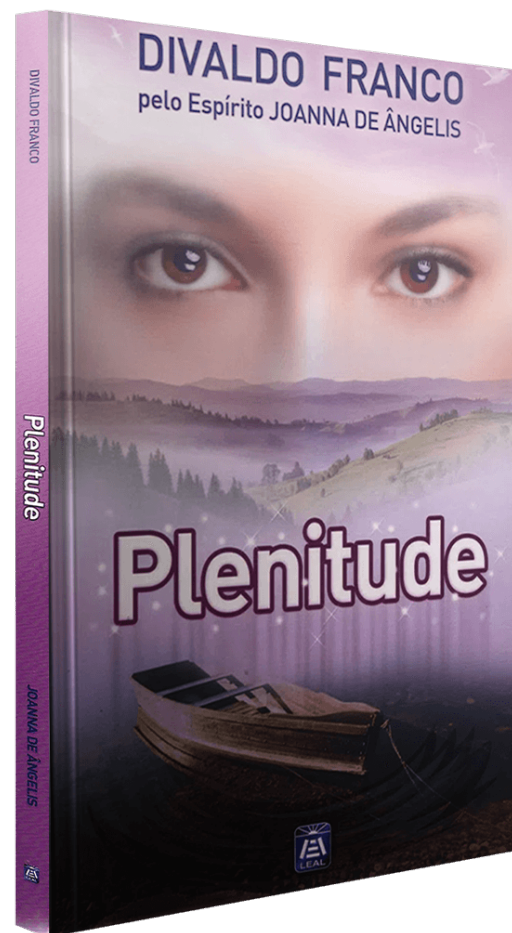




Approaches to End Suffering

Anderson N. Vicente

Plenitude - Chapter 5



Q132 (SB) - What is the PURPOSE of the incarnation of spirits?

God imposes incarnation for the purpose of leading spirits to perfection: **for some, it is an expiation; for others, a mission.** However, in order to reach this perfection, they must undergo all the vicissitudes of corporeal existence – therein lies their expiation.

Incarnation has a further objective, which is to place **spirits in situations where they can do their share in the work of creation.** On each world, they clothe themselves with an instrument that is in harmony with the essential matter of that world so that they may use that instrument to carry out the orders of God. In this way, they contribute to the general work and progress at the same time.

Spirit evolution

"In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you."

John 14:2

Classification of Worlds and Spirits

Celestial Worlds	1 st Class – Pure Spirits	E V O L U T I O N
Happy Worlds	2 nd Class – High Order Spirits	
	3 rd Class – Wise Spirits	
Regeneration	4 th Class – Learned Spirits	
	5 th Class – Benevolent Spirits	
Tests and Atonements	6 th Class – Boisterous and Disturbing Spirits	
	7 th Class – Neutral Spirits	
	8 th Class – Pseudo-learned Spirits	
	9 th Class – Frivolous Spirits	
	10 th Class – Impure Spirits	
Primitive	First Incarnations	

Corporeal Incarnations

Why Suffering?





Suffering causes & consequences

Suffering is caused by disorders in the spirit that disharmonize the flow of energy, allowing physical, mental and moral infirmities to take root.

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“Spiritually sound individuals
are useful and indispensable
to society overall”

Joanna De Ângelis

A vertical image on the left side of the slide shows the silhouette of a person's head and shoulders in profile, facing right. They are holding a rose to their nose, as if smelling it. The background is a warm, golden-orange sunset or sunrise sky, with the sun visible as a bright circle behind the person's head. The overall mood is contemplative and peaceful.

Approaches to minimize suffering

- Self-reflection
- To seek for the goodness in everyone and everything
- To give back
- Enlightenment



Self-Reflection

- A deep self-analysis allows us to advance our inner harmonization, providing the energy that preserves health. Blockings of energy are released, since we syntonize the divine vibration, essential reason for life.
- Buddhist system of meditation: Samantha, Vipassanā and Metta Bhavanna.

To seek for the goodness, transferring to others the maternal image



Recognize all beings as if they were the manifestation of their own parents, especially the mother, for the sacrifices that were imposed during pregnancy, childbirth, and life-preserving nourishment.

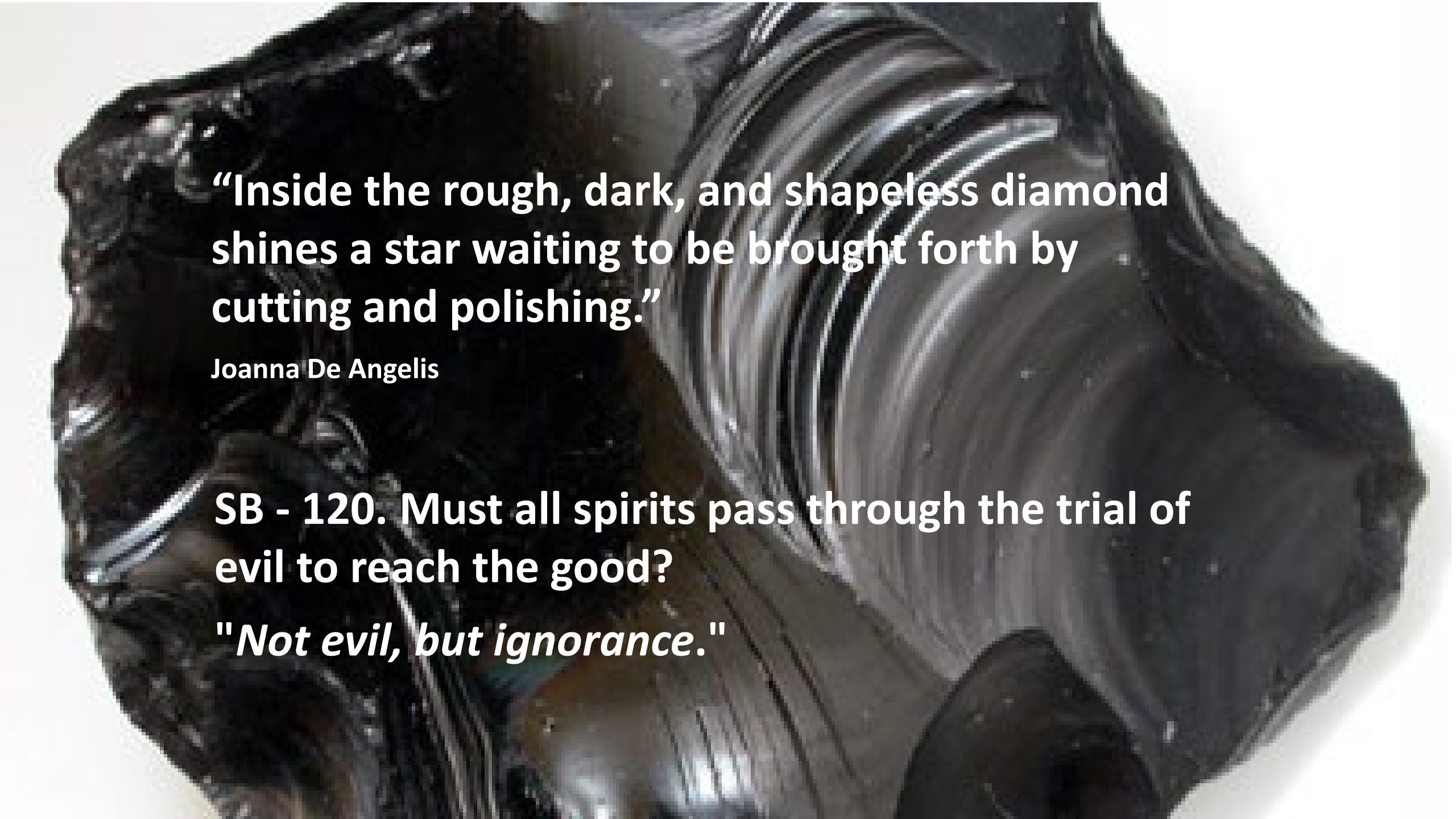
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To seek for the goodness, in every living creation of God

Seeing the positive, pleasant maternal aspect in all living beings, provides strength for the preservation and restoration of the health and well-being, all essential conditions for happiness.

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“Inside the rough, dark, and shapeless diamond shines a star waiting to be brought forth by cutting and polishing.”

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SB - 120. Must all spirits pass through the trial of evil to reach the good?

"Not evil, but ignorance."



To give back

When any important quality is identified, especially the goodness in people, animals, and in the lofty purposes of plant life, one should plan to repay that sentiment.

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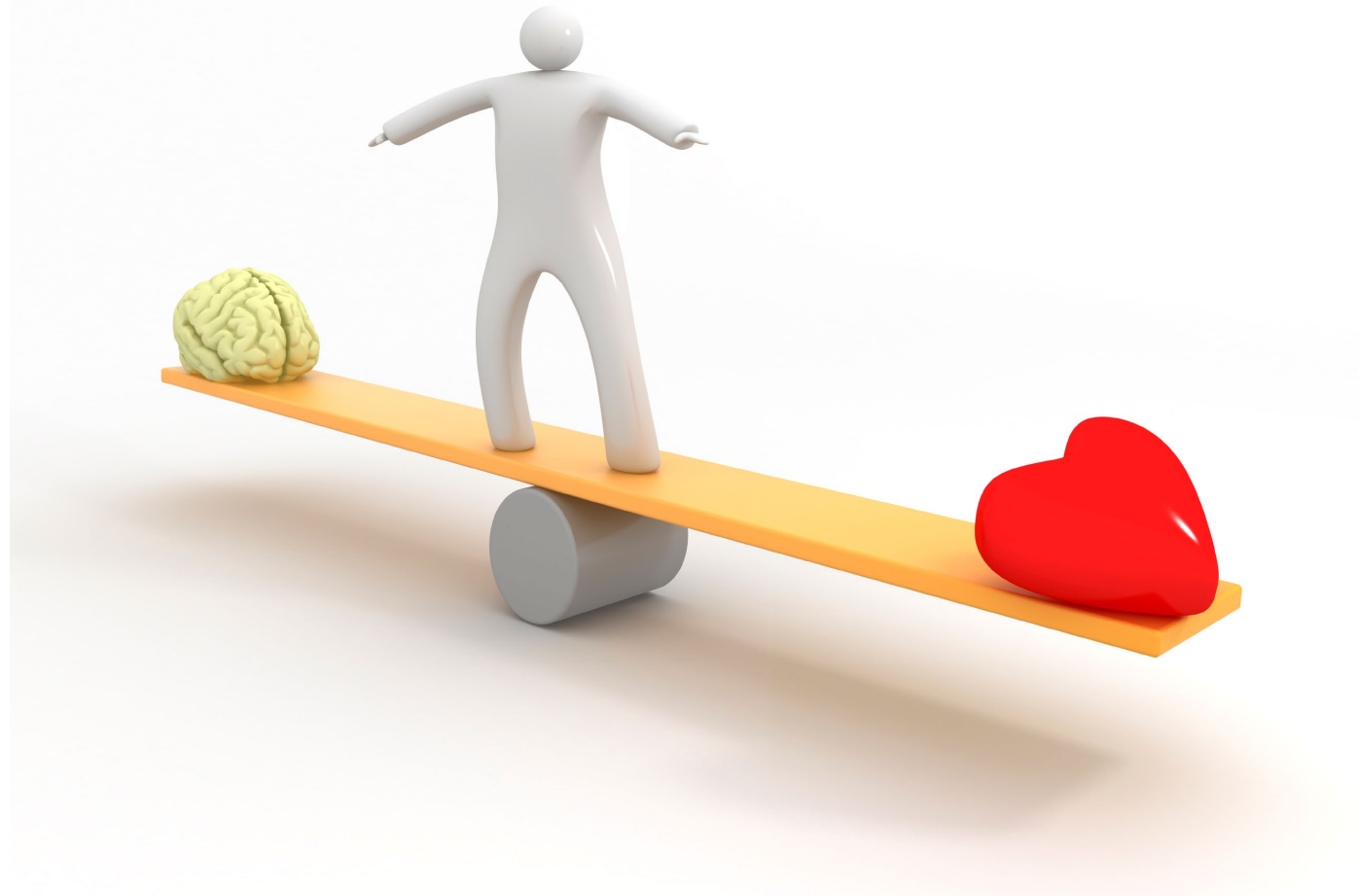
To give back

Choosing to act or not to act with goodness is a decision of the mind, and producing the good is from the heart.

Love is the most powerful antidote to any degenerative phenomena such as pain, ingratitude, aggressiveness, or imbalance.

Love has ingredients that dilute evil and favor the emergence of the hidden good.

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To give back

Wherever progress thrives,
love manifests.



To give back

Life is impossible without love.





Doing work for the good,
becomes fulfilling charity
for both giver and receiver.

Compassion is a two-way
street: the receiver's
satisfaction and the giver's
inner response in form of
tranquil conscience due to
the emotion experienced.

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Enlightenment



All human experiences are tools that enable individuals to mature.

And when we mature and true enlighten ourselves, we will no longer need pain to reach our goals, because love is the sole reason for living, in tune with the Divine Thought that attracts us more and more vigorously towards the ultimate goal.



Thank You!