

The Journal of Psychological Studies

Science, Philosophy and Religion

Spirituality and Mental Health

Every human being longs for health, peace, love and spirituality that lead the person to tranquillity in the hereafter. The human mind has a dynamic in which everything that disturbs should be replaced with a stabilizing idea or situation.



All that happens in there has the function of stabilizing, balancing the stresses of everyday life. The search for this balance is mistaken with the actual living of the experiences that life offers, pre-defining your destination. A healthy mental life depends on some factors that can be controlled by the Spirit. The first is the karmic past that, even though it is unknown due to the past lifetimes natural forgetfulness when reincarnating, it may have its consequences modified thanks to actions in the present, guiding it into noble and uplifting values; the second, as relevant as the first, is the worldview the Spirit preserves in the Consciousness, the change of this worldview should be favoured by the constant human progress and should be renewed to an assertive and spiritual perspective, always according to the immortality of the Spirit; the third factor is the set of choices made in the present, whose foundation should always

contemplate the desire for personal and collective well-being, for no one evolves alone; the fourth factor, whose transcendence can extrapolate the understanding of most people but which becomes accessible to all who go beyond the limits of believing in God to feel it truly, is the very divine intervention in human life. To modify or at least interfere in the latter factor, it is enough for the Spirits to understand that they are God's agents and that their minds are constantly connected to their Creator. Mental health depends much more on permanent factors than brief moments of contact with calmness, with meditation or even prayer, as mental health requires the Awareness, as the information field of the ego domain, as well as the Unconscious, the field of contents of experiences throughout the existence of the Spirit, to be full of the great drivers of life: harmony, peace and above all, love. Without them, constantly present in the structure of ideas, feelings and actions, mental health is weakened, opening the field to imbalance and disease. Likewise, spirituality may become empty when it is not accompanied by a full awareness of the personal immortality and when it is without the presence of those life vectors.

Adenauer Novaes

Clinical Psychologist

VIII SPIRITIST MONTH

SCIENCE, GOSPEL AND HEALTH

(Live transmission)
<http://www.spiritistps.org/br/ao-vivo/>

Program

04.04.15

Learning how to deal with: Neediness, Loneliness, Sadness, Rejection, Attachment and Jealousy

Dr. Alberto Almeida - Brazil

Start: 03.00pm

05.04.15

Eating Disorders, A Medical-Spiritist Approach

Dr. Albero Almeida - Brazil

Start: 05.00pm

12.04.15

Mental Illnesses, A Reincarnationist Vision

Evanise M Zwirtes - London

Start: 05.45pm

19.04.15

Mediumship and Depression

Marcel Mariano - Brazil

Start: 05.00pm

20.04.15

Family Constellation

Marcel Mariano - Brazil

Start: 06.45pm

26.04.15

Memory, Reason and Will

Manuel Portásio Filho - London

Start: 05.45pm

Memory, Reason and Will

In objective terms, according to our spiritual reality, we understand Memory as a psychic instance responsible for storing, indelibly, the contents of our past experiences.

Using the same approach, we analyze Reason as defining the progressive horizons of tomorrow; therefore impossible to be lived today. Reason is the future being built today.

Will is the present moment, the one we live in now, the time that inalienably goes by. The spirit Joanna de Angelis through the mediumship of Divaldo Franco, said that we must live today, feeling every moment and valuing it via the awareness of the blessings that are available to us.

A survey commissioned by the Canadian government and involving various health professionals revealed that 60% of people suffer from depression, 30% are anxious and only 10% are healthy. That is, 60% depressive, stuck in the past; 30% anxious, stuck in the future; and only 10% living in the present moment.

Due to the unwillingness to leave the memories from the past in the past, the will of the present falls asleep and then Depression settles in. And by choosing to live mulling over sorrows, a false sense of sadness takes over our days full of discouragement and bad mood,

feeling immensely overwhelmed with a huge sense of helplessness which ends up in frustration and anger. We get ill, becoming depressed, often assuming the role of the wronged victim, as if life was denying us the right to happiness.



Surrender

Proprietors of free will, we can "surrender" to various things according to our choice. The sensualists surrender uncontrollably to the passions reaping after the fruits of their own insanity. The sportsmen surrender to the training and will have the results according to the discipline and skills available. The artists surrender to creativity producing various forms of expression that combined with the sense of beauty, nobility and goodness, fill humanity with beauty.

We could cite various forms of "surrendering", but focusing on the psychological view, "surrender" presents itself as a challenge with a deep meaning to the individual. The immature ego tries to keep every situation under control, as it does not have the wisdom to deal with the frustrations. Insecure and frightened, it feels lost in the dynamics of changes that life presents. And when it has not developed moral strength, it surrenders

to the manipulation of people and situations, which leads to disastrous results for oneself and others.

However, as we mature and become aware, we notice that most of the events are not under our control and that the most important thing is to have self-control and to act according to the divine consciousness in us, which the Jungian psychology identifies as the Self. In doing so, our surrender will be to this higher instance - defined by religion as "God." Living according to the aim of individuation is to "surrender to God" the best in us.

Trying to live tomorrow's experiences today, we anticipate the pain and tears, making us anxious. We create unrealistic expectations, often setting unattainable goals. The goals, however, are interesting for success, but not for happiness, which is not a goal, but a state of mind.

Chico Xavier wrote: If you have to love, love today. If you have to smile, smile today. If you have to cry, cry today. The most important thing is to live today. Yesterday has already gone and tomorrow might not come.

Davidson Lemela
Neuropsychologist

Cláudio Sinoti
Jungian Therapist

Editorial Staff

Journalist

João Batista Cabral - Mtb n° 625

Editor

Evanise M Zwirtes

Collaborators

Maria Angélica de Mattos - Revision
 Maria Novelli - English Translation
 Cricieli Zanesco - English Translation
 Karen Dittrich - German Translation
 Hannelore P. Ribeiro - German Translation
 Maria M Bonsaver - Spanish Translation
 Lenéa Bonsaver - Spanish Translation
 María V. G. Bermejo - Spanish Translation
 Nicola P Colameo - Italian Translation
 Sophie Giusti - French Translation
 Irène Gootjes - French Translation
 Andrei Latinnik - Russian Translation
 Spartak Severin - Russian Translation

Reporting

Adenáuer Novaes
 Davidson Lemela
 Cláudio Sinoti
 Vanessa Anseloni
 Iris Sinoti

Graphic Design

Evanise M Zwirtes

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 - 05.20pm - 06.20pm

Mediumship Practice (Private)

Thursdays - 09.00am - 10.30am

BISHOP CREIGHTON HOUSE
 378, Lillie Road - SW6 7PH - London
 Information: 0207 371 1730
 E-mail: spiritisttps@gmail.com
www.spiritisttps.org
 Registered Charity N° 1137238
 Registered Company N° 07280490

Hope

"The day of Hope dresses in the form of renewal, every morning, inviting men to the building of new realities.

Calendars are modified and the cycles in time convention are closed, announcing the eternal continuity of life. Everything evolves, changes and renews itself. Impermanence is the reality in the intimacy of men and around them everything passes.

Only the connection to the Father, Infinite Source, is eternal. And this connection is essentially creative, ordering, constructive and aggregating. From this connection results the happier works that meet the needs of men, according to the time, and according to individual and collective perceptions. From it inspiration and wisdom flows, promoting the joy of living and existing as part of the immense perfect creation of the universe.

Treading a path to encounter God in oneself is an essential step for the health of the soul. Only when the heart is in God and with God, the wisest perceptions and the most perfect understanding of life flow from the creature.

Surrender then to Him, if you wish peace, health and joy, unreservedly.

As the day is renewed and the time goes on, you will also evolve and grow, love and serve, finding the great essence of life, in time, through the inarticulate Voice of God in your own heart.

Soothe your soul, trust and continue.

God always reserves the best for you.

Pílulas de Esperança

Andrei Moreira & Dias da Cruz (Spirit)

Optimism

"Optimism and hope, nobility of character and pure intentions attract precious opportunities to serve, in our favor" (Fonte Viva, Emmanuel, chapter 160). This phrase had Priscilla meditating deeply after a Spiritist lecture. She was in search of new opportunities, and such



teachings were as medicinal prescriptions.

Upon arriving home, she went to bed earlier than usual to recap on such an interesting explanation on optimism. She had learned that, according to neuroscience, human beings are physiologically prepared to be optimistic. Their brain naturally minimizes negative experiences, unless the individual is going through some kind of disorder, such as depression, in which pessimism dominates due to a system failure (Sharot and cols., 2007).

As Priscilla was rewinding through the lessons learned, she was simultaneously reflecting about

her inner state, conferring new qualities to her life. "I find that despite having a thousand reasons to be happy, I do not feel that way. I feel like the man in the Jesus story, narrated in the book *Boa Nova* (Humberto de Campos, chapter 8)." Bartholomew also felt he should be light-hearted because of the knowledge of the Good News. But he did not know why he had not achieved such grace until he openly talked with the Master, who comforted him therapeutically, showing that everyone who follows Him must cultivate joy, courage and hope, mechanisms associated with optimism. Optimism attracts vibrations from similar lines of thought, thus, optimism attracts positive spiritual presences, naturally repelling the negative ones.

"In fact," concluded Priscilla - "aware of our happy destiny, the inevitable progress and God's loving paternity/maternity, we have all the resources to nurture optimism." Feeling lighter and encouraged to the joy of living, she got up and, in front of the bedroom mirror, began to exercise positive thinking, as Joanna de Angelis teaches us via Divaldo Franco's mediumship. And she repeated the following statements in the ecstasy of self-love: "I am light; I am peace; I am the joy of living."

Vanessa Anseloni

Neuropsychologist

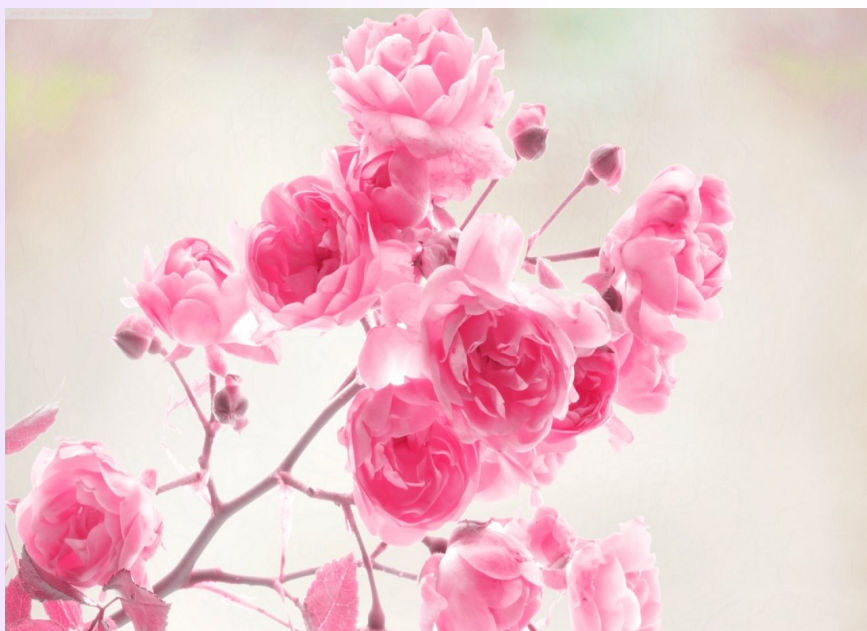
Personal Triumph

In the XXI century, when medicine advanced considerably and technology has reached unimaginable results, the man and the woman have yet to achieve the necessary transformation to fully live and change the world we inhabit.

and prefers TO HAVE things than TO BE. We got lost ... We seek outside what it is inside. And as poetically tells Carlos Drummond de Andrade: "Man, earth animal, so small they bore on the ground, place of much misery and little fun...". Now, we want to conquer

who patiently waits for us for over two millennia, we betrayed and doubted Him, but even so, we are still loved by Him.

The personal triumph are not material achievements ... And the Master signaled it: "Then he called the crowd and his disciples and said: 'If anyone would come after me, let him deny himself and take up his cross, and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it. For what will it profit a man to gain the whole



We have been walking in the direction of material progress and obviously we cannot erase all that has already been built and conquered by humanity, but the question is: What about moral advancement? What about the ethical issues? In the age of communication, we are lonely; in the period of great advances in medicine and increased life expectancy we are depressed and do not know what to do with life; we lost the existential sense. Violence has become part of everyday life, because when it does not emerge in the external terror, it ends up emerging within men. The foreign wars scares. How about our intimate wars? And our dreams and the dreams of our fellow neighbors that we murder every day?

We try to protect ourselves so much and we gained a numbed society that is not committed to others, which left the emotions

the world and abandon our planet, we want to conquer the world and we do not start our inner journey. But if we are all, without exception, children of God, so good, virtue, truth and love reside in us, and we must certainly prioritize them. This is the challenge of the man and woman of today. Despite all the external events, we need to tune in with Christ, to listen to His words, which still echo in our hearts.

Overcoming ourselves: this should be our "battle"; plucking the stones we put in our path, breaking down the walls that separate us and going down from the pedestal we often put ourselves on, or picking ourselves up. Knowing the mystery that we are, unveiling our innermost secrets, reviewing our dreams and building a new individual path that does not need to be a lonely one. Rebuilding and meeting Him again,

world and lose his own soul? (Mark 8: 34-36)."

What's the use?

Triumph is to be in full contact with the being that we are, attuned to the Christ, loving ourselves and consequently loving our neighbours, changing the world for the better and recognizing the God who dwells in us.

Iris Sinoti

Jungian Therapist

