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Psychotherapy of the Soul

Traditional Psychology says that our personality is created in childhood. However, Depth Psychology teaches that our personality is revealed and not created in this period, considering the immortality of the soul, which

release of suffering, focusing on the immortal life.

As we accumulated disappointments and frustrations - because we want to and we cannot, we can and we should not, we should and we do not want - we

The proposal of reincarnation also considers the spiritual, happy or unhappy, influences as a natural process of psychic exchange between individuals. It is important to note, on our daily routine, our psycho-emotional dimension to

identify imperfections, understanding that they hide the values that we hold. The practice of good breaks the conditionings of illusion. The individuals choose to educate themselves, activate the desire for the essential renovation effort, exercising forgiveness and brotherhood, emancipating from their own negative



confirms the pre-existence of the being. There is in man an intelligent principle, which is called soul or Spirit, individual, independent of matter, which gives you the ethical sense and the ability to think, feel and want. It is eternal.

With reincarnation, the child ceases to be regarded as the beginning of life and is seen as a continuation of the evolution of consciousness, of the Spirit. So our family is not a group of people who came together at random, but a group of spirits connected by spiritual ties. The situations that we find in the course of carnal existence are not random, but reflections, consequences, derivations of our past or present acts; necessities for our spiritual evolutionary project. As co-creators, we need to learn or reframe experiences aiming to the

unconsciously limit the emotional energy flow that does not find the necessary channels for its manifestation. Under these conditions, all this energy accumulated by emotional conflict has two outputs: either it is transformed into another intention socially accepted and valued, being placed at the service of the essential purposes, or it remains stagnant in us, generating conflicts.

The psychotherapy of the soul points to the individuality of the Spirit, whose thoughts, feelings, tendencies, desires, habits, positive or negative, are psychic legacies of past experiences, being manifested in the present, with real possibilities of updating and reintegration of positive values through the internalization of the consciousness of God, living the spirituality, perfecting the soul.

psycho-affective matrices, as well as the lower spiritual interferences. This psychic autonomy favours the gradual change, offering to the person, as an eternal learner, self-confidence, self-esteem, lightness, joy of living.

The Law of God, present in the individual conscience, when practiced, is an active and facilitator engine of self-healing, it teaches that God is love and leads us to the order, the balance. When disrespected by acts or attitudes that hurt, the Law triggers natural reordering movements that lead back to the order, love, teaching that in God there is no lack, but abundance.

Evanise M Zwirtes

Transpersonal Psychotherapist

The Greatest Therapist

The art of healing was depicted in Greek Mythology in the Chiron myth. Chiron was a centaur that was committed to healing while seeking redemption for his own wound acquired by the arrow shot by Heracles. To be a therapist is to be a healer, even if having a latent or unconscious wound. Therefore we are all wounded healers, since our biggest wound is not having found the meaning and significance of our own life yet. The recommendation of Spiritism in regards to the practice of charity resonates in this myth as it has the subliminal purpose of helping to ease the internal wound of ignorance. Chiron was considered the preceptor of Asclepius, the father of medicine, whose symbol was a serpent involving a staff. Healing is art to be developed by every human being, which involves caring for the body, mind, socialization and the Spirit.

Who takes care of others' bodies seeking to eradicate their evil, who takes care of others' minds seeking to bring them into balance, who offers better conditions for people to socialize and those who take care so the human beings find their healthy spirituality, they all practice the art of healing, being a therapist. For this reason, Jesus is considered a therapist - for the profound and liberating message he left in his path on Earth. In proposing love, peace, forgiveness and the consciousness of immortality, he appears as the Greatest Therapist

since he raised human beings to his divine status and made them responsible for their own destiny, seeking to cure their ignorance.

The main function of Jesus' therapeutic proposal is to produce the effect of directly reaching the mind, heart and essence of the Spirits, leading them to want to enter into another dimension of



IX Spiritist Month/2015

All in God

In modern times, God is "out of fashion": in the academia, God is regarded as an anthropological phenomenon, creation of men, fragile and in need of support and protection; since the European existentialist movement from Kierkegaard, its apex with Nietzsche through his Zarathustra character, "God is dead", the god of the cross did not save himself, according to the philosopher. The Nietzschean thought, however, is one of the effects and not the cause of the current human drama, for much of this responsibility fell to religions, which were unable to accept God in Spirit and truth, Jesus of Nazareth, as its greatest representative among us, they were unable to present him and disclose him or to experience him as such because they were lost in mysticism, in the reconstructed myths and dissensions and venality.

It is sad to see the current consequences of distortion - but Spiritism brought Jesus and God back to the hearts and reason, as it has decoded His message and fulfilled his promise in the Gospel of John.

Is God in everything? Yes, God is in Nature and in the beings He created, and today, when human afflictions reach heights, we can say with Jesus: Do not let your heart be troubled, believe in God, believe also in Me...

Jesus fulfilled his promise, returned in Spiritism, and it is with him that we will go through this phase. Therefore let us trust.

themselves, understanding life and the reality in which they live in order to reach their Personal Designation. Therefore Jesus becomes the driving image that by taking the human consciousness elevates a person to the immortal Spirit level. The greatest therapist and healer of the soul, for reaching the deepest in the humans, remove them from their ignorance.

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Spirit Values

The universe is the result of the creative power of God. Everything in it has the divine seal and the spirit is a particle of this work. Men, when created, were marked with the essence of perfection, and all the qualities are in them in a latent form, waiting for their bloom. Men's evolution happens when they become able to develop these divine potentials.

The main attributes and spiritual values are intelligence, will, autonomy and self-awareness. These sedimented values will enable you, over time, to structure your greatest virtue - love. The major obstacles to the blossoming of these qualities are pride and selfishness.

As children when migrating from the "oral" phase to the "narcissistic" one began their perception of self and of the world in their development process, selfishness marked the beginning of our evolutionary walk when awakened in us self-awareness and perception, marking the first step of our progress towards perfection.

Common in the early days of evolution, selfishness has now become the stumbling block that embarrasses our journey and delays our happiness. Branched in pride, in presumptuousness and arrogance, it must be repressed by our conscious will, making possible the dawn of the awakened men with dominion over themselves.

Leon Denis teaches us: "In the Universe, everything evolves and tends to a higher state. Everything is transformed and perfected."

Davidson Lemela

Neuropsychologist



Freewill Therapy

Like it or not, we are always making choices. Even when we leave to others the possibility to choose for us, we are "choosing not to choose." This process is part of our free will, which arises at the time the conscious perception emerges.

At first, because there is a lack of exercise of this precious

Therefore, in the improvement of the use of free will, we are invited to make contact with our inner voice. If we do not stop to get in touch with our inner voice, we are at the mercy of our vicious thoughts and old beliefs that disturb and make mental noise. You need to hear what the Self has to say, because it always gives us a new



achievement, there is in us a tendency to make the choices that seem easier or that are more familiar. But if we always do things the same way or make the same choices, we limit our growth capacity and perception of the world, and this is called inflexibility or rigidity. This is part of the misguided attempt of the ego to try to make life predictable.

What we do not often think is if life has to be predictable; and to what extent we really control the events of life; and if we have that control.

We cannot control the natural flow of life because every time we do this, we are becoming inflexible, turning away spontaneity, lightness and joy of living.

opportunity and ways to learn and grow. To be flexible demands of us an attentive listening, beyond our everyday complaints, listening with our hearts.

When we so proceed, we switch on our creative power, which helps us build, through the conscious use of free will, a new life with new perspectives and possibilities. For such, one of the tools to use is meditation, which lets you hear the Self in this world of so many external noises. Beyond it, the prayer that making a bridge with the top allows us to be more focused to make conscious choices in our journey.

Iris Sinoti

Jungian Therapist

Self-awareness and Immortality

In the era of extensive information and connectivity in which we live, which allows greater accessibility to all who wish to delve into any specific field of knowledge, when we enter in the investigation of any field of knowledge we realize the vastness of what we ignore and how much we still have to learn.

If we are filled with awe when faced with this vastness when looking "out", it is no less intense when we realize we have another great universe to investigate: our

immortality ceases to be a concept, a theory, to turn into conscious experience. And this experience is given through various learning stages.

As presented in transpersonal psychology, through its cartography of consciousness, in a primary level we live in a state of sleep consciousness. At this level, the beings live in a predominantly physiological form, attached to the pleasures and sensations that they can enjoy. They eat, drink, sleep, reproduce and feel pleasure, but

stage to a more awakened condition. The pleasures, before purely sensory, start being enjoyed also through other senses, in the intellectual, artistic expressions, by the feeling that leaves the instinctive state and purifies itself, as well as in the expressions of religion, transcending the purely ritualistic and dogmatic condition to provide religiosity: the beings' internal connection with the divine.

Reaching the degree of self-awareness, the challenge is to achieve cosmic consciousness, when you realize that you are not a mere passive spectator in the great universal orchestra. But this is a stage that can be talked little about... we can only strive to live it in depth. Perhaps for this reason the wise Socrates declared with great humility "to know nothing", although he was pointed out by the Oracle of Delphi as the wisest man in Greece.

It is not so hard to believe in the immortality of the being, because even religious differences point to this common condition; however, to live it requires to consider it in all the acts and circumstances, leaving

the condition of only believing it to "know yourself immortal," and this is a great challenge to the human beings of all times.

Cláudio Sinoti

Jungian Therapist



own human, spiritual and immortal condition.

The different aspects of religions, philosophical schools and, more recently, psychology, and other fields of knowledge, tried to decipher the human enigmas, pointing directions, proposing theories and, within its limitations, aiding the discovery of the various aspects that make up the being.

But because this is a complex work, far beyond anything merely intellectual, the being itself takes on a leading role in this process: to discover oneself through a self-conscious diving, using all one's perception sources in order to reveal from the inside to the outside one's reality. Only then

will usually go very little beyond these expressions. For longer that they can live in this condition, however, the very human transience promotes the conditions necessary for reflection. Suffering at this stage of sleep also works as purifier and not rare stimulates the search for a deeper conception of life and living.

The phenomenon of death and living in spirituality, as well as reincarnation, provide broader learning and experiences to these beings initially sensory, allowing them to build a richer framework to address the existential challenges. Gradually, in this constant coming and going of experiences, the consciousness leaves the sleep consciousness

