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Love Source of Life

The Spirit, in its experiences in the material dimension seeks, in the first place, to survive,

reciprocity and justifications so it can happen. When it is set up in the heart it is no longer possible

"The Universe's Laws will wait for us throughout the millennia, but they will eventually

be registered, in a font of light, in our own consciences. And these laws determine to love others as we love ourselves.

In regards to affectivity, over the centuries, many times we shot in the direction of narcissism and stretched in the whims of the sterile pleasure, we trampled on other's feelings, propelling respectable and noble creatures



staying connected to its body, identifying with the body and concerned with maintaining it alive. In the experiences that the Spirit lives, searches to strengthen the idea it has of itself, solidifying its ego as it being the best representation of its essential nature. From everything that the Spirit learns, it extracts principles and feelings that automatically incorporate its being, constituting new platforms which enable the Spirit to greater learning. They are paradigms which make the Spirit increasingly evolved.

These principles can be translated into the form of charity, respect to one's neighbor, care for the environment, heed given to the collective, as well as in everything that has to do with an ethical way of good living. The feelings that are shown are joy, inner peace, falling in love, enchantment with life and love.

Love is the greatest feeling possible to the human feel. It has multiple expressions and varies its intensity from person to person. It goes from loving an object to loving God. It is a one way feeling as it does not demand

to eliminate it, just like a divine stamp in the intimacy of the being, as what exists of most sacred. When the feeling of love is experienced for the first time, it becomes an enduring generator of superior search for what is best for oneself and for the others. Many want a love, but few are available to truly love, to give oneself fully in the relationship where the action of giving is for a partnership and exchange of rich experiences that generate growth for both. To live with the conscience constantly bonded to love, implies in being available to the practice of lovingness, humbleness and of inner balance. Love is the driving force of the Universe, generating source of life and peace between people. To go through the incarnation without feeling love, without experiencing its inner power is to live without finding the meaning of life. The feeling of love inhibits selfishness and pride, the two major wounds of humanity.

Adenauer Novaes
Clinical Psychologist

into processes of anguish and criminality, after having chained them to ourselves with ties of shining promises, of which we got rid off in an inconsiderate action.

Every time that a certain person invites another to the sexual communion or accepts from someone an appeal in this regard, in basis of affinity and trust, a power circuit between both is established, by which the pair is psychically fed with spiritual energies on a reciprocal basis. When one of the partners runs away from the commitment made, without a fair reason, injures the other in the sustenance of the emotional balance, whichever circumstance this compromise was made. Once the rupture in the system of magnetic load of maintenance is broken, from soul to soul, the partner that is harmed, if not prepared with self-defensive superior knowledge, panics, without being able to predict the lack of control that often streaks in crime."

Vida e Sexo

Emmanuel

Spiritism and Sexuality

We learn, in the spiritists' books, that the spirit does not have a sex, once this depends on an organic constitution. Kardec tell us that the spirit shall progress in everything, and being reborn in the male or female sex can be a facilitator for its learning via the social and cultural conditions and the necessary tests of the spirit's reincarnation project.

sex, nature's profoundly holy attribute, involves commitment. In this planetary moment, we observe the intense valorization of the body and of sexuality lacking affection and of the real understanding of this tool for solidarity and mutual support.

The promiscuity breaks and severely compromises the sublime exchange and André Luiz

Affectivity

The affectivity expression is of fundamental importance in relationships and denotes the creature's emotional and sentimental ability. It can be expressed both in a positive and in a negative way and it can be made present by a variety of forms of manifestation. "Between the beings that can think there is a bond that you still do not know. The magnetism is the pilot

of this science that later on you will understand better." Question 388 - The Spirit's Book.

Affectivity is a basic component and it is intimately connected to the sensorial and intuitive. Affectivity is manifest in a climate of welcome, empathy, fondness,



Several religious denominations value the role of man over the one fulfilled by woman. However, the Spiritism's Codifier tells us that "God gave to both intelligence for the good and for the bad and the faculty to progress", pointing that both are equal before the Creator. Sex is one of the components of the spiritual evolution process.

In the book *Missionaries of the Light*, the instructor Alexandre explains that the function of sexuality is the exchange of energies coming from the perispirit, divine nourishment for intelligence and for the heart, without being the sole purpose of unions. If the purpose is not exclusively the procreation but to exchange energies coming from the perispirit, let us think of the hypothesis of psychic and energetic nutrition which can be improved via mental states that are balanced and full of love, in a process of mutual donation. This energy is inherent to life itself and generates magnetic loads in all beings, once its essence comes from the divine creation.

For Emmanuel love is free but

explains to us that millions of souls are compromised with debts, before the law of cause and effect, due to the abuse and imbalance in the usage of these energies, requiring hospitalizations intended for the sexual reeducation in the spirituality.

We understand that sexuality is for Spiritism, a tool of love to be utilized with respect in the path to the moral conquest.

Ercilia Zili

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desire, taste, passion, tenderness, comprehension towards oneself, towards the others and towards the object of learning. Affectivity boosts the interactions, exchanges, searches and the results. It facilitates communication, touches the participants and promotes union. Carl Rogers explains in the book *A Way of Being* that "if people are accepted and taken into account, they tend to develop an attitude of more consideration in relation to themselves".

Life, in order to become full, demands that we nourish from Love, and this is only made present through relationships that begin with ourselves, passing through the personal interrelationship and consequently learning the Love towards God.

The lack of affection and insecurity usually produce unnatural and unstable behaviors that draw attention in an unpleasant way.

To Love does not mean to wait for someone to satisfy all our desires and necessities that are only up to us to satisfy.

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Youth and Sexuality

The power of the sexuality hormones, that emerges in the organism marking the transition between infancy and youth, mostly, find the youths unprepared to deal with its intensity. The matter is aggravated when the parents and educators do not properly take up their roles, leaving the youths at the mercy of varied fantasies and illusions.

It is true that the castration and repression of the past, due to a distorted view around life and its natural manifestations, left profound marks in the psyche generating countless conflicts. However, the so called sexual revolution, if in one side it broke ancient taboos, demystifying them, in another it was not successful in addressing the issue because by stimulating odd behaviours and excesses of all kinds it leads to other serious disorders...

The knowledge and experience of Spiritism, freeing from distorted views of ancient religions but alerting to the consequences of excesses, can aid the youths to live the sexuality in a healthy and responsible way. Recognizing sexuality's divine origin and elucidating about the commitments before life, besides providing that this creator and creative by nature power be channeled to reproduction and experience of pleasure inherent to the body, it stimulates the sexuality link with love and with life's superior ideals in order to reach the apex to which it is set to be destined.

Cláudio Sinoti
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Sexually Transmitted Diseases

The sexually transmitted diseases (STDs), with their wide spectrum of clinical manifestations, represent not only a public health issue but also an expression of the change in the human pattern of thought. Supported by the scientific and social achievements, sexuality ceased to be a private matter and started to be an explicit part of the interpersonal life. From taboo to the frantic search for sex, the moral and ethic values are being destroyed,

infidelity, to promiscuity and to unprotected sex, with its consequent organic and psychic manifestations.

In order to change this current behavior, it is necessary to comprehend the precariousness of the physical pleasure in comparison to the ecstasy of reciprocal love, which edifies. Spiritism proposes the youths' correct sexual education, having in view to provide them with not only the scientific information but also the



elucidation of the moral and spiritual matters involved in sexuality. This way, the reincarnating youth, which will now reflect on the real objectives of

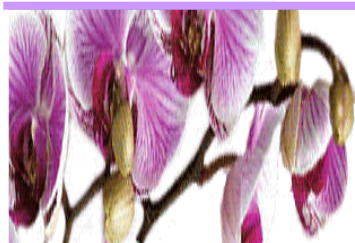
and the affective relationships that previously were marked by real affinity and respect, are now replaced by fragile sex links that are broken in the same proportion as other unstable links are made. The demystification of sex, which at the same time gives freedom to the individual, it invites the individual to be responsible for the abuse it makes out of sex, causing the STDs and also, through the psychic and spiritual "charges", the sad clinical pictures of psychosis and obsessions.

The sexual energy is inherent to the Spirit. Via the instinct "transmutation" into reason associated with the feeling and the morality, sexuality is then structured to be applied with the finality of reproduction and beneficial energetic exchange, which gives support to couples in their evolutionary commitments. Any deviation from its noble objectives generates imbalances, leading to

life and of the sexual function, will deal with sex with the required dignity and will place it as a creator and dignifying force.

Emmanuel, in the book *Vida e Sexo*, says that: "Not prohibition, but education. Not imposed abstinence, but the decent use with due respect to others and to oneself (...) Not the free impulse, but responsibility."

Ana Cecília Rosa
Pediatrician



Sex and Evolution

The educator José Herculano Pires thus define the Spirit's experiences in the process of evolution: "Every experience represents an acquisition to the Spirit, which will become integrated on its cognitive functions in the form of intuition categories. While the unconscious residue does not disappear, the overcome experience can be reactivated by the imprudence and abuse". (PIRES, J.H. *Pesquisa sobre o amor*, Paidéia, 1983). The lucid Kardec's follower recognizes that the mistakes and crimes committed in previous existences can resurge in the form of obsessive or even aggressive behavior if they are not systematically and constantly worked throughout an entire existence, in order to develop latent values and virtues.

"Sexuality", he continues, "is a form of manifestation of love. In the human being, however, the love's manifesta-



tion covers all its vital, existential and psycho-affective structure". On the vital level it is sensation, bringing peripheral expressions, displacing them to the passion, which is not the exaltation of love but of sensuality. The crimes of love have nothing to do with Love; they are fed by these expressions and end up animalizing the human being in the vile expression of its deepest indignity.

Sexuality, as a manifestation of affection when accompanied by Love, fulfills the human being. Without love, sexuality is a mere animal impulse, degradation of the generative functions, whose ultimate goal is the incarnation of the Being. "In the evolved couples the sexual act is not merely sensorial pleasure. The sensorial pleasure is only a spark of the vital fire which triggers the whole process of human creation. (...) Only the meanness of the rabble, of the populace incapable of understanding the greatness of a creative act could have made of sexuality a matter of scandal, malice and sin".

We are living the evolutionary moment of sensorial unruliness, activated by the allegedly libertarian of woman world movements. The woman, subjugated to man's violence during centuries and animated by the inferiority feeling brought by religions, has shifted to the other end of the rope. The woman does not recognizes herself as a Being that brings with it the possibility to love and to generate lives, but as that who should dispute the same baseline of excesses practiced by man. A media tool to sell male products, the woman continues to be a slave of her own image, deluded by the advertising exposure.

When Jesus freed the adulterous woman and Magdalene, He recognized their immense latent power of Love but out of focus and unbalanced. The first woman may have remade her paths. Magdalene, the divine sinner, found herself and loved Humanity to whom she dedicated the rest of her days, leaving an eloquent message of redemption through Love.

Men and women of the twenty-first century. We were created for the development of the divine potentialities that silently lie in the depths of our being. It is time to make them flourish. It is time to place them on top of the bushel, as Jesus has done.

Sonia Theodoro da Silva

Columnist