weapons against the others and their happiness.

The spiritual demands evolution. Matter being then the threshold of our impulse, we should go away from it. All this remains right in the theoretical foundation. But there are nuances, and perhaps not only that which religious or philosophers believe to know. The disengagement of spirituality is not automatically the abandonment, very often hypocritical, of matter. The latter is, as we have already said, an eternal ground for the Spirit. This one will know it eternally in different states. The forms, on the other hand, which are the product of our awakening, will change in their kinds and their numbers, to go towards the sublime, the perfect, or the extreme simplicity, which amounts to the same thing.

To disengage from matter is, in fact, to liberate itself from all forms, non-tributary or enslaved by a principle, a code, a convention, a species. The mind is by definition free, even in the choice of its existences. Reincarnation is not, under this principle, an unavoidable rule, without appeal, but a need that one has the right to refuse. We have the free will of the extremes. You do not seem to recognize it in the maze of your dogmatic formulas. Nevertheless, on many occasions, you are approaching the understanding of this theory. But there are still old obscurantist

reflexes, thus masking you the mind at the time of the decision, the good choice. This remains normal in your evolutions.

Spirituality is in all things, even in the most monstrous. To detach one's gaze from these desolate spectacles in order to find better beauty and thus support better spirituality is not a salutary solution. The spiritual part of the material, the work is not to repress the material and your nature, but to sublimate you by splitting you with its constituent representations.

Evolution remains for you an abrupt domain in your philosophical investigations. You often fall into the ravines of the extremes staking incessantly your speeches and theories. It is good to try intellectually to understand the spiritual solutions, but it is unfortunate to create barriers, additional quibbles.

The best way to serve a humanitarian cause is to know how to integrate in it. To love a world is above all to recognize it as such and to tolerate it. To go on a crusade against iniquity by brandishing the Bible, the sermons accusing and disdainful, is not to serve the humanitarian cause. A surgeon can not be excellent if he can not stand the sight of blood or the smell of decay. It is necessary to know the dirty to be able to approach it and to wash it. To hide one's face by accusing oneself is proof of ignorance and not of high spirituality. If such were virtue, we would not be speaking to you, we would then prefer to scrutinize the Elphes, finally those who emit only sweet perfumes and noble powers ...

Wanting to restore, to enhance things is also, in a way, appropriately sentimentally, knowing how to gauge them, to measure them.



To judge that something is so, or otherwise, to ensure that our opinion is itself correct, we must first recognize its principle and its mass. I do not come to commit to trying anything, or to enter any place to know all things, because you would not have enough of several centuries, counting all the worlds and scenarios, but to understand that life as a whole is a blessing, so that we can only appreciate the foundations and the fruits.

We will always have the leisure to discuss it, such is our desire. We come to light your cities, your houses, your homes to help you raise your head, Men! And if the choice of your life is in relief, start by relieving your heart."

Jean

*Friday, May 17, 1991*

## The Spiritist Practice

"Men,

The spiritist practice, more than other spiritualistic practices, is a real gymnastic for the mind.

What we can define as "maintenance gymnastics", although we know that the mind is out of time and space, therefore strange to any measurable movement in distance, by its essence to the divine attributes. Spiritualism exerts a favorable influence on the mind, quickly becoming a need, painful when it lacks. Let us understand that through the spiritist exercise, the spirituality well dissociated from the spirit in relation to the matter, points made extreme on Earth, constitute difficult and unavoidable human foundations, I said that by this practice the nature moves in a deep agreement with the agent energizing your being.

There exist several philosophies converging in the same sense as spiritualism, several religions which possess the same sensible chord, but it is the only one to have organised in measured and established practice, the manifestation of the spirit on the matter, outside of the mechanisms recognized by men as integral part of nature.

In addition to a moral and philosophical power, the mind is emancipated in matter, customarily described as inert, reaffirming in these vibrations its transcendent potential, widening its action in your forms. Spiritualism is a whole that can not be dissociated, yet we will not fall into sectarianism by developing infernal couples such as: religion-temple,

philosophy-master, spiritualism and mediumnity. No, we are simply trying to describe Spiritism as a complete medicine, leaving nothing to be disturbed, at the level of your species and your needs.

The spirit incarnated in man, or the human form energized by the eternal spirit, will find in spiritualism, a large place where he can turn around, put himself at his ease, by recognized, measured, structured manifestations, relationship with authentic material communications in the world it is in. Thus, the communication without measure, which is of essence at home, will meet a human resonance that will not exist in other ideologies or religions, in the true sense of the word. In fact, the mind expresses itself as such, without departing from the active and sensory frame of man. He materializes his acting thought by spiritualizing the inert matter serving his own cause. His powerful theory finds a not insignificant place in human life. And we know that the latter remains terrible in evolution. This relative but real freedom is then a balm for the spirit, a relief. The spirit of a spiritist is much more at home on earth than that of a modern philosopher, for example.

No wonder, therefore, that when the spiritual practice, where it expresses itself, its message with its brothers, when it is taken away from it, makes it horribly lacking, or a disgraceful imbalance, but not fateful. And we remind you that salvation is not spiritism, but that it brings us to it, with a crutch to relieve our old step."

Jean

*Friday, May 24, 1991*

## The Evolution of Spiritism

"Know, men, that the storms of character, the ideological impulses, the conventions carried out in a hurry, are only transient in your sky, in your horizon.

Man lives on earth in a sectarian manner that is directly dependent on his evolution still fragmented in the selective divisions. Spiritism, like everything else, suffers this damage, but it will suffer much less than the others, because it is not a human convention, but a divine, eternal state that is found forever. Nevertheless, I would like to remind you here of the evolution of theories, their development, their transformation which justifies their means.

Spiritualism, carrying in its swell the material and the human foundations that it memorizes, will find a result surpassing all the data so far known on Earth. Material forms are only fleeting to the mind. By spiritualizing your matter, your forms will expand and disperse, not in irremediable darkness, but in a unique fusion with purity.

Spiritist conventions are established in a material way in order to reconcile man with matter by showing it spiritual and spiritualized as much as your thought. Spiritualism has this task, using human concepts of distance, space, time and dimension. He found the colors, the conventional ones to establish the material portrait of the yet transcendent state of the mind. This evolution is not ceasing and the transformation is increasing towards the state of purity.

What does this bring us? Well, to the widening of the conventional contours of spiritualism. This is not for tomorrow. You must, before anything else, digest the codification of relationships with spirits. But be aware that your data is key to something higher. Do not believe that God holds in one measure! No, you go to him by stripping yourself of all your contours. Those of spiritism will not escape it. The quarrels over the capacity of spiritism, the arrangement of its exercise, the superiority of its practitioners and their merit, or demerit, are secondary, and can not ensure serious discussions. In every way, man and mankind are called to change.

Spiritism, know it, will not build a sanctuary around some doctrinal conventions, but openly gives the opportunity to understand the superiority of the material today flouted, only means to evolve towards your next era. Spirituality is a divine whole, enclosing all things, even those that we would not want to find there, be it beautiful or ugly. You have a false idea of matter, the spirits, in showing themselves to men, will demonstrate it.

But as the veil is cast, constructive dogmas will disappear. At the same time, and from then on, the spiritist tool will give way to the work thus created, just as John the Baptist has given way to Jesus, nothing that should fuel polemics."

Jean

*Friday 31 May 1991*

## The Language

"Men,

The stain spread, a stain flowing from the pens, an ink stain created by preconceived ideas, interested opinions and abusive conventions.

Men fight with words rather than weapons, and to push further the reflection, the weapons are before anything else projects, ideas, and conventions. It is only later that they take on the appearance that we know them and the damage they provide then responds to their distinction, their goal, their objective.

Language, words, sentences, are weapons, building holes, distances, in fraternity. Yet logically we understand in fraternity the meaning of communication, and language is part of it. How can this be a hindrance, a gulf or crying, moans and gnashing teeth?

The form, Men! Always the shape! It is for it, men of the world that you fight, it is for the gain of a conceptual principle that you take the life of the son, that you extirpate the tears of a mother and that you disembowel the body of a mother. Genuine communication does not bear this shadow; it is not a disputed field. It is a questioning on your way to see things and recognize them. Your language creates distortions in your souls and yet you can not help but communicate. Matter is still, at home, heavy and gross.

You are able to sublimate it, the language, the exchange of languages will follow this evolution. This is a teaching, a forecast, as you understand it; there too, we should not dwell on words.

Historically, enlightened men have understood the problem of communication, trying to resolve certain differences by creating other terms appropriate to make more sense of new ideas. Communication will always be an unfinished area. At any age there is an improvement to be made. I am talking about communication in general, whether it is physical or not. The problem is at the level of dogmatization, something that happens frequently, even in the most honest institutes. The great men marking their passage on Earth, innovating in the general conceptions of men, left indelible writings behind them, which is not a bad thing, but bringing suddenly on the intolerance, the limit, the sectarianism of the from those who, in a religious and obscurantist way, follow their work to the letter.

Know that devolution brings a plus to every age of mankind. You will learn that all the things that are classified as fundamental, to be according to you arrived at their summits, will be rendered, incomplete and imperfect! It is then that new ideas will replace old arguments.

It is because of the dogmatic communication that the religions throw themselves the anatheme, that is why the reforms will go well. But it is by this impasse in revolution that the integration exists, and that the racism resonates from echo to echo ...

The spiritualism we all serve also has a form in language, a character that is not a divine perfection. His form is imprinted

with human values, his background is divine, and unfortunately sulked as many great human things are.

What you must not do, Men, is to fight evil with evil, the difference with sectarianism. Do not try to replace the use with what could only be fake. You must become universal and see only one through all kinds of communications. It is you, the men, who determine the forms of these, the spirits themselves, do not print any. They come to manifest through the maze of your conventions, know it!

Inspiration, or transcommunication, through all your mediumnic possibilities, is the same thing for us. We will always be there to shout to men our existence, your true existence, our divinity beyond all dogmatic forms of communication."

Jean

*Friday, June 27, 1991*



## The Investment

"Men!

The investment could be a long subject of study because through it we participate in the greatest human driftings.

Investment is a way of being charitable, it is a way of giving oneself, it is a factor of success for studies of all kinds.

Investment requires a lot of will, but also a lot of reason and moderation. It is then that we see men throwing themselves into investment with an astonishing will, a will of gold diggers, in grasshopper cortege devouring everything in their path.

Yes, men lack moderation, reasoning, and their investment, which in the beginning was commendable, becomes the heavy march of the ambitious unscrupulous, crushing everything in its path. An investment is a gift of oneself, it is a way of being physical in its action to answer what it supposes. An investment is a pledge of sincerity, it is a call to respect, it is not being afraid to leave his place to get to the bottom of things interesting our studies.

Unfortunately, the personal investment often looks monstrous on this planet and the most moral intrinsic values are flouted. The investment of our person too often loses sight of the group effect. An ambitious man among other ambitious men is a breeding ground for the worst escalations of violence, because he does not know the unitary investment, the universal investment. His steps resound in him, his heart beats in his ears, his words revolve around him, he lives alone, forgetting his brothers, his fellows.

Would it really be that it would have been half serious, but you are billions in this case, in different degrees, but all dangerous.

Tolerance is also a way to get involved. In the first place, it is important to know that the best investment is the one that is made for the good of all.

An example: a researcher in biology who responds to the threats of illness by healing will see his ambition, his personal investment crowned by our best wishes ... This same man spending all his money gambling in the hope of being richer still, investing all his possessions, his family, in his blind ambition, will reap only bitterness and desolation from us. The investment turned to ourselves only brings sadness. Nevertheless, some personal ambitions serve the purposes of God, which is why we can not do, or establish basic rules. But finally, men, you must have ambition, as you must be moderate, and not destroy for the gain of a desired thing. Know that the tests bringing desolation are done without your material agreement. There is no point in destroying everything by measuring with sufficiency that the means are justified by the end, because this is God.

My friends, the investment must have the shade of moderation, otherwise you would look like an hourglass that should quickly return whenever the sand passes. Without stop the extremes hurt you, forcing you to retrace your steps. The balance ensures the maintenance between these two forces. It must be used, but be careful because the softness in the decisions is an extremity, the opposite of the ambition.

You have to have a little of both and recognize their place. How to do it, will you ask me ...? Ask your conscience, it will not deceive

you. The ambition will confirm it to you, the illusion will remind you of it."

Jean

*Friday, September 6, 1991*

## The Habit

"Men,

Behind the words, you know, there is a huge spiritual context.

Words are a means for the species that conceives them to understand, to study these ideas of a material matter. At the human stage, spiritual things must be lived materially, what we call the sublimation of matter or, at least, what you know about it.

The life of the spirit is made of an immeasurable whole when we see it in the encompassing, but, taken in its essence, it is an integral unit part of God.

We spoke of habit as an act of depicting a particular spiritual state. This one is materialized according to conditions just as particular. For the mind there is no movement; for the action of sublimation, there is formation of an attractive center that can be repetitive, thus stationary but not retrograde. The habit is a material affliction from a spiritual, non-defeatist act. The mind does not have the habit. He lives years in a few seconds of your matter. Materially, habit is subject to time. You understand that the mind lives as much materially as spiritually. It is in matter that habit exists by the effect of an unmeasurable situation. This state is evolutive by the force of things, this at the essential point of the mind. For the material, there will be source of improvement, ie future tests. Habit is like a scratch in plexiglass, it will have to be polished if you want to flatten it and no longer feel its roughness.

This subject is complicated but it is good to discuss it together. A habit is forged by the autonomy of a reflex; the reflex was determined by a need, the latter creating the organ. The organ lives autonomously but does not detach itself from its conceptual values. Instinct in animals is not such a habit as we hear, yet its mechanism is similar to your tendencies. Habit depends, in men, on a particular situation for its material formation. As a matter of principle, the spirit is eternal, its existence is not overloaded with habits that would carry it to infinity, but from an immeasurable present, the material repercussion of this state creates stationary centers, closed circuits where actions repeat.

We used to say that the needs created the organ, needs recognized as such by the mind in observation of its essence.

Remember our previous messages. We see that through his material existences man lives a series of identical actions reminding indirectly of his eternity. I do not mean that stupefaction is a sign of purity but that habit is a proof that life, as you conceive it, is a sometimes infernal loop, imprisoning your spirit, when you do not try to break it by eliminating habits, quibbles obstructing your view of things. That's what you yourself conclude in your study.

Habit is a sign of saturation in any field. This does not mean that you have to become nomads or unstable people, but that awareness of all your actions remains paramount.

Men, open-mindedness should allow you to work in repetitive situations where the sense of eternal evolution can manifest

itself, what you call "genie", but which can be a thousand times more.

We will come back to it."

Jean

*Friday, September 13, 1991*

## Relativity and anxieties

"Men,

Your reason is the source of many problems, oddities, phenomena disturbing reason. Without speaking of the spiritist phenomena or any other demonstration of the force of the mind on matter, I would like tonight to look into human psychological problems in trying to approach the question of relativity.

There are moments in your lives, lost in the light of your material movements, where your reason is partitioned, stops in front of a wall, an obstacle erected by its own fact. This is what you define by the anxiety that affects the majority of men, in different degrees. We will begin by telling you that most of your anxieties are autosuggestions. The foreign spiritual obsession, that is to say coming from another spirit than yours, remains rare. For men to be sick, they do not need an obsessor, their own previous facts are largely sufficient.

But it is not uncommon for this anxiety, energized by your obtuse reason, to end up becoming a powerful attractive center for eventual sympathizers with the emissions thus propelled into the aether, with all the circumstances that this implies. The multiplicity of cases forces us to carry out a synthesis which will have nothing definitive or fundamental. We will be brief, general, in order to bring you our opinions on the matter.

The life of man possesses several degrees of intensity, depth (I should say the life of the Spirit which determines the rest). Some have seen the representation of successive bodies of spirit,

ranging from the grossest, the animal or physical body, to the most sublime, the upper body. At each level of depth the repercussions of the mind on matter are different. We will be interested in the temporal part which preoccupies you, and in your spirit living all this in an absolute way, but liberated sensitively.

Incarnation is a will, an act of elevation. The form that it takes, determining your life and its outlines, is relative. The mind thus engages in a way, in an action, identifying itself by the same in matter. He multiplies his actions by taking into account that each of them causes affinities, so many points of attraction for him, whether good or bad. Where can we find the anxiety inside this?

Let's first compare our problem with a board game! Here is an interesting game, stimulating, arousing envy, the desire to play it, including the potential well being that it could bring us. We linger and begin to play. Our reason awakens in a rigid convention: the rule of the game, which unfortunately will soon become a dogma, perhaps even bruising. The player gradually loses his independence, then caught in the whirlwinds of the course and soon will no longer conceive that he is alien to this game, and this in all points. He will forget why there was a cheek and shut himself up in a gulf built by his own will. He will ceaselessly throw his clothes, he will ceaselessly turn in circles on his carpet, commanded by an optional rule. Here is the growing anxiety and despairing. The comparison means that the anxieties observed on Earth can not truly reach the subtle tissues of the spirit. They, however, seem to arrive there in your material



representations, caused by a numbness of your senses as a result of a shrinking of your overall vision of things.

Your anxieties, far from being truly game, serving, among other things, to remind the spirit that there is no stupefaction that is positive. Well-being is a certain goal for the spirit, you concluded it yourself, it is even an eternal condition. But you understand that this one is delicate and quickly obscured by the powder of illusion."

Jean

*Friday, December 13, 1991*

"Men!

Solitude, difficulty, these words often resound in the vast expanses of your planet, it is an echo which, by clashing against the high summits of your temporal prison with an engaging aspect, create dangerous impacts by which fall destructive debris.

The difficulty of spiritism is a lure! We will try to explain this with your words so that you can understand the relationship between these things and also those that do not exist.

Before spiritism being a theory to be understood, it is an effect of an eternal cause that survives everything; it is the eternal spirituality or theater of existence. What you define by subject also exists within it. Your spirit lives this spiritual eternity, spiritism outside all material representations can not be foreign to it. In fact, the obvious demonstration of spiritualism on Earth is the manifestation of the spirit. From this world you are part of it, so it is your self that will manifest itself through it by showing through the sum of all the interventions of your brothers who, by God, form only one in your hearts.

"Understanding spiritism" loses in this vision its learning character. Indeed we do not learn to become oneself. One exists, even though one does not know it; you dream, even if you do not remember. To understand spiritism at home and to be able to apply its message in your material life is to accept its materialized ideology and to conform to it its actions and habits. The spirit

lives without any support; the spiritist doctrine might not exist that it would still remain real and alive.

This state creates repercussions in matter. These vary according to the evolution of awakening to the divine consciousness of the beings who produce them. On Earth, the repercussion of spiritualism brings you difficulties. You find it difficult to find your essential equilibrium with references established for the purpose of propaganda, because before existing in your intellect and reason, spiritualism remains immutable in your heart. This means that spiritualism can not be learned in its depth because it is the effect of what exists in you. Its terrestrial representation, far from being useless, should allow you to accede to vibratory states that are quick to conceive of material reality. There is, then, a certain difference between the two things: one is immutable, the other is called to evolve, when you do not have the bad taste of dogmatizing it. To want to understand spiritualism before applying it in your lives is nonsense. Recognition through your actions is closer to the truth. But we open up the field of your investigations by proclaiming that it is difficult here to conform the material existence according to the fundamental principles of the mind, considering that it recuses the so-called acquired values of man.

With all this you spoke of loneliness, that it made difficult the realization of precepts spiritists in your lives. It will be necessary to find another scapegoat for your weakness, since, in general, loneliness is often a lack of sociability. Your life must open up to everything and for all, which is a main meaning for the spirit.

Spiritism lives in you more than your heart beats in your chest. To recognize its existence, its strength, in the moments of your material life, is above all to know how to love, which brings back to immeasurable fraternity. Another principle of your mind and of the one who wanted it.

My friends life weighs you, we know it, your customary friction on the test creates blisters, warm-ups; this is normal and logical. But all this must not distance you from what is, and without any measure in you, in your essential heart, knowledge and love, far from the outdated learning and loneliness."

Jean

*Friday, December 20, 1991*

## The Autosuggestion

"Men,

We will talk about fatigue, boredom, illnesses, diseases, anything that can disturb your health, recognized by a stable temperature, a vertical balance, a satisfactory energy. We will talk about all this through a fact that men know well, but still being largely sulked in the consciences. Yet, it is the source of the tests, but also the way of remedying them.

We often spoke of self-suggestion, which was the principal action of the mind on matter. The effects and forms that it undergoes come from a spiritual influence, that of your mind. Thus the worlds, the spaces, are the result of an action identical to that which, certain times, relieves the heart of a troubling spectacle.

You know that here the mind possesses a surprising force, so much so that your historians meeting it through various real testimonies, translated these data in a summary, simplified, or sometimes esoteric, or even metapsychic. Thus, from a concise fact such as the multiplication of bread, for example, incomprehensible man translated a moral but not physical share. Thus, many phenomena of influence on matter, real, were subsequently considered as images, symbolic.

Yet, this is possible. Matter remains a great unknown to you, and your mind possesses an influence upon it, of which we hardly dare to speak to you. We do not understand only the overflows but also the incomprehension, deformation and grinding of teeth.

The spirit thinks, the matter acts. There are no other parameters in the action. The material ocean is the absolute vehicle of all spirits, even angels, considering that this matter exists in states of pure spiritual energy. Let's go back to your Earth and take an example to portray this influence that we know in autosuggestion. Vertigo is an influence of your mind. The board or beam on which you walk with no difficulty placed on the ground, becomes inaccessible to one hundred meters of it, in spite of the fact that the surface where you put the feet did not change, neither the time nor the space, nor gravitation. This is the geographical point that changes, the latter being directly established by your intellect, which remains physically insignificant

Let's take fatigue now; here is a weary man, in a loss of energy, overwhelmed by so many problems. The phone rings then annoying him that his lottery ticket is a winner, ordering him to come in search of his winnings on pain of losing it soon, and we will see suddenly this curved man get up, throw himself into space with agility and an unsuspecting force. Fear can also influence, joy, finally everything that is in the realm of the mind. We will not draw a picture, but will try to understand the influence you have on things, playing a great role, even in spiritistic, mediumistic relationships. The codification teaches you, among other things, that the moral influence of the medium is determining in an exercise, as to its quality. Uncertainty, doubt, irony, madness, are influences on matter. The imagination remains neutral, being a tool for material formation; she follows your directive impulses; a madman will imagine madness, an artist some works ...

So we come back to a single center: your mind. The influence of your assets is enormous, and often transforms them into a tangible reality for people who do not pay enough attention, which some people thought they explained by the egregor.

You must recognize, among other things, that your material influence, even unsuspected, wanted the rules that govern on Earth, as well as the forms! On your own, you chose the color with which you paint the box or enclose your concepts. This is how you will have to be filled with tolerance because your influences will bring the differences or, in fact, there exist only one.

The idea is uniform, in receiving it you split it into chapels more antagonistic than each other, which is a mistake to fill.

Fatigue, lack of energy, your disaccords, your acquisitions, your philosophies, your choices, your tastes, your senses, all these do not prevail in divine justice, only the intention, what it wants say in the background, and we assure you that in this way, you will perceive detours then made. But finally, this is in normality, you say; we agree, however, we invite you to consider your influence without trying too often to blame us."

Jean

*Friday, December 27, 1991*

## Communication

"Men,

The communication between the beings is probably a strong index of evolution. To be able to share the values, the riches of our dynamism, our intellect, our spirituality, is the passage of God in the subtle tissues of our spirit. This is good and remains the true fraternity that sits in heaven.

Reaching each of us, the communication that is a need, must be established beyond any frontier. But there is a condition to be able to access the high degrees of communication, where God himself is the reasoner for each question, for each interrogation. This condition is not hypocritical, it is not the index of a miser who thinks he does not have enough places in his palace, establishing a right to enter.

No, this condition is a donation, or rather a gift, an abnegation. There is no evolution that do not demand abnegation, the detachment of concepts hard to the touch, inflexible and painful.

What can abnegation mean in communication, in fraternal exchange? Everything is said in the Gospels of Christ, everything is summarized, it is then necessary to pass the insufficiencies of those who reported them to understand the scope and universalism.

You know the communication under the earth aspect; whether it is a tangible, spontaneous or delayed communication, it takes on interesting technical aspects, which do not fail to elicit certain tendencies in intelligent minds, whether incarnated or



disembodied. Here we can cite interplanetary, televised, but also transcendent communications, etc. All this is part of the known communication on Earth, even if it includes kinds that are not always going along together. Anyway it's here talking about sharing where information is given. There is, however, a handicap to this communication calling for abnegation, abandonment, in the hope of reaching the heights of it. This problem lies in the form of communications.

It is difficult to speak of this subject by borrowing a human tool which is likewise overloaded with forms. But we do it knowing that in these precise moments you can only hear us by similarity. The forms of your conventions serve me, therefore, to portray my thoughts, which, I remind you, are not subject to your time. And for us, we are not in the month of January, it is not night, we are not in France and we are not physically located around you. So, in a few words, this is a situation that we want to communicate and which, translated into your language, seems incomprehensible and ridiculous. However, there is communication and this medium could cease writing that I would again and again place in your hearts a fraternal balm and repairer.

Our interventions are therefore on two levels. Here is what communication is: omnipresence and independence of the forms it takes, according to the worlds that it goes through and who understands it. The more the spirits are evolved, the more the aspect of communication is subtle and divine.

Divine communication, absolute, possesses no density, no consistency. Without formula or condition, it is spontaneous and

uniform in purity. Everything that does not come close to this is flawed.

Attention, we are talking about passing and evolving forms. Communication, for its part, continues to flow in the aether.

My will, however, is very real and I perceive your lives and your intentions, this by the exchange of our energies that free themselves from time and space. For that I do not need a mediation, I think of you while doing something else, light-years away from your Earth. By previous acquirements, we no longer see our past lives as memories, but feel them as supports allowing the gradual walk towards God.

But all these words form limits that can hinder sensitivity, disrupting the ideas received, whereas before the sentences there was only help for men.

It is here that is the obstacle, the handicap, in the form. Although they are useful to your studies, learn to know that they are only used things containing the most important, the true communication, which hides behind all your books."

Jean

*Friday, January 3, 1991*

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