

# The Journal of Psychological Studies

Science, Philosophy and Religion

## The Education of Affection

"Do I really love someone?" This was Rosa's question after a workshop on *The Education of Affection* in a spiritual centre. It was a valid question because she has had an argument with her mother related

boyfriend is different. It is romantic love!" And the speaker had mentioned that in Neuroscience there was a research showing that the brain reward system is especially activated in passionate people. She

more important in life than Love?"

**Vanessa Anseloni**

**Neuropsychologist**



to a meeting with her grandparents during the weekend. Then she questioned herself: "I love my parents and grandparents, but I want to spend the weekend with my friends and my boyfriend..."

She remembered excerpts of the lecture that would clarify her queries. The speaker had quoted: "Love is the sentiment par excellence, and sentiments are instincts elevated to the height of the progress already achieved. At the starting point the human beings only have instincts; when they become instructed and more purified they have sentiments." Rosa reflected on that teaching: "In fact, I feel that my sentiments are modifying before my parents. Before, I saw them as heroes. Today, I see them as evolving human beings like me, who are also committed to my progress."

She continued recounting passages of that unforgettable workshop. "But what I feel for my boy-

friend is different. It is romantic love!" And the speaker had mentioned that in Neuroscience there was a research showing that the brain reward system is especially activated in passionate people. She

concluded that maybe with time they could ripen the sense of passion, so instinctive, and make it more sublime. "Who knows?" wondered Rosa. The climax of Rosa's reflection was over an inspiring passage of the lecture: "We're destined to love, because we came from Him which is the pure Love and in Him we live. And the greatest example of Love, Universal Affect on Earth, is that of Jesus Christ for humanity." And André Luiz in the book *Evolution in Two Worlds* shows us that we are destined to experience the same, since "(...) affection turns into love with capacity for sacrifice, reaching complete renunciation."

Full of inspiration, Rosa returned to her house. Meeting with her mother, she hugged her and reaffirmed how much she loved her. She realized she needed to better express her affection, "After all" - concluded Rosa - "what is

"We are united to God in the close relationship linking the cause to the effect, and we are as necessary to his existence as He is required to ours. God, the Universal Spirit is manifested in Nature, and the human being is on the Earth the highest expression of this Nature. We are the creation and expression of God, which is the source of Goodness. But this Goodness we have only in the state of germ, and our task is to develop it..."

Everything is written in the intimacy of the Soul in mysterious characters: the past, from which we emerged and that we must learn to probe; the future, for which we evolve, the future that we ourselves will build... made of uplifting thoughts, noble deeds, devotion and sacrifice.

The task that everyone has to realize is summed up in three words: to know, to believe, to want - that is to say, to know that we have hidden innate and incalculable resources; to believe in the effectiveness of our action upon the two worlds, that of Matter and that of the Spirit; wanting Goodness, driving our thoughts to what is beautiful and grand, conforming our actions with the eternal laws of labour, justice and love. "

**O Grande Enigma**

**Léon Denis**

## The Science of Faith

Since the emergence of science, or more precisely the sciences, beginning with Aristotle and later with René Descartes, religiosity was separated from the development of scientific research. Aristotle's philosophy dominated European thought from the twelfth century but the

Spiritist Medical Association of Brazil, calls for the development of feelings of gratitude to life, what he calls the ultimate gift (of God), he calls for love exemplified by Jesus, for the physical, emotional and spiritual well-being, because these states of mind act on neurotrans-



scientific revolution of the sixteenth and seventeenth centuries changes this situation, inserting changes in the scientific methods. No doubt that Science is one of the voices of human culture however, in not admitting the strength of faith, especially in the medical field and specifically in treatments for restoring human health, science fails to partake in one of the most beautiful forms of integration of man with life. In the U.S., researchers in Neurobiology say they have located at the brain's limbic system the triggering of religious experiences. This brain region links experiences in our emotional world, and the tests performed on Buddhist monks and Catholic nuns showed intense brain activity when in a state of meditation and prayer.

In Brazil, the neuroscientist Ricardo Leme, MD, associated to the

mitters and endorphins facilitating the maintenance of health and even the cure of diseases. According to him, the study of the neurobiology of faith might be the extra tool when searching for something lacking in humanity for its more harmonious functioning as a whole.

Jesus of Nazareth in his journey of peace on Earth used to say to the sick healed by his love, "your faith has healed you". However he added: "but do not sin again" as a warning to the great responsibility we have towards the gift of Life and the opportunity of reincarnating, granted to us by the immense love of God. Let us work to deserve them - today and forever.

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## Reason and Emotion

A part defines, reasons, clarifies and seeks to understand. The other feels, mobilizes, affects and assesses.

The reason, showing the fertility of the human brain, reveals fields of knowledge, enables the construction of powerful and ingenious machines, and assists all branches of science on their findings and the human being to further understand the mechanisms of life. However, devoid of sentiment, one becomes cold and often destructive, turning against life itself.

The emotion comes in a flash, triggered by external and internal events, and mobilizes our entire body bringing signs of fear, anger, affection etc ... It comes from our instincts, and when we listen to it we understand more about ourselves. As bad as it may seem, the emotion should not be denied but understood, so it can be channelled constructively. Divorced from reason, it can lead to overwhelming passions and fanaticism, also acting destructively.

In human history we have seen the great achievements of reason, but because we still remain in an emotional childhood state, these advances have not yet been translated into ideal living conditions.

The human being challenge is to unite these two parts and in combining intuition and extrasensory perception, be able to develop holistically. That is why Emmanuel has already taught us: "*The sentiment and wisdom are the two wings with which the soul will rise to infinite perfection.*"

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### Directed Will

How to best define the will? The Webster's Dictionary states, "it is a faculty to mentally represent an act which may or may not be practiced in obedience to an impulse or premises dictated by reason. Sentiment that urges someone to reach the end proposed by this faculty; aspiration, longing, desire. Ability to choose, decide. Spontaneous or compulsive frame of mind."

Is your will active? When the will is directed does it generate happiness or unhappiness? How to differentiate it? Let us reflect. The person says: I have no desire to work, or to eat, or talking to people, I hate life, it no longer makes sense to me. Can you notice that this person has a lot of will? The will not to be responsible for one's own life, directing it to one's own unhappiness. When people say that they do not want to do anything, they are using the will to feel like wanting nothing, but the will is active.

The will is a neutral force that exists in individuals; the will is able to define the actions according to the individual's choices. In regards to the willingness to die, let us choose to direct that strength to the will to live; regarding the willingness to denigrate, let us choose to lead this force for well saying. The force does not change, but the direction is altered.

Often the morbid state is preferred, people then call the attention of others manifesting victimization. It is vital to direct the will lucidly to build effective happiness without the morbidity of saddening happy people. Think well and reprogram your life.

**Evanise M Zwirtes**

**Psychotherapist**

### The Power of Thought

Would the dear reader know how to describe the difference between what is real and what is just imagination? It seems that the answer is obvious: real is what we can see, touch, smell and etc. Whilst imagination is something we create in the mind, we fantasize, anything unreal.



As a photographic camera, our eyes catch the light. The retina, with over 150,000 transducers, transforms that light into an electrical signal that travels through the optic nerve to the occipital lobe. This, formed by more than 400 million neurons, decodes the electrical signal into an image. For example, when we look at a table we create in our brains a representation of this object. The table in our sight has a temporary duration, but the image of the table which was stored in the mind is perennial, it has been recorded forever. This is called engrams, a definite, permanent and fixed trace in our integral memory. The other table (the wooden one) is part of the material world or world of illusion.

When we close our eyes and imagine the table we just saw, or when we see the object, the area of

the brain that is activated is the same. That is, the object will be represented in the same place (occipital lobe). Our brain cannot tell when we are seeing something, or when we are imagining. For the brain everything is real and true.

Therefore, the positive images -

real or imagined - impose vibrations that cause comfort and the sense of well-being. Now the images that form negative thoughts cause vibrations of anguish, grief and sorrow.

In the Chapter XIV Item 16 of *Genesis*, Kardec explains that what we think can modify the properties of the fluids which will be impregnated with the good or bad qualities of our thoughts, and the thoughts are directly related to the purity or impurity of the sentiments.

The images form ideas and stories that can become mental waste. So, remember that your mind does not know when you are living or just imagining a reality. Therefore, watch your thoughts!

**Davidson Lemela**

**Neuropsychologist**

## Emotional Component in Health

To be healthy is to reach and reconcile organic balance, psychological well-being, good social coexisting and spiritual harmony. The combination of these states requires continuous effort, experience, personal development and the discovery of the Personal Designation. To be healthy does not always mean to be up to date with the physicochemical rate balance in the physical body. To be healthy is to reach the inner well-being with the achievement of inner peace, which is the main condition for a balanced and healthy life. The physical body is an important instrument of manifestation of the Spirit in the material dimension, whose perfect functioning requires the confluence of chemical and psychological factors. The human beings still identify very much with their physical body, as if the physical body was one's own essence, this is the reason why the emotions and sentiments significantly interfere in the body's functioning. If people are sad or rejoice their bodies become aesthetically different, with subtle effects on the functioning and dynamics of the organism when certain emotional state is systematically repeated. Not only conscious emotions interfere with the health of the person because the human mind is composed of an immense unconscious content. This unconscious content would be the experiences and all the material deposited throughout the successive lives. Emotional cores which have not been dissolved, accumulated traumas, unresolved guilt and all kinds of psychological *complexes* accumulated in various incarnations, they all feed the conscious mind, which has the physical body as its most external part. These nucleated processes in the unconscious autonomously influence the *ego*, hitting the emotional health of the person when they are not properly

made aware. In the same way that unconscious processes can influence the functioning of the physical body, the quality of the spiritual companions of people significantly modifies their health. Good spirits, for instance, feed incarnates with whom they live with good fluids. The physical body of a person can be in perfect working order, but its mind regardless of the external behaviour and the quality of the conscious thought, can hit the physical body in the

become important for the effects in the medium and long term that can promote physical health. It is known, through scientific researches, that prayer interferes in the overall-being of the person, with important physiological reflexes. Terminal patients undergoing treatments with complementary spiritual healing, prayers and constant stimuli of optimism achieved greater survival than those who were not offered the same procedures. In some cases, the organic



medium and long term causing physiological disorders. This influence is due to the existence of the perisprit, the vehicle of manifestation of the Spirit, in which is stored our thoughts, ideas, images, emotions and sentiments, true directional vectors of health, which reverberate in the physical body. Just as these vectors can promote organic disharmonies, they can also allow the rebalancing of health through the quality they generate in the experiences of the Spirit. Recommendations about having good thoughts, doing good deeds and having high self-esteem

equilibrium is not reached, but as the Spirit through its *ego* is at peace, emotionally and socially in harmony, it can be stated that the being is healthy. Meditative practices, habits of prayer, active sociability and body care are timely means to have a good health. More important than the health of the body, is the Spirit with the consciousness in peace, with the emotions educated and in tune with God.

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