

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Peace and Immortality

In every corner of the planet, peace is proclaimed as the greatest aspiration among peoples. However, despite the efforts made by all those who have dedicated and dedicate their lives to deconstruct the prejudices built and exacerbat-

plunged into the unconsciousness of their lost lives, they are today the new apostles of Jesus, which spread throughout the earth like tiny lights, that light up when in touch with the pain and suffering of others.

*believe also in Me ... Let us do our part.*

**Sonia Theodoro da Silva**

**Bachelor in Philosophy**



The long awaited peace that so many people aim for can never happen if the human being does not look to the other human being as its neighbor, as its brother, as Jesus wanted. The hatred of a human against the other that leads to barbarism, to the extermination of

"Human Soul, you are the living enigma in which so many passions and vague aspirations stir and merge confusedly. You are capable of the most beautiful thoughts and worst feelings: love and hatred, grandeur and misery, ingratitude and devotion. But there is in you a divine force that your progress aims to awaken and develop over time in order to prepare you for higher tasks, for a greater participation in the eternal works. That is the purpose of your life, of all your lives, it is the role given to Earth in the chain of worlds...

ed by fierce individualism raging as an epidemic everywhere, human beings agonize amid fratricidal wars. This is the result of materialism and disbelief in God, in his beloved son Jesus of Nazareth as well as in his envoys who announced that Love is the ultimate goal of mankind. People agonize amid the destruction of ancient cultures. They agonize amid the highly contagious diseases poorly managed by the organs responsible for the preservation of life and well being of African people, that if it were not for the volunteering heroes from *Doctors Without Borders*, they would be at the mercy of a slow and degrading death. Non-governmental organizations fighting to preserve the fauna and flora of the planet, together with the organizations that offer support to abandoned children, to the elderly with no family and medical care, organizations that deal with drug addicts

entire populations, violence against women and children, shows the degree of indifference that we have reached, playing with life as if it meant nothing.

It is not enough to know that we are immortal. This could generate a sense of pathological arrogance never experienced before between souls devoid of ethics and morality. The planet is ill, said the desperate mother of a child killed by the terrorist who is said to be Muslim. Yes, the planet is ill, however, we still maintain hope against this Pandora's Box that continues to cast evils to the world. He, Jesus of Nazareth, assures us that he is in command of this seemingly rudderless ship. And from Immortality, among the Immortals, He always comes up in every heart suffering the misdirection and indifference of others, as a voice that incessantly says: *I'm here, do not let your hearts be troubled, believe in God,*

Often, in moments of anguish, we accuse God, nature and the whole world, without thinking that the source of our ills lies in ourselves...

The renewal of the individual should lead to the reform of the community so that all the triumph of man over himself, over his passions, is reflected on those around him. And that the progress of the collective body interacts on each individual. It is working to elevate the others that we work more effectively to elevate ourselves. And at the same time we develop, grow and confirm in us and around us, this essential notion of fraternity that binds us to each other...

It's no longer about the brotherhood of bodies, but of souls, that unite all souls in all steps of their great evolution."

**Socialism and Spiritism**

**Léon Denis**

## Family Life

Family life, as in any group of people, is a great challenge and at the same time, an excellent opportunity to exercise love without distinction. Life unfolds in many processes when living with a family, because you learn to share, dialogue, respect, give, surrender, love etc. The Spirit, when it reincarnates, is inserted in the family that will provide it with the best opportunities to evolve, drawing their loved ones closer as well as those who have emotional unresolved disputes from the past. Antipathies and sympathies in the family environment reveal the quality of relationships that occurred in the past as well as the peculiarities that characterize the personalities of each member in the present incarnation. In many cases, the Spirit feels out of place in the family group to which it belongs, making it difficult to live together, having to adapt with some sacrifice. In these cases, when a person has reincarnated in an environment where it is difficult to adapt, one has something specific to learn and to teach, and this is the reason why one finds oneself on this scenario. To seize the opportunity to live with different personalities, being careful not to project one's own shortcomings is an art to practice. The phenomenon of transference is very common in human society, in which those that are in a relationship often create expecta-



tions about the behavior of others, making them responsible for themselves, like a creditor. Everyone wants great parents, exemplary brothers and a fraternal family, without evaluating the merit and the effort required to achieve such conditions. The family life is a field of experience where the Spirit develops skills to then integrate them and provides the promotion of opportunities so others grow and expand their prospects. Without family life or with few social interactions, the Spirit has its repertoire of experiences that generate the integration of new skills reduced, impoverishing the universe in which one lives in, that would bring better learning opportunities to the incarnation. To coexist is a must, but it is not enough to be present or simply to issue an opinion, it is necessary to become actor and theater director of one's own reincarnation.

**Adenáuer Novaes**  
Clinical Psychologist

## Global Conflicts

Humanity is going through a serious time of psychopathological disorders. In the world, 350 million people are suffering from Depression, which is responsible for over 850 thousand suicides this year.

The violence between Arabs and Israelis intensifies. At the cost of much bloodshed, more than 2,000 people lost their lives only in the last conflict.

According to current research, it is estimated that each year about 40 million children suffer some form of violence worldwide. Every year due to ill treatment 3,500 youth lose their lives and 57,000 children under 15 are murdered.

According to a message from the spirit Bezerra de Menezes, our world is in a critical moment of transition: "There have never been so many achievements in science and technology, and so much repulsiveness of feelings and emotions." Cruelty overshadows the noblest achievements and obsession spreads overwhelmingly. A growing level of intolerance and selfishness is the stain of these modern times.

It is time to reaffirm our faith and hope in happy days. There is no room for uncertainty and disbelief. Either we change or we will be expatriated to deep suffering regions. The responsibility for bridging the gap between pain and consolations is given mainly to the medium.

We reincarnate to contribute to the new era, and Spiritism is Jesus returning, freed from the cross, alive, singing the glory of SOLIDARITY among peoples.

**Davidson Lemela**  
Neuropsychologist



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## Ethical Communication

The word communication comes from the Latin *communicare*, meaning say something.

Ethics is the science of morality that investigates what is good and it is related to the art of living. The word derives from Greek and means that which belongs to the character. Ethics studies morality, it seeks justifications and it does not impose rules. It shows what is appropriate or not and the consequences of behavior in the evolutionary process. Morality is based on the obedience to rules, customs, and on cultural, hierarchical or religious habits, based on human thought.

Ethics is a way of being that aims to achieve the essence of man - spirit, the *Self*, by bringing forward the character of the good being, promoting the fraternal coexistence where respect between people prevails in communication, transforming selfishness and pride.

The ethical conduct in communication favors transparency, honesty and efficiency in relationships. So it builds valuable relationships based on trust and mutual respect, based on light, cohesive and enabling attitudes, contributing to the manifestation of the good in the interactive process, uniting individuals, peoples and nations.

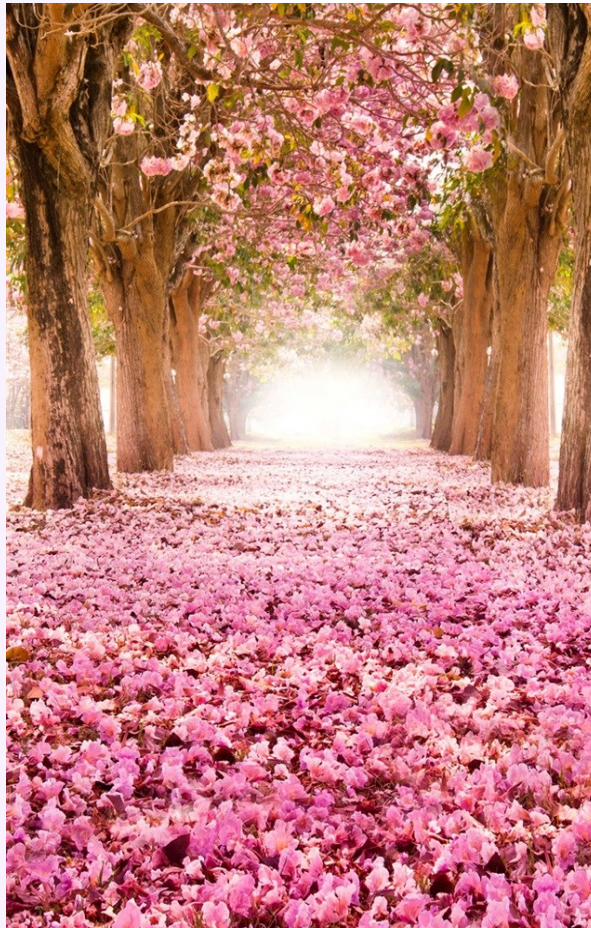
Studying, meditation and the practice of Ethics, which is the science of the heart, are essential to respect the human being dignity, to the preservation of intimacy, to social interest. The ethics of responsibility in communications facilitates peace agreements between peoples and nations, expanding the possibilities of resolutions with clear boundaries, fostering security and harmony.

**Evanise M Zwirtes**

**Psychotherapist**

## The Courage of Forgiveness

On the journey to conquest plenitude, we have the challenge of learning to deal with emotions, mainly exercised via relationships. Conviviality gives rise to natural attrition, proceeding from the differences in how we view life and from conflicting interests, besides the



limitations that typify the current state of human consciousness which is marked by selfishness.

In relationships, we also create expectations in relation to the attitudes of others, that are not always met, and so we feel hurt and cheated on the aspirations we cherish and we feel sorrow for not having our wishes fulfilled. When we do not have a psychological structure to handle all of this, resentment arises as a consequence. The problem is that the first one to be harmed is the one who maintains the disturbing emotion.

In this context, forgiveness is a self-loving gesture because as it sets

us free from conflicting contents, it also makes available to the consciousness precious energies, previously trapped in an unresolved issue. It is not always a simple path, because sometimes it involves deep sorrows linked to beings that are very close to us. The impulse directs the reaction, but the aware being should not be a slave to impulses. Therefore forgiveness, rather than being cowardice, is an act of courage because to forgive it is necessary to build resistances to fight with deep emotions without becoming the aggressor.

It is not just a matter of memory, to remember or not the event that brings us pain, but it is a matter of taking care of the emotion linked to the fact. And to heal the emotional content we must remember our own human condition. As others make mistakes that affect us in some way, also we have affected and hurt others and sometimes even without realizing it. This point is amplified when we add to our story the pathway of the spirit, because who can *cast the first stone* and say that has never made mistakes?

Forgiveness is an important exercise for those who want to reach plenitude.

**Iris Sinoti**

**Jungian Therapist**

## Love Therapy

Being love the most sublime force in the universe, why is it that we still resist so much to its presence?

In daily experiences, as well as in the observations of the therapeutic practice, it is not uncommon to find people who claim not to

plexes. This adds up to a whole culture of negligence towards the therapeutic power of love that contributes to building the ill society of today. One who did not receive love in a healthy way is more likely to have difficulty in its expression.

conduct. Buddha, Gandhi, Mother Teresa, Francis of Assisi, among others, were able to overcome the challenges that life presented to them, which were not few. Through love, they reached a level of awareness that must serve to us as a stimulus to overcome our

difficulties and to choose today, to be those who love, despite the opposing forces trying to prevent this march, which in fact can only postpone it. So teaches us Joanna de Angelis: "it is necessary to learn to love, because love is learned through loving..."

And Jesus,

the Master Teacher, presented love and experienced it in a unique way so that the Love Therapy was established as the sublime path to find God.

*Cláudio Sinoti*

*Jungian Therapist*



believe in love, or who have given up "trying", as if it was something that should provide immediate return. Without judging the path each one chooses for oneself, it is necessary to assess whether it is not a defense against this feeling that invades us and that makes the strongest reasoning submit to a higher power. For the same reason, those who wish to have control of all things fear "loosing themselves" and end up getting lost when choosing "not to love".

In the early stages of personality development, affective learning has an important place because it is through the bonds built with our parents or substitutes that we developed models for later relationships.

But unfortunately, the cases of violence, abandonment or neglect in various levels from childhood to adulthood, are not rare and these accumulate marks in the behavior, in the form of disturbing com-

On the other hand, the natural force of life drives us to meeting love and there is no way of escaping this force without disastrous consequences. It is important to recognize that, next to the wounds, we were also the object of much love and care by those who embraced us. Sure they had their limitations, just as we have ours, but we are all learning to love, and that requires time and experience that only through the incarnations we will conquer.

Nature provided all possible conditions so that today we had the biological and psychical structure to house the spirit in its evolutionary journey. This whole process lasted countless ages, in which nature has prepared us patiently. Is this not a great example of love?

Other than that, some of the beings that have most excelled in our planet, positively sheltered in themselves love as a model of

**"The world is miniaturized in the home. The family is society in an embryo's state. The individual is the proton of the social atom."**