

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Kindness

**Evanise M Zwirtes**

In the reality of Quantum Universe, of possibilities, in this globalized world, those that stand out by their cooperative efforts and ethics build relationships that are healthier and long lasting. Those are relationships that enable experiences that are self-realizing, attending Life's invitation towards personal and social balance.

Therefore, we enquire: What do we understand by kindness? How to be kind in our daily lives? We understand that kindness is a way of being, a mode of behaviour of the individual. That is, an expression of the individuality, communicating its divine potentialities through its intra and interpersonal relationships. This expression derives from the awakening of consciousness, that is - the being in its evolutionary process, enables oneself to learn, gradually, the real values of life, thus developing an array of virtues such as; joy, affection, friendship, gentleness, gratitude, humility, fairness, patience, foresight, respect, renunciation, tenderness, tolerance, etc..

It is interesting to note that, in the process of learning, learning to be kind consists in the awakening of noble feelings, "the heart", which means developing especially emotional intelligence, which is resultant from exercising self-love. The auto-therapy of love and the feeling of one's duty contribute towards the efforts to proceed in ones inner growth.

This development is resultant from the work of self-knowledge, self-discovery, self-transformation and self-enlightenment, in a solitary and sympathetic existence. Jung used to say that "*Christ is the inner-man that is reached by way of self-knowledge*".

It is imperative to learn to listen to our own selves; to be aware of our thoughts, feelings and of our actions. The psychological being expresses itself in its daily life experiences, through the way it behaves in interpersonal relationships.

It is important to remember that kindness is neither ingenuity nor being deceptive or manipulative. **The power of kindness stems from goodness, not from deception.** Kindness derives from gestures, simple attitudes, for instance, to smile, to be thankful, to forgive, to silence aggressions, to overlook carelessness, to respect differences (in either people or situations), etc. Thus, kindness is the begging of letting go.

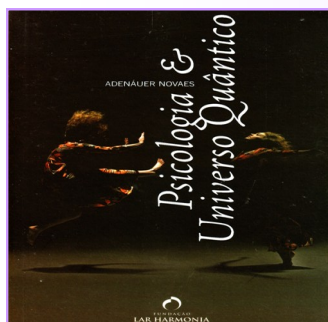
With such an inner attitude, we build a quality of life that enables us to live with joy, enthusiasm to grow and learn continuously, facilitating renewed opportunities, which are auto-motivating and liberating.

**Evanise M Zwirtes is a Psychotherapist and Coordinator of The Spiritist Psychological Society in London - UK.**

## Quantum Universe

**Adenauer Novaes**

The Universe is infinite, at least in the current mental conception. In it all the psychic representations that human beings can possibly conceive can be fit. Analyzing the Universe under the viewpoint of Quantum Physics, the existence of multiple dimensions in which everything happens so as to justify perceptual phenomenon is admitted, nevertheless, it is improbable that in fact the essence of all things has been reached.



We still deal with representations, for it is only possible to perceive with human senses what comes from the outer world, that is, what is capable of being grasped through material frequency. Science will invariably advance towards the

direction of the Spirit, making it possible for the acquisition of knowledge beyond those inherent from the current technology, which, in spite of being advanced, is still very much limited. Quantum Physics demonstrated that the Universe does not totally obey the Cartesian logic and that there are dimensions that interpenetrate one another, thus fostering a wide range of understanding and possibilities for the comprehension of what surround us.

Spiritism, initiated with Allan Kardec studies, brought us the spiritual dimension without the need of any of the instruments used by Quantum Physics; it neither created sophisticated theories that required complex reasoning nor difficult mathematical equations. The spiritual dimension, which nowadays has been proved mathematically by Quantum Physics itself, is just another of a number of infinite dimensions available so that the evolution of the Spirit can happen. They transform themselves creating yet new dimensions available to the task of building new realities, more and more complex and exuberant, so that the Spirit can reach its objective. All of these promoted by a Creator that, at least symbolically, can be found in the intimacy of each human being, self-realizing in them. **The consciousness of the Divine presence within each and every human being puts us as active participants in the reality that surround us.**

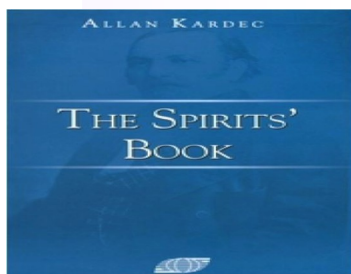
Quantum Universe includes the spiritual dimension that, for the time being, is the closest baseline for which the incarnated spirit can conceive. Beyond that, due to the evolutionary level of the Spirit, it is still not possible to conceive other dimensions. We lack the intellectual capabilities required for such an undertaking. Quantum Physics and its precedent, Spiritism, unfold new horizons so that the Spirit can learn new paradigms in its journey. To study, to be acquainted with, to experience and to spread Spiritism is to be consciously participating in the expansion of God's work, thus becoming a legitimate co-Creator.

**Adenauer Novaes is a Clinical Psychologist, living in Brazil. He is one the directors of the Foundation "Lar Harmonia" in Salvador - Brazil.**

## The Cosmic Symphony

Rodrigo Machado Tavares

Carl Sagan explains the existence of intelligent life in the Universe in his book *Cosmos*. Stephen Hawking also talks about a superior intelligence in the Universe (i.e., **God**) in his book *A Brief History of Time: from the Big Bang to Black Holes*. Indeed, Hawking has even said when writing this book: "I try to understand God". In the book *The Web of Life*, another scientist, Fritjof Capra, explores the natural integration amongst life systems. Capra makes clear the existence of a "supreme intelligence, first cause of all things" (read Question number 1 of **The Spirits' Book**).



All these respected scientists agree that there is a natural order within the Universe. In reality, the Universal laws define what can be referred to as cosmic symphony, since everything is *Cosmos* (i.e., harmony, order); and nothing is *Chaos* (i.e., disharmony, disorder). Ironically, even *Chaos Theory* has shown that there is no *Chaos* (read *Chaos: Making a New Science* by James Gleick).

**Spiritism** facilitates the understanding of this fact: **the cosmic symphony**. The **Spiritist** literature explains clearly that "God is ... all powerful, sovereignty just and good" (read Question 13 of **The Spirits' Book**). Therefore, as "Cosmic Musicians" that we all are, we must collaborate in this symphony, eliminating the "noise" of selfishness and pride.

**Rodrigo Machado Tavares is an Engineer and researcher, living in London. He is a member of the Allan Kardec Study Group-UK.**

***"The harmony that regulates the workings of the Universe reveals a plan which, by its very nature, posits the existence of an Intelligent Power."***

## The Thinking Being

Ana Cecília Rosa

In the foreword to the book "O Homem Integral", Joanna de Angelis tackles the definition of man in relation to a number of doctrines. According to Evolutionism, man is gifted with reason, which differentiates him from other animals, thus being raised into the first place in the zoological rank. Descartes considered man a "*thinking being by nature, possessing reason that discerns and explains oneself*" and, *having in the brain, the origin of rational thinking*. Transpersonal psychology, on the other hand, opens a new door for a more spiritualistic view of human beings, shedding some light on its "*transcendancy*". *Spiritism*, in its own way, adds to these concepts, the certainty of eternal life, providing an ongoing learning, which is acquired through numerous incarnations and spiritual experiences, therefore contributing in a definite way in the formation of the being and unveiling the importance of understanding the Thinking Being under its spiritual and biopsychosociological aspects.

Human faculties are: The consciousness of oneself, rational language, emotions, feelings and the exercise of free will. This development, which distinguishes man and makes him superior to other animals, is an evolutionary achievement. Nature, through a number of experimentations, improved the human form. Nevertheless, it is still far from intellectual and moral perfection. It is common knowledge that intelligence is not an attribute of the human species only, as instinct is a form of rudimentary intelligence. Nowadays, neuroscientists and psychologists alike, attempt to find the different types of intelligence and its applicability. However, as Hermínio C. Miranda points out, "disconnected from the spiritualistic streams", they will not understand "the many intellectual differences" between identical twins, as they still do not know that intelligence is an attribute of the Spirit. He goes on and adds: "intelligence is resultant from the knowledge accrued through millions of years and innumerable reincarnations. We are not intelligent due to any particular successful genetic combination, or due to the fact that we have developed in a proper environment, but because, in the past, we got used to the manipulation and the appropriation of knowledge, acquired through studying and learning".

As he begins to experiment and develop this rudimentary intelligence, man becomes more conscious, conquers reason, improves thinking, acquires lucidity and starts to exercise free will. The acquisition of these virtues will allow the thinking being to initiate its invaluable fight towards conquering the superior values of the Soul; responsibility, sensibility, the sublimation of feelings into emotions, and all types of conditioning that, according to Andre Luiz, "will permit the Spirit to raise itself to the rankings of the community of angelic beings". Then man becomes free to choose their own destiny. However, the right to exercise free will implies the onus of responsibility. In this particular, goodwill plays an important part, contributing in favour of ceaselessly achievements. With each victory conquered through the act of goodwill, he will be able to better understand the Divine laws, inscribed in his own conscience, and will make of them a rule for his actions. In this way achieving a "moral point", as defined by Leon Denis, in which he will dominate and govern himself, changing himself emotionally during this process, so that he will secure "with its own efforts", teachings and examples, the victory of goodwill and goodness".

**Feeling is which characterizes the human soul.** At the beginning as primary instinct, then was elevated through the development of affectivity and was further converted in friendship impulses, fraternity and duty, fostering achievements in the field of knowledge and arts. According to Joanna de Angelis, under the commandment of a dignified will, it grants equilibrium to the individual, "empathy to fight and courage to win even when presented with challenging difficulties". **As man evolve, greater is his ability to externalize feelings, to narrow affectionate ties an understand life.** Nevertheless, despite its high meaning, feelings should be driven by reason, so that it is not transformed in disharmony, motivated by passions.

The integral being is therefore, the one which developed its essential faculties to the maximum: to think, to will and feel through the sublimation of thoughts, of wishes and feelings, having in sight the divine presence in all of us.

**Ana Cecília Rosa is a Paediatrician Consultant, living in Brazil. She is a member of the Institute of Spiritist Divulcation in Araras - SP - Brazil.**

### Editorial Staff

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Kelley Cristina Alves

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(in Portuguese) - translation available  
 06.00pm - 09.30pm  
 BISHOP CREIGHTON HOUSE  
 378, Lillie Road - SW6 7PH  
 Information: 0207 371 1730  
 spiritist.psychologicalsociety@virgin.net  
 www.spiritistsps.org

## Psychological Conflicts

**Manuel Portásio Filho**

Man is a complex being that, at birth, brings with himself an enormous baggage, enriched by *his existences* and positive experiences, which constitutes the sum of his evolutionary values, however, also riddled with less fortunate passages, often traumatic, difficult to deal with. In any case, he is not a *tábula rasa*, a blank slate, as many philosophers thought. Only, when he reincarnates, the remembrance of his past is forgotten, relegated to the depths of the unconscious, and a new journey starts, as if initiated from zero, which enables him to have more freedom of action. The problems experienced previously, nevertheless, related to the *sphere of the psyche*, remains pending, as they are not solved with a "mere" forgetfulness or with the beginning of a new carnal experience.

In fact, we are heirs of our own selves, walkers of time, dragging the heavy chains of our own mistakes and failures, which mark each new material existence. Our freedom is conquered at the expense of enormous sacrifices, yet still we do not know how to deal with all the range of benefits it offers us. We discover pleasure and get exasperated as we see escaping from us the best opportunities to experience it with nobility. We gather knowledge that confuse and daunt us even more when we do not know how to interpret the meaning the most ordinary facts of existence. Then our faith perishes when faced with the glitter of *mundane illusions* and with the irrational predicaments of all times.

**Reincarnation is given to the spirit with the means to his progress and advancement; no one incarnates for evil, for suffering, unhappiness or to be punished.** Its purpose is to attain happiness, which has more to do with self-discovery than with acquisition. Reincarnation means the coming again into a human flesh, into matter, with the objective to overcome problems, to ascend morally and to deepen the process of self-discovery; but, above all, to the ever increasing *enlightenment* of the being. Nevertheless, when incarnated, we end up in the *selva selvaggia* of materialism, in the fight to possess things and in the cult of the body, as if our existential dramas and personal conflicts were not already enough, but which, in the majority of times, remain hidden under the garb of childhood innocence.

Conflict is part of human nature; was born with men, with the advent of free-will, of the consciousness of himself, of memory and mediumship, and will have to be solved by men, the Soul or incarnated Spirit. No one

will be able to reach the highest ranks of cosmic life while their conflicts remain unsolved - problems created by men himself in the early stages of the evolutionary ladder - because the psychological values emerge from the human experiences lived previously, mostly in the shape of tendencies and conflicts, which risk being further aggravated by likely childhood traumas and scars, still very much common in this world of trials and expiations, in which the parents themselves, Spirits likewise fighting against their own imbalances and challenges, in their childhood, did not always receive the education and necessary care they ought to.

As Joanna de Ângelis (Spirit) quite rightly points out, **"these are tormentuous days of crises: of moral, of values, of consciousness, of responsibilities, of emotions and of existential meaning..."** (*Love as a Solution, Chapter. 18*). Conflicts are everywhere; in the East and West, in the *Northern and Southern hemisphere, in the form of wars, social convulsions, economic crises, negligence in the field of education, in the proliferation of drug use, in the vulgarization of sex, in crimes against life (such as the liberation of abortion, euthanasia and the increasing number of suicidal cases worldwide)* etc.. For this reason, the biggest crises are those that happen in the intimacy of the psyche of each human being, empty of self-realization.

Thus, psychological conflicts are originated from the most aberrant behaviour of men, which disregard the values inherent to its spiritual nature in order to choose a behaviour that unleashes anxiety and anguish, connected to the cultivation of mundane illusions in all periods of time, thus generating a heavy inheritance that always emerge, as long as there is a need for rectification, and which rests upon the shoulders of each one of us. But if we reincarnate for the conquest of happiness, it is possible to achieve it while still in this world, in spite of our own conflicts, through the observance of love to others and consequently building peace in our minds.

*Manuel Portásio Filho is a lawyer who lives in London. He is a member of the Solidarity Spiritist Group in London - UK.*



## Personal Liberation

**Sonia Theodoro da Silva**

*"Are we the living home of the thoughts which we generate or our ideas are the fulcrum and manifestation of the good or bad spirits that tune with us?" (Libertação, André Luiz/F.C.Xavier).*

In the question number 833 of the Spirit's Book, Allan Kardec obtained the following answer from the Benefactors of Humanity regarding the possibility of a life in which men enjoys absolute liberty: *Yes, in his thought man enjoys unlimited freedom, for thought knows no obstacles, nevertheless he is responsible for them to God (q.834).*

Still, with the echo of Iluminism permeating the elaboration of his comments about freedom equality and fraternity (*Obras Póstumas*), as the basic fundamental principles of a perfect social order, capable of conducting human beings toward the salutary act of living together and generator of realizations based essentially in tolerance, in the exercise of equal rights which imply equal duties and, therefore, in the freedom that presupposes mutual trust, Kardec foresaw a society absent of religious fundamentalisms that ritualize faith and also absent of scientific dogmatisms and philosophies that are stagnant and arid. The likely harmony achieved through living with diversity becomes only possible when a process of self consciousness is initiated, derived from a legitimate and mature responsibility, acquired from the effective exercising of what we consider today as merely possible: Fraternity.

This process begins with self knowledge and with its subsequent stage: KNOW THYSELF - THEN BE SINCERE WITH WHAT YOU DISCOVERED. The sincerity, with the findings of existential contents still susceptible of being reformulated, leads to this personal and intransferable liberation, which began with Jesus' teachings and was later referenced by Spiritism. To be freed from a society which has been built upon religious, political and social constraints begins not with exterior actions of any kind or even ideology, but within oneself, with the same courage and determination that the Benefactors of Humanity, while on Earth, managed do to.

*Sonia Theodoro da Silva is a translator and graduated in Philosophy. She lives in São Paulo, Brazil, collaborates in FEESP, Casas Andre Luis and writes articles for spiritist magazines and newspapers.*

**"Personal liberation recovers deep perception through the surpassing of the ego and the expansion of Self."**

## THE NUMINOUS



### Joanna de Ângelis

Jung, the influential Swiss psychiatrist, borrowed from the book *The Idea of the Holy* by the emeritus German theologian Rudolf Otto, the term *numinous*, which he believed most appropriately describes the spiritual powers in the psyche - mysterious, prophetic, that opens the door to the realms of transpersonal experiences or of transcendental phenomena.

Originated from the Latin word *numen*, which means creative genius or energy, the *numinous* is expressed from the manifestation of the collective unconsciousness, which can be terrifying, enriching, abstract, stimulating, characterizing and expressing a reality that transcends humanity.

When the *Self* reaches a state of plenitude, a person experiences the quality of being numinous, which is indelibly associated with the experience of the Holy, or divinity. But, in the same way that one would find it difficult to express certain feelings and emotions that are outside the realm of someone who has not lived it, *numinosity* is an experience that cannot be transferred, nor explained to others, due to a lack of proper means to convey it. It is unique, intransferable and enriching.

The *Self* is not imprisoned by the limitations of accepted moral standards, having attributes that far differ from those usually experienced by people. This apparent amoral characteristic of the *Self* is not always perceived or understood by many individuals who seek a self encounter with the *Superior Self*, or the Spiritual Guide, thus not being such an easy undertaking as ignorance naively assumes. Such encounters are characterized by enormous emotional conflicts, at first inexpressible, unexpected, incomprehensible. Only when the very many obstacles created by the ego are removed and conflicts overcome is the *Self* able to experience its *numinous* capacity, which is exteriorized from the *inner God* that resides within every single human being.

Thus, taking in consideration the *triune brain theory*, proposed by Paul D. MacLean, there we will find the anthropological history of the Being, initiated in the presence of the most ancient *reptile brain*, passing through the *brain of earlier mammals* and finally reaching the *neocortex*, also known as the cerebral cortex, where invaluable possibilities, not yet fully identified reside. The *Self* is therefore, the heir of all this patrimony acquired through hundreds of millions of years. In order to be penetrated in its grandioseness and totality it is imperative that we look deep inside ourselves, so that we can identify ourselves with the *numinous*, the ultimate goal for transpersonal experiences.

In that chapter, there is a place for paranormal experiences, medianimic *phenomena* and every mystic state known, even when they do not often adjust to the current psychological parameters, for the way they express themselves breaches conventional standards so far designed for the comprehension of the psyche.

The *numinous* experience stimulates the being towards its advancement and the overcoming of egoic limitations, helping the individual to achieve personal triumph above oneself, above its deficiencies and difficulties, reaping happiness.

Even Jung himself recognized that "Men does not change, in death, in its immortal part, for he is both mortal and immortal yet in life, being as much ego as Self."

Source: *Personal Triumph - Joanna de Ângelis (Spirit)*