

*The Smaller the  
Spirituality  
"In School"*

*José Cruz*



*Dedicated*

*The all*

*Children*



## *Author's Note*

*One day I was invited to give a talk about Spirituality in a school before I accepted this generous offer as always with an open heart, and totally free of charge as always I returned to school, not as a student I was. But to explain some of my experienced knowledge that developed over several Reincarnations, and now I bring this last bare life.*

*I felt that most of the students were very spiritual. But did not identify them as such, some felt but did not know how to set these feelings, and what they could bring benefit to their still young lives. Others questioned me why they did this or that and what the relationship to Spirituality.*

*I also noticed that the level of teachers, they too kept in ignorance about any part of this Ancient Science that has existed since the beginning of mankind, some of these teachers who felt more Spirituality, trying somehow to pass some of these reciprocal knowledge to students but more particularly, only between classes, due to not having had a basic education about this Science. And be used only to teach other subjects required by the imposition of the Society.*

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*It is through them that were formed. Faced with such an invitation put myself available to answer your questions in most of them, their parents and teachers, or had difficulty answering the topic or did not tell them anything, taking children to get adults to look perplexed.*

*Which are questioned about themselves and those adults? If they are already great and know so much, why I do not know how to respond or take my doubts! For this talk is not only the classroom, or only in the ears and hearts of those who attended.*

*I decided to transpose such questions as the answers, developing a more Spiritual heart of the book, like so many others who have written in good faith and truthfully, through my Spirit Shining as always in times of no-mind, joining always the creative, which in most cases and nothing can also be felt by those who read them, equally. What often have such knowledge in the form of parables, for it is through this way that any human Spirit imparts its knowledge.*

*Not by words or something kid, but general directions of contexts, which then must be meticulously cut short, for many people in general, to minimally understand some meanings. For later lead them to feel something more superior, in their deepest intimacy. For in that way can interpret, accept them, develops them and live them, heart humbly open to these things of the Sacred, which strongly outweigh any respect for the human mind is rationally designed to achieve.*

*Thanked.*

## *Introduction*

*When I entered the classroom, one of the teachers present, said to the boys who attended the 4th class in primary school at the end of the school year. Boy's and girl's this year that I have been with you, I have taken into account all matters that have taught so that they are recorded within you, when going to the Preparatory Cycle you are able to move forward in your future studies as made so far. You all know that whenever I can to teach you what I know, but over the years heard many things that you have asked me the different materials that we give. That is related to Spirituality, a matter which I also never learned when I became a teacher. So congratulations are in today, it will be a different class from all others that I have given to all of you to put all the issues related to the topic they wish. So today we have our guest here as an author and writer of several books about the Spiritual Science. Then say good morning to our guest, exclaimed the teacher. So everyone tune in chorus means, if they heard the angels fall from heaven said good day!*





## *Lesson 1th*

### *The Colors inside the Head*

*Hello everyone said the author, in low tone with a slight smile and bright eyes. After several seconds of silence to view all Small said! It seems that today I went back to school again, not as a student I've ever been as you, but as a being of light in human form, not to teach you anything but to give you all know who you are, the teacher who truly heard everything from a raised eyebrows and shaking hands with the long hair that had blocked the vision of one eye. The author continued.*

*Well we do so, not to mention all at once. When any of you have any questions to put your finger in the air, and that order will put your questions.*

*OK? Asked the author*

*And all confirmed that nodded.*

*Another thing the author said.*

*Although you do not know your names you know everyone, so you will not treat the names that sign in your work. Only there will be only fingers and nothing else. Agree.*

*The affirmative agreed that all over again with his head. Excellent, commented the author.*

*Come then begin, and already most of the guys had his finger in the air.*

*Is there already so many!*

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*Well after all who will be the first to ask the first question, immediately responded with a girl the finger in the air, looking older due to their physical completeness that left much to be desired for some women.*

*Yes replied the author flexing his head slightly forward without looking at her talking in the middle of the eyes.*

*Finger said then.*

*The Lord tells me why when in the evening, go to sleep and close my eyes I see colors in my head?*

*The author after listening to it carefully raised his eyes to the whole class. And he said.*

*As you do not treat you for your name, you also do not treat me by the Lord. Although it is older than you, I feel equal to you. So treat me or call me as I give way more and feel comfortable with you, or just treat me by my name. Okay!*

*They felt comfortable with such confused by the author, being on a par with an adult what was not usual in the classroom. But they agreed.*

*Let's go and meet the girl.*

*Well, the fact that when you close your eyes day or night or even during the day, beyond the things that normally you see the colors are also there. All these colors come from the Universe. That is all that you see the rainbow that you can make up in heaven when you see these colors in the form of light reaching the Earth, they hit you as well.*

*When you reach through a gland that has located at the top of the head of pituitary name, it receives the light from the sky and turn or the guard on the inside of your body, specifically in the cells as energy, to open their eyes when that same light is projected through them to the outside, which in turn to reach any object, this light on contact with the most dense that light is made the object, by shocking with the object creates a vibration, which in turn returns to your eyes after coming to your brain where it is replaced by the perception of the object seen, identifying the next.*

*Then during the day gather light, it comes out and sometimes you see bright particles, for example against the sun or where there is much clarity. These bright particles when they unite in large quantities can turn into clouds. These clouds turn back to the brain, there are retained. These same clouds during the day when they study hard and also play with. They are transformed into energy to give you strength and make all your stuff. If you do not hard enough physically or mentally, that energy is retained in your body to the night.*

*So when you close your eyes or even with your eyes open in the darkness of your room, and then envision these colors. That may be in the form of clouds like those you see in Heaven*

*If darker mean is you longer than you ought to do exercises, mental stilts or not you think there quite well about certain things, and you spent more energy than you should.*

*But if clouds or waving colors, which can also be fixed, like a big sky clear of any color, or rays of light or in the form of stars, there are more than the clouds blown away by turning your body into small pieces again.*

*Got it?*

*Asked the author*

*What the girl said yes.*



## *Lesson 2th*

### *Ghosts*

*Many fingers have already downloaded; others were still in the air, with their tips pointing toward the ceiling, and the arm being held by the other not to fall down.*

*Who's next? Asked the author*

*Now I'm a boy answered in a portfolio further away from the window where it was pasted a drawing done in pencil color, with two trees on either side, a house that stood in the middle, and which had a fireplace to smoke black. Below passed a small stream in which there was a small bridge which described the two sides.*

*And there high up in the sun shone painted light colors that stand out were its rays. And right in the center a stronger yellow, in which two points via-shaped eyes, with a few lashes to the center a large nose that more resembled a withered carrot, which ended with the middle next to circulate more risk-shaped smile Mock,*

*The author returned to tilt the head slightly forward so as a sign that the child could expose your question.*

*You know often when I lie down I find myself surrounded by figures like ghosts, so I cover my head and they disappear but I'm afraid! I have told my parents, but they tell me I'm so tired that his head makes me see these things.*

*Why is this happening to me?*

*The author looked into his eyes as reading your Soul.*

*And with a smile that exuded from her face her figure.*

*Answered!*

*These include that you see the ghost flames; there are more than you have visions of other beings of light that have departed this life to another!*

*In another life the boy asked perplexed.*

*Yes these figures have lived their lives on Earth to evolve, and then when the time comes to leave for some other life that we call the Astral.*

*But those people as not having lived on Earth evolved enough as beings of Light, so they can leave in complete peace with themselves, at the time they leave the physical body to join the Soul in the Astral plane, did not have the necessary light to ascend or go up to that higher plane that exists in the Cosmos. Since they have the necessary light and light as you should have learned is equal to energy.*

*These light beings are weak and faint hovering, lean back and sit up or lie down with the people who are alive, why this happens, because these beings need the brightest light and clear that surrounds you and you can continue to maintain to remain as still beings of light, but the negative feature when you feel fear, but that's the way they have to feed of your physical energy Cosmic.*

*Because these forms of energy when the negative envision, make you feel afraid. The fear is part of a vibration that goes through your mind and your entire body, thus generating an enormous intensity of negative energy, which in turn leaves your physical body, through the many centers that have energy distributed by your body.*

*These negative beings will feed this negative energy to keep that picture you see.*

*You got to follow what I said!*

*The author asked while looking at the rest of the guys who followed carefully what he said*

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*So far yes, but I still have something you wanted to know! The author did mention it to continue.*

*So why do the ghosts disappear when I cover my head? Well said the author!*

*Because you cover the head due to the fear you feel, you defend this attitude naturally without knowledge, because so did thy spirit, not to run each time this happens to you more afraid.*

*At that time your Spirit sends a message to your mind, for her to stop being afraid. And when the mind receives this message, your hands instinctively cover your head with the blanked.*

*By making this document to your mind for must and almost stop generates a new power pole and positive color, going immediately stop making negative energy. After this happens with these figures do not take more energy to power you.*

*They disappear completely, and then you can sleep peacefully.*

*Now I'll give you a hint.*

*When you return to these ghosts appear. You will never be afraid or scared at all. Because these beings to stand in the way they present themselves, are made of weaker energy than those owned. So you can never do any harm.*

*Simply you just ignore them and not are afraid.*

*Because fear is generated only in the mind, the negative vibrations that make you feel otherwise may never happen.*

*Because by the time they feel they'll lose the fear of letting go and come, go looking for another person for you to generate fear.*

*All felt what he said?*

*A new silence came over the classroom.*





## *Lesson 3th*

### *The Vibration of the Words*

*In one corner stood a boy with the eyes half closed with his hands supporting his head half-lying on the desk, it appeared that the night was not your friend.*

*The author led him to speak, softly breaking the silence that was felt.*

*So you're sleeping or heard differently from your colleagues?*

*The boy got up very quietly yor head and said!*

*I was not sleeping or something, and thus feel better what it says.*

*The author replied to him.*

*And he asked him.*

*You know why?*

*He said the boy.*

*Because the words that they issue energy in vibration state, which in turn while not hear with your ears, you can feel the vibration through which they contain.*

*That on reaching the top of your portfolio where you had your hands resting, they in turn feel that energy, and pass directly to your pituitary gland that have the top of the head, then turns her into a more subtle energy that we can also call of thinner.*

*That then goes to your brain that identifies it as if it had come by your ears naturally, seeing and keeping what he said.*

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