

# The Journal of Psychological Studies

Science, Philosophy and Religion

## The Cosmic Religion of Love

Religion is the attitude that one adopts before the sacred, aiming towards the acquisition of a deep sense of connection with the Creator. It is more than a belief system and acceptance of principles; it is an experience that

society in which the individual lives in, especially spreading the vision of immortality, the religion of the Spirit is adopted.

Religions are engaged in providing to the human being explanations about life, the

a sumptuous way, seek to shelter as many supporters, which are increasingly less enlightened. They preach faith by faith, contributing to the human being absence from this world for considering it unclean, and for considering the ones that inhabit this world contrary to transcendence.

Spiritism, unlike traditional religions, affirming the individuality and immortality of the Spirit, proposing self-transformation and the experience of charity as a manifestation of love for thy neighbour, placed at the forefront of science to enlighten consciences for their self-fulfilment. Going further from being just a religion by its updated proposals and concepts according to the scientific knowledge, advancing the human knowledge so that the Consciousness expands in the direction of God's purposes. Featuring a doctrine that equates all human beings as brothers, offering them unconditional

promotes awareness of the permanent link between creature and Creator. When religion is a mere belief accompanied by rituals and positive expectations about the after death with the purpose of salvation and withdrawal of guilt, religion tends to become a system that imprisons the mind, hindering the human evolution process. In contrast, when religion is a conscious attitude of deep connection with the Creator, also without fear of death, accompanied by actions aimed at self-transformation and improving the

universe and God, fostering a worldview that allows one to transcend and act in order to be happy. In general, religions establish rules to be followed so that the human being is not detracted and can increasingly understand what the laws of God are. They have a system that limits human creativity and that warns to the consequences when one does not adopt its precepts. Its dogmas are universal, eternal and came from God himself or some emissary that resembles Him, well qualified to do so. Their temples, erected in

love, it becomes the future of religions, offering them propositions about the spiritual reality and the fate of all who are incarnated. Spiritism, with the flag of immortality, with the proposal of charity and the call for self-transformation, is presented as the cosmic religion of love, so that life has a meaning and the human being sees itself as the legitimate representative of God.

**Adenáuer Novaes**

**Clinical Psychologist**

### Before the Destructive Calamities

Spiritism is the doctrine of optimism. Through its teachings, we learn the lessons of faith and hope that move our viewpoint to an optimistic reality before the present destructive calamities. For, contrary to common sense, the world has never been better. Do you believe that?

Populations at war, young people arming themselves, criminal factions in internecine wars... A lot of war? None of that. Contrary to pessimistic forecasts, we are in the most peaceful era in human history and have never lived so well.

Psychologist and neuroscientist Steven Pinker, from Harvard University, one of the most important scientists of our time, in his book *The Better Angels of Our Nature*, reveals through research developed over 15 years that, throughout its history, humanity exhibited a remarkable tendency to the reduction of aggressive behaviour. Crime rates and violent death rates have been falling exponentially. In his book, Pinker reveals "... the genocides of the 90s and 2000 killed a tenth of that occurred in the early 20th century and terrorism was five times more common in Europe '70s than today. Finally, forms of violence against minorities - attacks on blacks and homosexuals, for example - are also falling in the last 50 years."

For these reasons, I ask: *Where did you gather information to build your beliefs and form your opinion?*

Watch out! Unfortunately, the media is sensationalist and is usually linked to economic interests and high ratings.

In fact, the critical time in which we live invites us to reaffirm our faith and hope, even if the horizon is gloomy. When scaling out our



### Universal Citizenship

Analysing the human condition and exploring the reality of the "Cosmos", the astronomer Carl Sagan concluded that "*we are made of stars dust*" and that the whole universe would be a great waste if life were limited to the "Pale Blue Dot" as he called Earth. With the advancement of science and technology, interplanetary probes explore distant points, thus confirming the deduction of Sagan to find signs pointing to the reality of life everywhere.

Spiritism, in turn, walking alongside of science but not limited to the points where the materialistic look still will not allow science to venture further, confirms the reality of the universal life. According to Spiritism, the Universe is a divine conception and the "stage" for the process of the evolution of the being, which, advancing in levels of consciousness, moves from orb to orb, living experiences, learning, repairing and, like a seed, performing the potential that is innate to oneself, from one's divine condition.

This is due to the individuals' free will so the chosen route and the "speed" of the journey takes into account our individual decisions. While a prisoner of one's condition and egocentric's view, the being is limited by an instinctive and superficial life, but when one achieves the stellar condition, one's "universal citizenship", will stop crawling on the ground of passions and vices, opening wings that will enable higher flights.

reality, we understand that today there is no room for uncertainty and disbelief. We reincarnate to contribute to the new era that is coming and Spiritism is the return of Jesus, freed from the cross, singing the glory of human SOLIDARITY.

There is a Divine order in the Universe that provides and foresees all, meeting the needs of the beings that inhabit it.

**Davidson Lemela**  
Neuropsychologist

**Cláudio Sinoti**  
Jungian Therapist

#### 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

Adenáuer Novaes  
 Davidson Lemela  
 Cláudio Sinoti  
 Iris Sinoti  
 Evanise M Zwirtes  
 Sonia Theodoro da Silva

##### 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  
**Saturdays:** 06.00pm - 07.30pm

##### 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



### Surrender to God

For millions of years human beings have wandered the earth, unravelling, exploring and populating it... There were many achievements and difficulties faced to get exactly to the level we are in. However, after a millennia, why has there remained in us emotions and longings so primitive?

Just over 50 years ago the being reached the moon and could see the immensity of the universe. Even so, we do not dare to discover and conquer the vastness of who we are. We promote fights for freedom, we cause wars in the name of peace and we have not yet freed ourselves from the prison of addictions.

The cold, rational science approaches the reality of the

spirit, but we are still fighting for the trifles of existence. We imagine the future and we are stuck, regretting the past not lived. We are heirs of our actions, and have not yet learned that we only reap what we sow, which is the mandatory task.

We mix the message of Jesus with our trinkets and mistake it to justify our ambitions, turning diamond into gravels.

We focus our energy in the conquest of having things not knowing where we bury our talent. The human sciences contributed to understand who we are, but we have not yet recognized our true condition: we are humans!

This is the condition of the Son of God, and as we are His children, the divine spark pulses in us and enable us to transform ourselves; thereby, we surrender to God!

*Iris Sinoti*

*Jungian Therapist*

### Values of Life

One of the fundamental aspects of human life is to build values. To value is to assign meanings to what we consider ideal, that is, what we should do in relation to what we should avoid. When we speak of value of life, we are reporting to the

disturbance. To adopt them is to promote fraternity among God's creation. Virtues manifest in the outer life, when accepted and implemented in the intimate understanding of the individual.

Solidarity, as a spontaneous



universal values that comply with the cosmic being, the eternal Spirit. The ultimate goal of Creation is the real happiness of all beings. Each individual is a divine potentiality whose core values are the powers of the Good there are at the core of the being. Through social integration, the individual is renewed on a personal and collective level, sustained by the law of progress under the direction of God.

The human-Spirit is called to live the higher values of life, universal values and ethical-moral-spiritual principles. The choice to practise them favours fraternal coexistence between beings, according to the Natural Law of Life. These universal values are elaborated in existential experiences in the family, society and nation. Our values influence our behaviour, priorities, relationships and the ethical guidance we pass to our children. God created virtues for the good of Humanity. Ignoring this, results in disorder, imbalance and

inner commitment, is a real social bond, not only in the present but also in the past and future. As the same individuals who came together, come together again and meet to help each other, improving their spirituality through the reincarnation process. Allan Kardec explains, "For Spiritism, solidarity is a fact that is based on the universal law of nature, which binds all beings of the past, present and future and the consequences of which no one can escape."

The philosopher Léon Denis teaches, "Honesty is the essence of the moral being." It is essential to respect, love and serve life. This is the path to justice, progress, freedom, peace and happiness. It is in the joint effort that we grow to build a new civilization, towards Truth and Love.

*Evanise M Zwirtes*

*Transpersonal Psychotherapist*



### Human Solidarity

We live difficult days. Attention turns to the European countries where hatred and violence recently highlighted in attacks that happened indiscriminately are reaching everyone. We, in the Americas, specifically the young Brazil, descended from several European nationalities and therefore turn our hearts and our attention back to the country-brothers where our parents, grandparents and great-grandparents were born and raised and have later adopted Brazil as their second home.

However, attention is also turned to the endless suffering of immigrants from the Middle East, to the pains and afflictions of African countries where the deadly diseases develop, to the victims of various forms of prejudice in the USA.

Brazil also experiences its social dramas, the amazement at the inability of a few people in being ethical and live their lives respecting the life and heritage of others. Yes, these are difficult days when the inhabitants of Earth as a whole cast some doubt on their socio-cultural achievements, its scientific progress, given the progress of communication, which allows us today to watch in real time what is happening anywhere of the world. Perhaps if the generations of our grandparents could watch the

movement of world wars, the stupor would be higher and the panic generalized.

We see extremist speeches, attacks that do not follow ideological patterns or religious appeals. The problem is much deeper than we can analyse in a small space like this. Even because the real reasons for all this lie in the human collective unconscious' arsenal of negative experiences in parallel with positive achievements, this duality that characterizes human nature.

The Spiritist worldview helps us in this analysis: history repeats itself because humans are repeating themselves on the stage of reincarnations.

Nevertheless, if we imagine that despite these circumstances, the human being turns tirelessly to find solutions that minimize the impact of current dramas, immediately we think of the moral qualities already developed, and hope becomes part of our expectations about the future.

However, solidarity develops every moment, every time; the separation of the wheat from the chaff becomes more evident. This is not only for the most pressing situations. It is solidarity as a way of life that has emerged gradually.

We still have a long way to go. What awaits us in the coming

months, years, will be planted today.

The Spirit Joanna de Angelis, in her wonderful message of Warning of Love, says about times to come, predicted in ancient times. We are partakers of this serious moment because we are all in the same boat. Therefore, the significant appeal to the change of habits, thoughts, and behaviours, all facing the Good becomes urgent. However, she says, never lose faith and trust that Jesus is at the helm of this boat passing by stormy seas.

As Chico Xavier has always reminded us, we cannot change our past errors and mistakes, but we live a new present. The future will respond to it eloquently. Perhaps even more eloquent than the aches and pains felt today from misleading seeds sown in the past. In addition, Jesus is with us; God is in all of us. Let us proceed with faith and positive actions for the common good.

*Sonia Theodoro da Silva*

*Philosopher*