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Message of Hope

According to the dictionaries, hope is the noun indicating the act of waiting for something, but it can also be synonymous with trust. To have hope is to believe that something much desired will happen. Paul of Tarsus in his Epistle

method disconnecting the beings from their divine transcendence, as for a Christian, hope is knowing that despite the difficulties one faces in life, the best is yet to come.

Hope was a subject of studies in

in communion the mountains and high peaks of our journey.

The French philosopher argues that the only way for the construction of a new and hopeful civilization only becomes possible on the horizon of communion, fidelity and love.

Marcel develops a similar idea that the Spiritist teachings offer to all who approach; in this life we have challenges, aches, pains, joys, smiles and tears. Only with the comfort of knowing that we are all beloved children of the same Father that looks after us through His good laws, and that always gives us renewed hopes to continue, only this knowledge can keep us alive and confident.

The Spiritist Philosophy is thus a knowledge that encourages thinking to always awaken. True knowledge brought by Spiritism is unwavering in the face of changes taking place around us and always present in our lives.

The Spiritist Philosophy is thus made of eternal Truths, eternal and immutable principles, which we understand more as our own intellect and moral evolve. Let us have faith, reasoned

faith that nourishes hope and crown our lives with love so dear so that we can understand and experience, without fear, without expectations, but with a lot of trust.

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Bachelor in Philosophy



to the Romans (15: 4) says, "for everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope." Paul certainly was referring to Jesus' words contained in its moral teachings and collected later by Allan Kardec in The Gospel According to Spiritism.

Jesus' Gospel, made of countless words of hope, unfortunately today relegated to oblivion before the existential challenges that come about uninterruptedly and that act as a

Ancient Greece, where Euripides and Thucydides said that hope, while hoping, was a desire or confidence -related aspiration.

The conception of men, according to Gabriel Marcel as *Homo Viator*, that is, as an itinerant being, unfinished, still to be done. In one's walk one is facing a broken world where to have is more important than to be, leading humans to isolate themselves and, consequently, self-consumption in solitude and despair. And it is precisely in this context – bordering desolation and loneliness – that Marcel sings a hymn to hope, the only posture able to make us climb



The Creator of the Universe

The definition of God that most satisfies our philosophical argument and that most fulfils our aspirations to understand creation is obtained by studying the Spiritist Teachings: God, the prime cause of all that exists; the uncreated creator and the supreme intelligence of the Universe. This definition replaces God at a level of understanding that makes it possible to find out what he can not fail to be: perfect, fair, good and merciful.

If you believe in God and that things that happen are fair, so why is there a significant denial of His existence by proposing a dialectic that life is unfair? If life is unfair, then God does not exist. But for you that have no doubt of his existence and followed this reasoning, I ask: **Does evil exist?**

Reflecting: If God is omnipresent, He is everywhere. However, where evil has a place, God cannot be, because he is sovereignly just and good. And if he lost the omnipresence attribute, He ceases to be God. In this way, either there is evil or God.

Many say: *Evil is only the absence of good.* However, if there is a place where good is absent, God is not present. Soon He cannot know what happens there, thus missing another attribute, omniscience. You choose: either one or the other. So, we choose God and that good is never absent. So how to understand evil?

Evil is simply the ignorance of good; it does not exist in itself. In fact goodness is there but we don't see it. Therefore, from an "apparent" evil, God always extracts a greater good. Paul of Tarsus in his Letter to the Romans says, everything works for good (Romans

Spirit and Life

What is the Spirit? It is the immaterial principle, intelligent; living being, created by God. Spiritual entity that according to the Universal Law of Reincarnation is born, dies, is reborn and progresses forever.

The goal of life is evolution, which is a process of psycho-emotional learning. As the Spirits develop their higher potentials they build the path of life. One must gain experience, developing discernment between good and evil, respecting the natural laws of life, overcoming their ignorance.

The French philosopher Léon Denis teaches that "for centuries, neither the school nor the Church have taught people what they need to know the most: the purpose of existence, the law of destiny, with the true sense of the duties and responsibilities that binds the being to them. Hence everywhere, the disarray of intelligences and consciences, confusion, demoralization, anarchy."

The hardened human heart, contributing to the increase of evil is the same one that, transformed, radiates Peace and Love. The basis of the Divine Creation is love, not reason alone, which means that both are supportive and complementary. It is essential to understand that reason for men can differ from that of God.

In the proposal of Spiritism, in the plurality of existences, it is essential to know the alternatives and have ethical awareness of the paths that can be chosen, where God is the source and principle of all life.

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8:28), and the philosopher Socrates, more than 400 BC, prophesied, *there is only one good, knowledge, and only one evil, ignorance.*

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Progress

There is a natural impulse for the evolution of the being. Darwin identified this trend in its in-depth studies of nature; Jung was dedicated to the observation of the human psyche introducing the concept of individuation, noting that a coordinating center - the Self - drives the being to the fullness of potentialities. Spiritism teaches us that we are destined to relative perfection, which somehow finds support in the words of Jesus: "The kingdom of God is within you."

Nature does its part by promoting all the conditions for the being to acquire consciousness. From this point, there is respect for the free will of each one who chooses the path that leads to the fullness. No one is exempt, however, of bearing the consequences of their own choices, because the very law of action and reaction becomes a parameter to design if the choices are in line with the divine laws.

For the ego progress is a major challenge because not always the ego's desire is in line with the greater will: the will is the Self force, the soul, which impels the being towards the infinite; desire is for the most part, temporal and not always noble. The development of the moral sense is essential to tune in will and desire in a harmonious way and thus provide progress, this inevitable law of life.

Cláudio Sinoti

Jungian Therapist

The Therapy of Forgiveness: a proposal for peace

Forgiving is a path that one trails, a journey that, although benefit others, provides growth to the one who forgives. We can begin through an agreement we make with ourselves, the option to turn every experience, even the most painful, into sources of growth.

When it can be exercised with the one who hurt us or made us feel

The important point is to differentiate the individual from their attitudes: what is in question is not to judge others, but realize how much their attitude may have hurt us. It does not mean agreeing with wrong behaviour but to promote the recognition of each other's humanity, which includes the recognition of our own humanity, as we make mistakes and have *shadows*, so does the other.

When we start not to wish evil on the others we have already made an important step to forgive them. You do not need that friendship or harmony return to the same level, but even better if this happens; it demonstrates that the emotional content was well worked. The record of the facts can even remain in memory, but the difference is that it will not bring the disturbing emotional content that makes us resent the already lived, returning to the past.

For these and other reasons, forgiveness therapy becomes a source of peace for the individuals, freeing them from fear to love, one of the great tormentors of humanity.

Iris Sinoti

Jungian Therapist



The Movement of Good in the World

Human progress in all dimensions of life is undeniable, both in the technological aspect and in the quality of life of incarnated beings. The index that measures this progress is unmistakable as to the improvement of life on Earth. The

the discovery of vaccines to eradicate serious diseases; deciphering the human genome, with a significant contribution to the prevention of disease; the reduction of misery, poverty and hunger with assistance to people

together; increased exposure of films with spiritual themes, promoting awareness of the immortality of the Spirit; and, finally, a greater understanding of the human being in gender issues, with significant improvement in respect of differences and minorities.

For all these signs, the perception of the significant advancement of good in the world is possible, thanks to incarnated and discarnate individuals who gave their lives and built a history of struggle in favor of human development as well as the work and collective effort in favor of society's progress run by several public organizations. Good progresses also by virtue of its essential condition of being part of the divine plan, regardless of human desires and attitudes. Nothing can stop its progress or the renewing action that it produces as a direct

HDI (Human Development Index), which is based on the evaluation of education, income and longevity, even with significant improvement in the last decade, still does not fully reflect the progress of good in the world.

What are the advances that could measure this progress? Here are some advances already achieved, especially after World War II, showing the progress of society. The growing appreciation of women, accentuating women's rights; the universal declaration of human rights, and followed by the rights of the elderly, children and adolescents; the creation of the United Nations, uniting countries around common ideals; the expansion of religious tolerance, with a greater respect for different beliefs and expressions of faith; the growth of Spiritism in the world, with an ever increasing rise of new groups of study in different cultures;

living in degrading conditions; greater concern for environmental causes, with the deployment of renewable energy generation projects; the emergence of protocols between major powers that require lower emissions of toxic gases in the atmosphere; the signing of treaties on non-proliferation of nuclear weapons, reducing the military capacity on the planet; the large number of non-governmental organizations for mutual aid, favoring solidarity on Earth; the expansion of means of transportation, improving urban mobility; the strengthening of democracy with the fall of totalitarian governments and reduction of dictatorships in the world; the great crusade against terrorism, with the fall of leaders linked with this primitive practice; the improvement in global communication, with the creation of internet and technology that favors bringing people

consequence.

Even considering, at certain times, the evil recrudescence and its apparent victory, especially in some situations of armed conflict and manifested in bellicose cultures, goodness comes under the influence of progress and the rebirth of spirits returning to the earthly scene, thanks to reincarnation, by promoting peace, harmony and love, showing that inevitably good always triumphs, as a demonstration of God's presence in everything. Love is the driving force of the universe, as good that is always present and in movement.

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Clinical Psychologist

