

# The Journal of Psychological Studies

Science, Philosophy and Religion

## SELF ENCOUNTER A Depth Psychology Proposal

In the Psychology of Destiny, developed by Leopold Szondi, the concept of ego is similar to that of the reincarnation project of the spiritist doctrine, which points the evolutionary needs of a reincarna-

Supreme Lord does not rejoice in possessing miserable and unhappy children in the Creation; He spreads blessings and gifts, riches and eternal facilities prodigally, only waiting that each one of us

"The predominance of the ego, in the human relationships, accounts for the constant frustrations and other unbalances, which mark the human creature.

Without the corresponding lucid conscience in regards to the goals of the carnal existence, the individuals that as such act become the victims of an unhealthy personality to which they have become used to...

(...) Used to the appearance, move away from reality, living insecure in the traps that they have set up with the objective of not allowing to be identified.

Observing the conduct of the reckless people that, sometimes, triumph by means of fantasy and flattery, start to imitate them, letting be led by the absurd behaviours, distant from the reality and from duty.

Inner conflicts are then established, and the scale of values seems to suffer the loss of meaning, the parameters for comprehension disappearing, both of what is correct and of what is wrong.

Once the moments of conviviality in the *masquerade balls*, to which are reduced their social encounters, are over the identification of the pusillanimity proposes the disrespect for oneself, the loss of self-esteem, the disorder of neurotic behaviour. (...)

It is essential that the *self* predominates awaken in the individuals, contributing to their fulfilment, security and plenitude.

Although the large majority of people prefer the *game* of the personalities, it is not possible to ignore the prevalence of suffering that result from it. They deny the truth to themselves, they refuse the self encounter, they flee the awakening of the values that lie dormant, and succumb."



tion, constituting the axis of the existence, or destiny, which is not fatality, but commitment to what is ought to be learnt in an existence. The issues to be made aware and to be resolved will arise as areas of interest, problems or conflicts, leading the individual to make choices. If not making choices, the conflict can be aggravated.

It makes a difference having the awareness that we are spirits in evolution, carrying out a partial project of self knowledge during the reincarnation. Every day we build destiny, consciously assuming, or not, responsibility for giving direction to our life in accordance to our goals.

Kardec tells us that "God is the Supreme Intelligence and the primary cause of all things" and, considering that the Supreme Intelligence can not produce non-intelligent consequences, we conclude that we are intelligent because we are endowed with Himself.

make ourselves available to conduct with wisdom our own patri-mony".

We are, then, creatures of God, Who does not want our suffering end has already provided us with everything that we need, hoping that we reach maturity and the wisdom to administer the treasure that is already ours and that is with us.

Depth psychology will reveal to us not only the mistakes to be corrected, but also the emergence of divine contents that in us inhabit, enabling our spiritual growth.

Self knowledge will allow us to look in the mirror of the soul with respect and love, understanding our true nature.

The self encounter is the goal to be gradually achieved with work and self-esteem towards the evolution that waits for us, putting ourselves forward each time more, as mature and proactive spirits, before the laws of the Creator.

Ercilia Zilli

Psychologist

SELF-DISCOVERY An Inner Search  
Divaldo P.Franco

André Luiz warns us that "The

### Personality or Individuality?

The Spirits are the Individualities, the immortal beings and different from the matter, they are the Intelligent Principles and created in the image and likeness of God. On their evolution, dictated by diverse factors which include the capacity of adaptation to the reality, the increasing complexity and the development of the abilities, they mould the Universe that they make use,

To improve or to reformulate the personality it is not the same as to promote the evolution of the Spirit. The so called Inner Reform contemplates the betterment of the personality so that the experiences of the Spirits become richer and more adequate to their learning. The Spirits need the personality as a representation so to reach their evolutionary goals. Their egos, cen-



### Liberation of the Ego

The word "ego" means "I", and usually we make the ego responsible every time we identify behaviours or attitudes that we disapprove. Mistakenly, many think that it is necessary to destroy the ego in order to evolve.

However, the ego is an important piece for our psychological development, since we only became conscious because we have it. It is the centre of conscience, and all the contents in our psychic can only become conscious if they go through the ego. In this way, it has an important function in our process of individuation. There is no individua-

contributing to their happiness and complying with God's plans.

On this journey, the Spirits update themselves on the matter, forging the emergence of the I or the ego, centre of their personalities, which partially represents them. Although the Spirits are the masters of their own evolution, it is through the personality that they apprehend the resultant of the experiences that they live. Incarnates or discarnates, present the *persona* in order to connect with the world that they act, constituting a necessary ego to communicate and assimilate the laws of God in the experiences that they take part on. Their personalities are a set of characteristics which include the representation of their individuality, also known as *I* or *ego*. Therefore, personality is the individual's totality made possible in the world of relations. While the personality changes all the time, variable according to the circumstances and the environment, the individuality needs innumerable experiences that are repeated in order to consolidate certain learning.

tres of their personalities, are the highest acquisition of their evolution because the egos made them conscious of themselves. It is exactly the egos that have great importance because they not only represent the Spirits but also, when they are matured, allow them to find, more assertively, their optimum personality. Conscious that we are Spirits, therefore, individualities, and that we have a personality, we ought to make it be, as much as possible, identified with the divine plans, specially vibrating in the frequency of lovingness.

**Adenáuer Novaes**  
*Clinical Psychologist*



tion without the conscience of oneself. What would happen if we disintegrate the ego? Every order of values that we know and that make up our attitudes would disappear, nothing more could happen according to our will, and we would lose the capacity to answer for our actions. We would no longer be responsible for our attitudes.

Therefore, it is not from the ego that we need to free ourselves from, but the selfish and egocentric attitudes that still predominate in human nature, these are indeed, responsible for innumerable conflicts and personal, social and moral issues. While this controls us, we will find ourselves chained to passions, what will maintain us in the condition of psychological infancy, slowing down the development of the infinite possibilities that lie in our Being.

The Ego is the bridge that, connected to the Self, will allow the plenitude and the liberation of the Self that we are, children of God.

**Iris Sinoti**  
*Jungian and Transpersonal Therapist*

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## Psychoemotional Health

Daniel Goleman, in *Emotional Intelligence*, states that the great spiritual masters, like Jesus and Buddha, "have touched the heart of their disciples by speaking in the language of emotion..."

But what is emotion? The *Aurélio* dictionary refers to it as "action of moving (morally); disturbance or variation of the spirit derived from diverse situations, and that is manifested as joy, sadness, anger etc..." According to Goleman, "emotion refers to a feeling and its distinct thoughts, psychological and biological states and to a range of tendencies to act."

Emotions are manifested in different ways, negative or positive, the basic ones being:

**ANGER:** fury, revolt, resentment, rage, exasperation, animosity, irritability, hostility and, perhaps in the extreme, pathological hatred and violence.

**SADNESS:** suffering, sorrow, discouragement, loneliness, self-pity, despair and, when pathological, severe depression.

**FEAR:** anxiety, apprehension, nervousness, preoccupation, caution, unrest, fright, scare, horror and, as psychopathology, phobia and panic.

**PLEASURE:** happiness, joy, contentment, delight, pride, gratification, satisfaction, good humour, disposition and enthusiasm, euphoria, ecstasy and, in the extreme, mania.

**LOVE:** acceptance, friendship, trust, affinity, dedication, devotion, charity.

The psychoemotional health, being a result of the balance in thinking, feeling and behaving, stimulates us to self-healing, through the self-discovery, self-knowledge and the self-transformation.

Developing exercises of interiorization, meditation and reflexion, facilitates the self-perception, enabling the learning of the psychoemotional management and leading the beings to make healthier choices before their consciences, well-balancing them.

**Evanise M Zwirtes**

**Psychotherapist**

## Faith, Security and Self-esteem

What actually sustain us, when everything else collapses around us? What makes us maintain the conduct and principles, even when everyone around us seems not to actually worry with ethical values? To reflect about these questions can be useful to internally evaluate the presence of faith, security and self-esteem.



During a long period, faith has been associated only to the established religious link. But as this link many times remains on the surface, without it actually participating in the life of those who call themselves religious, many saw the collapse of their belief before the existential challenges, showing the fragility on which it was based.

Allan Kardec in *The Gospel According to Spiritism*, has precisely established that the "unshakeable faith is only the one that can face reason, in all human epochs". When including reason as the instance for the building up of faith, not meaning that it is exclusively intellectual, Spiritism teaches us to experience faith in a conscious way. And if faith, experienced is this deep form, lead us to face the collective history with lucidity, it must also lead us to the harmonization of our individual history, before all and any circumstan-

ce, giving us inner security. We are not referring to the security that the ego searches for, resistant to changes, but to the one that allow us to understand and firmly believe that our existence serves a higher purpose, both individually and collectively.

The building up of a mature faith is related to self-esteem, compared

to the faith or security that we feel in ourselves, being a factor of great importance for the personal development. When it is impaired, it makes us notice the qualities that we have, handing in ourselves to the limitations that have been developed by ourselves. When it is excessive, it leads to the distorted perception of ourselves, making us see values and qualities that do not exist. When it is just right, along with faith and confidence, it will be able to activate, in our journey, the required transpersonal energies in order to let us finally reach the existential plenitude.

**Cláudio Sinoti**

**Jungian Therapist**



## IV SPIRITIST MONTH - ABRIL 2012

Programme:

### Key Theme:

# SELF-ENCOUNTER

## A Proposal of Depth Psychology

Date: 01.04.12 - Starting: 05.45pm

### SEMINAR

Theme:

**Thought and the Physiology of Thought**

Speaker: **Maria Novelli** (London)

Date: 08.04.12 - Starting: 05.45pm

### SEMINAR

Theme:

**How to Develop the Emotional Intelligence**

Speaker: **Evanise M Zwirtes** (London)

Date: 15.04.12 - Starting: 05.45pm

### SEMINAR

Theme:

**Faith, Security and Self-Esteem**

Speaker: **Maria Novelli** (London)

Date: 22.04.12 - Starting: 04.30pm

### SEMINAR

Theme:

**Homosexuality from a Perspective of the Imortal Spirit**

Speaker: **Andrei Moreira** (Brazil)

Date: 23.04.12 - Starting: 06.45pm

### SEMINAR

Theme:

**Sexuality, Affection and Evolution**

Speaker: **Andrei Moreira** (Brazil)

Date: 29.04.12 - Starting: 05.00pm

### SEMINAR

Theme:

**The Psychological Meaning of Existence**

Speaker: **Adenauer Novaes** (Brazil)

Date: 30.04.12 - Starting: 06.45pm

### SEMINAR

Theme:

**Happiness Without Guilt**

Speaker: **Adenauer Novaes** (Brazil)

## OTHER EVENT

with

**Adenauer Novaes**

(Brazil)

Date: 28.04.12 Starting: 04.00pm

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