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Science, Philosophy and Religion

Love and Balance

According to the Greek tradition, the Oracle of Delphi has brought some of their teachings inscribed in their domains, stimulating the reflexion of those who sought the most varied answers. One of them contains the following

all types of excesses and imbalances, Joanna de Ângelis states that the lack of self-love is the reason of this dystonia. In tune with this thought, Rollo May believes that apathy and self harm appear as a consequence of distancing our-

points in which he needs to transform. This involves humility, because leading with our destructive shadows requires moral strength. This attitude also reflects self-love, because no one is capable of loving one's neighbour if the feeling in

relation to one-self is not healthy. Through self-analysis and the recognition of ones own shadows, the next step is the modification of attitudes and destructive behaviours in



phrase: "Nothing in excess"...

Although ancient, the teaching does not seem to be assimilated very well, as we continue to observe several types of excesses, which have demonstrated how far we still are from a balanced position. Excesses of violence, consumption, information, and physical, mental and emotional pathologies can be identified. Certainly, the factors that lead to excesses are in great variety. In the search for a common denominator, we find an essential element: the individual being separated from themselves, alienated from the inner essence which could guide them towards a deep and balanced existence.

Establishing an analysis of the major factors that lead human beings to the loss of existential meaning, and, consequently, towards

selves from the experience of love. Moreover, if we do not seek to relate to our neighbour in a healthy way, we will do so in an unhealthy one. It is no wonder that depression, categorised as *Affective Disorder*, has arisen overwhelmingly. For this reason, the development of positive feelings becomes an essential factor in finding the point of balance.

If the absence of love is one of the roots of the imbalance in modern times, we need to reconnect ourselves with feelings and important values that we have left behind. As a consequence of eagerness to conquer the outside world, and satisfying ourselves with external values. "Regaining the feeling" begins when the individual starts to evaluate his own life. He needs to be mature enough to recognise the

the individual's being. This is the love which transcend the ego's barriers and begins to benefit others, since social relationships become richer and deeper when love is established on a healthy basis. By establishing love in the relationship of the individual to themselves and their neighbour, *love God* will become a natural sequence in the evolution of the sentiment; and, free from personal and collective contaminations, our heart will be pure enough to deal with balances within the dynamics of life.

Cláudio Sinoti

Terapeuta Junguiano

Exercising Dignity

One day a friend reported a curious experience of her son, who, at that time, was 8 years old. Ready with notepad and pen in hand, he asked his mother's friend, a psychotherapist he admired: "What do I need to do to become an Archangel?" Surprised by the question, the psychotherapist replied that the Archangels are distinguished by some virtue they develop in depth. Continuing the dialogue, he tried to

as well as taking advantage of the opportunities presented to manifest them.

The acquisition of dignity becomes very challenging, since it has many qualities that go with it, such as nobility, sincerity, respect, ethics, humility and several others that we could list. We exercise dignity when we are sincere, because we show others what we really are, as well as recognizing our shortcom-

Identity Search

We are immortal spirits living the experience of a character created under the contingencies of culture, the environment and the limits of the physical body. The character, a circumstantial and limited representation of the Spirit, built to be used in the laborious work of integrating abilities, is born and dies, so that its owner reaches the ultimate goals of each incarnation. In the repetitive reincarnation process of coming and

going, the Spirit assumes various personalities, identifying himself with each one of them, until he discovers his real individuality. His search for an identity becomes closer to that meeting and in a more usable way when his awareness of immortality manifests itself in everything he intends to do. His identity is reached when, by fully living his condition as an Immortal Spirit, he realises his Personal Designation. Such designation is

characterised by the wide awareness of the reasons for what he exists and was created for by God. To designate oneself is to comprehend, according to one's behavioural tendencies, the objectives of one's own existence. Finding one's own identity requires the perception that the Spirit is greater than the character it currently uses for its evolution, as well as the awareness of the skills acquired in the various incarnations already experienced. The identity of the Spirit does not limit itself to the incarnated personality, whose performance must be constantly shaped to meet the aims that favour its conscience. Searching its own identity implies integrating skills, and, above all, consolidating the awareness of one's own immortality.



clarify the boy's motives by asking him: "Are you a brave boy?" The boy thought and answered: "I think it is more a matter of opportunity, because we all have courage, but sometimes we do not have the opportunity to show it or we do not know we have it, and then we are afraid..."

This curious dialogue, summarized here, can, in some way, help us to understand the exercise of human dignity. In our essence, we possess values and skills that, in reality, we do not even know we have; only after a long journey of the individuation process will they be manifested in plenitude, benefiting not only ourselves, but also the community that surrounds us. However, until they reach the point of their full development, the virtues require from the individual a deep commitment towards their conquest,

and limitations. Only then, can they worked on and transformed; we continue the exercise when we are willing to do our best in an ethical manner and respect the differences. And even if no one recognizes our dignity, having peace of mind is the best sign that we are on the way to conquer it.

And answering the little boy: "It is certain that one day we will become Archangels, but before that we will have to be human beings in totality; then we will be worthy of acquiring the plenitude.

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Renewal Invitations

Life is a sublime invitation.

Through reincarnation we evolve, attending to the invitations of life, exercising the values of reason, touched by the light of feeling, guided by the universal law.

With the development and exaltation of the reason, through exercise, the human reason will reflect the Eternal Reason, God.

Let's rejoice in the honour of emancipating ourselves from the oppression of evil even today, now.

We cultivate the joy of living, courage to progress, discernment in learning, humility for the detachment from illusions, responsibility of the Self's autonomy, duty for self-education, fidelity to the divine order, the benefit of labour therapy, renunciation of unhappy tendencies, mercy towards all, ethical discipline, forgiveness therapy, the decision of self transformation, the choice of simplicity, the experience of fraternity and solidarity, the exercise of tolerance, the practice of human respect, surrender to testimonies of the Truth, the firmness of the lucid will, the hope in the organogram of life, the happiness of self-giving, the trial of goodness, the choice of gratitude, the blessing of prayer, surrender to the sacred obedience, appreciation of time, thinking prudently, the restoration of the dignity program, tranquillity in persevering with honesty, security in the Justice of the Creator, faith in the experience of the Truth, loving towards knowledge and practice of Natural Laws, patience for deep realisations.

In any circumstance, reflect, with love and wisdom.

Evanise M Zwirtes

Transpersonal Psychotherapist

Adversity and Failures

In the existential moment in which we live, we focus too much on the appearance of failure, be they professional, personal, and social. In accordance with the actualisation of the philosopher's own words, found in the Spiritist Codification, for such a long time, we have been tied up to the sensible world, to everything that impresses our senses, to the

Success of material life as a consequence from human achievements, and emphasizes that there is another *Success*, which comes from the willpower and overcoming of humans tendencies, moral imperfection and everything else that prevents the human being from growing towards the real life.

God manifests Itself in our lives



detriment of the real world, the spirituality, the purest sentiments.

According to the dictionary definitions, adversity is an inopportune, inconvenient, unsuitable, inappropriate event. It is a destructive experience, a lack of luck, a misfortune, an unfortunate event.

It gives us the opportunity, however, to analyse whether misfortune brings with it the necessity for reflection on the values credited to it. What were the reasons for it? Were they preventable? What were the objectives behind an event that occurred on a personal level? What were the previous commitments and the reasons that they happened? It is still necessary to analyse if the misfortune would not be an invitation to analyse potential necessary changes, such as: ones vision of the world, ones relationships, and ones values. The Spirit of Joanna de Ângelis, in a message entitled "Success and *Success*," defines the

in many ways. His answers to our afflictions arise in ways that benefit us, by keeping us in balance and self-preservation. Jesus of Nazareth, in order to do so, has brought to us the way, revealing the truth so sought after by human philosophies, and the Real Life, which is so clearly consigned by the Spiritist Philosophy, as pure as His message could be.

Therefore, following such teachings, even in the days of great disbelief as they are today, seeking the necessary and clear explanations from the Doctrine of Light, Spiritism, will clearly bring the appropriate and coherent answers for the maintenance of inner peace and for the harmony within ones relationships.

Sonia Theodoro da Silva

Philosopher

Glorifying Life

Mrs. Nilda Fernandes was a sweet grandma, 90 years-old, grey hair and curved body due to the long years already lived. Nilda was a deep thinker, despite her age. Graduated in Cultural Anthropology, she worked as tax auditor at the Ministry of Finance, in Brasília, where she was a member of the Spiritist cause for many years until her arrival in São Paulo.

It was fascinating to listen to her stories in her delicate, sometimes interrupted speech, due to forgetting the odd word. Once, she said that society has strange rules, it discriminates everything, such as: race, colour, gender, age, and social level. Then, when we reach a certain age, she said, we have to die, "and as I have not died..."

For many years, she was a master of Yoga. She wrote two books, the third one still in print, and the fourth under review: *My trips in India*.

In this one, she tells that, once, she was in the city of Rishikesh, in northern India, which is about two hours drive from New Delhi. Down, by the River Ganges, considered sacred by the Hindus. Far away, like a lush white curtain, were the Himalayan mountains. The sight was fascinating, breathtaking.



Then, Nilda could not resist. She approached an Ashoka, a very popular tree in India, often used to decorate malls, roads and temples. She sat down under its green branches that covered the entrance of a small residence. Despite of the sun, it was cold, with a cool breeze coming from the South. She tells us: "I sat down on the sidewalk of a small house that was closed. I thought no one lived there, so I felt comfortable, with my eyes closed, feeling the Nature around me. Surrounded by trees, monkeys, birds and a slow cow lying on my left. Then, I began to meditate."

Because she is used to do it for many years, Nilda did not find resistance to enter into a state of deep meditation.

Suddenly, she felt something she had never experienced before. For a fraction of a second, Nilda felt a sense of belonging to the whole landscape in front of her, as if she were part of all Nature, the Ganges, the mountains, the animals, the trees. Nilda was startled and she interrupted her meditation. However, what she experienced at that moment will never leave her memory. Unexpectedly, she has felt, in depth, what it means to be a child of the Universe. Nilda has experienced for a moment what we imagine an Angel experiences constantly.

At the end of the day, through inspiration, she wrote:

Oh! Lord, I found you
In the simplest things in life,
In the noise of the sacred Ganges,
Which runs majestically, winding,
Through the millennium.

Oh! Lord, I found you
In the simplest things in life,
In the wind that touches the
leaves of the trees. I feel in its
poetic rustle,
A song of vibrations and love.

Oh! Lord, I found you
In the simplest things in life,
In the voice of Nature You spoke
to me. In the singing of the bird, in
the mooing of the cow,
In the grandiosity of the Himalayas.

Oh! Lord, I found you
In the simplest things in life,
In the colours of the Sun, in the
green water of the rivers,
In the mournful of the trees
touched by the wind,
In the feathers of the birds, in the
agitated monkeys,
Agile and cheerful.

Oh! Lord, I found you
Here at the foothills of the Himalayas,
on the shores of the Ganges,
Thank you so much for opening
my heart towards You.
You and I are now one,
I cry of love and emotion,
To be together and united forever.

Davidson Lemela
Neuropsychologist

