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## HOW TO

Its optional to start the meeting with your complementary reading, such as a Spiritist book of inspirational messages. It helps everyone focus on the study you are to begin.

1. Someone says a simple opening prayer.
2. Fill a container with water and place it near the meeting area, where it will be magnetized by the good spirits.
3. Proceed to read a passage from "The Gospel According to Spiritism" and have participants comment on the text.
4. End the meeting with a closing prayer, giving thanks for the blessings you have received, for this moment of study, and for the assistance of the good spirits. Also, ask for assistance for friends and loved ones, as well as for others who are in need or who may be suffering.
5. Distribute the magnetized water among participants.

When participants comment on the text read, they should refrain from discussions or deviating into other matters in order to maintain the good vibrations that have been established.



The Toronto Spiritist Society - TSS is a non-profit organization that promotes the study, practice and dissemination of the Spiritist Doctrine as codified by Allan Kardec. Established in Toronto in 2010, the TSS sponsors the study of Spiritism in its three foundational aspects: Philosophical, Religious and Scientific. We offer a port of consolation to all who come seeking peace in the communion of wellmeaning thoughts and feelings, while living the teachings of Jesus in light of Spiritism

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## GOSPEL AT HOME



- How to -  
- Guidelines -  
- Benefits -



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## BENEFITS

- Moral And Spiritual Strength
- Strengthened Bond between Family/Household Members
- Hygienization of the Home with Elevated Thoughts
- Company and Assistance of Good Spirits
- Education of Discarnate Spirits



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## GUIDELINES FOR

1. The meeting needs to be held on the same day, at the same time, each week.
2. If the whole family is traveling, it is permissible to do the meeting, wherever they are, if circumstances permit.
3. The duration of the meeting should be approximately 30 minutes.
4. The environment should be a comfortable place inside the home. If a household member is sick at the time, the meeting can be conducted where he or she is. If desired, soft music can be played in the background.

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## GOSPEL AT HOME

5. The book to be read should be "The Gospel According to Spiritism" which can be used by opening it at random or in sequence.
6. Once the meeting begins, it should not be interrupted for phone calls or other activities. If someone arrives late, they can be invited to join the group.
7. Especially on the day of the meeting, participants should seek to maintain physical, emotional, and spiritual balance, avoiding alcoholic drinks, heavy foods, mental exhaustion, arguments, and inappropriate behaviors.