

**How Can  
I Be  
Truly Happy?**



**A  
Basic Issues  
of Life  
Study Guide**

# **How Can I Be Truly Happy?**

The stories of:

*Cassio Colombo*

*Helena Brandao*

*Wysle Terezhinha Muller*

*Heber Soares*

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We also extend our sincere thanks to the following two publishers who allowed us to make use of material from two of their books:

*Minha Experiencia Com Os Espiritos*, (Ex-atriz Darlene Gloria), CPAD Publicacoes, Rio de Janeiro, 1981.

*Nos Bastidores dos Espiritos*, Caio Fabio D'Araujo Filho, Editora Betania, Belo Horizonte, 1982.

May this course, ***HOW CAN I BE TRULY HAPPY***, serve as a means of blessing to those who seek to understand the message of the Word of God today.

The Authors



# First, let's have a talk.

In our world today, who can say, "I'm truly happy?"

Not many people can.

When you read the daily newspaper or watch the news, you have to conclude that evil seems to be everywhere. Crime is at our door. War, poverty, and disease, all of man's ancient problems, are still far from being solved. People are unhappy everywhere, and you may constantly struggle with problems yourself, hoping that the situation will improve.

Like those whose stories you will read, you may feel a deep inner void, a restlessness that indicates that something vital is missing. You may have questioned many times, "What is life really all about anyway?"

This study deals with that issue and the question of what "true happiness" is. You will discover that you are not the only one who has asked this question. The individuals who relate their stories to us use their real names. These are true stories of real people who sought solutions to their problems in the occult, drugs, and alcohol. They had come to the end of their resources and some of them were on the verge of suicide before they discovered the secret of true happiness.

Each one of these stories will help you to understand that evil circumstances and "bad luck" do not have to dominate you. You can find purpose in life and you can be truly happy!

We present this course with the assurance that you too can find the same peace and happiness as each one of those whose story is related here!

Your National Director



# WHAT ABOUT YOUR LIFE?

**Cassio Columbo**

In 1968 Cassio Columbo owned and operated the third largest canned goods wholesale house in the city of Sao Paulo, Brazil. After a series of reverses, he went bankrupt. Not only did he personally suffer a serious financial crisis in his business, but his family also suffered with him.

This is the story of his recovery. It's a true story. It relates how he searched everywhere for solutions to his money and personal problems and how he found true happiness.

Mr. Colombo asks you these questions: "What about your life? Are you going through financial or personal difficulties? Are you truly happy?" I believe this lesson will help you successfully face situations in life like those Cassio Colombo had to face and try to overcome.

How? Read on and you'll see!

## **FAILURE AND UNCERTAINTY**

"If I don't die of a heart attack, I'll put a bullet in my head. We're about to lose everything we've worked for these long years," I declared to my wife. My business was going bankrupt.

"Our situation is desperate, Noeli."

"What?" she responded.

"We're losing real-estate properties and cash. There's no way to stem the tide of our losses. I'll never be able to face our creditors. Noeli, I'm ashamed to be accused of failure."

In 1968, my canned goods wholesale business was the third largest in the city of Sao Paulo. Then, over a short period of

time, things fell apart. One day I was on top and the next day at the bottom. I had bitten off more than I could chew. This was the end of the line.

What had happened?

I suffered staggering competition. Inflation and interest rates sky-rocketed. Prices in general soared. Labor costs multiplied. This all contributed to my bankruptcy.

In trying to be somebody in life, I was beaten down. I extended myself at the wrong time and was caught unprepared in the economic crosscurrents.

Then my wife and I thought of God. What God? Noeli was the first to remember Him—the God of our youth, the God who had the power to do anything.

“Do you think He’ll do something for us now?” she asked.

“I don’t know.” I told her.

I had never really thought about God. But now, forced into recognizing and facing my failure, I decided to turn to Him. I began to seek Him.

I looked to the traditional religion of our youth, but I was disappointed. I was looking for “certainty” and the “right” answers. Instead, I found myself surrounded by uncertainties.

“Look, Cassio,” they would tell me, “if you pay a novena... it could be that... If you light a candle, maybe... If you do this or that ....”

I needed assurance, and I didn’t find it in the religion of my youth. What I didn’t know was that my search to resolve our problems would take us into an inferno. And what an inferno!

I didn’t know it then but I was going to suffer worse things than the failure of my business.

#### **SOMETHING TO THINK ABOUT!**

It’s hard to anticipate problems you’ll meet trying to be successful. Sometimes not only your own mistakes but the circumstances of life

defeat your best plans. That's what happened to Cassio Colombo. Perhaps the saddest part is that he wasn't prepared to face the biggest crisis in his life, the failure of his business and the personal problems that resulted.

What about your life? Do you need help to resolve job-related problems or personal problems? You'll soon see how Cassio reacted: like a drowning man, reaching in desperation for anything, even a straw floating by.

## SEARCHING FOR ANSWERS

Constantly looking for solutions, I followed the advice of friends who said, “Try the occult.” So I did. First I tried “white table” spiritism and the teachings of Allen Kardec.

There the practitioners told me, “You have the gift to be a medium. You need to develop it. The spirit of your father-in-law is nearby, and he needs light. You can help him.”

They also taught me their doctrines of reincarnation and salvation through good works and suffering. They promised me that I’d find a solution to my problems in their brand of the occult.

But the things they promised me didn’t come to pass. Then I decided, “I’m going to experiment with Umbanda’s black magic.”

The Umbanda father-of-the-saint informed me, “Someone has put a hex on you.” I didn’t know who had put a hex on me. I didn’t even know if this was the truth! Nonetheless, I began to practice the spiritism of Umbanda.

It was then that I discovered the fraud involved in the occult. Fraud, because many say they receive a spirit when they actually don’t. I also discovered the reality of the occult, because my body became the dwelling place for a spirit other than my own. It manifested itself, moved about, and even talked through me. I suffered a great deal, and my situation only got worse, not better.

Then my friends sent me on to “Candomble,” an African form of the occult in Brazil.

The high priestess told me, “The curse on you is in the water. You need to cleanse yourself in the ocean.”

“Cleanse myself in the ocean,” I asked, “how?”

“By giving offerings to Yemanjá” (the goddess of the sea), she said.

I accepted their advice and diligently performed all the rituals of Candomble. I even did what anyone with common sense would not do. I obeyed the letter of their law!

That’s when strange things began to happen in our home, to me, to Noeli, and to our children.

“What’s happened to Dad? He’s acting weird. It seems like he doesn’t love us anymore. Why, Mom?” the children asked.

“I don’t know. I just don’t know,” she responded.

One night at home, I heard a scream that sent chills up and down my spine. “Daddy, Daddy! Somebody came up the stairs and he’s coming into my room,” wailed my son.

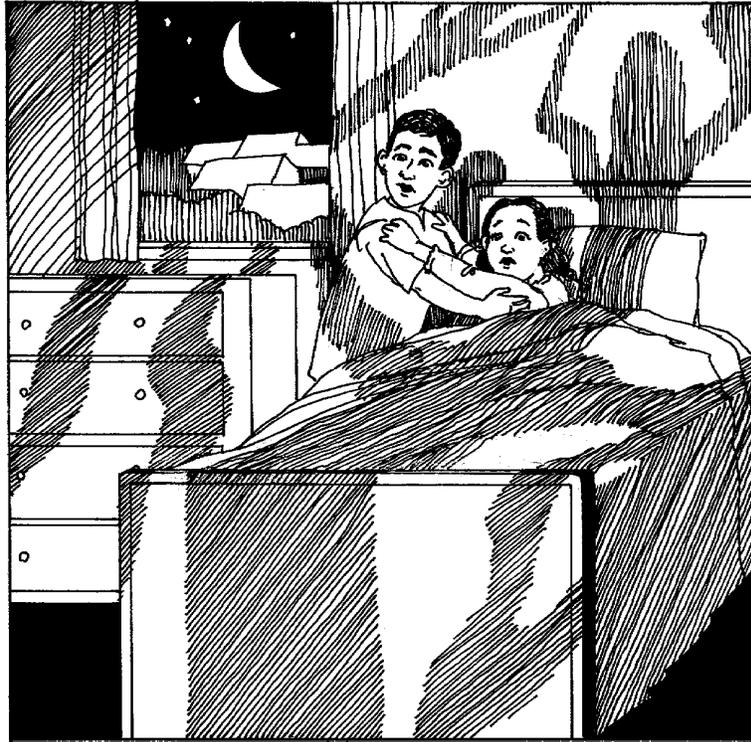
“But I don’t see anyone,” I cried. It had to be some kind of phantom.

“What’s that smell, Cassio?” asked Noeli. “Who’s burning candles in the house?”

“Nobody that I know of,” I replied. “Nobody.”

Supernatural phenomena were terrifying us in our own home. Our children started having scary visions and nightmares.

They couldn’t sleep. Fear gripped all of us. Fear was destroying our home.



“So this is how the occult solves people’s problems,” I thought. How absurd! However, the most absurd thing about all this was that I persisted in looking to the occult to solve our financial and personal problems!

#### **SOMETHING TO THINK ABOUT!**

Note how Cassio became so desperate that he tried all types of occult practices to solve his problems. However, his efforts only seemed to make things worse. What a contradiction!

Eventually, Cassio became disillusioned with all the occult practices that promised him a solution to his financial and personal problems. But for now he continued to suffer the torments of the spirit world. His house was haunted and his family was terrified.

Cassio said that many of the things he did were against common sense. Maybe you or someone you know has done similar things. Read on to see what happens to Cassio and his family in the search for some solution to his problems.

## **LIVING IN HELL**

Even though I felt imprisoned by those spirits, by supernatural forces, I still insisted on seeking for solutions in the occult. However, there were no satisfactory answers.

“Now what do I do?” was my anguished cry.

It was at this point I received another spirit besides the one called my “spirit guide.” This new spirit was called “Exu.” It was then that I found myself in total bondage.

“Exu” told me, “Cassio, if you will allow me to use your body to manifest myself, I’ll get you out of your terrible predicament.”

Then he threatened me, “But if you don’t yield to me, you will no longer be able to sleep. You’ll lose your appetite and you’ll die of starvation. What do you say? Will you do it?”

I didn’t answer. I was overwhelmed with fear. Nonetheless, from that time on, “Exu” took control of my body. My life became a literal hell. I smoked up to five packs of cigarettes a day. Looking for an escape, I began to think seriously about suicide.

About this same time, without my knowing it, Noeli was making plans to kill the children and me, and then commit suicide herself.

Murder and suicide all at the same time!

I discovered her plans. “My God!” I thought. “We’ve come to such an desperate state! Imagine, I’m not reading this in a newspaper. It’s happening to me and my family. What a nightmare!”

Fortunately, we lacked both the opportunity and the courage to commit such an atrocity. The truth is, God had other plans for us.

We decided to fight this thing and not yield to the “Exu.”

Then the “Exu” began to fulfill his threats. I lost the desire to eat. I couldn’t sleep. I had complete medical check-ups but the doctors found nothing physically wrong with me. My illness was a spiritual one, caused by the evil spirits.

I suffered for almost two years. Near the end, during the worst phase which lasted thirteen days, I couldn’t eat or sleep. My strength was totally drained.

“What’s going to happen to us?” I asked myself.

I especially remember one night when I knelt and prayed. With my hands lifted up, out of the depths of my anguish, I poured out my heart: “God, if you really exist, give me another chance. Please help me. I can’t stand these pressures anymore!”

That same night Noeli also cried out to the Lord: “Oh, God, I can’t take this anymore. If you exist, I need to meet you personally.”

God heard our cries, and He answered our prayers.



### **SOMETHING TO THINK ABOUT!**

The spirits promised good things to Cassio. However, his problems got worse and he and his wife despaired of life.

Of course, the spirit entities helped him at first, but only in order to ensnare him. Later on, they didn't help him; instead they almost destroyed him. The outcome of his search was disastrous, don't you agree?

In the next section we will see how Cassio and Noeli were liberated from fear and bondage to the Exu. Cassio himself can best answer these questions: "Can God deliver people from fear and suffering in our day? Is it possible to be truly happy?"

Continue to read and you will see!

### **FREE AT LAST!**

God heard us! Can you imagine what that meant to us?

Religion had deceived us. Not even the mystic arts gave us the answers we needed. Friends failed us. Our relatives were helpless to do anything for us. But God heard our desperate cries. How did that come about?

"Noeli, come with me," a friend invited her. "I'm going to a meeting where you'll hear the truth about Jesus." Noeli went to hear for herself.

When she returned she had news for me. "Cassio, I believe I've found the truth this time!"

"What do you mean?" I asked somewhat suspiciously.

"I know now what God's plan is for us. I found out why Jesus suffered. He suffered for our sins. It wasn't to teach us that we have to suffer. He died on the cross for us and for our offenses. His blood, poured out on the cross of Calvary, paid our debt to God. All we have to do is accept what He's done for us!"

To tell you the truth, I was confused at first. I had never heard such teaching in any other religion. Other religions demanded sacrifices, payment of obligations, good works, and suffering.

Two days later the same people who had brought the message of deliverance to Noeli came and talked to me. I learned many new and wonderful truths.

I learned so much. I learned that “God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish, but have eternal life” (John 3:16). That was exactly what I needed.

There is neither time nor space to tell you all I learned. But let me tell you what happened to Noeli and me.

“Do you want to accept Jesus as your Savior and be free right now, Cassio?” they asked.

“Yes,” I told them, “I do. I can’t stand this torment any more.”

Then, by using the authority of the Word of God, they cast the evil spirits out of my body. The spirits were expelled by the authority of Jesus’ name. As they prayed for me, the spirits revealed their true identity and left. I was set free! That was on November 7, 1968. I marked the date on my calendar. After I was set free, I came to understand the love of God.

Before this, I had heard of the gospel but now God had spoken to me personally. Through these new friends, God worked in my life and freed me from being possessed by evil spirits. I felt such relief! My appetite returned. I was able to sleep again. I felt the power of God and new strength in my life!

I read the following verse in the Scriptures: “When a man’s ways are pleasing to the Lord, he makes even his enemies live at peace with him” (Proverbs 16:7).

I believed then that God was going to help me in a supernatural way, and He did. We didn’t have to declare bankruptcy! We had huge debts, but after a struggle that lasted six years, we managed to pay off most of what we owed. Some companies considered our debt a “tax loss.” Thus we were free to follow the way the Lord was leading us. No more creditors to bother us! The Lord gave us the victory!

It has been a privilege to share with you how the Lord worked in my life. That story isn't over. He is still working in my family and me. He started us on the road to "true happiness."

Dear friend, what about your life? Are you happy?

Whatever your situation is, please know that no "being from above," no "guide" or dead "saint" has the power to free you from your problems and make you happy. Only Jesus Christ can do this. Why not consider this? Give your life over to Him like I did. I have no more fears and neither will you. I have peace and so will you.

#### **SOMETHING TO THINK ABOUT!**

Note how Cassio still owed a lot of money after he accepted Christ and was set free from the possession of evil spirits. Remember, however, that even though his financial situation hadn't changed, his attitude had. Now he wasn't alone. He could call on the Lord. From that day on, he began to act by faith. He started to give the Lord a chance to work in his life. How wonderful that Cassio and his family found God's love through Christ! And besides this, he was able, over a period of time, to pay off most of his debts.

What are your needs? Maybe you also need God's help to know His will for your life.

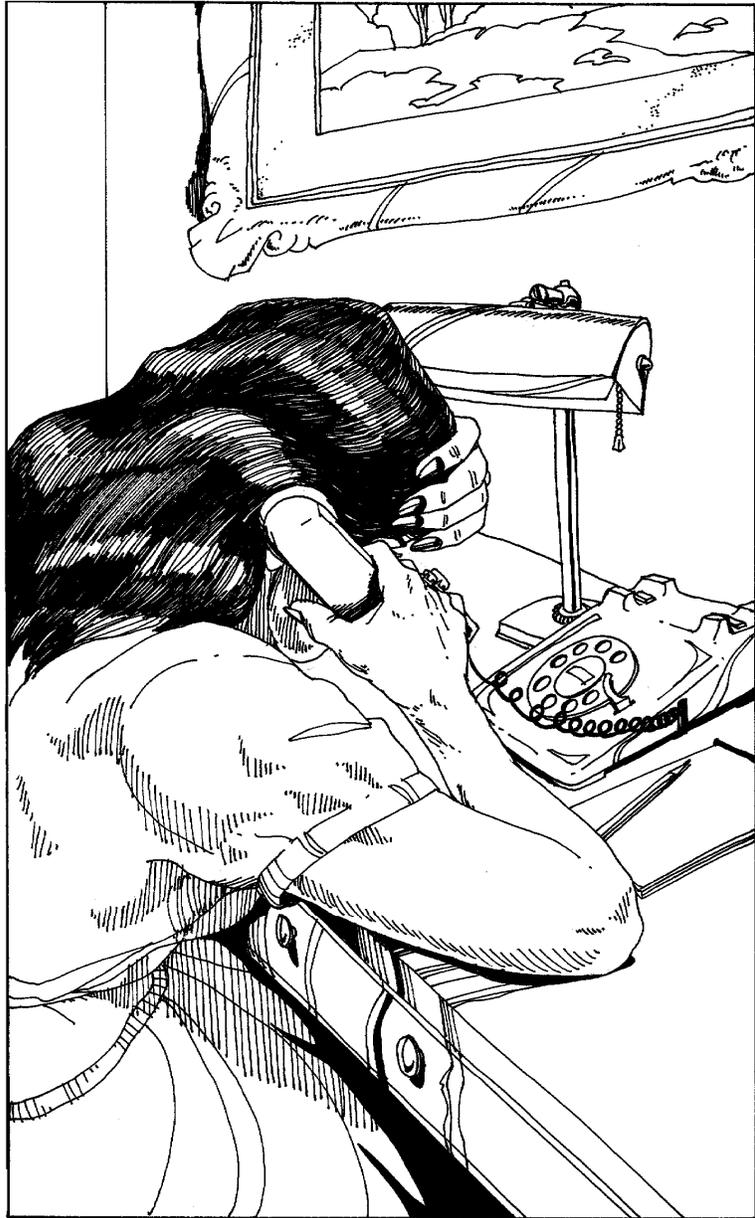
There is a verse in the Word of God that says, "You will seek me and find me when you seek me with all your heart" (Jeremiah 29:13).

If you would like to receive God's blessings right now and if you would like for God to work a miracle of deliverance in your life, repeat the following prayer. You can even talk to God and tell Him specific problems you need to resolve.

Lord, help me. Help me to know You through Your Son, Jesus Christ! Deliver me from my fears, from the power of evil. Help me to live for You. Amen!

Now, continue studying the next lesson. Helena Brandao, a former movie actress, will tell you how the Lord freed her from alcohol and drugs. She tells how she came to understand that someone else had already paid her obligations and her debts. The power of evil was broken in her life, and she was radically changed!





# MY GREATEST DEBT WAS PAID!

Helena Brandao

“Oh God, help me!” was Helena Brandao’s cry in her moment of greatest despair. She found herself enslaved by alcohol and drugs. She no longer controlled her life. Instead, strange forces controlled her.

Helena tells us how she got free from alcohol addiction and drugs and how she found peace. She spent a small fortune for the services of the “high priestesses” of the occult with little or no results. Then she came to know who it was that had really made the ultimate sacrifice for her and who had paid her greatest debt.

Known as Darlene Gloria, she won Brazil’s most coveted awards offered by the movie industry. However, instead of enjoying her outstanding professional success, she felt a void and a deep restlessness. In reading her story, you’ll see how easy it was for her to be deceived by success and to become an alcoholic and a drug addict.

How can a person be liberated from such bondage? How can one find true freedom and happiness? This is the story of Helena Brandao’s struggle to regain control of her life. I believe her story will help you see how you can overcome similar problems and enjoy true happiness.

## **NOBODY HELPS ME!**

“Hello, Mom!”

“Yes, who is this?” my mother asked.

“It’s Helena!” (I rarely called her anymore.)

“Oh! Hello, dear,” Mom replied, “God’s peace!”

“Peace nothing! I’m dying! I’ve got such a terrible headache I can’t stand it anymore. I just called to say good-bye because I’m going to die.”

You can see, dear reader, what a state I had come to. I want to tell you how it all happened. I don’t want you to go through the same kind of suffering that I did.

My name is Helena Brandao, ex-actress, Darlene Gloria. As an actress I earned lots of money and enjoyed nationwide popularity in Brazil. However, I wasn’t happy. I felt a strange void and restlessness.

I worked for several years in television and the theater and acted in many important roles in twenty-six films. I won awards for distinction in my profession.

However, stardom didn’t bring me real contentment. I walked the “dark corridors of death.” I lived under unbelievable stress and turned to alcohol and drugs for relief. Finally, the tension was so great I wanted to die, but I was afraid of dying.

I tried to solve my problems by looking to the supernatural, to occult powers, soothsayers, and mediums. I practiced sorcery and divination. I communicated with the dead. I consulted the “mother-of-saint,” the high priestess of the occult. I offered multiple sacrifices to the gods of spiritism and paid for offerings to the gods to escape the agony I was in. Sometimes I spent everything I earned.

Why? I thought that the supernatural would help solve my problems. Yes, at first it seemed they helped me in some things, but the end result was always negative. I lived under this deceit for a long time. None of this filled that void within me. Instead, as a result of my involvement in the occult, I began to suffer terrors night and day. At times I thought someone was trying to drive me out of my mind. My head felt hollow as though I was losing my sanity.

At times a great terror would possess me. When this happened, I had to drink. Sometimes, in a drunken haze, I’d get in my car and drive along Rio’s beaches like a crazy person. I’d shut the windows and beat my fists on the steering wheel and sob uncontrollably.

“Nobody helps me! Won’t anybody help me?” I cried out in utter hopelessness!



One day I got a splitting headache. I’d never had one that bad before. My head was exploding. By afternoon, I couldn’t take it anymore, and so I phoned my mother. I actually thought I was going to die.

At that time, I didn’t know that there was someone who could perform a miracle in my life. That’s what I needed, someone who knew how to help me!

#### **SOMETHING TO THINK ABOUT!**

As strange as it may seem, money and fame didn’t bring Helena the happiness she longed for. She felt an immense void in her life.

She tried to escape through the supernatural. She paid for many sacrifices to the gods of the occult that had promised her relief. At the same time, she turned to alcohol and drugs for relief. However, her problems only got worse, and she didn’t have the strength to change. She felt that there was no one to help her.

No doubt, you too have felt alone at times, without anyone to help you. Let’s see where Helena’s search finally leads her.

#### **THE BITTERNESS OF SUCCESS!**

“Yes, Mom, I’m dying.” Those were my very words.

It was through a long, difficult journey that I reached that level of despair.

I began my acting career at 17 and worked for thirteen years in television in Rio. Later I went into the movies and acted in twenty-six films. Besides the cinema, I also worked in the theater, in comedy, revues, and musicals, in both comic and dramatic roles.

I reached the peak of my career with “All Nudity Will Be Punished,” for which I received the “Golden Bear” award in Brazil. In this film, through a character called “Geni,” I bared my soul as I tried to depict my own hopelessness. After this resounding success, I was invited to act in films in the United States and Italy.

In spite of all the success I attained, I felt too tired to enjoy all the glory and applause I was receiving. I was possessed by a constant unrest. Success bored and frightened me. My career consumed all my strength. I felt worn out, weak, and sick.

My life was heading down a dead-end street. I was an alcoholic and a drug addict. Besides that, I smoked three packs of cigarettes a day. What a contradiction! Success brought me more bitterness than happiness!

#### **SOMETHING TO THINK ABOUT!**

Helena worked hard to achieve success, but happiness always escaped her. She turned to drink and drugs, trying to forget her problems. She herself talks about the contradiction of having success and fame yet not feeling content or happy. What does this show?

I think it teaches us that there is more to life than material things or “success.” Men and women need to discover what God has to say about life, and how to live according to His will. Jesus said:

“Do not worry, saying, ‘What shall we eat? What shall we drink? What shall we wear?’ Seek first his kingdom and his righteousness, and all these things will be given to you as well” (Matthew 6:31-33).

Have you ever seriously put spiritual things first in your life? Did you know that true happiness can result from “seeking first God’s

Kingdom,” which is His will for your life? I pray He will continue to speak to you through Helena’s experience.

In the next section, we will see how fear came to dominate Helena’s every waking hour. How can a person live with constant fear and still survive? Helena did! Let’s see how she did it.

### **LIVING UNDER FEAR!**

It all started when I was still a teenager. My uncle was the head of a spiritist center, a “terreiro,” in Rio. I was afraid of him, because years earlier, I remembered how he had fallen into a trance, groaning and screaming. It left me in a trauma for a long time.

Then we had moved to Madureira, a suburb of Rio. Our place was surrounded by witches’ covens. I lived in terror. I tried to find an excuse to be away from home when the covens were in session.

But after a few years, some friends, who knew about my drinking and drug problems, advised me, “You need a spirit guide like the rest of us. You’ll feel secure. Everyone has a spirit guide.”

Even my own uncle said, “I work magic for so many people, why not for you too? You’re my own flesh and blood.”

So occasionally, I visited occult worship centers, trying to find help. However, little changed in my life and I thought the “spirit guides” were very demanding. I decided to quit seeking help in spiritism and so avoided the occult for several years.

Then one day, after quite some time, a friend told me, “I know a medium who says someone is jealous of you and has cast a spell against you. Do you want her to undo the spell for you?”

“Of course I do,” I responded.

I was terrified. I went to see the medium. She instructed me to go to a certain cemetery at midnight. There, with six other women (there had to be seven), we carried out certain occult ceremonies. There were so many candles lit in the cemetery that it seemed like noonday. I heard horrifying screams that scared me to death, but I did what I was told. Afterwards I decided, "I'm quitting all this." And I did, but only for a while.

Eventually, I got more and more involved in occult practices. I ended up accepting an invitation to visit a "mixed" center of Candomble and Umbanda. Friends had assured me, "You'll like it." The following day I went to the same center to offer a sacrifice to my "saint" (my spirit-guide). The high priest gave me a long list of things I had to buy for the "sacrifice."

Then he said, "You're a daughter of Yemanja, goddess of the sea."

Later, I returned to the center with everything that was on the list. We went through the rituals, but when we finished, I felt more wretched and fearful than before. I thought, "God is so far away from me! I don't know why! I've paid tribute to my spirit guides. I've spent a lot of time and money. I've paid all my obligations. I don't understand. Why am I still so depressed? Why am I so afraid? Is there no way out of this for me?"

#### **SOMETHING TO THINK ABOUT!**

Helena had not yet discovered the secret of true happiness and contentment. She sought out and experienced contact with "spirit powers." She got involved in occult practices and had spells cast to counter a hex that was put on her. None of this took away her fear and depression, and she still turned to drugs and alcohol. The spells and counter-spells, the rituals and sacrifices just ended up costing her a lot of money, and she continued to live with fear.

You know, the opposite of "fear" is "love." Here's what the Scriptures say about these things:

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love" (1 John 4:18).

What Helena needed was to be filled with this kind of love. Perhaps this is your need too. Continue studying and you'll see what Helena went through before she came to experience peace and love.

### **AT THE BOTTOM OF THE ABYSS!**

“Helena, your sister Elzira won't live long.” My mother had phoned me with this disturbing news. How could this be? Besides mother, Elzira was the only one in our family who had been serving the Lord!

Desperate, my mother prayed and called some believers to pray for Elzira. Nevertheless, my sister died, but she died trusting in Christ!

And me? Despondent over my sister's death, I plunged deeper and deeper into a haze of alcohol and drugs. It's interesting to note that my “spirit guides” forbade me to drink, smoke, and do drugs, but they did nothing to help me quit these vices. They didn't give me the strength to resist any of them.

Some time later, I went with a neighbor to another Candomble center. Again I was told, “Oh, yes, you're a daughter of Yemanja. Your father is Ogum (an African god). You are super-protected.”

“That's a lie,” I responded. “I'm not super-protected. My problems have increased even though I've been obedient. I've done everything I was supposed to do. I've gone to the forest, the beach, and crossroads. I've offered sacrifices at the rock-quarries and waterfalls. Everywhere I've been told to offer sacrifices. My situation hasn't improved. I'm still depressed and fearful. I'm not super-protected.”

Though I wasn't married, I had two children. Then I took up with a man much older than me. He made my life a living hell. He dominated me in every way he could. When I had to go to Sao Paulo to work in another film, he became furious.

One morning, in the hotel in Sao Paulo, someone knocked on my door. Still half asleep, I opened the door to see who it was. There was the man I lived with, accompanied by two men dressed in white. He shouted,

“That’s her, that’s my wife. Take her along.”



They forced me to take an enormous injection and took me to a hospital for the mentally ill. I had been drinking the night before, and the injection made me deathly sick. I was literally dying, but as I was losing consciousness, I prayed, “Oh Lord, don’t let me die! I want so much to work for you!”

I woke up with the doctor shaking his head, “Helena, you died and came back!”

“I know why I didn’t die,” I said to the doctor. “The Lord heard my prayer and raised me from the dead.”

I spent several days recuperating and was released. Then one day in Sao Paulo, I accepted an invitation to visit another medium. She told me that my high priestess in Rio had put a hex on me again. This high priestess in Rio had been charging me exorbitant sums of money for her services and didn’t want to

lose her income. Afraid of losing me, she cast a spell to try to make me stay faithful to her.

After returning to Rio, I suffered terrors night and day. I felt like someone was trying to drive me out of my mind. That was when I had such a horrible headache that I told my mother I thought I was dying.

“Mom, I am dying, I feel like my head is going to burst.”

“Shut your eyes, Helena,” she said. “I’m going to pray for you.”

I closed my eyes. Mother prayed and finished by saying, “In the name of Jesus Christ, you headache, spirit of infirmity, evil oppression, come out of my daughter!”

The pain left immediately, and I breathed a sigh of relief.

“Mom,” I shouted, “I didn’t know Jesus had this kind of power!”

“He has even more power than this! You need to know Him,” she answered.

#### **SOMETHING TO THINK ABOUT!**

Did you notice how many times and in how many places Helena tried in vain to find the answer to her problems? She spent so much money on offerings to the occultic gods that she was having financial problems. Then, when she was in the hospital, she prayed to Jesus and a simple, believing prayer saved her life. Later, she was amazed at God’s power when her mother prayed and her headache disappeared. She found out that Jesus has power to heal!

Another important thing to remember is how much patience the Lord had with Helena. He wanted her to change her mind about the kind of life she was living. He wanted her to repent of what she was doing. Note the following verse:

“The Lord is not slow in keeping His promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance” (2 Peter 3:9).

The Lord doesn’t want any of us to perish. He is patient with us. He wants all of us to come to know Him and experience His power!

Continue your study. In the next section you’ll see who paid Helena’s greatest debt.

## **SOMEONE PAID MY BIGGEST DEBT!**

That healing really impressed me! My mother prayed and the pain left instantly! New hope was born within me.

Occasionally my mother stopped by my home. On one of her visits she broke my jug of herbal mixture that I had used for occult rituals. I had hidden it behind the refrigerator. A high priestess advised me that, if it was broken, something terrible would happen. When I found out mother had broken it and nothing bad happened, I was deeply impressed.



I started to suspect that my mother's faith was much stronger than the influence of the "spirits."

"Come with me to a meeting at church, my dear," she urged me.

"I don't want anything to do with any church. I just want relief," I answered.

Besides all my other problems, I was suffering with a heart ailment. My doctors said I might die at any time. I couldn't sleep without taking pills and I knew I shouldn't mix pills and alcohol. Yet here I was, deathly ill, in need of medicine, and prohibited to drink any alcohol by my doctor. Still I couldn't resist drinking.

It was then that I began to feel an intense desire to go to a meeting at the church to seek healing and deliverance. However, something always seemed to happen to prevent me from going. One day I decided, "This is it, I'm going. Nothing will stop me!" I didn't touch alcohol all day long.

The auditorium was a plain structure, full of ordinary appearing people. I was accustomed to being noticed and admired at all times, but no one noticed me when I came in. I felt uneasy and wanted to leave, but the words of the hymns caught my attention and I stayed.

I thought to myself, "I have a covenant with my 'spirit guides.' If I become a believer, they'll punish me." I didn't understand what was meant by the statement that Jesus had paid man's biggest debt. I didn't know that Jesus died and rose again from the dead and had all power in heaven and earth. I didn't realize that He had more than enough power to protect me from the persecution of my "spirit guides."

I don't know how long the battle went on inside of me but I really agonized. On one hand, I had faith in Jesus that I could have a hope for happiness and salvation. On the other hand, I had unbelief and an aversion that I felt towards Christianity.

I remembered what I had been taught in my childhood days when I had gone to Sunday school. I was finally convinced. Without even the strength to get up out of my seat or to talk out loud, I prayed silently to God in my heart:

"Jesus, if you love me and really have the power, set me free now. I give my life to you. Forgive my sins. Have mercy on me!"

As soon as I finished praying, I felt that something evil had gone out of my body. I jumped up from my chair and ran to the front. I threw my arms around another lady in the church and wept tears of joy! I was bursting with happiness! I felt wonderful!

I repeated within myself, “Lord, don’t ever leave me! Don’t ever let this joy disappear that I feel inside of me!”

And He never has left my side! Today Christ lives in me. I am a new person. I was saved and healed of my heart ailment. Never again has Satan had power over me. Gone are the sleeping pills, the alcohol, and the drugs. The “spirit guides” that held me in bondage through sacrifices to the occultic gods, the threats, and the fear are all gone. Jesus is greater than all of them. He is the One who guides my life now.



I’m married to a pastor, and we work together, telling everyone about this peace and liberty that only Christ can give. I have adopted a theme for my life: “The Lord is my Shepherd, I shall lack nothing.”

I want you to know, dear reader, that Jesus paid your debt of sin, the penalty for your wrongdoing. It’s useless for you to run here

and there, offering sacrifices to the “saints.” Jesus has already freed you from all these kinds of “obligations”! All you have to do is acknowledge Him and accept Him as your Savior! He can make you truly happy.

What you simply need to do now is to give your life over into the Lord’s hands like I did. He can help you overcome all your problems. He can give you a new life.

#### **SOMETHING TO THINK ABOUT!**

Helena searched everywhere, looking for a solution to her problems. When she entered an evangelical church, she immediately received a wonderful answer! It was so easy! She believed, prayed, and the Lord answered. No more witchcraft, “lists” of things to sacrifice, “offerings,” or black magic, but only a simple prayer to Jesus.

Jesus alone paid her biggest debt, and not only for Helena, but for you and me, and for everyone. Jesus will not enslave you with a heavy burden of “obligations,” or sacrifices to make, or debts to pay.

Jesus promised not to reject anyone who comes to Him. When we trust in Him, He will never leave us, never! So talk to Him now. You can tell Him about any problem you may have. You will receive the same peace and happiness that Helena did. Repeat this prayer and add your own words to it as you wish.

“Lord Jesus, I know that I can never offer a sacrifice big enough or expensive enough to merit Your blessing, Your salvation, and Your deliverance. However, I do believe now that the sacrifice You made, when You gave Your life for me, is all sufficient. I accept Your sacrifice now. I’m depending on You. Make me a new person. I ask this in the name of Jesus Christ of Nazareth, the Son of God! Amen!”

Now you will read about the experiences of Terezinha Muller, a former high priestess of the occult. Her outstanding testimony of divine healing in spirit and body will cause you to marvel at God’s power. I pray that her story will help you to trust in the Lord for all of your needs.

*My Greatest Debt Was Paid!*

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# LIBERATED AND HEALED!

**W. Terezinha Muller**

The story of Terezinha Muller is a moving story. It's a story of tremendous oppression and of a miraculous deliverance and physical healing. She tells us of her experiences in the occult as a high priestess.

Terezinha tells how the Lord delivered her from fear and superstition. She shares how she was healed of cancer and received peace from God and attained true happiness. Before Terezinha felt this peace, she went through many bitter experiences. Her story is a true story. I think you'll like it. When all she could expect from the "spirits" was torment, she accepted an invitation to a gospel meeting where she discovered some wonderful truths.

One of these truths states that "All things are possible to anyone who has faith." Terezinha's experience will help you understand how someone can have the kind of faith that can receive a miracle.

## **SIX DAYS TO LIVE!**

"You need an operation immediately," the doctor said. "Let's schedule it for Friday morning at 8 o'clock."

I left the doctor's office feeling sad. I didn't want an operation.

I had already gone to many doctors. None of them seemed to be able to discover what was making me so sick. I felt terrible, and I was getting weaker and weaker and losing weight rapidly. I looked like a woman five months pregnant. I had cancer but didn't know it. None of the doctors had found it.

Right after that I received an invitation from an acquaintance. "Come with me to my church, Terezinha. My pastor prays for the sick, and Jesus heals them. He can heal you too."

I just couldn't believe that, so I answered, "I can't make it. I'm going to an important spiritist session."

I went to a cemetery in Rio at midnight. Many famous "fathers of-the-saint" were present. I shed my clothes to take a bath in the "abo," a rotten, smelly herb mixture. Then I bathed my whole body in goat's blood and the priests performed other rituals for me. "Now I'm going to get well," I told myself. "I'm not going to suffer any more of these horrible pains."

I went through the rituals the whole night. At daybreak, I went home still suffering terrible pains in my stomach. I felt heartbroken and disillusioned because I knew I wasn't healed.

Now my money was gone too. I had spent my last two paychecks on all the things that the mediums required for the sacrifices. Now they had asked me to bring them another goat. How could I? I was broke and at my wit's end.

I sat at my kitchen table with several "daughters-of-the-saint" (apprentice sorceresses). I dealt out the tarot cards to see what my fate would be. The cards revealed that I had seven days to live but one day had already passed. Now I had only six days to live!

#### **SOMETHING TO THINK ABOUT!**

Terezinha had read the tarot cards for herself. After coming home from the cemetery and "tossing" the cards, she got their bad news. They indicated that she had only seven days to live. We'll soon see if this was true or not.

The truth is, divination can be very dangerous. Despite the fact that it may work sometimes through the power of Satan, it is many times contrary to common sense, and the end result is always bad for your spiritual wellbeing..

Sometimes it's very difficult to solve a problem or to receive a physical healing. But there is a passage of Scripture that gives us hope. It says:

"Then they cried to the Lord in their trouble, and he saved them from their distress" (Psalms 107:19).

Did you know that the Lord is always ready to help you? If you don't receive what you ask for immediately, it could be that you're seeking what you want in the wrong way and in the wrong places.

### **MARRIED BUT UNFAITHFUL!**

I was born and raised in a Roman Catholic home and attended only Catholic schools. The influence of the nuns had very little impact on my behavior. I guess I was born rebellious.

When my parents separated, my father told us, "Now that your mother doesn't live here any more, these two maids will take care of the four of you." Little good that did because I was always running off to be with my boyfriend.

I went out with one fellow for some time. One day he said, "Terezinha, I love you. I want to marry you, but I'm very poor."

"I love you too." I said. "It doesn't matter that you're poor. We will get married."

Fearfully, I approached my father. I was sure he would not let me get married, but I asked him anyway!

"Dad, I want to get married," I said.

"If you get married, you'll suffer, because under my roof you have everything. Your young man can't support you like I do," he said. My dad was a general in the army, and we lived well.

"I know he's poor and he doesn't make much, but we want to get married," I insisted. The young man earned less than the minimum wage at that time. Imagine that! But I didn't care. All I wanted was to be free of my father's domination, to be my own boss. This was my opportunity!

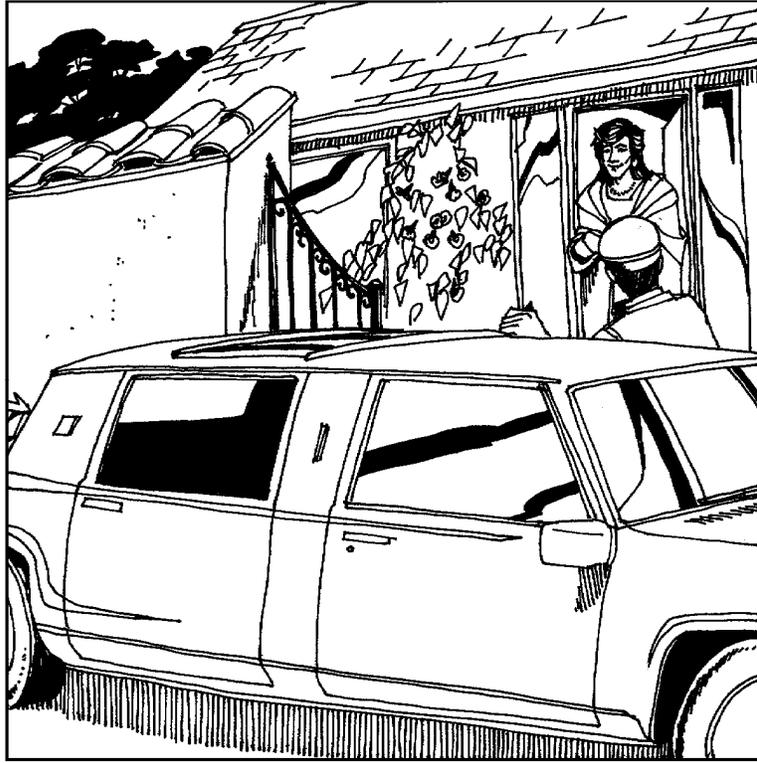
Finally my father gave in and bought my trousseau. My fiance and I were married when I turned 18, and we set up house in a very humble apartment. My husband was hard-working and honest, but he wasn't qualified for a good-paying job.

“Terezinha, I’m giving you this money to help you as you begin your lives together,” my father said. When the money ran out, however, our situation became difficult. My mother, who at first was also against our marriage, occasionally helped us secretly, and we didn’t go hungry.

I decided to go to work and took the test for a job at the post office. When my acceptance telegram arrived, my husband tore it up saying, “You’re not going to work outside our home.”

I remembered my father’s words, “You’ll get married, but then you’ll suffer hardship because here you have everything you want.” I started to miss the time when I had a chauffeur-driven car at my door and I could buy good clothes. Now everything had changed.

When our first child, a daughter, was born, things got worse. Then my husband agreed to let me work. I passed a test to work at the Department of the Army and finally went to work.



During this time in my life, I began to have other problems. At home, nothing was going right. At work, men were giving me the attention that I didn't get at home anymore. To me, becoming involved in adultery did not seem to be a serious problem. I let my passions run wild and got involved with several men.

One day, two men got into a fight over me. In the dispute, weapons were brandished. Friends intervened, however, calming both parties and avoiding any bloodshed.

What an embarrassment! Many of my friends knew what I was doing. I'm not proud of that period in my life.

Some of my fellow workers thought they understood my problem, and with good intentions, they counseled me. They said, "Terezinha, go to a spiritist center. There they'll help you get your life straightened out."

I wondered if that was true. “I’ll see,” I thought. As a result I became involved in all types of occult practices in my search for peace and for a solution to the problems in my life.

#### **SOMETHING TO THINK ABOUT!**

Note what the following verse from the Word of God says:

“Don’t you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one you obey, whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?” (Romans 6:16).

It is very easy to obey the voice of “sin,” and Terezinha obeyed that voice. The result was conflict on her job and with her husband. Eventually she and her husband separated.

It is true, unfortunately, that sin surrounds us in our daily lives. The temptation to sin is everywhere. If we don’t have the strength to resist temptation, it will easily overcome us. Sin leads to death, as the verse above says, and it takes us far away from true happiness.

Let’s see where the search for happiness and the solution to her problems took Terezinha!

#### **MOTHER-OF-THE-SAINT**

I tried every kind of occult religion. I started in what is called in Brazil, Kardecism or “white table spiritism,” where I practiced psychography (writing under the influence of a spirit guide). After many years in the type of occult known as Umbanda and Candomble, I became a mother-of-the-saint (a high priestess and medium) and practiced in Queimados, a suburb of Nova Iguacu, Rio de Janeiro.

Then I began to cast spells, and I blessed some people and cursed others. Along with other devotees, I offered animal sacrifices to the “Orixás” (African gods and goddesses). I had to bleed goats or tear a chicken apart with my teeth. I practiced all kinds of witchcraft.

To cast one sort of spell required me to write the name of a person on a piece of paper and then stuff this name inside a

toad's mouth or the mouth of cadaver and sew it up. I even placed the name of my husband in the mouth of a toad. I wanted him dead because we had separated.

I became quite famous in the spiritist community. I was known as "little mother." I had many clients, among whom were military personnel, politicians, actors, and actresses. It took many years for me to arrive at this stage in my practice of spiritism.

I also became involved in interpreting tarot cards and I read the hands of important people and took part in dances and rituals in the cemeteries. I often went about "incorporated" or possessed. I would go to sleep and wake up the same way, still possessed!

Once I took my son to an Umbanda session to try to get healing for his tuberculosis. I put him on a pallet surrounded by burning candles. Suddenly the place caught fire.

I screamed, "Fire! Rogerio is going to die!"

I grabbed him and dragged him from the straw mat where he lay. I wasn't going to let my son die by being burned up! The spirits wanted my son dead, and many other children had died because of them, but my swift action prevented it.



“You’ll pay for this, Terezinha. You will pay dearly for this,” the spirits threatened me.

Sometime later, I was competing with another priestess for the affection of a certain man. I spent seven days on a straw mat fulfilling a vow in order to cast a spell on him. I ate food thrown on the floor. In spite of everything I did, I lost the man and deeply offended my daughter also.

Disgusted at seeing me enslaved in the occult, she told me, “Mother, you’ve got to stop this. I don’t like all these crazy rituals. They frighten me. I can’t take it anymore.”

“Look, honey, I’m not going to stop,” I answered.

“Mother, either it’s the occult or me. Choose one or the other. It’s up to you,” she said.

“All right then. But I’ll not let go of spiritism,” I replied.

At fourteen years of age, my daughter left home and then later tried to commit suicide. I learned that the spirits charge a very high price for what they seem to do for you. Thankfully, my daughter didn't succeed in killing herself, and she now lives with me, as does my son.

Tragically, the kind of life I led in the occult led me to have nine abortions. I suffered the consequences, I can assure you. But this wasn't the end for me yet. God wanted me to change my mind about the occult. I broke so many of His laws, but He didn't destroy me. He had chosen better things for me! Soon I was to discover His love and mercy.

#### **SOMETHING TO THINK ABOUT!**

God has a plan for your life too, dear reader. He wants you to change your ideas about sin. He wants you to bring your problems to Him. He has planned a future of peace and happiness for you, and for all those who trust in Him.

A Scripture passage in Jeremiah 29:11 tells us,

“I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for.”

It's the will of our Creator that we reject the world of hate and envy, and the practice of evil. Wouldn't you like to belong to a God who only wants good for everyone? One who loves you and wants to give you peace and happiness?

In this last section we will see how Terezinha received the biggest blessing of her life. She accepted the invitation of a friend to receive prayer for her healing.

#### **HEALED AND FREE TO SERVE**

My problems with my family were not my only problems. I was also in pain, and the doctors told me they wanted to operate. I was told that I had only three days to live. It was at this time a friend invited me to come with her to a meeting at her church. She told me her pastor prayed for the sick and that many were healed.

“Yes, sister,” I said, “I want to go to the meeting with you. I want your pastor to pray for me.” That is how I accepted my invitation to *life*, when I thought I had only three days to live.

This seemed to be my only hope. I knew that the doctors were going to operate. My pain had increased. What could I do? I decided, “I’m going to try the God of the evangelicals.”

On November 4, 1975, I entered an evangelical church for the first time in my life. I took Rogerio with me. He had tuberculosis. Maybe, at least my son could be healed.

Their temple was different from any other church I’d ever seen. It was a modest building and seemed unusual to me. I couldn’t see any images or candles anywhere.

“How can I be healed in this place?” I thought to myself. “I only have three days to live!”

I didn’t know anything about their rituals. I didn’t know what to expect. “How do they sacrifice or offer prayer?” I wondered. I knew how they conducted services in a Catholic church, but not here.

With great difficulty, I dragged myself to the front. I wanted to be right in front, so I sat down on the first row of seats. The pains were getting unbearable.

Then I heard the words of the song they were singing. “Since the day I accepted Jesus, my life has been transformed.” Tears filled my eyes. The song was beautiful and so moving!

The preacher was saying, “Everything is possible to those who have faith.” I didn’t know whether I had faith or not. I did know I had a great need.

After the sermon the pastor invited the sick to come forward to the altar. I went forward as he requested. Then the pastor placed his hands on my head and started praying.

Immediately an evil spirit, a demon, manifested itself through me. In that moment, four men could not hold me down even though I weighed only 81 pounds (37 kilos). Moments before, I could hardly walk. Now I was as strong as a wild animal.

“She’s mine, and I’m going to keep her,” said Lucifer. The spirit entity had identified itself.

“She was yours, but from the moment she entered into the sanctuary of God, she did not belong to you anymore,” declared the pastor.

He said, “In the name of Jesus, come out of her!” The evil spirit fled. He was cast out in the name of Jesus.



In the next moment, my son was tossed into the air by an evil spirit. The believers in the church also cast the evil spirits out of him. He was liberated and healed at the same time. Later, the doctors verified that the two of us were completely healed. Only after I was healed did I find out that I had had cancer.

Healed and liberated and saved! How can I describe the joy and happiness we felt? Words fail me. All I can say is that I've been saved for many years now. My life has been transformed! Today I enjoy peace and joy. I have someone who is always by my side. He fills me with His presence, and I live a happy life serving Him. This someone is Jesus!

It's true. All things are possible to those who believe. Dear reader, if you will believe too, what you think is impossible can happen in your life.

#### **SOMETHING TO THINK ABOUT!**

The world of the spirits does exist, and these spirits are real. However, we must not look for light and help there. In the end, these spirits can lead us only into suffering and fear. Terezinha began suffering horribly in the occult. You can avoid this by trusting in Jesus.

Terezinha was saved and healed and found happiness in a powerful encounter with Jesus Christ, the One who reigns in both the natural and the spiritual world.

After exhausting all her resources, she finally gave God an opportunity to work in her life. Then when the Holy Spirit came into her life, Terezinha received what she needed and found true peace and happiness.

You too, dear student, can approach Jesus by faith. You can experience a miracle in your life! Jesus said everything is possible to those who believe.

Do as Terezinha did. Give Jesus a chance. Believe in Him! Ask Him to come into your life. Jesus can liberate your soul and heal your body. Overcome your doubts and have faith and trust Him. Talk to Jesus. Tell Him everything. Give your life over to Him, and then you will see what can happen!

I trust that by now you have decided to make a commitment to Christ. If you have not, please consider that now is the time. In order to help you to receive Christ, please repeat this prayer:

Lord Jesus, I do believe You are my Savior. Forgive me of all my sins. I trust You for the healing of both my spirit and my body. Liberate me from all the power of the enemy. I commit myself to You. Take charge of my life. I ask this in the name of Jesus! Amen!

In the next lesson we will study about Heber Soares, a psychic healer who performed many "operations" by means of his "spirit guides." The question he and his wife sought to answer was, "How is it that the spirit entities can heal someone but cannot

give that person peace in his soul?" I think you'll enjoy learning how Heber and Rita solved this dilemma for themselves.

At the end of lesson five, if you are interested, you can order another course that will help you understand better many things that you are studying now.



# THE WORLD OF THE SPIRITS!

Heber Soares

A headline in a Manaus newspaper declared that Heber Soares, a young “psychic doctor,” had treated over 85,000 people. Manaus is the largest city in the state of Amazonas in Brazil. The story of his life takes us deep inside the spirit world once again.

The experience of Heber and his wife, Rita, will help you understand what spirits can and cannot do. It will answer the question, “How can I protect myself against the attacks of evil spirits?”

By paying close attention to the Scripture verses that are quoted in this lesson, you will learn who these “spirits” really are.

Now, let’s read about the struggles of a couple against spiritual powers that threatened to destroy their very lives!

## OVERCOME BY THREATS

When I opened my eyes, I found myself sitting on a window sill of the second floor of my house. I thought, “Would I have thrown myself out the window if I had not awakened? Of course!”

I began to realize that I was not just sleepwalking. I wondered if it was torment by the spirits? If so, why? Sometime later, I suffered a strange attack of nerves, and friends advised my parents, “Take Heber to a medium.” The medium told us,

Your son has a mission in spiritism. He has these options: he can choose to accept this beautiful mission and help thousands of people or he can refuse. If he refuses he’ll go insane or commit suicide.

I didn't like any one of these alternatives. I wanted to live my own life!

**Then, one night, sometime later, I went to my room. There appeared before me an old man with blue eyes and white hair. He told me,**

My son, I want you to listen to me. Have you stopped to think about the thousands of people that would benefit from your mission? They are poor. They cannot pay doctors for medical care. You can heal them, but only if you accept the mission you are destined to fulfill. Son, in the Astral Regions there are doctors that can use you to heal all sorts of infirmities. Give yourself to them, son!

I still refused and then the persecution increased. Noises in our house sounded as if we were being attacked by robbers. I was afraid to sleep alone.

Once, when I entered my room what I saw petrified me! Above my bed, I saw a man swinging by his neck at the end of a rope. These phantoms terrorized me day and night. Strange, eerie shadows would move towards me. I could clearly hear murmuring and sneering laughter. Our home became a haunted house. I was about to have a nervous breakdown. How can a man of flesh and blood battle against the "exus" (evil spirits)? It was a very unequal fight.

It was then that my parents thought it best that I give in to my "destiny."

One day I awoke with a fever and was taken to the hospital. They discovered that my appendix had burst. As I waited for them to take me to surgery, I fell into a trance. I spoke with the voice of a dead Brazilian doctor by the name of Adolfo Bezerra de Menezes.

"I will not allow a medium of mine to be operated on by an earthly doctor," said the voice.

I asked for a knife, alcohol, cotton and mercurochrome and then proceeded to operate on myself. Not one drop of blood came from my body. The next day I was completely well and returned home!

With that, the fear and persecutions stopped and from then on I received psychic manifestations daily.

I thought, “Now I’ll be happy and at peace.” But, I soon discovered that matters were much, much different.

#### **SOMETHING TO THINK ABOUT!**

One cannot deny that spirits can do supernatural things. Mysterious phenomena occurred in Heber’s life and in his home. He was overwhelmed by fear, and phantoms appeared and attempted to force him to yield to a mission that he did not want. Could this be from God? No, that type of torment does not come from God. He does not do these kinds of things, and He will not force us to do what we do not want to do.

As Heber gave in to the spirit’s coercion, he lost control of his own life. He was led to do things that he did not choose to do, when all he wanted was peace and security, love and happiness. He only wanted to live his own life and make his own choices.

Let’s look now at the Brazilian Afro-Amerindian spirits that came into Heber’s life.

#### **AFRO-AMERINDIAN SPIRITS**

My life now took a strange turn as I began to obey the dictates of the spirits. They told me to “bathe in gunpowder and goat’s blood in the cemetery at midnight,” which I did. What a strange way to serve God! I thought. However, this is how I began my life in the occult.

The spirits that manifested themselves through me identified themselves by saying that they were the spirits of children, or Indians, or old black slaves, or “caboclos” (inlanders), or “exus” (evil spirits equated with Satan).

They ordered me to prescribe herbal baths for the sick and to treat them with medicinal plants, and I did that. “Let’s go consult Heber,” the sick and afflicted would say. Others came just out of curiosity to observe. Initially, I counseled with dozens of people

during a day. Later on, I would see an average of 200 people a day. And I didn't charge anything! I did it all free of charge.

I spent eight months under the control of the Afro-Amerindian spirits, and I served them very sincerely.

The *Democratic Tribune*, a newspaper in Manaus, ran the following report on July 3, 1967:

### **Young Amazon Medium Stirs Manaus!**

At the home of Heber Soares, hundreds of people daily seek and find the cure that human science has denied them. Doctors of the Astral come to earth to succor the suffering; operating on eyes, lungs and stomachs.

One day the spirits revealed to me that they were leaving. I breathed a sigh of relief. "I have finally fulfilled my mission. No longer will I have to be used by the spirits."

What a delusion! The spirits told me they were leaving because greater and more important Astral doctors would manifest themselves through me. I said to myself, "I would rather do without that honor!"

That wasn't possible. There was nothing I could do to free myself or to change their purpose for me. The Astral doctors came and occupied the place of the evil spirits, the spirits of the Indians and the old black slaves, and the dead children.

What concerned me most during that time was the terrible emptiness inside me. I longed for peace, but what I felt was a constant restlessness! How could I be truly happy?

I thought I was doing good and healing people of their diseases, but I couldn't do anything for myself. I began to intensely feel this lack of peace. However, I still didn't suspect that the spirits were not what they said they were.

### **SOMETHING TO THINK ABOUT!**

It is interesting to note how the spirits "used" Heber as a medium. He had no choice nor control over what he did. Heber was a victim; he was being exploited by these spirits. In spite of being used by them to

perform supernatural and paranormal phenomena, he still did not feel happy or fulfilled. Instead, he felt very unhappy.

The psalmist David declares in Psalm 16:11, “You have made known to me the path of life; you will fill me with joy in your presence.”

How wonderful it is to live in the presence of God! If Heber had been living in a manner pleasing to God and doing His will, would he have had so much uncertainty and grief? Would he have been exploited so much by these spirits? No, he would have had the peace and happiness he craved.

Now we will read about Heber’s experience with the Astral spirits. Could they direct Heber to the path of peace and joy? Let’s see!

### **THE ASTRAL!**

When the Astral doctors began to manifest themselves through me, many hundreds of people testified of healing from ulcers. How? I only know that when I went into a trance, I would ask for a knife, make a small incision in the stomach of the person and remove the ulcer. No blood would be visible. Patients said they felt no pain; there was only a strong, awful smell. Sometimes the opening would heal over almost immediately. The “doctors of the Astral” were successful in many cancer cases, and I performed many other types of operations also.

After a period of time, the Regional Board of Medicine of the Amazon filed a lawsuit against me. I was accused of practicing medicine without a license. But before they were able to arrest me, the nephew of the chief of police mysteriously became ill. It was only with my intervention that the lad did not die. The chief refused to arrest me.

A short while later, my “spirit guides” told me, “Your work here is over. Rio de Janeiro is where you must go.”

So from Manaus I went to Rio de Janeiro.

The Rio newspaper *O DARIO* printed the following headline:

**Amazon Medium Responsible for the Healing of  
85,000 People Is in Rio de Janeiro**

They called me the “Arigo of Manaus.” (Arigo was a famous Brazilian psychic healer.)

Yes, I was very popular, but I still had to work and make a living. I found a job as a publicity salesman for a newspaper in Rio. Later, I became the manager of one of the largest bottling plants in Brazil.

With this job I earned an excellent salary. I became wealthy and I not only had money but plenty of friends and women companions, as well as a luxurious home, a country house, a beach house, and a farm. Besides this, I had four of the latest model cars in my garage.

Yet with all these material things, I still didn’t have peace. Many times when I was alone, I’d bury my head in the pillow and weep bitterly.

I cried because I longed for peace. I felt an uneasiness that made me unhappy most of the time, and I could not feel good about my life. All my possessions couldn’t fill the void inside of me. I discovered that the happiness material things bring is only fleeting.

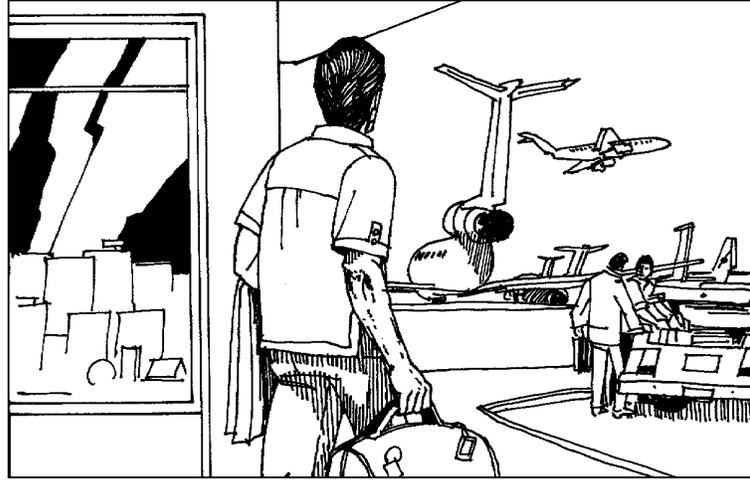


Then I suffered two traumatic shocks. My boss died and one of his close relatives took over the control of the plants. It was evident that I would have to quit, and so I resigned. The second shock? The woman I lived with betrayed me and left. I went into

a deep depression. I had given everything to her. Suddenly, I wanted out of Rio. I wanted no part of that city any longer.

“I’m going back to Manaus!” I said.

I returned there, broke, and without pomp or ceremony. I arrived at the airport and no one was there to meet me and drive me off in a limousine as I was accustomed to.



I had been the director of one of the largest bottling plants in Brazil. It was I who had bought the factory in Manaus. But now no one, not one person, was there to meet me at the airport.

I hoped to find true happiness in Manaus. “Can that be possible?” I thought.

#### **SOMETHING TO THINK ABOUT!**

After being so active in the spirit world and gaining so much popularity from it, Heber now became almost unknown. He had left everything he owned in Rio de Janeiro. He was depressed and had neither peace nor joy. Besides this, he had lived with the illusion that he was doing good for humanity.

Heber realized that the spirit guides had deceived him, even though he thought that they seemed to do good. In addition, they charged an extremely high price for the presumed good that they did. Heber had constantly suffered a feeling of emptiness in his life and a lack of peace

in spite of his material possessions and the other pleasures so easily available to him. He couldn't understand why.

The truth is that God was preparing Heber for another mission: to make known the message of how to receive salvation and forgiveness and true peace and happiness.

Have you, like Heber, ever felt an emptiness in your life? Have you talked to God about it? Please don't put it off. You can have peace and happiness only by allowing God to help you find it.

Now we'll see how Heber found peace and a reason for living.

## **PEACE AT LAST!**

I was back in Manaus where I was born and where I began delving into the spirit world.

I looked in vain for a job. However, during this time, I became friends with a young lady named Rita who eventually became my wife.

She had a law degree, but like myself, she could not find work. Despite our economic situation, we got married and lived off my income from odd jobs that I managed to find. Then I called on an old friend who helped me find a steady job, but the salary was so low that it still didn't solve our financial problems.

Out of desperation Rita turned to macumba (a form of the occult) and became involved in the most macabre rites imaginable. She invoked the spirit guides, but nothing happened. She wondered, "Why is it that the spirits that work through my husband can't do anything for me?"

In deep anguish of heart, she would ask, "Who am I? What is my destiny? What happens after death? Why don't I have peace? Why is it that the spirits can heal and seem to do good to so many people and yet they can't bring people peace?"

Once Rita looked at me and said, "Heber, I don't see peace in your eyes." She asked me, "Are you happy? Are you happy with your life?"

Then I confessed to her about the enormous void that I also felt inside.

Our problems grew and multiplied. I decided to appeal to the most powerful gods of the spirit realm. I thought this was the quickest way to solve our problems. So we both began going to the cemetery on Monday nights where I even made a pact with the devil. I delivered my soul into the hands of the “exus,” asking them to please help us.

They didn’t solve our problems, however. Quite the contrary; everything got worse!

One day Rita asked me to take her to see a certain man. A friend of hers had said that this man could help her. On the way, I asked her about him. “What is he? A priest or a medium?”

“He used to practice law, but now he is a pastor,” she answered.

“A pastor! What do you want with a pastor?” I said.

“You won’t understand, but please, don’t stop me,” she pleaded.

She stayed in his office for a full hour. When she came out, I asked her, “What happened to you?”

“I’ve found peace!” she shouted happily.

“You’ve found what, my dear girl?” I asked.

“I’ve found peace and love! I’ve found the truth! Heber, this is what you need too! This is what the Pastor told me about! How I could find peace and love!”

I had no answer, but when the pastor recommended that Rita speak with his son, who was also a pastor, I decided that I would go with her.

We had a long conversation and I confessed to him, “Pastor, what disturbs me most is the terrible void I feel in my heart. Up till now, I have not been able to find anything to fill this void. I can’t stand living like this anymore.”

The pastor prayed with us, and Rita and I gave our hearts to Christ together. I found peace! However, it was only after several long conversations that I came to understand what real faith is.



### **SOMETHING TO THINK ABOUT!**

Not even when they sought out the most powerful spirit guides could Heber or Rita solve their problems. Imagine! In despair, Heber gave his soul to the “exus.” Even then, nothing worked and their condition did not improve.

Heber and Rita both came to the conclusion that the occult can’t give you peace. Yes, Jesus Christ is the only one who paid for our salvation, and He is the only one who can give us peace. Jesus Himself said,

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid” (John 14:27).

The peace that the world gives is based on material things and on well-being. It is superficial and fleeting. But Jesus gives us true peace in our inner being, in our hearts, and He makes us happy. He shatters the powers of darkness and protects us from evil. Our part is to believe in Him and give our hearts to Him.

Let us see how Heber and Rita were victorious in their new lives!

### **A VICTORIOUS NEW LIFE!**

I learned that Jesus is a historic person. He arose from the dead and lives today. His words must be respected and believed. He Himself affirmed that the Scriptures are the Word of God and that they are the revelation of God to mankind. I accepted this truth.

With the pastor, my wife and I read what the Scripture says about spiritism and the occult. We were in for a real shock.

We read in Deuteronomy 18, verses 9 through 12,

When you enter the land the Lord your God is giving you, do not learn to imitate the detestable ways of the nations there. Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the Lord, and because of these detestable practices the Lord your God will drive out those nations before you.

After we had read this and talked about it, I saw clearly that the Afro-Amerindian cult as well as Kardecism (white table spiritism) were clearly prohibited by the Word of God. These are condemned as being variations of witchcraft, sorcery, fortune telling, soothsaying, consulting the dead.

The Amerindian and African “religions” practice black magic. Kardecism is dedicated to the doctrines of mediumship and reincarnation.

The pastor asked us, “What does God call the occult?”

Rita answered, “An abomination,” and added, “My God, I am scared and very repentant!”

Among other things I asked, “But who are these spirits that possessed me?”

“They are demons or spirits that disguise themselves, and they are never disembodied human beings,” the pastor told us.

We read in 2 Corinthians 11:14 that “Satan himself masquerades as an angel of light.” It was this “angel of light” that brought Heber the message that he had a mission in the occult.

The pastor continued, “The spirits very often heal people, but they deceive at the same time. They never give anyone peace. They don’t want human beings to be happy. Jesus had to cast out evil spirits many times. They cannot save the souls of men. Man pays a very high price for what he receives from these spirits.”

Then our pastor asked us, “Are you ready to renounce spiritism and turn everything over to Jesus? He will flood your hearts with peace and will not allow the spirits to torment you or overcome you.”

He prayed for us, rebuking all the works of evil in the name of Jesus. We both experienced a divine healing within ourselves. Since then, we have been attacked by the devil many times, but the Lord has given us victory in everything. In Christ, we have finally found joy, peace, and true happiness! Jesus conquered the world, and we too are conquering in His name!

The Scripture tells us, “The one who is in you is greater than the one who is in the world” (1 John 4:4).



### SOMETHING TO THINK ABOUT

Heber and Rita were shocked when they read what the Word of God says about the occult and spiritism.

There is much ignorance concerning what God the Creator says about spiritism and the occult. The Scriptures prohibit any contact whatsoever with the world of the dead. The Word of God warns us against practicing magic, divination, and witchcraft. In our next lesson, we will study more about this subject.

To be healed of an illness is a tremendous blessing, and the Lord Jesus Christ is both sufficient and powerful enough to heal our bodies. Most important of all, however, is the salvation of the soul and spirit of a person. God offers this salvation to us through His Son, Jesus Christ. Each of us has to die someday because the Scriptures tell us:

“Man is destined to die once, and after that to face judgment” (Hebrews 9:27).

Through this study we have invited you several times to talk personally with God. We have encouraged you to accept Jesus as your Savior. We hope you have done so. If you have, we are sure that you have found peace and happiness. If not, why don't you give your heart to Jesus right now? Receive the peace that He offers you. If the following words express the desire of your heart, then please repeat this prayer:

Lord Jesus, my life is an open book before You. You know me. You know the problems I face, and You know my needs. You know how much I have lived in disobedience to Your Word. Forgive me of my sins. I accept You as my personal Savior. I turn my life over to You. I turn my problems over to You as well. I believe You hear me and are answering me now. I trust in You! Amen!

In the next lesson, which is the last lesson in this study, we will present the “Steps to True Happiness” and mention the four people who have given us a part of their life story. We'll consider more of the teaching of the Scriptures also. I'm sure you will find that this lesson will help you to better understand the will of God for your life. We will answer the question, HOW CAN I BE TRULY HAPPY?





# STEPS TO TRUE HAPPINESS!

**Norman Anderson**

The words *happy* and *happiness* are key words in our study. Webster's dictionary defines the happy person as:

FORTUNATE, FELICITOUS— enjoying well-being and  
contentment,

JOYOUS—expressing happiness, LUCKY and GLAD.

Happiness was the goal for those who gave us their testimonies in this course. Each of them arrived at the conclusion that true happiness cannot be found in material things, nor in spiritism, nor in the occult. They realized that true happiness cannot be found through the activity of the “spirit guides.”

The person that is truly happy is the person that has inner peace. The source of this kind of peace can only be found in God our Creator, who made heaven and earth. He is the One who gave us Jesus Christ to be our Savior and Lord.

In this last lesson, we are going to study the steps that you can take to experience true happiness and peace. We will review the experiences of those whose testimonies are in this course, to see if we can learn a little more from what they went through.

## **GOD LOVES YOU!**

**Mr. Colombo** was totally devastated because of his bankruptcy. He told his wife, “If I don't die of a heart attack, I'm going to put a bullet in my head.”

In fact, every person that told us their story in this course spoke of suffering and unhappiness. Remember?

**Noeli:** “Lord, I can't stand it anymore! If You are for real, I need to meet You and know You!”

**Terezinha:** “I sat at my table with friends, apprentice sorceresses. I dealt out the tarot cards and read them. They told me that I was dying and had seven days to live. One day was nearly gone so I only had six more. Six days to live!”

**Helena:** “I have nobody to turn to! Nobody! I can’t stand it anymore!”

**Heber:** “I wept because I felt hopeless. I wanted peace. Money, beautiful women, luxury, and success all left me with a void in my life. They didn’t bring me peace.”

The problems each person faced were different: alcoholism, financial problems, fear, torment by evil spirits, physical illness, drug addiction, lack of peace, problems of love and marriage. These problems were serious. So serious that Noeli even planned to kill her children, her husband, and herself.

What hopelessness! What extremes of despair! Maybe your own problems have brought you to a similar feeling of despair. Just remember that there is still hope. There is a way out. Someone does care.

The marvelous thing is that all of those whose stories are recorded here—Cassio, Helena, Terezinha, and Heber—came to know the love of God. How wonderful! Happily, each one came to know this marvelous God who wants to help and do good to everyone, including you. He doesn’t want to harm anyone. He doesn’t want you or anyone else to suffer eternal separation from Him. Why? Because He’s a God of love. A verse in the Bible says,

For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life. (John 3:16)

The FIRST STEP, then, to attain happiness is to recognize that God is love and that He loves you. He wants you to be saved and to be happy. He wants to do good to you.

What is so incredible is that so many people in the world still don’t know about the love of God. They practice all sorts of religious and occultic rituals, pray to many different kinds of gods and goddesses and pay all types of vows to them. However,

in spite of all these sacrifices and rituals, they still don't have the assurance of eternal salvation. They don't have peace, nor do they know what true happiness is.

None of the people whose stories are told here were successful in finding God through the doctrines and practices of spiritism or any religion. They experienced salvation and peace and happiness only through a direct, personal knowledge of God and His Son, the Lord Jesus Christ.

**FOR YOU TO ANSWER AND DO!**

1. Write below the first step you need to take to experience true happiness.

2. Do you have problems similar to those mentioned in this course? Describe one or more of your problems you would like solved. Use the space below or another sheet of paper.

Now CHECK your responses with those at the end of this lesson, then continue studying. Next, we will talk about the **Second Step** to experience true happiness.

**THE SICK NEED A DOCTOR!**

**Terezinha** expressed her despair like this: "The sinful life I lived in the occult led me to have nine abortions."

**Helena** also sinned against her own body by using drugs and drinking so much alcohol that she despaired of life. She didn't want to live anymore.

The truth is, all four of these witnesses were involved in idolatry, and the Scriptures warn us against idolatry. Idol worship insults our Creator. None of them realized that sin was the root of their problem. When they realized this and accepted the Lord and received the forgiveness of sin, they found peace.

What can we conclude from this? We can conclude that they were ill with a sickness called "sin." In reality, all men find it easier to choose evil rather than good. All of humanity is sick because of the effects of sin. The Bible says it this way: "For all have sinned and fall short of the glory of God"(Romans 3:23).

Jesus says, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners" (Mark 2:17).

Another Bible verse states, "This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil" (John 3:19).

We see, then, that darkness rules in the lives of men. Many are ignorant about the Word of God, and others do not want to approach the Light who is Jesus Christ. Many are enslaved by demons. They need deliverance! Perhaps you need this kind of deliverance.

What is your situation?

We have already seen that religion can't save. Spiritism and the occult do not save; they are not able to. Only Jesus Christ of Nazareth can give us salvation. He can heal you of the worst sickness of all, which is sin. All you need to do is to acknowledge your need. He promised this is His Word.

The SECOND STEP to obtain happiness is to CONFESS:

"I am a sinner and I need to be delivered from sin and from evil." Helena talked to the Lord like this, "Jesus, if You love me and really have the power, free me now! I give You my life. Forgive my sins. Have mercy on me!"

Dear friend, God hears those who call out to Him. Believe that the Lord has the power that you need.

**SOMETHING FOR YOU TO ANSWER AND DO!**

3. What is the second step to obtaining true happiness?

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4. Do you have the courage to confess that you're a sinner and that you need forgiveness? Write the following words on the line below:  
**"God, I'm a sinner in need of Your forgiveness. I believe You can help me!"**

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CHECK your answers with those at the end of the lesson.

In the next section we will study more about Jesus Christ. He is the answer to man's problems.

**JESUS IS THE ANSWER!**

**Noeli** spoke these words, "Cassio, I believe that this time we've found the truth." Before, both she and Cassio had sought the solution to their problems in religion, in the occult, and in spiritism.

**Cassio** didn't find any solution to their problems until the day Noeli said, "This time we've found the truth." They found the truth in Jesus Christ.

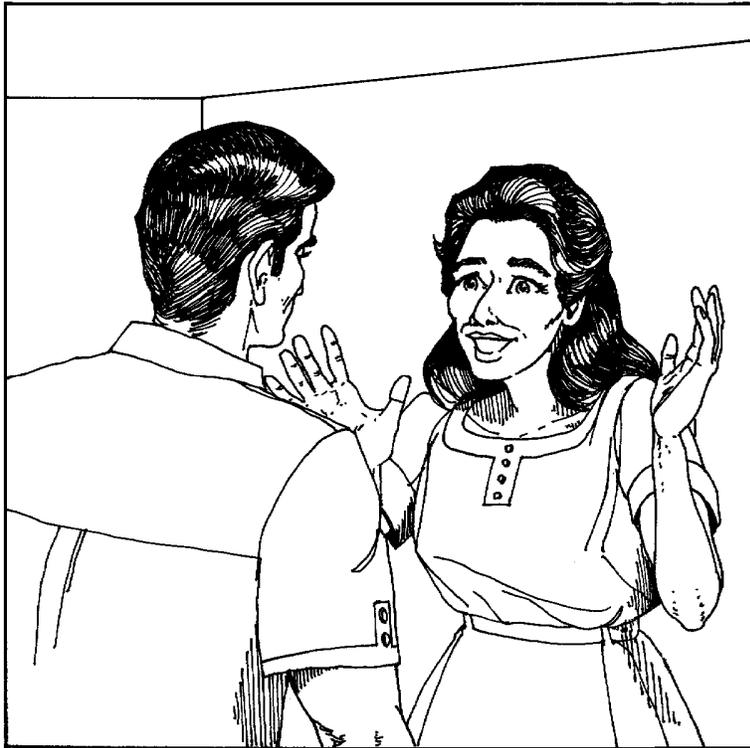


**Terezinha** testified, “I have someone who is always with me. He fills me with His presence, and now my life is full of joy.”

Who is this someone? This someone is Jesus!

What did **Helena** say? “I remembered when, as a girl, I went to Sunday school. Maybe there just might be peace in Jesus.”

And what about **Heber** and **Rita**? “Our problems just kept on multiplying. I thought we would find the answer more quickly as we sought the deeper powers of spiritism. I even made a pact with the devil. I gave my soul to the ‘exus’ (the evil spirits), asking them to help me.”



**Heber** told us, “Rita was first to find our solution in Jesus.”

“I found it!” she shouted happily. “I found peace and love. I found truth. Heber, this is what you need too.”

Dear friend, Jesus is the only answer to your need. He is the only solution to your sin because He can forgive your sin. He can give you peace. He can make you truly happy.

The Bible says, “Christ died for our sins ... was buried ... was raised on the third day according to the Scriptures” (1 Corinthians 15:3-4).

Jesus Christ is the answer because He alone defeated Satan and his fallen angels, the demons. Read what Hebrews 2:14-15 tells us:

Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil—and

free those who all their lives were held in slavery by their fear of death.

We read also, “The reason the Son of God appeared was to destroy the devil’s work” (1 John 3:8).

In Acts 10:38 we see that God anointed Jesus of Nazareth with the Holy Spirit and power, and he went around doing good and healing all who were under the power of the devil, because God was in him.

What is the **THIRD STEP** in finding true happiness?

**RECOGNIZE** that Jesus is the only answer to your need, which is the forgiveness of your sins. He is the answer to your sickness.

Are you ready to do this? If so, you will come to know the one true God of love and of peace.

**SOMETHING FOR YOU TO ANSWER AND DO!**

5. What is the third step in finding true happiness?

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6. The Lord Jesus is interested in you. He is the “all sufficient one” to help you with your problems, from the greatest to the smallest. What are the problems with which you need God’s help? List them below.

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Compare your answers with those at the end of the lesson!

**RECEIVE THE LORD JESUS**

What is the **FOURTH STEP** to take to receive salvation and have true peace?

**RECEIVE** Jesus Christ as your Savior.

**Cassio** declared, “Yes I want to accept Jesus Christ now and be set free. I cannot stand any more of this torment.”

Then by using the authority of the Word of God, the believers prayed for him and the evil spirits were made to reveal their true identity. They were demons; and they were cast out of him, and he was delivered by the authority of the name of Jesus.

The Bible says, “Believe in the Lord Jesus, and you will be saved—you and your household” (Acts 16:31).

Do you see how simple it is to receive Jesus as Savior?

John 1:12 says, “To all who received him, to those who believe in his name, he gave the right to become the children of God.”

Like **Helena**, you must recognize that you no longer have to pay demanding, exacting tribute in fulfilling vows made to Satan or his hosts. You do not need to work in order to pay for your salvation. Your salvation has already been purchased by Jesus on the cross. He has paid your greatest debt with His life. Your part is to accept Him as your personal Savior.

The Scriptures say: “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not of works, so that no one can boast” (Ephesians 2:8-9).

**Heber** said it this way:

I learned about Jesus. He is an historical person. He arose from among the dead and today is seated at the right hand of the Father. Together, **Rita** and I gave ourselves to Jesus.

Dear friend, you too can do the same as **Helena** and all the others did. You can receive Jesus as your personal Savior, if you haven’t already done so.

**SOMETHING FOR YOU TO ANSWER AND DO!**

7. What is the fourth step you must take to be truly happy?

8. I hope you have already accepted Jesus as your Savior.

However, if you have not, but are ready to do so now, repeat the following prayer out loud:

Lord Jesus,

I need You. I now open my life's door to You. I now accept You as my Lord and Savior. Forgive my sins. Help me to reject all sin. Take charge of my life. I want Your will and plan for my life.

Amen.

Now check your responses at the end of the lesson.

### **MAKE JESUS LORD OF YOUR LIFE!**

Making Jesus Lord of your life is the **FIFTH STEP** in being truly happy. This means you will seek to know the Word of God, the Bible, and seek to obey what it teaches.

God has a plan for your life. He has a work for you to do in this world. You can start today by following the directions He gives in His Word.

When you truly accept what the Bible teaches, you should reject what the world offers you by avoiding all sin. In Romans 6:11 the Scriptures say, "Count yourselves dead to sin but alive to God in Christ Jesus."

How? Reject the doctrines and practices of the occult and spiritism.

**Cassio** learned from the Bible that he received eternal life because he believed in Jesus and accepted the Word of God, not through reincarnation. There is no such thing as reincarnation. When we accept Jesus Christ, we become a new creation in Him. We pass from death to life immediately. We still have mortal bodies that are subject to death, but our spiritual man is eternal. The Bible describes it this way:

"Whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life" (John 5:24).

Can you see now that reincarnation does not exist. When we accept Jesus Christ, we cross over from death to life only once, not many times. As the Bible says:

“Just as man is destined to die once, and after that to face judgment” (Hebrews 9:27).

These verses state that we die physically only once, not many times to live in other bodies.

Reincarnation is a fabrication, a lie made up to try and give substance to the teaching of salvation by good works. It cancels out the sacrifice of Jesus on the cross, which is a historical fact.

The truth is, you can live a victorious life in Christ by saying NO to sin, to false doctrines and the devil. Say NO to the works and powers of darkness. Isaiah the prophet wrote,

“Let the wicked forsake his way and the evil man his thoughts. Let him turn to the Lord, and he will have mercy on him, and to our God, for he will freely pardon” (Isaiah 55:7).

A passage in 1 Corinthians 10:14,20 tells us, “Flee from idolatry ... The sacrifices of pagans are offered to demons, not to God, and I do not want you to be participants with demons.” So renounce all types of divination.

When we receive Jesus as Lord, we must obey Him. We must reject sin. We must reject all of the occult and spiritism. Ask God for the strength to do it.

Refuse the teachings of reincarnation!

Do you recall what **Cassio** and **Heber** learned?

**Heber** read in Deuteronomy 18:10-12,

Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the Lord.

**Heber** and **Cassio** were shocked at the answer to their question about who the spirits were that manifested themselves in their bodies.

**Cassio** replied, “What! There is no communication between the dead and living? Then what has been happening with me?”

Unfortunately, **Cassio**, the spirits that have possessed you are really demons. They have lied to you, saying they are a dead loved one, or an Indian or some saint. You were being deceived.

**Heber** observed, “After our conversation, it became very clear to me that the Afro-Amerindian cults as well as Kardecism were expressly forbidden by the Word of God.” Then he asked, “But who are those spirits that possessed me?”

They are evil and deceiving spirits sent by Satan and masquerading as good spirits, but they are never disembodied human beings.

The Bible says that “Satan himself masquerades as an angel of light” (2 Corinthians 11:14). The old man with white hair and blue eyes, was a demon posing as an “angel of light” who brought Heber the message about his “mission” in spiritism.

**Heber** continued: “The spirits deceive you with an illusion of physical healing. However, they can never give you peace. They can’t save the human spirit. A man pays a very high price for what he receives from the spirits.”

The pastor then asked **Heber** and **Rita**, “Are you willing to renounce spiritism and turn to Jesus? He will fill your hearts with peace and will not allow demon spirits to torment you any longer.”

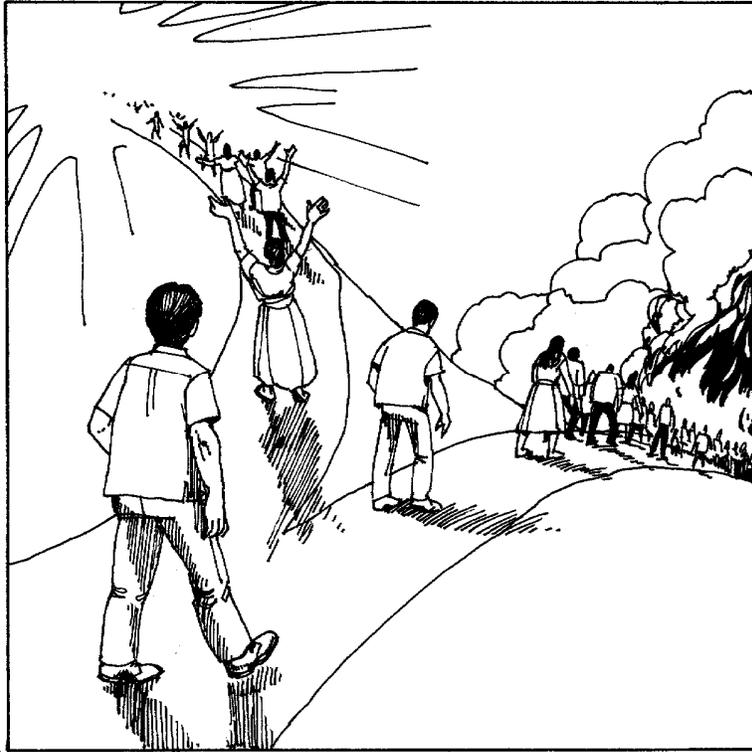
They answered, “**YES!**”

You too, dear friend, can renounce the occult and spiritism if you have not done so already. Say **YES** to the Lord Jesus Christ and **NO** to sin and to the occult. Let us see what God’s Word says about this:

“Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you” (James 4:7-8).

Dear student, you can live victoriously in Jesus Christ by saying **NO** to the devil. Say **NO** now to the works of darkness. Resolve to never again to try and consult the dead, whether or not they call themselves “saints” or “gods.”

Repeat this prayer from your heart if you have not done this but want to do it now.



Lord Jesus, I need You. I have accepted You as my Lord and Savior. In Your name I reject all the doctrines and practices of the occult and of spiritism. Help me to overcome all temptation to return to the occult. Take charge of my life and reveal Your will to me. I want to do Your will. In Jesus' name I pray. Amen!

You may now declare, "Jesus Christ is the Lord of my life."

Congratulations on your decision and commitment to begin to serve the Lord Jesus Christ! He will not let you down. I want to ask you to do something now that will help you grow spiritually.

Obtain a copy of the Holy Bible, or even a part of the Scriptures, and take time to read a portion everyday. If possible, start

reading in the Gospel of Mark. You will read about the life of Jesus when He was here on earth.

**SOMETHING FOR YOU TO ANSWER AND DO!**

9. What does the Word of God call the occult and all sorts of spiritism?

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10. What is the fifth step you must take in finding real happiness?

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Check your responses with those at the end of this lesson.

Dear Friend,

Now that you have received Jesus as your Savior and Lord and have determined to abandon the teachings and practices of the occult and spiritism, why don't you write and tell us about your experience? Fill out the Student Report at the end of this course.

If you would like, you can receive another course absolutely free. Even though you might not have made your decision yet to follow Christ, you may make your request on the same Report form.

If you would like a certificate for studying this course, fill out the Questions in the back of the book. Send them to the local address printed near the front of the course.

Do you have a friend who also needs to hear the message in this course? Write his or her name and address on the page provided for this. We will also send them a copy of this course.

Send us your prayer requests. We love you and are praying for you.

The Director and Staff



# ANSWERS TO STUDY QUESTIONS

## Lesson 5, Norman Anderson

1. Recognize that God is a God of love and wants to bless you!
2. Your answer
3. The second step to obtain true happiness is to recognize that you are a sinner and need deliverance from your sin!
4. Congratulations. God will help you to receive what you need.
5. The third step is to recognize that Jesus is the only answer to your need. You can trust Him to help you.
6. Each one who has told us part of their life story had financial and relationship problems, sometimes with their spouses, sometimes with their children. Some needed physical healing or healing of their emotions.
7. The fourth step is to accept Jesus as your Savior.
8. Your answer!
9. The Word of God calls all types of spiritism and the occult an abomination and detestable.
10. Receive Christ as the Lord of your life. This involves such things as rejecting the practice of sin, rejecting the practice of all types of the occult and spiritism. It involves believing and respecting the Bible, praying, and reading the Word of God, the Bible.

# Student Report

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## How Can I Be Truly Happy?

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**Testimony**

After studying this course, I accepted Jesus Christ as my Savior and Lord. I am returning this card with my signature and my address to the office for two reasons: first, to testify that I have accepted Christ, and second, to request information about other courses and books that can help me to grow in my spiritual life. This is my testimony in a few words:

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Please send me:

- The Great Questions of Life
- Highlights in the Life of Christ
- Information about courses and books

Signature: \_\_\_\_\_

Please print:

Your name \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Country \_\_\_\_\_

ZIP Code \_\_\_\_\_

**Please send the names and addresses of your friends.**

Print clearly the names of others who would be interested.

NAME _____
Address _____
City _____
State _____
Zip Code _____
Country _____
NAME _____
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NAME _____
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Zip Code _____
Country _____

# How Can I Be Truly Happy?

To receive your certificate:

Print your name clearly just as you want it on your certificate.

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Complete the Student Report and the Questions.

Cut along the dashed lines and send them to the local address printed near the front of the book.

If no address is stamped there, and you do not have the address of the office in your area, then please write to the following address:

Global University  
1211 South Glenstone Avenue  
Springfield, Missouri 65804  
USA

## Questions

Mark with an X the phrase that best completes the sentence.

1. In the beginning, facing the failure of his business, Cassio Colombo decided
  - a.  to commit suicide.
  - b.  to seek the God of his youth.
  - c.  to ask for help from his family.
  
2. In his search for solutions to avoid bankruptcy, Cassio
  - a.  became disappointed with religion.
  - b.  found that the “white table” had a better solution.
  - c.  decided to abandon his family and flee to Brazil.
  
3. The spirits promised Cassio everything

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- a.  $\theta$  and solved everything when they took power over his body.
  - b.  $\theta$  and, in the end, resolved only some of his problems.
  - c.  $\theta$  but were not able to help him in anything.
4. What really solved Cassio's problem was when
- a.  $\theta$  he received a large inheritance of money.
  - b.  $\theta$  he sought God and was set free from the evil spirits.
  - c.  $\theta$  all of his creditors forgave his debts.
5. Helena Brandao abused her body with drugs and alcohol. Therefore, God
- a.  $\theta$  decided to judge her severely.
  - b.  $\theta$  allowed her to go deeper into drugs and drinking.
  - c.  $\theta$  was very patient with her and took her from death to life.
6. The payment of Helena's biggest debt that brought her peace and happiness
- a.  $\theta$  was when Jesus paid her debt of sin at the cross.
  - b.  $\theta$  happened when she went to the cemetery with other women.
  - c.  $\theta$  came through her obedience in everything to the "mothers-of-saint" and the "orixas."
7. Helena had to pay many debts because
- a.  $\theta$  she loved the spirits.
  - b.  $\theta$  she wanted to be faithful to the religion of her mother.
  - c.  $\theta$  she was afraid and did not know where to find help.
8. Fame and success in the movie industry brought Helena
- a.  $\theta$  money and applause but no peace.

- b.  $\theta$  immense satisfaction and peace.
  - c.  $\theta$  many friends who helped her in everything.
9. Terezinha Muller was very sick and discovered that
- a.  $\theta$  it was easy for doctors to cure her sickness.
  - b.  $\theta$  the spirits promise much but give little or nothing.
  - c.  $\theta$  everything became possible by paying enough money.
10. The search for a solution to her disease led Terezinha to pay many debts and make many sacrifices, which brought her
- a.  $\theta$  much peace and tranquility in her family.
  - b.  $\theta$  forgiveness for her sin against God and herself.
  - c.  $\theta$  fame in the spiritist community while her personal problems with her family increased.
11. Terezinha was set free and cured when she
- a.  $\theta$  found a mother-of-saint who really wanted to help her.
  - b.  $\theta$  changed her religion.
  - c.  $\theta$  gave Jesus a chance to prove His love for her.
12. The fact that Terezinha committed many sins and errors in her life teaches us that she
- a.  $\theta$  was a slave to sin and needed to be set free.
  - b.  $\theta$  was not raised well; everything was her parents' fault.
  - c.  $\theta$  was not going to enjoy the same privileges in her husband's house as she did in her father's house.
13. Heber Soares was defeated by the spirits because
- a.  $\theta$  they treated him with much care and consideration.
  - b.  $\theta$  they persecuted him until he accepted the mission they proposed.

- c.  $\theta$  he didn't want to anger them.
14. Heber had much sadness and uncertainty in his life because
- a.  $\theta$  he angered the spirits.
  - b.  $\theta$  he was exploited by the spirits. He wasn't able to do what he wanted.
  - c.  $\theta$  he and his family were poor.
15. The "spirits of the Astral Regions" used Heber to heal all sorts of infirmities
- a.  $\theta$  and this brought him money, friends, and happiness.
  - b.  $\theta$  and helped him to get over the loss of his job.
  - c.  $\theta$  but this did not bring him peace. He felt a great void inside.
16. Heber and Rita discovered that true peace and happiness is received when
- a.  $\theta$  one takes recourse to the strongest lines of spiritism.
  - b.  $\theta$  one receives a healing or material blessing.
  - c.  $\theta$  one accepts Christ and obeys what the Word of God says.
17. The great truth which the death of Jesus teaches us is that
- a.  $\theta$  each one has to suffer for his or her own sins.
  - b.  $\theta$  God loves us and wants to bless us.
  - c.  $\theta$  we also need to pay as many debts as possible for ourselves.
18. The phrase "it is not the healthy who need a doctor but the sick" means that
- a.  $\theta$  all have sinned and are sick with the infirmity of sin.

- b.  $\theta$  there were many sick people in the time of Jesus and today also.
- c.  $\theta$  there are not enough doctors in the world today to treat those who are sick.

19. Receiving Christ in your life means

- a.  $\theta$  belonging to a church.
- b.  $\theta$  being baptized and giving offerings to the church.
- c.  $\theta$  admitting that you are a sinner and need to come to Christ.

20. When I reject the practice of spiritism and sin, I show that I have

- a.  $\theta$  believed in Jesus and have declared Him as Lord of my life.
- b.  $\theta$  believed in the doctrine of reincarnation.
- c.  $\theta$  rejected at least one line of spiritism.