

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Autism – A Spiritist Viewpoint

The traditional and materialistic viewpoint of autism is reductionist: a disorder of unknown cause, incurable and that brings serious conse-

quences for the ones who bear it. It is recognised that the symptoms can be relieved, acquiring a certain independence, but often the diagnosis becomes a heavy burden for the individuals and for their families, who are often seen as victims of Life or of chance.



Benefited by the Spiritist viewpoint, we know that people with autism are immortal Spirits, like all of us, created by God, aiming for their spiritual evolution. Autism is the consequence of numerous lifetimes set apart from the Divine Laws, which are present in one's own conscience, it is an illuminative opportunity. Experiencing difficulties in aspects that were abused in the past, such as communication and social interaction, alongside the inflexibility in thinking and immaturity in feeling, the individuals see themselves before the law of progress that requires self-overcoming. Authors of their own imbalances, through the exacerbated exercise of pride and selfishness, and the persistent escape

from self-responsibility for their own errors, the individuals despised grand opportunities of progress, opting for rebellion and revolt before the invitations of Love. Today, through the mercy of the Divine Justice, expressed by the Law of Love, they receive new re-educational opportunities to learn and relate in a balanced manner with themselves, others and with Life.

The Spiritist doctrine is source of console, optimism and hope, explaining that autism is an important temporary experience, the cure is indeed a real fact, for God created all beings to attain plenitude. It clarifies that now is the time to redo paths and free consciences from the guilt of the past, helping those with whom we cooperated in ancient error to get back on their feet, because we did not receive the autistic in our family by chance. The exercise of virtues such as love, patience, tolerance, discipline and acceptance of the beings as they present themselves, aware that they are immortal Spirits, holders of infinite potentialities, are the therapeutics that will guarantee the possible inner peace for

the family and also the most conductive way for the brothers diagnosed with autism to start, by Christian experience, their long process of ethical-moral renovation.

**Karina Cardoso**

**Psychotherapist**

### **Q.171. – What foundation is there for the doctrine of reincarnation?**

“The justice of God, and the revelation...”

All Spirits tend towards perfection and God furnishes them with the means to achieve it, providing them with the trials of the corporeal life. God's justice, however, compels them to accomplish, in new existences, *that which they were unable to do or complete in a previous trial.*

God would not work with equality, nor in accordance with Its goodness, if It sentenced to eternal suffering those who may have encountered obstacles to their improvement, these obstacles being independent from their will and resulting from the very environment in which they found themselves placed...

The doctrine of reincarnation, that is, the one which proclaims that the Spirit has many successive existences is the only one which corresponds to the idea we form of the justice of God in regards to those who find themselves in an inferior moral condition; the only one that can explain the future and strengthen our hopes, because it offers us the means of redeeming our past errors through new trials. This is indicated by reason as well as by the teachings of the Spirits.

**The Spirits' Book**

**Allan Kardec  
79<sup>th</sup> Edition, FEB**

## Communication Problems

The communication process represents one of the most important phenomena of the human species, and, for the person with autism, to communicate anger, fear, to demonstrate affection or dissatisfaction is very difficult. The result of this is a very intense experience in the inner

communication in autism, such as:

- distraction;
- difficulty processing oral instructions;
- difficulty in maintaining attention; difficulty in organising information that they receive;
- difficulty in processing the five



world, and a growing lack of interest for the outside world. Autism compromises communication, imagination and social interaction.

As the problem is related to disorders in the development of the nervous system, speech complications are frequent symptoms in autism; the children take longer to speak or, in other cases, present an echoed speech, repeating always what they listen. It is also noticeable, however, that there is a difficulty in communication in general (not only with the speech). The children do not use gestures to compensate for the lack of speech, not answering when they are called by their own name, do not say "goodbye", do not point to what they want. Do not return a smile and make very little eye contact. They are capable of staying for a long time alone and only look for others to satisfy their necessities, making it very difficult to coexist in group.

Some characteristics hinder

## Symptoms of Autism

From an early age, children show signs of a need for interaction with the world, driving them to discover and experiment, in various forms and by means that are within their reach, the reality that surrounds them. When this does not occur, parents should be alert to verify the existence of any condition that is interfering in the child's natural development. Autism is one of the disorders that interfere in the way that children relate with the world that surrounds them, according to Dr Dráuzio Varella, presenting the 3 following basic symptoms:

- social interaction difficulty/disability;
- limitations in the field of language and/or symbolic games;
- repetitive and restrictive behavioural patterns.

The greatest challenge for the experts in the field is that the symptoms are not uniform, as well as the proposed treatments. It is impressive the story of a 14 year old young lady, with autism, that through her parents' and doctors' persistence was able to establish a method of communication with the world. Her words say much more than any theory we present:

"Nobody knows how it is to be me. How it is impossible to seat still because it feels that my legs are on fire. It is like hundreds of ants were walking up my arms! People look at me and think I am stupid just because I can not speak. It is difficult to be autistic! I want to be like the other children, but I am Carly".

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## Reincarnation

According to the Aurélio Dictionary, "reincarnation is the act or effect of reincarnating" whilst "to reincarnate is to adopt (the Spirit) the material form". Reincarnation is the process in which the Spirit, the immortal Being, periodically, returns to the material poly-system through a corporeal structure.

We ask: was it Spiritism that presented the Theory of Reincarnation? *The Spirit's Book*, Q. 222, clarifies that "it was never said that the Spiritist Doctrine is a modern invention. Constituting a law of Nature, Spiritism has existed since the beginning of times and we always strive to demonstrate that signs of Spiritism are uncovered from the remotest antiquity."

The plurality of the physical existences explains the apparent inequalities, the different psychological problems existing in Humanity, resulting from the free will of each unique Being, which prepares its own destiny through the ages. Inheriting Oneself, as the psychological and emotional being that one is, the comprehension of the immortality of the soul offers comfort and hope to all, proving the transience of the experiences.

Each reincarnation is the invitation of Life to renew, update and transform the inner life through the different liberating experiences that the creatures attract, aiming for the re-educational programme that encourages everyone to cultivate self-love, extending it to our neighbour as a universal Law. Developing the psyche harmonically, promotes spiritual, psychological, emotional and physical balance.

**Evanise M Zwirtes**

**Psychotherapist**



## Spiritual Interface of Autism

Medical science, despite achieving great advancements in the eradication of diseases of the human organism, has its limitations in respect to what happens in mental disorders. The Pervasive Developmental Disorder (PDD), autism, defies science requiring the explanation of its aetiology.

The main characteristic of autism is the difficulty in the affective interaction with the environment, damaging the communication of its bearer. The term 'autism' is a spectrum of behaviours resulting from the lack of certain

mental abilities that hinder the capacity of the individual to relate to others. Not always the person with autism has a cognitive deficit, however, in most cases there is language impairment. In some cases other associated disorders are found.

From a psychological and spiritual point of view, it is a certain alienation of the being in regards to life relations, rejecting to feel, live and love. Everything leads us to believe that the Spirit has difficulties demonstrating feelings and communicating in an effective way with people. It is a type of rejection to reincarnation, opting, at least unconsciously, to live in one's own inner world. People with autism behave as if they live in another dimension, which can be the spiritual

one; or they behave as if attached to what they lived in a past lifetime. Their attention is unfocused, with little or no need to take pleasure in what they live. They demand from their parents, in particular the mother, great demonstrations of affection, care, patience and love. It



seems, in this respect, that they have not developed the correspondent ability, as well as taking part in building the capacity to love the ones who care for them. Their incarnation has a transitory character carried forward to another incarnation in which, increasingly distanced from their traumatic psychic processes, they will be able to live and relate emotionally with peers. Mothers and fathers of people with autism are in most cases missionary Spirits, without a negative karma, that voluntarily devote themselves to the responsibility of curing them, offering the most important medicine: love.

**Adenáuer Novaes**

**Clinical Psychologist**

## The Therapeutic Process for Autism

Life really goes on... One after another, each reincarnation serves as a relay station for the next. The same happened to Anderson (Dr. Bezerra de Menezes in chapter 7 of the book *Loucura e Obsessão*). In the latest reincarnation, he was an autistic child. Parents had a hard time to deal with his condition, especially because he was born at a time in which autism was less known than today. Searching for treatment choices, his family encountered a Spiritist center in which spiritual treatment was offered. The caring Spirit Dr. Bezerra de Menezes then took the lead of Anderson's case. He described that Anderson's autism was a typical case on autism in which it serves as "temporary protection from the autistic person's enraged victims and the memories of unhealthy choices in the past."

In that deep perspective, Dr. Menezes discloses that in a previous life, Anderson was an elegant and assertive writer. However, he had the disturbing habit of writing infamous, anonymous letters to those whom he did not like, creating discord and disturbance. Single, he never settled for marriage but he liked a married woman to whom he had a tie of friendship. Envy of the couple, Anderson started writing those letters to both husband and wife, planting seeds of discord and jealousy. His assertiveness was such that the husband killed himself truly believing that his wife was dishonoring him. The woman then fell ill and died of depression. Anderson's previous life personality used his intelligence to create emotional misery. Not only conquered animosity, but he also used his intelligence in a twisted way. Now, the Spirit of Anderson carries guilt to be diluted over time, while in need of renewing opportunities to begin again. Anderson represents a case on self-obsession (self-obsession is the persistent negative influence of the individual towards oneself) expressed biologically under the temporary frame of autism!

In our current times, autism is on

the rise. According to the Center for Disease Control and Prevention (2007), 1 in 150 American children, 1 in 94 boys, is diagnosed with autism. Twenty years earlier the prevalence was 1 in 10,000 children. Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is also mostly prevalent in boys. When asking the worldwide medium Divaldo Franco about the reasons why this is happening, he answered in an exclusive interview to *The Spiritist Magazine* (issue 7) that despotic and violent behaviors, as well as the ones that generate conflicts and wars are typical of the male individual. It is then the masculine in our immortal psyche that compromises its integrity with such behaviors. And, in a world of transition, when we are all invited to a new, non-violent being, when meekness and peace-making shall be the traits of the new generations.

Though the physical underpinnings are unknown by Science today, the spiritual causes have already been revealed through the teachings of the Spiritist Science. Heir of oneself, the millennial soul imprints in its genetic code the needed predisposition of the condition. As the Spirit Dr. Andre Luiz explains in the book *Evolution in Two Worlds*, every morbid predisposition is triggered by a grave mistake we made, one in which its memories inflict disturbances in our mind and spiritual body (perispirit). Creating a nodule of disturbance in the perispirit, the millennial Spirit will need to reincarnate to rebalance and transform that vibratory nucleus of disturbance. There is no actual victim in the Universe since we are co-creators in it.

In need of educational readjustment, the autistic individual will need parent's and educator's help to transform the inner guilt - that triggers self-obsession - and walk the three-step ladder of spiritual transformation: repentance - expia-

tion - reparation, a truly inevitable journey to inner ascendance.

"The Spiritist therapy allied to modern healing techniques will definitely contribute to change Humankind's mental chart," disclosed Dr. Menezes. Such was the successful case of Rafael, an autistic kid from Brazil who received traditional and complementary medicine care in a psychiatric hospital where Spiritist therapy is applied. Receiving the healing passes, he recovered his lack of vital energy. After six months receiving the passes therapy, when the Spiritist practitioners realigned his vital centers, Rafael was more re-balanced and started living a better quality of life. Another technique applied in his case was the disobsession therapy, in which his enemies of the past received counseling and had a change of heart regarding the avenging persecution.

In need of healthy affection, the immortal soul of the autistic child needs loving dialogue boosting their inner capacity of self-forgiveness, while calling the individual to the reality of the present. Parents then exercise the loving dialogue Spirit to Spirit as proposed by the renowned medium and humanitarian Euripedes Barsanulfo. "It is truly necessary that parents, especially the mother, talks to the autistic child calling the Spirit to the reality of the body," disclosed Chico Xavier about cases on autism.

Taking the immortal perspective, autism then becomes a true opportunity to rebalance the past, while preparing for the beautiful future that lies ahead of all of us!

**Vanessa Anseloni**

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