

1- THEME: The physical body – consequence of the vices

2- OBJECTIVE: The child must identify the value of the physical body as a necessary instrument for our learning in Earth, and the harm that the vices can cause us.

3- BIOGRAPHY:

Jo, 2:19 to 21; tg, 3:2 and 3

LE, items 136, 367 to 385, 730; ESE, cap 17 item 11

United Hands (Emmanuel/F.C. Xavier), cap 2; spiritual conduct (Andre Luiz/ Waldo Vieira), cap 34;

Missionaries of the Light (Andre Luiz/ F.C. Xavier), caps 2 and 13

4- CLASS:

a) Initial incentive: Questions

Ask the children what they would think of a violinist who doesn't know how to use his musical instrument, or perhaps a pilot who is not interested in maintaining his plane in good working conditions.

b) Development: dialogue

After receiving the answers, proceed with the subject so that they understand that the violinist and the pilot need their instruments in good working conditions so that they can properly make use of them and demonstrate their talents. From that point, make a comparison between the spirit and the body explaining that the body is the instrument of the spirit.

Our physical body is the instrument we need for learning and self improving here in Earth.

The physical body helps the incarnated spirit forget the past, hence, it favors the possibilities of a reconciliation with whom we have obligations due to mistakes we made in the past, or even, when we were in space, while we momentarily stayed at inferior zones.

Because of its value and importance, the physical body must be protected from all the harmful things which can wear it out prematurely. Regarding this, it is interesting to notice and observe the care and dedication parents (sometimes other people) devote to the development of the physical body of the creature since childhood until adult age. Care and attention must be given to the body, since the beginning of its formation in the mother's womb, for it to reach adult age. When paying attention to this fact, we can see its immeasurable value – impossible to calculate in monetary value. Not to mention that we must take into consideration also the indispensable contribution from the spiritual benefactors, particularly during the childhood stage. "to receive a body, according to reincarnation doctrine, it's not about just receiving a boat for a new adventure, it does not happen at random , by chance. When we are given a body, we have a major responsibility, outlined in the service of learning, elevation or remedying, and in the efforts of progress or redeeming." (Missionaries of the Light, cap 2)

It is our duty to maintain our body healthy and take good care of it, so that we can benefit as much as possible from this instrument in good conditions. "No man can fulfill spiritual progress, without attending to the responsibilities suitable in preserving the physical channel."(Missionaries of the Light, cap 2)

We must also remember that not all physical deficiencies and illnesses we may acquire are consequences of past lives imbalances: Sometimes, these problems are developed due to either lack of care , or our excess behaviors of our present life style. There are many sick, or handicap people because of their lack of respect for life, such as the madness of high velocity or the practice of extremely dangerous sports for the thrill of new emotions. Even though sometimes the body does not show any signs of harm immediately, residual injuries remain due to the nerve tension, thus showing up later on as various types of illnesses. Therefore, being aware of this, we must always avoid needless violent emotions which can also be received through certain types of films, reading, as well as pessimistic or negative remarks which will harm the well-being of our spirit and consequently our physical body.

Mental hygiene is as important as physical hygiene as it is directly reflected on the health of the body. We should remember that we have a choice to bath our bodies with gentle vibrations as much as we can bombard it with negative thoughts.

There are many habits which cause harm to the physical body. The worse ones are called vices. The body suffers the consequences of the vices, but we must remember that the origin of the vices is not in the body, but in the soul. No one ignores the fact that alcoholism truly causes moral harm besides the damage it does to the body, affecting mainly the liver, the stomach and the heart. The tobacco damages the heart and the stomach, mainly damaging the circulation system and the lungs, thus causing heart attack, cancer and pulmonary emphysema. Drugs injury the entire body, and so the body prematurely wears out which generally culminates in death. We are already aware that vices are not over after we disincarnate the body. Quite the opposite, the soul carries the vices it has wherever it goes. Vices cause a lot of suffering to our souls in the spiritual world as it still feels the same urges and

sensations it experienced during the time it was incarnated. Not having anymore the physical body as instrument to satisfy their vices, alcoholics and addicts look for the bodies of incarnated souls as instruments to satisfy their needs. Such souls who look for bodies to satisfy their obsessive compulsions, we refer to as obsessive souls. (obsessores)

The body, just like all organisms, needs exercise and rest. For this reason, we must keep the balance between activities and rest as excess of activities lead to exhaustion, excess of rest leads to apathy.

As a spirit have already said, "more people disincarnate from excess of eating than for lack of food." Hence, we must avoid overloading the digestive system, for over eating harms the body and brutalizes the spirit. But, there are worse vices which were mentioned before, such as smoking, alcoholism, and drugs. These vices cause major harm to our organism in addition to generating zones of disequilibrium in our spiritual body.

There are religions which preach contempt of the body and that it is necessary to impose a severe diet by going through deprivations. Through many centuries, the practice of self-mutilation was encouraged with the purpose of self punishment in order to get rid of committed sins. It was customary the use of whips and instruments with metal ends, deeply hurting the tissue until it caused bleeding. They also used belts with sharp endings which were pointed in direction to the body, called "ciclios", over their clothes. Unfortunately, the practice of self-mutilation is still used in our days by using the whip during the Holy Week celebrations, both in sub developed and developed countries. In addition, there are still acts of "penitence" due to payment of absurd promises, such as carrying huge crosses, or climbing stairs on the knees, starvation diets etc.

Spiritism teaches we don't have to inflict pain to our body in order to please God, but that we must educate ourselves spiritually, and seek to live free of self serving and imperfections such as pride, vanity, hate, sloth, greed, gluttony and other imperfections we may still have.

On the top of that, Spiritism teaches that the body is a sacred instrument that must be appreciated for the opportunity it offers the spirit to advance in its spiritual progress. The body, as a mere instrument, is not responsible for the actions of the spirit which lives within, whether they are right or wrong.

It may be that the body we have in the present is not the one we would like to have. Yet, we must always remember that it was the spiritual benefactors _Representatives of Jesus_ who acted wisely, mercifully, and fairly so that we would receive exactly the physical clothing we have now, and

accordingly to the necessities of our immortal spirit. As we know, all things pertaining to the divine plane do not just happen by chance.

Through the knowledge of the function and importance of the body, we can perfectly evaluate the worth of the opportunity that reincarnation offers us. Hence, we become aware of our responsibility to properly care for this instrument. Although its worth is priceless, the body must be considered only as a physical instrument of manifestation of the immortal spirit, in a temporary transit through the material world.