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Dreams, Messages of the Soul

The Spirit, on its evolutionary journey, experiences different degrees of emancipation when bound to the physical body. One of them occurs when the Spirit experiences the body's sleep, detaching from

in the so called REM sleep. Carl Gustav Jung used to say that dreams do not lie or distort and that they are a reality for the dreamer, bringing valuable information about the dreamer's psychic state.



the body in order to, in the spiritual body, relate with others in its dimension of origin. When the Spirit returns and awakens in the physical body, brings the impressions in the form of dreams. But dreams are not only the result of the Spirit's experiences when the physical body sleeps. They are also the result of psychic processes derived from the Unconscious that, for compensation and complementarity, flood the field of Conscience. The language of dreams, with its images, is symbolic, requiring decoding in order to be understood. Thanks to researches by Asserisnky and Kleitman, in 1953, about sleep, it was found that we all dream and that its occurrence can be physically detected

Generally, when dreamers try to interpret their own dreams, they make the mistake of doing it according to a conscience's logic that points to a utopian teleology that something fatal can happen to them. Dreams

bring important information about the past, the present and probabilities in relation to the future, from the point of view of the psyche, which generates them. In many cases, they present one or more conflict situations that reveal the central nucleus of the message that they want to transmit to the ego. Essential is the understanding that the interpretation of the dream's meaning can be of great use to the human being, especially when the paradox that they usually present is understood. A characteristic can be noticed on the so called spiritual dreams, whose basic feature is the presence of discarnate spirits. Such dreams, in general, are about encounters with

those that are no longer in the physical body and that maintain contact with the incarnated beings, testifying the continuity of life beyond matter. Allan Kardec, in *The Mediums' Book*, informs that to dream with discarnate beings is a type of mediumship.

Adenáuer Novaes

Clinical Psychologist

Q.401 - Does the soul take rest, like the body, during sleep?

"No, the Spirit is never inactive. The bonds which unite him to the body are relaxed during sleep; and as the body does not then need his presence, he travels through space, and enters into more direct contact with other Spirits."

Q.402 - How can we ascertain the fact of a Spirit's liberty during sleep?

"By dreams. Be very sure that, when his body is asleep, the Spirit enjoys the use of faculties of which he is unconscious while his body is awake. He remembers the past, and sometimes foresees the future..."

Q.404 - What is to be thought of the meanings attributed to dreams?

"Dreams are not really indications in the sense attributed to them by fortune-tellers; for it is absurd to believe that a certain kind of dream announces the happening of a certain kind of event. But they are indications in the sense, namely, that they present images which are real for the Spirit, though they may have nothing to do with what takes place in his present corporeal life..."

Allan Kardec

The Spirit's Book, 79th Edition, FEB.

Sleep: The Integral Awakening

Considering that we spend almost one-third of our lives sleeping, will this process be only physiological, or is there a deeper meaning in

physically awoken, find themselves in a deep sleep state of consciousness and fail to perceive the life phenomena beyond their physical



the act of sleeping?

In the Spiritist viewpoint, we sleep not only to rest the body, because "falling asleep the being, the spirit awakes", as per the Spirits' elucidation in the question 416 of *The Spirits' Book*. They explain, additionally, that this process serves as training for death, since the Spirit experiences, partially, what will occur after discarnation. It is that, during sleep, the spirit has a glimpse of the circles of life that unfold beyond the physical plane, and can access them, exercising oneself day by day, until the final detachment.

According to Joanna de Angelis, during sleep "life is more spiritual than physical, while in the experience in the corporeal action the values are reversed." We exercise, therefore, the spiritual reality, often with the numb perception of the still immature ego.

But will we take effective advantage of this journey? This varies according to our consciousness degree. Is that we move in the world in various degrees of consciousness, from the consciousness of sleep, to the cosmic one. Some, although

Psychological, Physiological and Spiritual Dreams

The cause of dreams and their meaning have always been a source of great curiosity and concern. In *The Mediums' Book*, Allan Kardec emphasizes that the Science of his time never explained the origins of such phenomena. The current explanations, still incomplete, which consider only the psychophysiological reasons – illness, psychological disorders, professional and economical life conditions, influences relating to modern life habits, such as the use of licit and illicit drugs, sexuality as a disposable product, anxieties and stress generated by this whole process, plus the political and worldwide conditions that bring us expectations about the future – actually generate symptoms, the most diverse, reflecting in the quality of sleep. However, what Science insists on ignoring are the spiritual reasons – compelling experiences related to past lifetimes that interfere with relationships and behaviour of the actual experience, the influences of the minds and feelings of discarnate spirits on individuals, whether or not they are directly related to their past actions, besides intimate conflicts relating to one's own genetic inheritance.

With *The Spirits' Book*, questions 400 to 412, we conclude: we are heirs of ourselves, in other words, our history repeats itself because we insist on playing the same characters. The current time is for reflection and changes in the way of acting and thinking and, without fear, to develop values and virtues. This is the way.

Sonia Theodoro da Silva

Columnist

decide to

awaken.

When we can free ourselves from the shadows in which we find ourselves, expanding the lenses of the spirit that we are, we will understand that sleep is much more than rest: it is the possibility of the integral awakening. Awakening to life and to the many growth opportunities that surround us, awakening to the reality that awaits us beyond the physical life, waking up to this third of life we waste and that allows us to know and live the reality of the spirit that we are.

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Nightmares

To what extent can we escape from ourselves? Will life have mechanisms to awaken us from our deep psychological sleep? Is our free will interrupted during the physical sleep? We all dream, however, not all of us remember our dreams or like to dream. Dreaming is simply continuing to live, contacting intrapersonal dimensions often forgotten. Nightmares may be a result of the unconscious experiences that were not processed or of reunions with fellow incarnate and discarnate beings through the partial detachment that occurs during the physical sleep. Keeping our free will, we chose with whom to tune and where we are heading to. On the other hand, we are benefited with experiences from our unconscious that can be interpreted as nightmares and that allow us to awaken to the immortality of the soul. Regardless of its nature, the nightmare always presents a Life invitation to the self-encounter. The nightmare always speaks of us to us, being an internal representation of the being itself. Analysing it with humbleness and courage, overcoming the initial fear, denotes growth opportunity by presenting experiences that require the opening up of the consciousness for their understanding and reintegration. The preparation for a restful sleep through prayer, through elevated activities and thoughts, including the salutary reading, opting to tune with the spiritual benefactors, becomes essential for us to learn, serve and evolve during the physical rest.

Karina Cardoso

Psychotherapist



Differentiated States of Consciousness

The Spirits' Book, by Allan Kardec, states that "the human carries in its conscience the law of God", and that this conscience is pre-existent to the incarnated man, thus, attribute of the Spirit.

The biochemist Robert De Ropp included in his field of scientific research, the study of the altered states of consciousness. In 1968, inspired by George Ivanovitch Gurdjieff, he proposed the Creative Psychology as a method of expansion of the consciousness that integrates information from the accumulated experiences.

In the being's psychic life structure, the self's consciousness can change levels, from the most primitive to the transcendent, following its natural update, providing greater clarity and integration.

In an analysis based on the psychology and spiritism system, the different states of consciousness are shown in the following levels:

First – the **dreamless sleep** – there is a total absence of idealism and the being is more physiological than psychological. Sleeps, eats, procreates, and the lack of will contributes for the slow progress of the instinct to the conquest of logic and reason. Second – the **sleep with dreams** – the first signs of idealism, of interest. The being releases clichés, passing through the dramatic phases, the nightmares, the fears; then, the libido and the revealing ones.

Third – the **awaken sleep** – the being begins to observe oneself and observe others, expanding the degree of social and emotional relations, in which the determination

and the will lead to the discovery of the purpose of one's existence, to the self encounter.

Fourth – **transcendence of the self** – there is a revolution in the consciousness, in order to internalize for the subjective perception of reality. Choosing the Christian conduct as a mechanism to facilitate evolution, one overcomes conflicts, anxieties and does not identify one-



self with the afflictive psychological contents. The experience will become so natural in this state of consciousness, that one will soon reach the next level.

Fifth – **cosmic consciousness** – the sincerity and the will emanate from the heart, creating inner light for the understanding of the truth, linking the being to the cosmic consciousness.

Through self-love, the creature will be united to the Creator, through reincarnations, accomplishing one's deep self-realization, because one who self-enlightens feels and radiates love.

Evanise M Zwirtes

Psychotherapist

Dreams in the Process of Individuation

Throughout human history, many cultures have dedicated themselves to the study and observation of dreams in an attempt to uncover its meaning. There are reports of temples dedicated to healing in ancient Greece – in honour of the god Asclepius – because the Greeks believed that the gods had manifestations in these temples with the necessary answers for the healing to be established. In Egypt, we find the biblical reports of Joseph, who, by correctly deciphering the king's dreams, could not only save his own life but also save Egypt from going through serious difficulties.

Thousands of years later, psychology would again be interested in the dream phenomenon, Sigmund Freud came to find in the dreams "the real path to the unconscious". Based on the findings of the father of psychoanalysis, but reaching interpretations and conclusions that expand the view beyond human sexuality, Jung concluded that "within each one of us there is another one who we do not know. It speaks to us through dreams".

It was in the close observation of his patient's dreams (Jung claims that he analysed around 80 thousand dreams) that he discovered a fundamental role for dreams in the psyche: they are at the service of our individuation process whereby an individual develops their potential and brings to the surface, to consciousness, one's personality as a whole. Translating to the Spiritist vision, dreams are at the service of the spirit in its evolutionary journey.

I remember, on one occasion, I had a big doubt about which direction to take in the job I was doing. Should I remain in the kind of activity I was or should I follow a new direction? At night, in prayer, I asked for the spirituality's support, a light, a north to guide me. And then I dreamed I travelled through a road with large properties on both sides. I heard a voice saying to me: now new plantations await you... I woke up. I understood, in this experience, why we should pay attention to dreams, which can reveal our own nature, portray our wishes and desires, show spiritual encounters and, above all, serve to the great purpose of developing the being we were born to become.

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