

# Obsession & Disobsession

## What is Obsession ?



The negative persistent action which a less evolved spirit exercises over an individual<sup>1</sup>.

## Who is the obsessor?



The obsessor is someone who is disturbed due to sufferings and deceptions likely caused by the obsessed individual<sup>2</sup>.

## Types of Obsession

### Simple



When (incarnate or discarnate) spirits attach themselves to those who solicit them with their desires, or who attract them with their thoughts<sup>3</sup>.

### Fascination



When a malicious (incarnate or discarnate) spirit exerts such a powerful influence upon individuals that it paralyzes their judgment<sup>4</sup>.

### Subjugation



When a malicious (incarnate or discarnate) spirit paralyzes the will of individuals making them act in spite of themselves. Subjugation may be moral or corporeal<sup>4</sup>.

## Dynamics of Obsession<sup>5</sup>

Incarnate ⇌ Incarnate  
 Discarnate ⇌ Discarnate  
 Incarnate ⇌ Discarnate  
 Discarnate ⇌ Incarnate



## Causes of Obsession

Moral imperfections of both obsessing and obsessed individuals who have had a relationship in this or a past reincarnation and have their minds still tuned to one another in an emotional state characterized by dispositions such as:



hatred vengeance addictions



vanity jealousy attachment

## Signs of obsession



- Emotional oscillations
- Any form of physical or mental coercion that dominates the will
- Involuntary behaviors
- Persistent negativity
- Excessive pride
- Ideas of grandiosity
- Irritability
- Avoidance of healthy situations

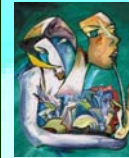


## Self-Obsession

Human beings are often their own obsessors<sup>6</sup>.

## Obsession Aftermath

Mental and/or physical disorders



These do not originate in any physiological pathology, but come from suffering entities exerting influence on certain individuals, causing the appearance of mental and/or physical disease<sup>7</sup>.

## Preventing Obsession



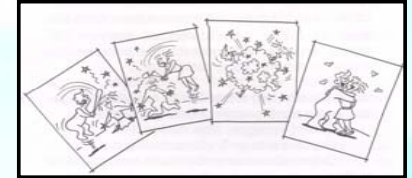
Inner transformation

Practice of Charity (Love in Action)

**Watch and Pray**

- Matthew 26:41

## Disobsession: Treatment for Obsession



## Inner Transformation

Inner transformation promotes a positive attitude and, thus, fortifies the soul<sup>8</sup>.

## Passes & Spiritually Magnetized Water

Passes and spiritually magnetized water help to remove the unhealthy fluids (energies) that envelope the obsessed individual<sup>8</sup>.

## Counseling the Obsessor

It is necessary to counsel the obsessing spirit to renounce his unhealthy designs; to awaken with him a desire to do good, and true repentance, by the aid of cleverly directed instructions<sup>8</sup>.

## Disobsession Meetings

**Location:** Spiritist Center

**Needed Requirements<sup>9</sup>:**

- Training
- Mediumistic Team
- Meeting day<sup>9</sup>:**
- Preparation
- Punctuality
- Opening and Closing Prayers
- Spirit Manifestation
- Spirit Counseling
- Passes



### OUTCOME

The entities that are enlightened during these specialized Spiritist meetings will reincarnate in better moral conditions and be able to count on stronger inner resources.<sup>10</sup>

### References

1. The Gospel According to Spiritism, Allan Kardec, Chapter 28, Item 81.
2. Obsessao e Desobsessao, Suelly C. Schubert, Chapter 13.
3. The Spirits' Book, Allan Kardec, OJA 467.
4. The Mediums' Book, Allan Kardec, Item 239-240.
5. Obsessao e Desobsessao, Suelly C. Schubert, Chapter 5.
6. Posthumous Work, Allan Kardec, Item 58.
7. Introduction to the Spiritist Philosophy, Allan Kardec, page 76.
8. Genesis, Allan Kardec, Chapter 14, Item 46.
9. Disobsession, Andre Luiz/Francois Xavier.
10. Getting to the Light: The Spiritist Therapy for Discarnate Spirits, Nilson S. Pereira.