

# The Journal of Psychological Studies

Science, Philosophy and Religion

## The New Age of Humanity

As has happened throughout the history of civilization, humanity currently endures important changes that put the human being in a position to better understand its spiritual destination. Thanks to the development of the intelligence

books, whose sales growth is higher than that of any other segment. Another sign is the increasing number of non-governmental organizations, philanthropic institutions and multilateral agencies that care for human life reducing inequalities

communication systems are visible. More and more people are getting closer, eliminating borders and increasing the mobility of people. Human rights became the flag of countries, which demands the fulfilment of obligations that have be-

come part of trade agreements and international relations. The world has become indeed a global society in which democracies are increasingly valued and the citizens, the reincarnated spirits, have

science has presented studies that bring the human being closer to the spiritual reality. Even if it still presents situations that border the primitivism, especially with human beings living in subhuman conditions, there are significant advances and unquestionable progress. Other signs that the human being is getting closer to the spiritual reality are the increased number of published books on spirituality and religious subjects, as well as many films of success with spiritual themes in the cinema. In Brazil, over the past decade, most soap operas revolved about Spiritist themes with explicit citation of Spiritism doctrinal principles. Never have we published so many books on spiritual subjects, mainly spiritist

and universalizing modes of social life. In the field of Medicine, advances in research and the search for the cure of human diseases progressed substantially; just see the human genome project, the use of information technology in online diagnostics, the use of stem cells as well as the rise of minimally invasive surgical techniques through robots. The New Age can also be noticed in the increasing number of people who attend religious services; particularly in the Spiritist Centres the number of people has been significant. With regards to the communication between people and the reduction of human isolation, the benefits that technology made in bringing individuals closer with the use of mobile and instant

enjoyed respect and recognition of their personal worth. We can also see that Humanity has become more aware of the horrors of war, the harm of cultural prejudices and religious disputes; all of these result in the fact that the immortal Spirits have earned and deserved to live in a better world, in a society in which they can manifest their highest spiritual faculties and be happy. If we are not in a happy world, at least the New Age is very close, within reach of a few incarnations. We ourselves will soon return to find the better world we are now building.

**Adenauer Novaes**

*Clinical Psychologist*

## Challenges of Family Life

Over the centuries the concept of family established through tribal, agricultural, warrior, monarchical or bourgeois, patriarchal or matriarchal cultures left its mark on the modernity and postmodernity societies.

The simple union between male and female in the distant past gave way to the institution of formal marriage, where the couple establishes bonds of affection and have their children for education and for life in an endless cycle of social formation. However, the reminiscences of power established in the ancient and

medieval cultures left as inheritance in the collective unconscious the feeling of ownership of the family and the priority of the "my" instead of the "ours". Children "belong" to parents, the attachment is natural and spontaneous; the relationship between husband and wife end up becoming a living habit and not always harmonious. And the family is the one that loses.

What is more, technology replaces family contact; conversations around the breakfast or dinner table in the time of our parents and grandparents were replaced by living with TV, tablets and mobile phones, even at the table (or elsewhere). Bonds of affection become fortuitous ties of family life in the morning or evening, at best.

And when the TV displays good series showing the family relationships of the past, the liquid generation (according to Bauman) has diverse reactions, from the immediate rejection to total estrangement.

The big challenge for the family is setting priorities in the field of



education and family life. The spiritist education brings new concepts to a society sick of cutting-edge innovations but that does not meet their needs for affection, fraternal family life and altruism. Thus, to help a refugee from a distant country becomes an immovable challenge. Being strangers in our own household, what can be said about the family of the "other", the unknown, the strange and the rejected?

Let us keep in mind the legitimate brotherhood preached by Jesus of Nazareth and developed, studied, felt and lived by Spiritism. And surely the world will change for the better.

**Sonia Theodoro da Silva**

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## Absent Parents

In the old days, the paternal authoritarianism was evident, with disrespect to the individuality of the children. Currently, due to behavioral change, the other extreme is clear. The question is no longer the problem of invasive parents, but their absence. They are focused on themselves.

What is an absent father? It is the father figure that contributed very little or not at all to the formation and education of children, whether living in the same household or not.

The absence of fathers in the lives of children is harmful, as this is the stage where the character begins to be shaped. Children and adolescents may feel rejected by the lack of physical and emotional presence of fathers in their lives, which can affect their self-esteem, affecting their future relationships. They develop gaps and psychic wounds and without perspectives and values they feel helpless. They become orphans of ideas that warm their hearts, orphans of values and hopes that comfort them.

Children who are ignored by their fathers, can develop psychological disorders, with behaviors linked to aggressiveness, lack of affection, shyness, learning difficulties, problems with limits, depression, drugs, alcohol...

If there are men whose behavioral change was taught and encouraged by their own mothers, maybe, there is a greater number of men who exceeded the women who educated them and following their essential values put into practice the exercise of a more sensitive, affective paternity promoting consciences with love and for Love.

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### Overprotective Mothers

Australian researchers studied 200 children over a period of five years and they found that the most anxious and introverted children were those who had overprotective mothers.

Parents that control in an exaggerated way the lives of their children throughout their development can bring up adults with little autonomy, low self-esteem and reduced ability for social interaction. These children often become neurotic or hypo-sufficient people.

We must not forget that our children are spirits and that they bring to their reincarnation, like us, a life project with a view to their spiritual progress. And make no mistake, they will suffer, endure hardship, challenges. It is no coincidence that that spirit is joined with you and it is an illusion to imagine that we can save our children from everything, but we should prepare them to conquer their autonomy. We cannot forbid our children to go out, just because it is raining, it is better to give them cover and umbrella. They have been bound to us since an ancient past and to an unimaginable future by invisible wires.

The spiritist writer Hermínio C. Miranda in his book *Nossos Filhos são Espíritos*, points out that the Being who returns to our home have rights and responsibilities, like us. And that we will hardly know, accurately, who they are and what previous ties unite us. It can be a friend or an enemy of the past, but is certainly someone seeking help in the difficult task of living.

Davidson Lemela

Neuropsychologist

### Adoptive Children and Immortality

Many women cherish the dream of pregnancy, seeing the "magic" of life happen in their wombs through the development of a new being, full of life, expectations, hopes and, preferably, in some cases, that this being can make the dreams, that belong to the parents, come true.



Nonetheless, this expectation sometimes becomes a frustration because for various problems some women cannot become pregnant. For some, it becomes a serious impediment, because they would like to have a child "of their own" and not someone conceived by other woman. And if these women have an unhealthy personality they feel depressed, unjust, inferior, and in some cases, become bitter and jealous of the other women who can conceive. By doing so, they do not realize that life is much bigger than our egoic desires and that, in essence, we are all Children of God, Who occasionally offers us the role of father or mother. If the children are biological or

adoptive, what difference will it make since love is the force driving these immortal souls, they need the shelter of a home to have the necessary support to their development.

Not long ago I met a friend who was having treatment to get pregnant. It took months of attempts without success. After much frustration talking to her husband they decided: "we have love to give to a child. The child does not necessarily have to have our genes; nor spend nine months in my womb, and maybe these negative

tries are a sign of life that we already possess the essential: Love". After this decision to her surprise the next pregnancy test was positive. Maybe life wanted to test her ability and desire to be a mother, regardless of her womb. Life may have given her a new opportunity because she overcame herself internally.

In any way, whether we are biological or adoptive parents, our children have the flame of immortality, and they need the fuel of love to stay on.

Iris Sinoti

Jungian Therapist

## Educational Psychology For Adolescents

Suddenly there comes an intensity of emotions, feelings and new thoughts, boosted by a hormonal revolution and bodily changes that follow. And the being that not long ago was a child, does not really know what to do with this new physical and psychological structure. In a very favorable symbolic image, the psychologist Thomas Armstrong in *The Human Odyssey* says, "at least since the period between 12 and 20 years,

but to update the lessons to be transmitted to young people using the educational and psychological achievements, preparing them for the challenges to be faced.

In her psychological analysis, Joanna de Angelis in *Adolescência e Vida*, summarizes the challenges of adolescence as follows: " ... rise of affection, sexual interest and behavioral conflicts, such as insecurity, anxiety, shyness, instability, distress, providing space for

autonomy, decreasing the distances that sometimes lead to serious problems such as drug addiction, early parenting without preparation, among other serious problems that jeopardize the life of the young people.

Some parents complain that young people no longer accept religion in the way they did in their childhood. In this case is much more important that the young people experience at home a religious environment, healthy ethical/moral values, consistent with the examples they receive, as this will give subsidies to deal with the dynamics of life and meet the challenges

the average teenager's brain is stepping deeply into the emotional accelerator as the brakes have not yet been fully installed."

Critical step in structuring the identity, adolescence is often treated as a period of crisis, and therefore it is important that this transition is supported by parents and educators that have the challenge of helping the young people to become responsible for their journey, conquering autonomy. It is significant to note that the ancient tribes held rites of passage for young people, many of them painful and even cruel in a sense, but they had an important psychological role: to allow the "death" of the old structure, so that a new one might arise. Surely one does not need to rescue the tribal customs,

development and definition of the personality, appearance of trends and vocations." And as parents we must ask ourselves: are these issues resolved or at least harmonized within us? This is because it is very difficult to deal with the conflict of the children when we have our own unresolved conflicts. It is hard to deal with "rebelliousness" and questioning from the young people especially if we do not make the necessary revolutions in our world.

In addition to the various intrinsic aspects of adolescence, the profound recent changes in the way of communicating demand from parents an extra effort so they can understand the language of young people, and thus dialogue and stimulate development towards

of the world consciously and maturely.

The world is going through an intense revolution, and for the young people it has a dual aspect: personal and collective. So we should endeavor to assist the teenagers in their transition, because this will ensure adults capable of facing the challenges required for the era of a new consciousness. Other than that, it is worth remembering that one day we also went through adolescence, and we also needed friendly hands to support us!

Cláudio Sinoti

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