

The Journal of Psychological Studies

Science, Philosophy and Religion

The Pathologies of the Soul

One of the denominations of suffering for the Greeks is "pathos", from which the term "pathology" comes from, it is used to describe the study of diseases and their effects on the body. Knowledge of the human body and the deviations

situation of extreme poverty, violence, abandonment and inhumanity that is still part of our planet. And this is because behind the pathologies that are manifested in the body, affecting our cells and organs and reducing our years of

Our pathology of the soul goes on when we neglect the capacity to love. No wonder that Joanna de Angelis, in her psychology, warns that *the lack of self-love is at the root of the most serious psychological problems*. We do not love our-



from normality has advanced considerably in recent times. Modern appliances have been released performing high-precision tests; cameras and robots assist in complex surgeries providing precise accuracy; increasingly powerful microscopes make advanced research on viruses and diseased cells, helping practitioners with modern diagnostics and therapeutics. These are examples, among others, which can be cited and that demonstrate the progress we have made.

But do we have reasons to be proud of these advances?

We certainly cannot ignore progress, but it still does not seem like the time to celebrate. This is due not only to the emergence of new diseases, which continue to worry humanity, but also to an entire

life, there are other more serious pathologies: those of the soul. And while these are not eradicated at the root, bodily pathologies will continue to reach us.

The pathologies of the soul seem to begin when we disregard our spiritual condition and build a life guided by a limited vision of life, to meet our ego desires. With small lenses to see and live life, our goals seek immediate pleasure, momentary achievements and illusions of all sizes. In the absence of an indication of self-worth, in the condition of being dissociated from our own soul we elect consumption as a "god." Not knowing our intrinsic value, we seem to be worth what we possess, forgetting the advice of a wise Master, "what do you benefit if you *gain* the whole world but *lose* your own soul?"

As we should, we are not linked to life and waste its precious gift on small goals and superficial lives. But, if *pathos* indicates "suffering", it is also synonymous with "passion" for the Hellenes. Perhaps this is a symbol of what we need: to heal the pathos of the body, we have to fall in love, in a good way, with our own soul. Then, we will be able to celebrate the new condition of humanity and, even if we have an illness as a natural condition of humanity, we will no longer be sick souls.

Iris Sinoti

Jungian Therapist

The Divine Science

In the first chapter of *The Gospel According to Spiritism*, there is an item of great importance to scholars of exact sciences: the alliance between science and religion. For centuries religious faith moved away from scientific progress, although within their own walls there were researchers and philosophers interested in scientific research, such as Gregor Mendel, Roger Bacon, William of Ockham among many. One might wonder how a predominantly Catholic or Protestant environment can harbor astronomers, biologists, physicists, logicians and natural sciences thinkers. Many ended up contradicting their own theological positions, as Giordano Bruno. Among others, one stands out: Monsignor Georges-Henri Édouard Lemaître (1894 - 1966), a Catholic priest, astronomer, cosmologist and Belgian physicist. Lemaître proposed what became known as the universe's origin theory called Big Bang, which he called "hypothesis of the primeval atom", also known as "cosmic egg", which was later developed by George Gamow.

But what *The Gospel According to Spiritism* highlights is the striking fact that there are laws that govern the worlds of different inter-existential dimensions and their intrinsic relationship under the command of God, which is expressed in the laws that Allan Kardec didactically divided in Physical and Moral. Among the latter, the most important is the Law of Justice, Love and Charity, which synthesizes all

the others.

Human science moves toward important discoveries for the common welfare but without Love that generates ethics, without Justice that benefits everyone and without Charity that develops fraternity and respect for life, the purely materialistic science mutilates and destructs itself generating chaos, inertia, pain



and suffering.

Love is therapeutic; Jesus loved and healed all those around him; not only their bodies but also their minds, feelings and emotions. With his love, Jesus has generated another paradigm for Life - and today invites us to follow him in order to find the Peace which we so long, this peace generates serenity and trust in ourselves and in God.

Sonia Theodoro da Silva

Bachelor in Philosophy

Benefits of Forgiveness

All understanding of the world is worth very little if we resent each time that another person's action reminds us of our unresolved relationship with God.

Forgiveness entails the acceptance that we are immortal, responsible beings, acting under the Divine Law when we think, feel and act. When the *Self* drives our internal choices, it affirms and encourages the light in us. But when we validate anger, resentment, guilt, slander, we become emotionally imprisoned and devitalized by the hardness of the heart, avoiding the real hidden feelings.

With rational faith, the practice of forgiveness considers the immortality of the soul, revealing the solidarity of existences. With this faith, basic element of progress, the individual foster the prevalence of the feeling of being an apprentice, exercising self-love, gentleness and humility, submitting to the will of God.

Despite our individual experiences, the exercise of forgiveness guarantees us inner peace. Promotes our freedom from the power that we attribute to the attitudes and actions of others. Awakens us to the essential Truth of our

kindness and love. Brings the certainty that we can transcend progressively the emotional confusion, when choosing to relate to God, living in accordance to the Law of Freedom together with the Laws of Responsibility and Duty. The attitude of forgiveness stems from self-education. The practice of forgiveness returns to our hearts the innocence we have - an innocence that frees us for Love and to love.

Evanise M Zwirtes

Transpersonal Psychotherapist

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

Reporting

Iris Sinoti
 Sonia Theodora da Silva
 Evanise M Zwirtes
 Cláudio Sinoti
 Adenauer Novaes
 Davidson Lemela

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: spiritistps@gmail.com
www.spiritistps.org
 Registered Charity N° 1137238
 Registered Company N° 07280490

The Real Cure

For some experts in human longevity the individual who will live 150 years is already among us. Exaggeration or not, that day is getting closer and closer, given the remarkable advances in medicine and health sciences in general, which allow accurate diagnoses and increasingly effective treatments in addition to preventive therapies based on the family history and genetic background of patients.

This considerable progress, however, has not prevented the emergence of new diseases and epidemics, which continue to spread across the face of the earth, reaching individuals and populations, claiming lives and challenging scientists and scholars to find their way to the real cure of the being.

From the reformulation of the concept of health proposed by the World Health Organization - WHO in the

last century found that "health" is not just absence of disease, but the welfare state that must be present in the mental and social dimensions in addition to the physical dimension.

Even though it is an advance over previous conceptions, the inclusion of these dimensions still does not allow for the real health dimension, for while the spiritual reality is disregarded, we can even create mechanisms to improve the condition of the bodies and minds, and to exponentially expand longevity on earth, but we will continue being sick if our spirit is not healthy. And only when our spirits become healthy we will reach the real cure.

Cláudio Sinoti

Jungian Therapist

Human Solidarity

Human beings are naturally supportive, thanks to the conscious and unconscious desire to be embraced. Even when we deliberately do not answer the call to help our neighbor, we notice our inner inadequacy. In our psyche there is an archetype that drives it to the purpose of helping those who find themselves in vulnerable situations. The image of

goodness as an earned characteristic, making goodness part of one's own Conscience. Selfishness is still alive, particularly for those who are not aware of the immortality of the Spirit, which hinders the apprehension of solidarity that leads the personality to the installation of natural goodness. The practice of solidarity also promotes equality



the Samaritan, coined by Jesus in his Gospel, is present in the depths of every human being due to the mirroring that we automatically do when faced with someone in a situation of hardship and suffering, a process that we would not want to endure. The homeless that we help reflect our inner being, which is excluded by conscience, but which lies in the psychic intimacy of all of us. When someone helps another person, one is indirectly helping oneself, welcoming part of one's personality that is not consciously accepted. This process serves so that the Spirit consolidates the role that belongs to the archetype, making it conscious. With the constant exercise of solidarity driven by the Unconscious, the Spirit will integrate

between people, fostering a sense of belonging and humanity. Given the great cultural diversity, socioeconomic disparities and evolutionary differences between human beings on Earth, solidarity is a balancing factor that enables the reduction of negative consequences. Human solidarity, made possible by empathy, contributes so that the Spirit can feel what others feel and act representing one's own Divinity in its mothering. Being supportive, especially when trying to eradicate human misery that still exists in society, is to act on behalf of God, becoming one with Him. Solidarity is love in action.

Adenáuer Novaes

Clinical Psychologist

The Existence And Immortality Of The Soul

The objectives of physical existence are structured on two main pillars: the first, "personal self-improvement," the second, just as important or more than the first, "learn to live with others."

The ancient ascetics, the pilgrims of humanity's historical past wanted to achieve spiritual perfection and communion with God, away from worldly pleasures and wickedness of men. They sought isolation in the mountains and in caves and in meditations and prayers, led an austere life in search of inner peace. With this attitude, however, they were inverting the purpose of human experience, losing precious time and slowing down their steps on the road of evolution. Because it is exactly in the difficulties of life and human clashes that we exercise the virtues of patience, tolerance and love.

Reincarnation is of special significance for us rebel students in the school life. Since the Australopithecus, three million years, to modern humans, we exercised our free will in the pursuit of progress, taking turns in life experiences in both the physical and the spiritual poly-system. Progress is inexorable, so we have no choice, like it or not, we will have to progress regardless of the time it takes.

How to know if I am fulfilling my reincarnation goals? The answer is simple: those who feel

peace and useful to oneself and to others, can be sure they are on track.

According to the spirit Emmanuel, most spirits incarnated on the planet, depart daily from the earth unable to perform their reincarnation commitments. They arrive at the extra-physical reality with a very great sense of failure, tormented by guilt when they discover their wasted time. Rare, says Emmanuel, are considered "fulfillers" those who can fulfill the reincarnation program in its entirety.

In a message received by the medium Francisco Cândido Xavier in March 1935, sent by the spirit Maria João de Deus, the following story is found:

Doctor Adolfo Bezerra de Menezes, apostle of charity, was kindly awakened after discarnating by his spiritual mentor Celina:

- Wake up Bezerra, you are already in the spiritual realm.

Bezerra opened his eyes and saw his beautiful and radiant friend beside him, surprised he asked:

- My daughter, are you, Celina?

- Yes, it's me, my friend. Now, Bezerra, wake up happily.

His family, friends and dear fellow Spiritist colleagues came to the room to greet him on his arrival. However, a murmur that seemed to come from outside, caught the attention of Bezerra

who asked Celina:

What is this?

- Come and see, Bezerra.

Helping him to rise from the bed, she assisted him to a balcony. And then he saw, amazed, a crowd that waved with tenderness and tears.

- Who are they Celina? - He asked thrilled - I do not know anyone. Who are they?

- They are the people you comforted, never asking them their names. They are the tormented Spirits who came to the mediumship sessions and your word fell on them like a balm on an open wound; they are the forgotten of the Earth, the shattered of the world, whom you encouraged and guided. They are, the ones that have been welcomed in the entrance to eternity.

And the lady concluded:

- The limitless happiness exists, my son, as a result of the good we do, the tears we helped to dry, the words we sow in the way, to carpet the path that one day we will tour.

Human experience is the glorious manifestation of the creator in every corner of the Universe.

Davidson Lemela

Neuropsychologist

