

Inner Transformation

1. Who are we?



We are ever-progressing immortal spirits' destined to perfection and happiness.

SPIRIT HIERARCHY ²	
FIRST ORDER:	
Pure Spirits <small>(No influence from matter)</small>	1 st class: Pure Spirits
SECOND ORDER:	
Good Spirits <small>(Predominance of spirit over Matter)</small>	2 nd class: Superior Spirits 3 rd class: Wise Spirits 4 th class: Scholar Spirits 5 th class: Benevolent Spirits
THIRD ORDER:	
Imperfect Spirits <small>(Predominance of matter over Spirit)</small>	6 th class: Disturbing Spirits 7 th class: Neutral Spirits 8 th class: Pseudo-wise Spirits 9 th class: Frivolous Spirits 10 th class: Impure Spirits

2. Where do we find the key to our destination?



In our conscience³.

3. Since we carry God's law in our conscience, why does it have to be revealed to us?



We have forgotten and disregarded it, but God has willed for us to remember it through missionary spirits who have instructed humankind in every age⁴.

4. How do we get to our ultimate destination?

By acquiring experiences and knowledge that are in synchronicity with God's laws.

5. What are the means to those acquisitions?



The soul undoubtedly undergoes a transformation, which shall happen through many lives (reincarnations)⁵.

Transformation therefore can only be realized with time, gradually, little by little⁶.

6. What is the most profound transformation we need to make?



Self-centeredness⁷. The highest virtue consists in the sacrifice of self-interest for the good of one's neighbor without ulterior motives⁸.

7. How can disinterestedness and detachment foster our progress?



Attachment to material things is a notorious indication of imperfection, because the more humans are attached to the things of this world, the less they understand their true destiny.

Through disinterestedness, however, we show that we see the future from a more evolved point of view⁷.

8. What is the most effective means for transforming and improving ourselves?



A sage of antiquity has told you: *'Know thyself'*⁹.

9. By what means can we get to know of ourselves?

1. At the end of each day let us examine our conscience, review what we had done and ask ourselves whether or not we had failed to fulfill some duty and whether or not anyone had had reason to complain about us⁹. (See Benjamin Franklin's method)



2. Praying to God and our guardian angels to enlighten us⁹.



Benjamin Franklin's 13 Virtue Program¹⁰

1. **TEMPERANCE.** Eat not to dullness; drink not to elevation.
2. **SILENCE.** Speak not but what may benefit others or yourself; avoid trifling conversation.
3. **ORDER.** Let all your things have their places; let each part of your business have its time.
4. **RESOLUTION.** Resolve to perform what you ought; perform without fail what you resolve.
5. **FRUGALITY.** Make no expense but to do good to others or yourself; i.e., waste nothing.
6. **INDUSTRY.** Lose no time; be always employed in something useful; cut off all unnecessary actions.
7. **SINCERITY.** Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.
8. **JUSTICE.** Wrong none by doing injuries, or omitting the benefits that are your duty.
9. **MODERATION.** Avoid extremes; forbear resenting injuries so much as you think they deserve.
10. **CLEANLINESS.** Tolerate no uncleanness in body, cloths, or habitation.
11. **TRANQUILLITY.** Be not disturbed at trifles, or at accidents common or unavoidable.
12. **CHASTITY.** Rarely use venery but for health or offspring, never to dulness, weakness, or the injury of your own or another's peace or reputation.
13. **HUMILITY.** Imitate Jesus and Socrates.

10. What are the characteristics of the good person?

The good person¹¹:

- * Places their faith in God;
- * Do all the good it was possible to do;
- * When faced with life's struggles, accepts them without protest;
- * Never disapprove of someone because that person happens to think differently;
- * Forgive and forget wrongs and only remember the good they have received;
- * Tolerate others' frailties;
- * Study their own imperfections and constantly battle against them;
- * Always respect the rights of their fellow human beings.

These aren't all the qualities that distinguish the good person, but anyone who tries diligently to possess them will find themselves on the road that leads to all the rest.

7. Steps to Inner Transformation



Happiness does not come from possessions or power, but rather from a wise and dedicated heart.¹²



References:

1. The Spirits' Book, Allan Kardec, part III, Conclusion.
2. The Spirits' Book, Allan Kardec, Q/A 100-113.
3. The Spirits' Book, Allan Kardec, Q/A 621.
4. The Spirits' Book, Allan Kardec, Q/A 621-622.
5. The Spirits' Book, Allan Kardec, Q/A 166.
6. The Spirits' Book, Allan Kardec, Q/A 800.
7. The Spirits' Book, Allan Kardec, Q/A 895.
8. The Spirits' Book, Allan Kardec, Q/A 893.
9. The Spirits' Book, Allan Kardec, Q/A 919.
10. The Autobiography of Benjamin Franklin by Benjamin Franklin.
11. The Gospel According to Spiritism, item 3, Chapter 17.
12. Endearing Gems from Chico Xavier, J. Korngold.

Self-knowledge is the key to individual improvement⁹.