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PREPARATION FOR THE MEETING: UPON AWAKENING

As a general rule, on the day designated for the work of disobsession, the members of the team should maintain a dignified mental attitude.

From the moment of awakening, the counselors, the trance mediums, and those responsible for sustaining the ambiance and even the occasional visitor, must keep their thoughts elevated whether through prayer or by directing their minds to subjects of an elevated nature.

This can be achieved by cultivating pure thoughts and a good attitude, by practicing correct actions and by the use of a dignified vocabulary. Quarrels and arguments must be avoided by cultivating patience and serenity, no matter

what difficulties might be encountered during the course of the day.

This is the proper preparation for a very serious undertaking, that is, the assistance to the less fortunate disincarnate beings, under the supervision of the Benefactors from the Spiritual Realm.

Imagine yourselves in the position of the Spirits in need and you will be able to comprehend the responsibility you are undertaking.

Each member of the group is an important component in the mechanism of service. The group as a whole is the engine, so to speak.

PREPARATION FOR THE MEETING:
NOURISHMENT

The type of food eaten in the hours preceding the proposed task of spiritual interchange should be light. One should not fill oneself up with excessive amounts of food.

Full stomach – slow functioning brain.

The laborious process of digestion uses up a great deal of energy, hindering the clear and ample functioning of the thought process, which demands confidence and clarity in order to express itself best in the disobsession activities.

It is advisable to take a minimum amount of light foods. We believe it to be unnecessary to remind anyone regarding the impropriety of the intake of alcoholic substances. Those who still feel the need to smoke, eat meat,

drink coffee and use strong spices, if they are not able to avoid it completely during the day of the meeting, are advised to, at least, reduce their intake. It must be understood that ideally, those participating in the work of disobsession should enter the doors of the Spiritist Center without any digestive problems.