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Listening to the Soul

We are currently living at times of deep paradoxes, which test the human capacity to resolve their own puzzles. On one hand we have advanced considerably, reaching fantastic discoveries that attest the development of intelligence to ex-

is the point in discovering the world and the universe if our emotions, deep feelings and qualities remain unknown?

So we need, more than ever, to devote energy and time to listen to the soul...

own values and skills. Some find it in meditation and can silence to listen to their inner urges. Others harmonize themselves through prayer and seek the transcendent forces of life, finding deeper answers. Also reflection and enlight-

ening reading are often sources that conduce to inner silence, providing peace in these days of turmoil. But it is urgent to listen to our souls' pledges to transform our-selves, whichever way we choose to listen to them.

Siddhartha Gautama chose to break free from the palace walls where he was a prince and found, in meditation, how to listen to his soul

and attain enlightenment.

Socrates found in philosophy the way to delve into the deep truths, but devoted time to listen to his *daemons*, that inspired him for the good, the beautiful and the noble.

And Jesus, the Master and guide of humanity, walked through the desert for 40 days before his public appearance, exemplifying that we should seek the deep contact with ourselves, for only then we will be able to *exorcise our own demons*.

These are challenging days, we know, but the soul has deep answers, available to all who are willing to listen to its voice.

Cláudio Sinoti

Jungian Therapist



plore the world. But on the other hand, we are still imprisoned in many conflicts, which are established in the form of wars, poverty and the alarming rates of psychopathologies, drugs and violence catalogued in the statistics, proving that we still have far to go to become complete human beings.

But these crises that are expressed in the "exterior" are reflections of the intrapsychic crisis we undergo that while it is not tackled, it will continue to cause destruction and feeding conflicts everywhere. And if the intelligence turned to external achievements failed to adequately respond to our issues of concern, it is a sign that we are neglecting an important part of our social and spiritual progress, for what

We do not need to abandon the world and the day-to-day issues, which have their degree of relevance, but rather give due attention to the landscapes of our inner world, that while forgotten lead our choices to be made from a partial and limited view of life. We have been thrown intensely into an *extroverted* life through the pledges that come to us by modern communication devices. We live in the interconnection era, but our internal disconnection makes our interconnection become increasingly pathological.

For this inner connection to become effective, there is no recipe or a one way path, rather, it is based in self-knowledge, through which every being discovers their

Depression and Mediumship

Mediumship is a faculty inherent to every human being, which can be used in all circumstances of life. Thanks to the mediumship, the communication between spirits which are in different existential dimensions becomes possible. Because it is an open psychic channel open to the connection with other minds, when the necessary filters are not established, the Spirit can tune with people who are in morbid states of consciousness. The absorption of the vibrations in the form of brainwaves, occur naturally in view of the quality of the pattern of thoughts involved. Minds in depression, fixed in existential processes that lead to pessimism, defeatism and the desire for the brief disposal of their conflict can transmit such states sickening to those who are with a similar predisposition. Without any conscious decision from its user, mediumship is the means by which the tuning phenomenon occurs; and it occurs without the intention present, but it will have a more defined direction if its agents know the *nuances* of its mechanics. In depression, the one that is affected by its symptoms may be, via mediumship, positively or negatively influenced to continue or not its escape from the reality one must face. When you tune in with Good Spirits, you will have at your fingertips positive ideas to solve your conflicts; on the other hand, when

the influences are negative, you can deepen your dive in the unconscious shadows, with unfortunate consequences, making it difficult to cure. When assimilating, through mediumship, good ideas, with the consequent decision to adopt healthy behaviours and search for emotional balance, certainly one is able to shield against any psychiatric disorders. Mediumship is not a cause neither a solution to human ills, but only a mean to know and use for the expansion of consciousness about one's own immortality. The most effective way for mediumship to be well used is offered by Spiritism that recommends studies, responsible use, as well as ethical and superior purposes for one's own life. The conscious use of mediumship allied to learning outcomes and exchange experiences can be useful in the field of psychic exchange.

Adenáuer Novaes

Clinical Psychologist

Anxiety and Renouncement

In the agitated dynamics of modern society, anxiety started to be considered a normal condition. Clearly anxiety is not a recent occurrence as it accompanies us from the time we lived in caves. It happens that, at that time, anxiety was determined by the very challenges of the struggle for survival, but today we respond anxiously to events even when they do not threaten us, or we attribute to this events existential value that they do not really have.

We overvalue what does not have much value and confuse desires with needs; so we are more anxious than ever. Our choices are increasingly directed to a demand that is not ours, we want to appear to be what we are not, and anxiety ends up leading us away from the real meaning of life, by distancing us from ourselves, accumulating things to fill emptiness. Only the awareness that we cannot live without being ourselves, that we cannot fill our lives without our real presence, can bring us back to the here and now, living in the present moment and renouncing the illusory idea of power and control.

When renouncing to what we think we have, we will make it possible for the opening of mental and emotional spaces for new and profound existential experiences. *For what good is it for someone to gain the whole world, yet forfeit their soul?* (Mark 8:36)

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Guilt and Awareness

"In order to find meaning and purpose for the existence, be aware that you are divine in essence and nature, as a creature you are a Creator's love dream destined to divine aims and objectives.

Understand that the relative freedom that the Lord has given you is destined to awaken your potential through your own effort, so that you may be what you should be without breaching the general law of harmony that leads all with perfection. However, accept that the path is made up of trials and errors and that you cannot reach the summit of the mountain of faith of the inner victory without the climbing effort through the narrow door ways.

Prepare yourself with the instruments that take you to the high purposes of existence: the compass of faith, the strings of spiritual security, the vestment of self-knowledge and self-awareness, the stakes of love and service in the good and the supplies of courage, forgiveness and trust that will take you to the supreme goals of life.

Connect yourself to life around you and see that this reality that surrounds you, attracted by yourself or offered by the divine love, is configured as a school, temple and blessed ward, designed to take you into fellowship with the Father, in family, friendship, work and service happiness..."

Pilulas de Esperança

Andrei Moreira & Dias da Cruz (Spirit)

Pride, Selfishness and Humility

Could you tell the difference between **problems** and **difficulties**? No? They look the same, however, there is a fundamental difference between them, and ignoring this difference may affect our perspective of progress in all walks of life.



be slandered be a good thing?

Try to see the enhanced spiritual reality: Reincarnation is a school, the difficulties are the lessons. The spirit André Luiz in the book *Condução Espírita*, warns: *After a hard trial, expect another*. The difficulties teach us to seek new ways to grow and gain autonomy. If in human history humanity had never faced a difficulty, it would probably still be living in the caves. In this school of life, we are rebellious and stubborn students; so we take time to learn...

How about the problems? Well, what make us suffer in life are not the difficulties, rather the problems. I ask the dear reader: What do you conceive as problems that

Let me explain: difficulty is everything that comes from the outside and hits us, bothers us and often makes us suffer. For example, slander is a difficulty that comes from external circumstances. Financial affairs, although they seem like a problem, they are in fact a difficulty because they are an external situation that bothers us. Any conflict that shows up and challenges us is a difficulty. Another example: you were fired. Suddenly you find yourself unemployed, with a family to support. It is a conflicting situation, therefore it is difficult. Important detail: The difficulties are positive, the problems are negative. How can dismissal, running out of money and

are in our inner world and bother others more than ourselves? That's right! Problems are our negative character traits: pride, selfishness, arrogance, conceit, intolerance etc. In the Chapter VII of The Gospel According to Spiritism, the author warns: In pride and selfishness, are the sources of all evil. We therefore need to destroy them, if we do not want to prolong our sorrows.

The liberating key from this pain provoked by pride and selfishness, that are truly our problems, is humility. Blessed are the humble for they shall inherit the earth.

Davidson Lemela

Neuropsychologist

Mental Health, A Reincarnationist Viewpoint

What is your goal in life?

Reincarnation is the act of reincarnating in a new body, given the plurality of lifetimes and given the evolutionary process of consciousness. Being reborn in the physical existence is more important than gaining a new body

who does not surrender goes against nature. Many inner conflicts of individuals arise from the attempt to submit what is divine to what is human.

The person that loses simplicity is a candidate for the emotional misfit. The one that belittles oth-

within, frees itself from any longing for affection. The rebelliousness portrays the imbalance of the Spirit. Many mental illnesses that show the most complex terminology have their root causes in the absence of the experience of the Good. Mental health is also being

able to accept oneself with one's own weaknesses, without, however, complying with them.

Mental health results from spirituality. Balance and peace demand the presence of spiritual intelligence directing the intellectual and emotional intelligence, promoting self-transformation, full



and simply reincarnating.

Diseases refer to the mental state in which people are and not to the state of bodies or organs. It is a symptom of the imbalance of the Spirit, registered in the perispirit, manifesting in the physical body as a result of present or past choices, against the Law of Love.

Mental health, in the viewpoint of Depth Psychology, points to the development of ethical qualities, including humility and altruism. No one enjoys mental health if they are not humble enough to acknowledge their limits and devote themselves to expand their personal horizons. Evolving is not overcoming the other, but becoming greater than oneself in one's core values.

Selfishness is the cause of many diseases of the soul. The anguish of many people without organic or psychological cause and of a difficult diagnosis has its origin in the overexploitation of Life's heritage, selfishly.

Being the child of God, carrier of the divine genetic, the human

ers, prosecuting, cursing, humiliating, shows disconnection with the sacred. The lack of forgiveness, the cherished resentment, is one of the biggest causes of mental illness that affects humans. Every bond established outside the concept of love is equivalent to a handcuff. Those who feel offended and hurt are hurt and offended in their pride, and need to break free from vanity and presumption. To wait for gratitude from someone is to remain in egotistical expectation, waiting for approval from others in their unhappy models, instead of striving to seek the approval of the deep awareness that is God, turning lower paradigms into real healing mechanisms.

In the face of true love, the defences disarm, the disguises break down and people improve themselves. It's real love that uncovers us all through the cultivation of sincerity, where the being that loves itself does not have the need to be loved by others, because love that is generated

health. A healthy mental life rests on permanent and non-transitory values.

Health is a result of inner conquest, which is reflected in the body as a result of psychic harmony, placing love, unique synthesis of wisdom, as the key to the riddle of disease-health.

Each individual is responsible for the pursuit of its own balance, harmony and healing. Spiritism helps in the treatment of human consciousness, presenting proposals for self-knowledge, for the Spirit's education in relation to Life and its purpose.

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