

The Journal of Psychological Studies

Science, Philosophy and Religion

The Man-Spirit: Psychological and Emotional Being

Ernesto and Evelina had the same physical problem. They met at a rehab clinic. Despite the age difference, they had in common the physical condition and medical treatment. They knew, sooner or

expressed in different parts of the body. While the feeling of discontentment is felt mainly in the organs of the digestive system, happiness is felt in the whole body and anger is felt more in the head.

be aware of our emotions and ourselves in order to live fully.

Vanessa Anseloni

Neuropsychologist



later, they would undergo a surgery. It was then in a conversation, that Ernesto revealed he liked spiritualist books and that he had read in one of them that humans have a triple composition: Spirit, spiritual body and physical body, similar to a rider (Spirit), a horse (spiritual body) and the carriage (physical body). To their surprise, Ernesto and Evelina learned the truth of this teaching soon after disembodiment. They realized that we are and we feel beyond the existence of the physical body. And how many people who, when feeling something, blame their bodies, like the wise Spirit Hannehman said in *The Gospel According to Spiritism*, in an excellent treatise of psychosomatics.

In November 2013, the reputable scientific journal *Proceedings of the National Academy of Sciences* published an article that comes for the first time in earthly humanity, to show that our emotions can be

Interestingly, scientists dichotomize feeling and body, without though, entering into the crux of the matter.

However, the Spiritist Science clarifies: we are immortal Spirits that while we feel and think, we vibrate too. And the vibrations reverberate in the spiritual body (perisprit) as in the physical one. When these vibrations crystallize, forming nodules due to feelings of guilt, the Spirit-Perispirit complex needs a new reincarnation to unroll such loaded vibrations of crystallized feelings and thoughts.

Ernesto and Evelina also learnt this on the spiritual plane as disembodied spirits. We then ask whether we really need to be disembodied in order to learn how to live, to learn that our emotions dictate our vibrational tone, and that this tone becomes a real magnet, attracting spiritual companions and physical conditions. Absolutely not! In fact, as whole human beings, we need to

"We see, from research done for half a century, from the most notable scholars from around the world, that there is a transcendental principle in humans, unknown to the frames of the official Physiology, because it is revealed with faculties that make it often independent of the conditions of space and time, which govern the material world.

This is verified in the works of the British Society for Psychical Research that, since 1882, has published more than 30 volumes, with the observations and experiments that its members have recorded after thorough surveys. The names of Crookes, Sidgwick, Myers, Gurney, Barrett, Oliver Lodge, and many others, are assurances of the reality of the facts reported here...

It is therefore absolutely right that the thought of an individual can externalize and act on another living being, regardless of any sensory action, despite the distance that separates them, by telepathy. The fact remains that the distance vision, despite the obstacles interposed, is exercised during wakefulness or sleep, without resorting to the ocular sense, which requires a different power than the purely physiological one...

Everything proves that there is in the human, a being independent of the physical body, which is strictly conditioned by the laws that govern the material world."

Reincarnation

Gabriel Delanne

SPIRITISM Explains, Inquires and Frees

Spiritism in its scientific aspect, has the Spirit as the object of study, and demonstrates the existence of the soul and its immortality. Please explain.

When we consider the current scientific paradigms, whose requirements are becoming increasingly complex, we still lack a scientific practice in institutional Spiritism. The vast majority of Spiritist Centres are concerned with the moral and doctrinal part of Spiritism, leaving a gap in the scientific part. The demonstration of the existence of spirits and their immortality is most apparent in mediumistic practice,

considered scientific, but still far removed from the current academic protocols. The Spirit stands as reality, thus science will change its paradigms to consider that it is a singular object of study that requires new methods of research and the fact that it is an intelligence endowed with a free will. Psychographic mediumship letters and communications that bring accurate information and data, which verity is attested, have been the common means of proof of the immortality of the spirit, without requiring the seal of science.

The philosophical character of Spiritism originates from the study of the human beings, their problems, their origin and their destination. Please analyse.

The philosophical dimension of Spiritism is the best documented one because the doctrinal literature

Spiritism explains that Religion is the Divine feeling, whose manifestations are love. While Science and Philosophy operate the work of experimentation and reasoning, Religion edifies and illuminates the feelings. Please elaborate.

Religion is an original human manifestation of the need for understanding the divine mark engraved on the psyche of every human being. Religions are born from the strength of this mark that, by the rites and rituals, generates the emergence of the idea of God. They are born from the human urge to understand oneself and explain the



universe that surrounds us. Spiritism appears as an additional clarification to religions, expanding the reach beyond the idea of salvation. Religions are based on the exploration of faith and transcendence however, with the advent of Spiritism that proposed a reasoned faith, it has also added the reason. The philosophical and scientific knowledge are two dimensions that comprise the triad of human wisdom beyond the ordinary knowledge. The role of Spiritism is to take humans to the awareness of one's immortality, the condition of every Spirit. Without the awareness of individuality, immortality, and the continuity of life after death, religion serves as a mere consolation for a supposedly tragic fate. Spiritism explains and helps the human being to break free from ignorance and see oneself as a being of light.



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SPIRITISM Explains, Inquires and Frees

The universal knowledge, from a viewpoint of the immortal Spirit, points Science as truth, Religion as life and Philosophy as the enquiry of the human creature between the Truth and the Life. Please explain.

Science is far from bringing us the truth, as the methods used and the instruments have a limited range. Strictly speaking, there is no truth, because all knowledge is provisional and must be contextualized. For the Spirit, the earthly science gropes knowledge, presenting partial and provisional proposals about what is life and spirituality. Although playing an important role for the Spirit in order to learn to conceive the Divinity, religions are still concerned about increasing the number of its adherents and saving the human creatures of monsters and imaginary figures they created themselves. Religions are far from enlightening humans about their immortality and their return through reincarnation. Religion, science and philosophy are distinct aspects of human knowledge that require reconciliation, because they deal with the same object: the immortal Spirit.



How to understand the ethics of the behavior that considers the health of the whole man?

The concept of health encompasses the physical, psychic and spiritual well-being of humankind. Physical concerns the body care and the means to keep it



running; the psychic is in respect to emotional balance and the adaptability to the society of which the person is part, and the spiritual concerns the perception of the condition of immortal spirits. The concept of ethics, detached from the concept of morality, refers to care and respect for life, preservation and maintenance on Earth. The ethics that humans should adopt to respect life, society and themselves is the one that admits the alignment between feeling, thinking and acting. Where human behavior is consistent with one's feeling and thinking, the person will be acting ethically. In their evolution, the Spirits should guide their behavior in an ethic that do acquire skills and simultaneously contribute to the progress of their fellow human beings and the society in which they live.

To conclude: Philosophy always studies, Science always discovers, but Life always works. Please share your reflections.

To live is an art and at the same time a great opportunity to learn and evolve. The human beings have lived stuck to the ground of the planet Earth with rare entries to the celestial space. Their philosophy, still rather utilitarian, has not taken them into themselves, where they will then be able to meet with themselves and with the Divine. Their science, occupied with attending the dictates of matter, has given them comfort and means of survival, but it hasn't taken them to find happiness. What is left is religion to offer them the means to fulfilment and to find their personal designation. This is the role of Spiritism, thanks to the understanding in regards to God, the evolution, reincarnation, mediumship and above all, the assertion of the Spirit's immortality and individuality. Spiritism's role, with the concepts that it introduces, is to help bring the human being to self discovery, fulfilment and to reach new evolutionary dimensions, conscious of being the legitimate God's representative.

Adenauer Novaes

Clinical Psychologist

Is our Fate the Result of Our Psychological Tendencies?

In the fine traditions of Greek mythology three spinners known as Moirae or Fates, were responsible for weaving human destiny: Klotho, Lakheis and Atropos. Klotho wove the thread of life, being responsible for labour and delivery of births; Lakheis, was responsible for luck or misfortune that accompany human destinies; Atropos determined the moment that life would end, cutting the braided done by her sisters.

Through this deep symbolism, perhaps the Greeks wished to teach men and women not to try to control something that is not entirely in their hands. We certainly can't control the end result of many occurrences, because the complex dynamics of life make its perception and its control escape from us. But we can and we must be attentive to the manageable part of our

lives, directing efforts to conquer ourselves and making conscious choices.

When we are born, we are not a Blank Slate as proposed by Aristotle. We have experiences that translate into psychological tendencies and determine much of our current behaviour. Moreover, these tendencies interact with environmental, cultural, social, family and spiritual factors. These factors combined act in the formation of our personality that characterizes our way of being and acting in the world. From there, we have freedom to make choices that will outline our lives and interfere in the results we will achieve.

The outcome of our lives or our "destiny" is, therefore, under the action of these complex and dynamic forces, in which we have a decisive role: take responsibility for our actions and live with the consequences. Whoever places



oneself in the role of victim of fate lies in the psychological childhood because one has not discovered that all of us are the main conductors of our lives. Ultimately, the deepest psychological tendency is the divine inhabiting within each being, desiring to realise itself from our actions. In a way, therefore, we are the Moirae of our own destiny: weaving, spinning and cutting. May our threads of life be governed consciously!

Cláudio Sinoti

Jungian Therapist

VII SPIRITIST MONTH

<http://www.spiritistps.org/br/ao-vivo/>

Program

06.04.14

Analysis of the Spiritist knowledge

Anete Guimarães - Brazil

Starts: 05.00pm

07.04.14

The Mechanisms of Reincarnation and It's Practical Application

Anete Guimarães - Brazil

Starts: 06.45pm

13.04.14

The Brain and It's Potentialities

Anete Guimarães - Brazil

Starts: 05.00pm

14.04.14

Auto-driven Neuroplasticity. You Can Change If You Want

Anete Guimarães - Brazil

Starts: 06.45pm

20.04.14

Jesus, the Interpreter of God

Adenáuer Novaes - Brazil

Starts: 05.00pm

21.04.14

Personal Religion

Adenáuer Novaes - Brazil

Starts: 06.45pm

27.04.14

Auto-psychotherapy

Evanise M Zwirtes - London

Maria Novelli - London

Starts: 05.45pm