

COURSE 1: Working my Spirituality (12-15 years-old)				
SESSION # 1	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
Influence of Spirits in Our Lives	<ul style="list-style-type: none"> - Learn about the influence of spirits in our lives. - Learn about communication from mind to mind through thoughts. - Learn ways to receive good spiritual influence. 	<p>Activity 1: (5 min) Prayer and Introduction</p> <p>Activity 2: (10 min) Mined Path</p> <p>Activity 3: (10 min) Introductory Questions</p> <p>Activity 4: (10 min) Tell a passage from the book "And Life Goes On" using power point slides.</p> <p>Activity 5: (15 min) Present and discuss some questions from The Spirits' Book with the class, then handout a copy of the questions and answers.</p>	<p>Tape, markers and objects for activity 2</p> <p>Power point slides (printouts or a computer/projector)</p> <p>Handouts of some questions and answers from The Spirits' Book</p>	Final Prayer / Visualization with music on the background

SESSION # 1	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
Influence of Spirits in Our Lives	<ul style="list-style-type: none"> - Learn about the influence of spirits in our lives - Learn about communication from mind to mind through thoughts - Learn ways to receive good spiritual influence 	<p>Activity 6: (10 min) Fill in the Blank: Use phrases from the text presented.</p> <p>Activity 7: (15 min) 5 Minute Play</p> <p>Activity 8: (5 min) Explain Homework.</p> <p>Activity 9: (5 min) Final Prayer</p>	<p>Handouts of the activity 6 (Fill in the Blank)</p> <p>Diaries for each student</p> <p>CD Player and a classical music CD for the meditation</p>	Final Prayer / Visualization with music on the background

Attachment #1:

Class 1: Influence of Spirits in Our Lives

Activity 1: (5 minutes)

Prayer and Introduction

Activity 2: (10 minutes)

Mined Path: (2 people)

Mark a path on the floor which a student will go through with their eyes covered. The path has many objects on the floor, the rest of the group has to give directions to the person with their eyes covered so the person can go through the path without stepping on any objects. Every time the person steps on an object they have to stop and the other person will continue. The goal is to seat on the chair at the end of the path and say a predetermined phrase. Divide the group in two, one will give correct directions and one will give incorrect directions and two people will go through the path following the others instructions.

Note: Use tape to mark the path and place objects on the floor without the person seeing it.

Activity 3: (10 minutes)

Introductory Questions:

- Have ideas or thoughts, different from your own, crossed your mind?
- Do you think spirits can influence our thoughts?
- Have you ever felt peer pressure? Do you think spirits can pressure us too?
- What type of spirits can influence us? How about our mentors and guardian angels?

Activity 4: (10 minutes)

Tell a passage from the book “And Life Goes On” using power point slides. (If class is small, there is no need for multimedia projector, once slides can be shown directly from laptop screen).

Activity 5: (15 minutes)

Text: Questions 456, 457, 459 – 461, 464 and 469 from The Spirits’ Book by Allan Kardec:

Note: Present and discuss the slides with the class, then hand out a copy of the following questions and answers.

456. Do spirits see everything that we do?

"They can do so if they choose, since they are incessantly around you. But, practically, each spirit sees only those things to which he directs his attention; for he pays no heed to those which do not interest him."

457. Can spirits see our most secret thoughts?

"They often see what you would fain hide from yourselves; neither acts nor thoughts can be hidden from them."

- It would appear, then, to be easier to hide a thing from a person while living than to hide it from that same person after his death?

"Certainly; and when you fancy yourselves to be hidden from every eye, you have often a crowd of spirits around you, and watching you."

459. Do spirits influence our thoughts and our actions?

"Their influence upon them is greater than you suppose, for it is very often they who direct both."

460. Have we some thoughts that originate with ourselves and others that are suggested to us?

"Your soul is a spirit who thinks. You must have observed that many thoughts, and frequently very opposite ones, come into your mind reference to the same subject, and at the same time. In such cases, some of them are your own, and some are ours. This is the cause of your uncertainties, because you have thus in your mind two ideas that are opposed to each other."

461. How can we distinguish between the thoughts which are our own and those which are suggested to us?

"When a thought is suggested, it is like a voice speaking to you. Your own thoughts are generally those which first occur to you. In point of fact, this distinction is not of much practical importance for you, and it is often better for you not to be able to make it. Man's action is thus left in greater freedom. If he decides for the right road, he does so more spontaneously; if he takes the wrong one, he is more distinctly responsible for his mistake."

464. How can we ascertain whether a suggested thought comes from a good spirit or from an evil one?

"Study its quality. Good spirits give only good counsels. It is for you to distinguish between the good and the bad."

469. By what means can we neutralize the influence of evil spirits?

"By doing only what is right, and putting all your trust in God, you repel the influence of inferior spirits, and prevent them from obtaining power over you. Take care not to listen to the suggestions of spirits who inspire you with evil thoughts, stir up discord

among you, and excite in you evil passions. Distrust especially those who flatter your pride, for, in so doing, they attack you on your weakest side. This is why Jesus makes you say in the Lord's Prayer, 'Let us not succumb to temptation, but deliver us from evil.'"

Activity 6: (10 minutes)

Fill in the Blank: Use phrases from the text presented above.

Activity 7: (15 minutes)

5 Minute Play: Divide the class in 2 groups. The first group will present actions/places which will make people more unlikely to receive good influences. Second group will present actions/places which will make people more likely to receive good spiritual influence (praying, reading good things, watching good movies and having constructive conversations).

Activity 8: (5 minutes)

Explain Homework: Each student will receive a diary where they will write - every night - the thoughts that came through their minds during the days of that week. This technique will help them recognize the type of influence they received during that week.

Activity 9: (5 minutes)

Final Prayer / Visualization with music on the background

SESSION # 2	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
Obsession	<ul style="list-style-type: none"> - Learn about the definition of obsession. - Learn how obsession presents itself. - Learn ways to prevent obsession, help others and seek help when faced with obsession. 	<p>Activity 1: (5 min) Prayer and Introduction</p> <p>Activity 2: (10 min) Homework Exercise</p> <p>Activity 3: (10 min) Introductory Questions</p> <p>Activity 4: (10 min) Tell a passage from the book "Understanding Spiritual and Mental Health" using power point slides.</p> <p>Activity 5: (15 min) Present and discuss power point slides addressing the concept of obsession.</p>	Power point slides (printouts or a computer/projector)	Final Prayer / Visualization with music on the background

SESSION # 2	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
Obsession	<ul style="list-style-type: none"> - Learn about the definition of obsession. - Learn how obsession presents itself. - Learn ways to prevent obsession, help others and seek help when faced with obsession. 	<p>Activity 6: (10 min) Cross Word Puzzle: Puzzle with words from the slides.</p> <p>Activity 7: (15 min) 5 Minute Play</p> <p>Activity 8: (5 min) Explain Homework.</p> <p>Activity 9: (5 min) Final Prayer</p>	<p>Handouts of the activity 6 (Cross Word Puzzle)</p> <p>Handouts of affirmations</p> <p>CD Player and a classical music CD for the meditation</p>	Final Prayer / Visualization with music on the background

Attachment #2:

Class 2: Obsession

Activity 1: (5 minutes)

Prayer and Introduction

Activity 2: (10 minutes)

Homework Exercise: Ask the students to look at their diaries and encourage them to share what type of thoughts they had throughout the past week. Then, ask the students to tell the group if they thought their thoughts were being influenced by others (incarnates and/or disincarnates) and how that possibly happened.

Activity 3: (10 minutes)

Introductory Questions:

- Ask the children to summarize previous class.
- Ask them if they know what Obsession means?
- Ask them who they think can obsess who? (incarnates obsess other incarnates, spirits obsess other spirits, spirits obsess incarnates, incarnates obsess spirits)

Activity 4: (10 minutes)

Tell a passage from the book “Understanding Spiritual and Mental Health” using power point slides.

Activity 5: (15 minutes)

Slides: Present and discuss the slides.

Activity 6: (10 minutes)

Cross Word Puzzle: Puzzle with words from the slides.

Activity 7: (15 minutes)

5 Minute Play: Divide the class in 3 groups. Each group will present an example of a type of obsession (simple obsession, fascination and subjugation) with suggestions in how to prevent it and get help during an obsession.

Activity 8: (5 minutes)

Explain Homework: Student will receive affirmations to read each morning. Instruct them to write each day how they felt doing what the affirmation says. (See affirmations below.)

Sunday: I will smile with sincerity to someone I do not like.

Monday: Tell someone you care for them.

Tuesday: Express yourself with joy.

Wednesday: Do a kind action without being asked and without expecting anything in return.

Thursday: Pray right now to get guidance for the day.

Friday: Pray right now for less fortunate children.

Activity 9: (5 minutes)

Final Prayer / Visualization with music on the background

SESSION # 3	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
Mediumship (Definition)	<ul style="list-style-type: none"> - Learn about the definition of mediumship. - Learn about mechanisms of mediumship. - Learn how mediumship can help all of us. 	<p>Activity 1: (5 min) Prayer and Introduction</p> <p>Activity 2: (10 min) Homework Exercise</p> <p>Activity 3: (10 min) Introductory Questions</p> <p>Activity 4: (10 min) Sign Language</p> <p>Activity 5: (10 min) Present part of the movie "Ghost".</p> <p>Activity 6: (15 min) Present and discuss power point slides addressing the concept of mediumship.</p>	<p>Markers, board, and a chart with all the different affirmations listed on top</p> <p>Handouts with the sign language alphabet</p> <p>DVD player or a computer</p> <p>DVD of the movie "Ghost"</p> <p>Power point slides (printouts or a computer/projector)</p>	Final Prayer / Visualization with music on the background

SESSION # 3	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
Mediumship (Definition)	<ul style="list-style-type: none"> - Learn about the definition of mediumship. - Learn about mechanisms of mediumship. - Learn how mediumship can help all of us. 	<p>Activity 7: (10 min) Quiz: Handout with Questions 10 T/F - Multiple Choices.</p> <p>Activity 8: (5 min) Explain Homework.</p> <p>Activity 9: (5 min) Final Prayer</p>	<p>Handouts with questions 10 T/F (multiple choices).</p> <p>CD Player and a classical music CD for the meditation</p>	Final Prayer / Visualization with music on the background

Attachment #3:

Class 3: Mediumship (Definition)

Activity 1: (5 minutes)

Prayer and Introduction

Activity 2: (10 minutes)

Homework Exercise: Have a chart with all the different affirmations listed on the previous lesson. Ask each student how they felt after reading the affirmation and during the day, and list them on the board as they share their insights. Discuss possible common themes.

Activity 3: (10 minutes)

Introductory Questions:

- How do we communicate? (spoken, written, radio, TV)
- Can I talk to someone over the telephone even if I do not have one? (neighbor, pay phone)
- Can someone talk to me without me being able to see them?
- If I do not speak German, can I understand them if they try to speak to me in German?
- If someone is blind can they receive a written communication? (only if do know Braille)
- If someone is dead can they communicate with others that are also dead? How about with people that are not dead? If so, how would they communicate?

Activity 4: (10 minutes)

Sign Language: Give the children a handout with the sign language alphabet. Do the signs for love, friend and good morning and have them guess (they will probably not guess correctly) and then spell them out so they can figure it out.

Activity 5: (10 minutes)

Movie: Present part of the Ghost Movie.

Activity 6: (15 minutes)

Slides: Present and discuss the slides.

Activity 7: (10 minutes)

Quiz: Handout with Questions 10 T/F-Multiple Choice-

Activity 8: (10 minutes)

Explain Homework: Student and instructors will come up with one good action to do every day of the week. Students will write in their diary what they did and how they felt about.

Activity 9: (5 minutes)

Final Prayer / Visualization with music on the background

SESSION # 4	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
Fruitful Mediumship	<ul style="list-style-type: none"> - Learn about fruitful mediumship. - Learn about how mediumship is a mission. - Learn how a fruitful mediumship can help others. 	<p>Activity 1: (5 min) Prayer and Introduction</p> <p>Activity 2: (10 min) Homework Exercise</p> <p>Activity 3: (10 min) Memory Game</p> <p>Activity 4: (10 min) Introductory Questions</p> <p>Activity 5: (15 min) Present and discuss power point slides addressing the concept of fruitful mediumship.</p>	<p>Cards with words and their definitions based on the previous 3 classes.</p> <p>Power point slides (printouts or a computer/projector)</p>	Final Prayer / Visualization with music on the background

SESSION # 4	OBJECTIVES	ACTIVITIES	MATERIALS	PRAYER
Fruitful Mediumship	<ul style="list-style-type: none"> - Learn about fruitful mediumship. - Learn about how mediumship is a mission. - Learn how a fruitful mediumship can help others. 	<p>Activity 6: (10 min) Watch a movie about Divaldo Franco's life.</p> <p>Activity 7: (20 min) 5 Minute Play</p> <p>Activity 8: (5 min) Final Prayer</p>	<p>DVD player or a computer</p> <p>DVD of a movie about Divaldo Franco's life</p> <p>CD Player and a classical music CD for the meditation</p>	Final Prayer / Visualization with music on the background

Attachment #4:

Class 4: Fruitful Mediumship

Activity 1: (5 minutes)

Prayer and Introduction

Activity 2: (10 minutes)

Homework Exercise: Ask the students to look at their diaries and tell the group how they felt when they did one good action every day of the week.

Activity 3: (10 minutes)

Memory Game: Memory game, create cards with words and their definitions based on the previous 3 classes.

Activity 4: (10 minutes)

Introductory Questions:

- What are mediums?
- Do you know any mediums?
- How do they use their mediumship?

Activity 5: (15 minutes)

Slides: Present and discuss the slides. Give them an example of a fruitful medium, such as Divaldo Pereira Franco, also explaining the purpose of the mediumship in our lives.

Activity 6: (10 minutes)

Movie: Watch movie about Divaldo Franco put together by the SSB.

Activity 7: (20 minutes)

5 Minute Play: Ask them to come up with a 5 minute play about fruitful mediumship.

Activity 8: (5 minutes)

Final Prayer / Visualization with music on the background

Attachment: Text Divaldo's Biography:

Divaldo Franco: The Extraordinary Life of a Paranormal

Fairly unknown by the American public, Divaldo Pereira Franco is often regarded as the greatest Spiritist speaker of all times.

Divaldo: The Man

Born in Feira de Santana, a small town in northeast Brazil, in the state of Bahia, Divaldo displayed clairvoyance and clairaudience before he was 5 years old.

Through his childhood, Divaldo played with friends from another dimension of life that others could not see or hear.

In 1947 Divaldo, along with his friend Nilson Pereira, founded "Caminho da Redencao" Spiritist Center - this was the beginning of a labor of love to benefit the sick and those in need.

Two years later, in 1949, Divaldo saw through clairvoyance a very large area with many children and, through clairaudience, Divaldo heard a voice stating that his life would be dedicated to caring for children in need.

In 1952, then, Mansão do Caminho was established to provide housing and care for orphaned children in Salvador, Bahia, through a system of foster homes.

All of this has been going for over 50 years now and still is going strong – and growing.

As an Educator

As an educator, Divaldo's life is also one marked by devotion.

Since 1952 more than 600 adoptive sons and daughters have been raised in the system of foster homes at Mansao do Caminho.

As time went by elementary, middle, high and professional schools were created to cater to the ever growing number of children.

To this date, more than 30,000 boys and girls have received an education and care at “Mansão do Caminho's” many schools.

As a Speaker

As a speaker, Divaldo has ministered more than 10,000 lectures and conferences in more than 300 cities worldwide.

Divaldo has held lectures and seminars in 53 different countries: 21 in Europe, 21 in the Americas (North, South and Central), 5 in Africa and 6 in Asia.

As a Medium Writer

As a medium, Divaldo has co-authored more than 170 books through psychography - also known as automatic writing. Of those, approximately 100 have been translated into 15 different languages.

More than 217 spiritual writers have authored messages through his channeling. Mr. Franco has also written messages in languages he did not know, such as German, French, Italian, Castilian, Afrikaans and even backwards English.

Perhaps the most impressive fact of Mr. Franco's accomplishments as a medium and writer is that his works have sold an impressive amount of 7 million copies, and all of its proceeds go into helping maintain Mansao do Caminho.