

Class connection with God part2

6. Regarding to be or not to be granted our wishes, we talked about what we hoped we would receive. God's answer may not be what we have imagined it would be. I told them the story of a man in the middle of a flood who refused to be rescued by a boat, or a helicopter for he was waiting for God to rescue him. He disincarnated, and as he got to God, he complained god had not rescued him, which God answers: "But, how did I not save you? I sent a boat, a helicopter..."

7. I gave each students some sheet of paper for them to draw how they felt their link with God was. (the conclusion of this theme must be discussed in the next gathering.)

8. I gave the students a sheet of paper with opinions about prayer.

OBS: The above description refers to the morning group.

Connecting with God - Part 2

Observation: This meeting ended up almost totally as an exposition class.

Even tough students were asked questions and to participate, they did not want to participate much.

For this class, I took an old x ray and cut it into two shapes, one of the human body and the other the shape of a star. I also took blue, yellow and red chalk.

1. Before the class started, I used the shapes I had made, and I drew 6 human shapes, and, I used the little star to draw a star on the chest of each human shape, painted with yellow to represent light, the spirit.

2. When the students arrived I asked them to get the sheet of paper I had given to them on the last class.

The paper had two quotes: One quote referred to the American research about the effect of prayer on sick people, and the other was part from a doctor's interview for the Good Fluids Magazine, stating his opinion that religious people seem to be healthier than non religious people.

I asked the students if they thought on how prayer worked. Since they said "no", I went ahead to the flip chart.

3. I asked: When we see someone, what do we see? the face. Yes, but why the face? of the body, someone answered. Then ok, this shape here represents the body. Very well! But is there a part that is not visible? (Silence)

What is there between us that thinks and feels?...the soul or the spirit. The soul or spirit is represented by this light, ok? It is not located on the chest, and doesn't have this form, but we will represent it this way here. I then wrote, arrow pointing to the star, SOUL AND SPIRIT.

4. But I will tell you that we still have more invisible things within us. We have energy. (If it was a class for Spiritists I would say , perspirit.) I used chalk to draw a more or less fuzzy line around the body, and I wrote the work energy. The students were very quiet. I explained we all have energy, that some of us can perceive it and that the quality of our energy is influenced by whatever we think and feel.

5. I used the diagram to talk about the importance of our thoughts and feelings in the

quality of our energy and in the relationship of such with our health. I showed them how physical illness comes from a magnetic alteration. That energy can be transmitted from one person to another and explained the cures Jesus performed. I cited some healing methods which utilize this energy such as Heike, passé,. Finally, I drew the way that prayer functions, explaining that this energy takes our thoughts and feelings onto whomever we intend it to reach (God, a saint of devotion, a guardian angel) who can act on the energy of the ill person. I talked about the experience of telepathy of the astronauts and the sensitive people who are able to feel how we are by feeling our energy. They asked what my religion was. I said I was Spiritist, but that this knowledge was not just from Spiritism, but from scientific evidence and from various religions.