

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Personality Disorder and Mediumship

Personality disorders are varied; they can be understood as groups of psychiatric disorders with very inflexible and maladjusted emotional and behavioural traits. They are disorders that usually seriously compromise the patients' quality of

printed in the perispirit, which are transferred to the physical body and can reappear in the form of various kinds of disorders, depending on the way we conduct our existence.

Men and women of modern

nomenon occurs, as recalls Joanna de Angelis, because there was perfect harmony between the disrupting agent and the patient, due to the conscience of guilt in the individual generating the disorder.

But if we are the cause of the disorders we are also the cure. When we become aware of the responsibility we have to conduct consciously our evolution and transform for the better our way of being and acting in the world, renewing ourselves morally, certainly we will be in harmony



life, whose first symptoms may still arise in childhood but it is not infrequent that they occur in the course of a lifetime. Some patients have ethical and social character distortion and difficulty adapting to social standards, which usually brings suffering to themselves and those around them.

However, it is important to remember the warnings of the spiritual benefactor Manoel P. Miranda in the book *Nas Fronteiras da Loucura*, which states that "it is very subtle the dividing line between sanity and mental imbalance", because most of us certainly have unbalanced behaviours, as we are spirits in a rehabilitation process with the Laws of Life. Committed to the past, we bring sequels

times, we often judge ourselves superior to others in several segments in which we succeed in developing our exterior side without the inner side meeting the same level of development. Because of this gap, alongside the many advances, we are often faced with "neurotic" behaviours.

Spiritism accrued a fresh look to personality disorders and without neglecting or denying the occurrence of psychological and physical occurrences in their causes, presented their spiritual component. We are all carriers of mediumship to a greater or lesser degree and in various forms of exchange with spiritual entities, disorders may be evidenced, especially when the being is not in harmony. This phe-

with the divine laws and meet again: physical, mental and spiritual health.

*Iris Sinoti*

*Jungian Therapist*

**"Mediumship  
with Jesus  
is thought  
acting in  
love."**

## Thought, Tune and Will

Allan Kardec carried out extensive studies about the thought as the Spirit's attribute (*The Mediums' Book*, chapter II, item 7). In Genesis, chapter XIV items 13-20, he adds "through the thought they (the spirits) print to such fluids (spiritual) this or that direction, they agglomerate, combine or disperse. (...) This is how a Spirit stands before an incarnate Spirit with psychic vision (...) and bring (fluids) thought as the air carries the sound. (...) The thought creates fluidic images, and is reflected in the perispirit as in a mirror (...) this is how most secret movements of the soul reverberate in the fluidic envelope. (...) The thought of the incarnate Spirit acts on the spiritual fluids, and so does the discarnate spirits' thought, (...) and the thought acts as good or bad in cleaning or fouling the surrounding fluids. (...) An assembly is a focus in which different thoughts radiate; it is like an orchestra, a chorus of thoughts, where each produces its note. (...) The thought produces a kind of physical effect, which reacts on the moral; that's what only Spiritism could make understood. (...) When a doctor cures his patient with good words, we are exposing an absolute truth because the beneficent thought brings revitalising fluids acting on the physical as much as on the moral."

As we can see, Allan Kardec anticipated the scientific studies of psychosomatics, attaching great importance to the quality of thoughts that incarnate Spirits produce without even realizing it, the thoughts do emanate from the incarnate Spirits and involve a place,



a person, a region. The set of aggressive thoughts generated in a war environment certainly feed others of equal tuning, these thoughts coming from incarnate Spirits or not. The set of benevolent thoughts will surely bring a feeling of wellbeing to the surrounding. When the Spirits said that evil spirits surrounded Earth because there were evil incarnate spirits inhabiting it, they were defining our earthly psycho-sphere. If we change in order to do Goodness, the Earth will surely be a place of Peace, therefore, of physical and spiritual health.

**Sonia Theodoro da Silva**

*Bachelor in Philosophy*

## Psychic Interference

We can say without fear of contradiction, that our thought is the most powerful force in the world. There is nothing that can resist the power of thought.

In the 1950s, research conducted in the field of Psychology has shown that the thought is able to send and receive electromagnetic impulses and interact dynamically with everything that exists inside and outside of us.

But where does the thought lie? Is it the result of neuronal activity?

The physicist Kurt Gödel, honoured with the National Medal of Science in 1974, developed a mathematical expression known as the Incompleteness Theorem, in which he demonstrates that a system cannot sustain self-consciousness. In other words, no matter how complex our brain is, it is nonetheless a mass of fibers and nerves and, therefore, cannot be aware of itself. Thus, there is a mathematical impossibility that we are our own body.

Thus, we understand that the thought lies in the spiritual unity and the brain functions only as a "junction box", nothing more.

The energy of the thought interferes directly in the beings and the dynamics of emotions. The channels of expression of this energy originate in both sides of life: between incarnate and discarnate spirits. Dark thoughts, thoughts of hopelessness, pessimism and anger emit low-frequency vibrations and interact with beings on the same frequency. Good thoughts, behaviours guided in good and noble emotions reverberate positive psychic energy.

**Davidson Lemela**

*Neuropsychologist*

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#### Graphic Design

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#### 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

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**Thursdays** - 09.00am - 10.30am

BISHOP CREIGHTON HOUSE  
 378, Lillie Road - SW6 7PH - London  
 Information: 0207 371 1730  
 E-mail: spiritistps@gmail.com  
**www.spiritistps.org**  
 Registered Charity Nº 1137238  
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## Recurrent Thoughts

According to Aristotle, *"thinking is a divine action. To think is to create attractive conditions of identical thoughts. What is very important is to know how to think, master the elements, conform them to the will of the higher Self"*.

We all think, but are we aware of what we think?

It is fundamental to become aware that recurrent thoughts are nostalgic, mournful, anxious or fearful. They recall upon negative experiences of the past, projected into the future.

Obsessions are recurrent thoughts characterized as intrusive, repetitive and annoying. The distorted interpretation of reality, with wrong and distorted beliefs, limits the social life. Inadequate thoughts can generate attitudes or behaviours that aim to neutralize the anxiety caused by such thoughts. So compulsions can occur secondary to obsessions. Such thoughts cause significant loss of time, suffering and decline in productivity.

With recurrent thoughts of failure, the person is predisposed to the suggestion of obsessive interference that aim to bombard the mind of the person with messages of failure, defeat, aiming to affect one's self-esteem. The more the person validates the defeating thoughts, the more the pessimistic influence increases. It is necessary to develop psychological-emotional independence, choosing to cultivate and sustain wholesome mental habits as well as positive thoughts.

The method involves detecting the negative thoughts when they arise and observing whether they are based on facts or just feelings. Negative thinking is based on feelings rather than facts. The reaction shows an unfortunate habit. The education of thoughts and emotions in accordance to the Universal Laws provide self-control, faith, security and peace.

**Evanise M Zwirtes**

**Transpersonal Psychotherapist**

## Potentialities of the Soul

The Spirits are the masters of time, and the Universe is at their disposal to be modelled, meeting the objectives of the Creator. To perform their task, the Spirits will need to develop skills over many incarnations, without which they will be at the mercy of their ignorance. The



skills they need to integrate into their own beings are born within the potential of the soul. And these skills will be developed in the relational experiences that the Spirits set. Such potential will be discovered as the Spirits progress in wisdom and structure new psychic powers in their minds. When the Spirits wait for God to promote, protect and assist them with living in the world, they postpone their ascension, as this waiting reduces their initiative of making an effort and sacrifice, required for the achievement of their abilities. The Spirits' relentless pursuit of consolation and immediate elimination of their anguish and conflicts, without elaborating and discovering their meaning, jeopardizes the Spirits' development project because they lead to a paralysis of the willingness to learn. The following

are potentialities of the soul: coagulating matter, learning, integrating skills, loving as well as succeeding in the world. To develop one's potential, one needs to invest in one's status as immortal Spirit, lord of matter, an heir of God, and apply oneself in each of these. Such a

process requires the sacrifice of selfishness and pride; both responsible for the obstacle that hinders one's evolutionary journey. Of course the Spirit has the

urge to live and for self-realisation, but one needs to make this conscious so that it is always the focus of one's life. The Spirit's potential when matured by the experiences in the world, enables oneself to transform the world by providing personal and collective well being, demonstrating social progress. The more the Spirits become conscious of their immortality, the more they appropriate their responsibility to model the Universe as a personal reality and the more developed their ability to love they better lend themselves to the divine plan. One's destination is self-determination and happiness.

**Adenauer Novaes**

**Clinical Psychologist**

## Self-awareness

The famous Carl Gustav Jung, from his deep psychological studies, concluded that among the various aspects and elements that structure the psyche, two important centers of action are highlighted. One is the center of conscious perceptions, known as *ego*. However, the ego is only a small part of the psyche in relation to the whole, because there is another regulating center that encompasses the entire personality (Conscious and Unconscious), which became known as *Self*.

The major challenge for the personality development, from this perspective, is to harmonize and enrich the relationship between these two instances, *ego-Self*, so that it favours the development of all the values and characteristics that typify the individual. At this point, self-consciousness - or self-awareness - is essential so that beings do not live only in a superficial way, because this means belittling the purpose of life and living. However, it is sad to note that many *just go through life* without actually questioning or seeking its profound meaning.

While remaining in the *sleep* stage, this means the stage in which only the physiological functions have prevalence in the individual's field of action and perception, the human being is struggling between the instincts and emotions, and then life has no perception splendour and no sense, both present when the being is awakened. However, an internal impulse drives the being to illuminating experiences because life has

mechanisms to provide awakening. Still, the conscious participation is crucial in order to favour this process, and it's important to trigger some self-consciousness allies' factors, such as will, humility and perseverance.

The will can be considered the force that moves the energy required for transformation. We need energy in our conscience to

But as one allies the will to overcome and humility, one realizes that besides the dense aspects the *shadow* also has hidden qualities that need to be integrated into the conscience in order to become complete.

So it is critical to have perseverance, not giving up in the first tries to reach the ideal of self-awareness that will lead us to the



change ingrained habits, mistaken beliefs we hold for long, old prejudices and wrong ways of thinking. All of this is not done from one moment to another, and therefore is not uncommon to find that many give up in the first attempts because they realize that the will is not enough for profound changes.

The self-awareness journey also leads the individual to be faced with parts of the personality that usually one prefers to hide, reject and deny. Jung called *Shadow* this grouping of content and energy and he considered essential to have humility to deal maturely with the aspects contained therein, as it is not usually pleasant to find that in our being, evil has housing.

fullness, even though we make mistakes as these are an important part of learning to be. Humanity is in urgent need of profound transformation, change of paradigms and values so that the unfortunate events that have taken space in the media become only quotes in the history books. But every profound change should address, first, the individual, that in these challenging days, is asked to cultivate self-awareness, which will provide the discovery of the divine values that live in the intimacy of its being.

**Cláudio Sinoti**

**Jungian Therapist**