

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Are there Spirits?

Living in the Spirit Age, we remember Allan Kardec, in *The Mediums' Book*, chapter I, in stating that "the query, with regards to

the existent relations between the Spirits. As a philosophy, analysing the human nature, it deals with the purpose of life and with the desti-

ganiser model for the future incarnations. As we are not corporeal beings, but emotional and psychological ones, we inherit ourselves,

expressing the individuality by the different states of consciousness.

Proven the survival of the soul, it is rational to admit that the human, being an incarnate Spirit, can communicate with the discarnate Spirits. In fact, this communication can occur with all the beings in the physical and spiritual realm through



the existence of the Spirits, has as its primary cause the ignorance about their true nature (...)." And he continues saying that "whatever idea one has about the Spirits, the belief in them is necessarily based in the existence of an intelligent principle outside the matter." Thus, he presents the existence, the survival and the individuality of the soul.

It is fundamental to consider matter and spirit as varying states of an unchangeable essence - God. Spiritism is a Science, Philosophy and Religion; from a scientific point of view, Spiritism has the Spirit as the object of study, considering its nature, origin, its destiny and relationship with the corporeal world. In summary, to study the Spirits is to study the humans. As a science of observation, Spiritism consists of

nation of the being. Through logical reasoning it shows we were created without developed knowledge and wisdom. However through successive existences, the process of cumulative learning facilitates self-development, with the purpose of spiritualization.

Analysing the Spirit united with the body, the Spirit is the principal being, the thinking being and survivor. The body is its physical envelop, for its temporary corporeal expression. For the interaction of both, there is a fluidic body, the perispirit, whose nature is different from the physical body. The perispirit, the semi material body, intermediate, is the dimension of the triple being where all experiences lived are recorded. The perispirit survives the death of the physical body, serving as the biological or-

the thought, which is the language of the Spirits.

The scientific analysis and philosophical deduction of Spiritism present the ethical and moral consequences resulting from the Spirit's interaction, these consequences happy or unhappy, according to the inner preference of each being.

**Evanise M Zwirtes**  
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**Our gratitude to everyone who contributed to the execution of the 6<sup>th</sup> Spiritist Month-2013. The Programme of the 7<sup>th</sup> Spiritist Month - 2014 can be found in <http://www.spiritistps.org/br/evantos/>**

## Mediumship, Mind, Thought and Will

Interview given by Adenauer Novaes.

- **Comment on the perispirit in the communicability of the Spirits.**

- **Does the mind work independently from the body?**

Yes, although the mind influences the physical body and receives information from it. The body is an

- **and the will for the preparation of mediumship?**

Mediumship is the faculty that allows the Spirit to communicate with different dimensions, conveying its thoughts and desires. Considering the thought as the formulation of ideas, and that the ideas translate the impulse that comes from the Spirit, the thought is decisive in the direction given to the use of mediumship. In this sense, the good thought will produce good results in the mediumship, attracting good spirits. This involves building a structure of a stable personality structure, mature and aware of its shadow. When people are aware of their dark and obscure side, they are not at the mercy of psychic invasions, or obsessions, without control. Thought and will are vectors that the individual must direct, when exercising mediumship, for the selfless donation, following the precept "give for free what you received for free". The best use one can make of the mediumship is to practice it with a charitable purpose, to clarify the discarnate spirits.



The perispirit is an important vehicle for the manifestation of the Spirit; it is necessary for all the communication phenomena and contact with reality. Thanks to its properties the Spirit externalizes its nature, its creativity and its essence. Stored in the perispirit are its memories containing the result of the lived experiences in the various incarnations, available for permanent access. The mind, functional organ working for the Spirit, situated in the perispirit, allows not only for the intelligent communications to happen, but also mobilizes fluids for the manifestations of the physical effects. Linked or not to a physical body, the Spirits communicate through the existence of the perispirit, where information that one wishes to share is transmitted. It is important to note that the mediumistic communication between incarnated and discarnate spirits is continuous, for we are all mediums, and the spiritual society interpenetrates the material one.

instrument at the service of the mind. If we relied solely on the physical body, we would not have a number of psychic and spiritual connections possibilities. It is important to consider that the mind is not located in the entrails of the physical body, as electricity does not flow inside the wire that carries it. The mind communicates with the brain, and vice versa, by issuing waves of thought in common frequency. Thanks to the properties of the perispirit, it is within it that thoughts, ideas and emotions are processed from the will that is born in the Spirit. In the mind, there are the structures of the Unconscious and Consciousness accessible to the self, so that the Spirit can act in the dimension in which it is in. The Pure Spirit no longer needs the mind to manifest in any dimension. The continuity of the spiritual self is independent of the physical body, because whilst this has ephemeral existence, the self is immortal.

- **How important is the thought**

- **What is externalization of sensibility?**

The perispirit has multiple properties, even to expand beyond the physical body. This expansion, which is called externalization of sensibility, occurs in the altered states of consciousness, allowing you to try various exceptional abilities. In the expansion of the perispirit, the individual can access past lifetimes experiences, communicate with discarnate spirits, obtain information from a far distance, perceive sensations beyond the five senses, experience transfiguration, can experience spiritual unfolding or astral travel. The familiar clairvoyance and clairaudience phenomena are due to the externalization of sensibility. There are famous experiments with the externalization of the perispirit conducted by the French military

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#### Graphic Design

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#### Printing

Circulation: 2500 copies - Portuguese  
 Circulation: 1000 copies - English

#### Study Meetings (In Portuguese)

**Sundays** - 05.45pm - 09.00pm  
**Mondays** - 07.00pm - 09.00pm  
**Wednesdays** - 07.00pm - 09.30pm

#### Study Meetings (English)

**Wednesdays** - 05.30pm - 06.30pm

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## Mediumship, Mind, Thought and Will

engineer, Colonel Albert Des Rochas, at the beginning of the last century. In the states of meditation and moments of prayer, it is possible to experiment the externalization of the sensibility with the expansion of the perispirit. The phenomenon is also known as the mystical ecstasy, experienced by several mediums that distinguished themselves by this occurrence.

- **Talk about the symptoms of mediumship.**

There are many, as they depend on the type of mediumship that the person has, which varies according to the personality. The most common are: unusual ideas and feelings in the form of premonitions that ultimately become reality; heavy dose of intuition about the small everyday occurrences; belated regrets after inadequate attitudes that cause embarrassment and that could have been avoided; constant changes in shape, content and course of thoughts, promoting deviation in the development of ideas, often seeking to escape from these thoughts; organic changes and of sense-perception not related to functional or psychosomatic interference; repetitive occurrences of precognitive dreams or frequent dreams with people who have died; constant sensations of presences around you, or of others, invisible beings, causing discomfort; noises and bumps around you not attributed to known physical factors like the appearance of shadows; hearing voices or other sounds apparently coming from inside your head; motor over excitation followed by a strong desire to write unusual ideas, uncontrolled feeling that you may be taken by something, followed by a strong desire to speak or express some emotion, with typical symptoms of the panic syndrome; likelihood in obtaining the cure of others' diseases, by the simple desire to do so or by the proximity to the patient, with subsequent feeling of tiredness; production of

knowledge that is not attributed to that individual and against their will; achievement of above acceptance levels in the Zenner's test of retro cognition and post-cognition; psychometric findings in typical experiments with a high rate of correct historical data; constant emotional experiences of déjà vu and synchronicity.

- **How to understand the mediumship education?**

It basically consists in the study and exercise of the mediumistic potentials of a person. One needs to make oneself available so that the spirits feel at ease to establish a mediumship communication. For that, one needs serious, methodical and persistent study, with equal determination in seeking the process of self-development, which will guarantee psychic balance and harmony important to establish contact with the spiritual world. It is also important to consider that mediumship education should happen with the assistance of more experienced people and, preferably, in the environment of a Spiritist Centre. Every candidate must understand that the mediumship exercise is something that requires discipline, study and good intentions, without which failure may occur. Even following these steps, everyone can go through an obsessive process, in

which inferior spirits may try to disturb the person. Allan Kardec very well alerted on the dangers and inconveniences in the exercise of mediumship which suits us to know. Therefore the study of the *The Medium's Book* is mandatory. Even so, the beginner mediums, given their internal will in achieving



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noble objectives, will always count on the assistance of the good spirits, which will better guide their initiatives.

**Adenauer Novaes**

**Clinical Psychologist**



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## Epiphysis, the New Sense of the Human Beings

How do we really perceive the world in which we live in? From a material point of view, our nervous system is responsible for processing the external stimuli and, therefore, the system processor of our perceptions. However, the Spiritist point of view goes further, because it considers the matrix of thinking, feeling and acting the Immortal Spirit. This is surrounded by a semi-material body called the perispirit, which is connected to the physical body, when we are incarnate. The perispirit is, in fact, the agent of all the sensations of the outer life (The Spirit's Book, Allan Kardec, item 257). And, once reincarnated, since conception, our perispirit connects itself with the new physical body molecule by molecule (Genesis, Allan Kardec, chapter 11, item 18). Hence, we can better understand how extra physical perceptions can be processed and transmitted to the physical body.

Expanding this concept, we ascertain that the perispirit improves itself on the several evolutionary stages in the kingdoms of nature. And "in the lap of time, the Divine Architects assist the fragmentary consciousness in building the brain, the wonderful nest of the mind, in need of broader exteriorization" (Evolution in Two Worlds, André Luiz, psychographed by Francisco Xavier, chapter 9). And the spiritual body or perispirit will be molded into new functions and organs to allow the Spirit's mind to express itself more widely. And, thus, we see the introduction of the pineal gland or epiphysis which since its presentation in the most primitive reptiles, go "assuming the role of an eye with characteristic implements" (Evolution in Two Worlds, André Luiz, psychographed by Francisco Xavier, chapter 9). That's where the epiphysis "begins to consolidate itself by energetic fulcrum of subtle sensations for

translation and selection of various mental states, in the mechanisms of reflection and thought, mediumship and discernment, prophesying the operations of conscious or unconscious mediumship" (Evolution in Two Worlds, André Luiz, psychographed by Francisco Xavier, chapter 9). This



little structure is located in the centre of our brain and has physical functions essentially related to the endocrine balance and the body development, it also influences in the perception of light. Contemporary Science continues to investigate the extent of its functions still unaware that this gland is responsible for the transmission of the Spirit's mental life. (The Missionaries of Light, André Luiz, psychographed by Francisco Xavier, chapter 2). Through this portal of the spiritual mind in the body, that we will exchange mediumistically because it plays a central part in the mediumship communications, leading as well the subconscious forces under the direct action of the will (The Missionaries of Light, André Luiz, psychographed by Francisco

In recent studies of the Spiritist physician Dr Sérgio Felipe de Oliveira, we observe that the pineal gland, in containing apatite crystals in its peripheral part, thus forms a magnetic field that can be correlated to a greater or lesser capture of extra physical perceptions according to the volume of

apatite crystals that the individual features therein.

Destined to the Laws of Progress and Society, we will find in our physical body the portal of communication with other minds, which will provide us with the expansion of our perception and the vision of ourselves and relationships. Blessed be our epiphysis! Let us take care of it well, through exercises in the discipline of the greater love and our spiritual sense will purify itself.

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