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## Family and Human Values in Times of Transition

The French philosopher Edgar Morin defined mankind as a social being who has the pursuit of happiness as its main objective.

Morin established that we are interdependent. We cannot learn to speak, walk or evolve without living with one another, and our lives

above all, pride and selfishness.

For healthy Family relationships there are no possible shortcuts. It is necessary to understand that the family is the first laboratory of developing social virtues which society needs. It is the most efficient means of humanising an individual.

need to retake classes away from their classmates.

Finally a third portion, the majority, 60%, have the chance, even if remote, of acquiring the necessary values in order to obtain the right to continue learning and growing alongside their loved ones.

To you, reading this at this moment, this is how humanity is at present. At this serious time of planetary transition, selections are being made of the students who have applied themselves, and of those who have been indifferent, who are literally dormant.

This is why the future which awaits us can be a happy opportunity of uniting with those whom we love, or be a difficult path of 'weeping and gnashing of teeth'.

In the book Genesis chapter XVIII, it is said that for Earth to become a happy place, it needs to be populated by good Spirits. We have now reached the time when the great migration will be experienced by the inhabitants of Earth. Those who still haven't been touched by goodness will be excluded and will not be worthy of continuing to live on a planet that has been transformed.



will only be a path towards the happiness of the Creator, via other beings.

For this reason, since the beginning of evolution, mankind has understood we need one another to survive, and this initially made us unite into clans, later on into tribes and now as members of a family.

Reader, imagine society as a living organism which is composed of millions of cells. These cells are the families, with the family members represented by the organelles.

An organism is not healthy if some of its cells are ill. One compromised cell can alter the harmony of the organism as a whole.

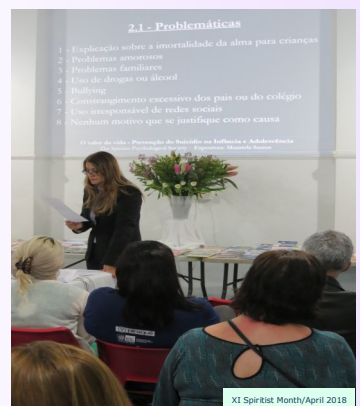
The disharmony of families within the living organism of society happens within its nucleus, where the principal reasons for illness are negative values of the soul, and are

When the family fails in this function, it can deeply traumatise the family members, giving rise to some of the most serious types of disharmony observed in society at large.

Currently the population on Earth, is composed of almost 30 billion souls (incarnated and discarded), who can be compared to students enrolled in the last year of school. Let's imagine that a certain proportion of students, 20%, reach the end of the last term and manage to learn to a satisfactory standard, developing themselves enough to enrol into university. However another portion of students, also 20%, do not do well enough to proceed because they did not apply themselves enough and were indifferent to their academic responsibilities, therefore they

**Davidson Lemela**

**Neuropsychologist**



## Spiritual Influences within the Family

Whether we like it or not, we suffer from various types of influence, be it people, the environment we find ourselves in or factors which escape our perception. In the same way in which we are influenced, we also influence others, through our thoughts and attitudes. This process is much more intense when we are free from the physical body.

Within a family this is even greater, since family relationships tend to be more intense due to the

bers, a family should promptly look at restoring balance through psychological and spiritual support so that the individuals themselves can deal with whatever is distressing them and make an effort to transform themselves.

When the Family is structured in a healthy way, where moral values are well-developed, it is easier to identify any attempts to disturb one or more of the family members, as the changes in behaviour can imme-



emotional involvement. Also, since disincarnation does not end the ties we build during a physical life, it is natural for those who have been bound to a family, to carry on bound to one another after death. Loving relationships as well as those where there have been misunderstandings, including of a material nature, often continue to preoccupy spirits depending on their level of moral advancement. In some cases where relationships are left unresolved and hatred and misunderstandings continue to be cultivated, an opportunity for obsession opens up and leads to undesirable consequences.

When any behavioural changes are noticed by one of the family mem-

bers, it should be promptly spotted. It is not about seeking treatment for disobsession, but the gaps which allow obsessive processes to start, should be reviewed.

Furthermore, we should remember that spiritual influence can also happen in a positive way. Loving beings, protective spirits and guardian angels find themselves bound to individuals and family groups and their power can be even greater when religious beliefs and practice are a family habit, having a healthy effect and guiding us towards the development of harmony.

**Iris Sinoti**

*Jungian Therapist*

## The Value of Life

Life is the most precious possession that the creator has given a human being. It has however undeniable conditions. When life is given, it demands to be lived. It is not given to the Spirit so as not to live their life. To live implies dedicating oneself to God so as to fulfil one's existential purpose and to find meaning in life, as well as developing one's own individuality. Life does not come cheaply, nor is life a free and unpurposeful journey, since it constantly demands the integration of evolved abilities necessary to face the challenges the Creator imposes on each person. Therefore there is a price to pay for being alive.

To value life means to live it intensely, developing valuable abilities for our own personal and collective evolution, and also helping to build a better society. Life is more than just incarnating and discarnating, as it presupposes the continuity of one's existence beyond this coming and going. The Spirit needs to occupy itself with finding a meaning for its life on Earth, or in the spiritual dimension, connecting its actions to the meaning the Creator has given. The value of life depends on what the Spirit has made of it, above all, becoming a positive, productive member of society.

To value life implies living it intensely, using one's abilities for personal and collective evolution, whilst also contributing to building a better society. The more the Spirit is aware of its immortality and develops ethical values, the more it evolves.

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## What is God?

God is love. Whoever lives in love lives in God, John 4:16

The French educator Allan Kardec elucidates that God is the supreme intelligence, first cause of all things. The proof of the existence of God is in this axiom: There is no effect without a cause.

God is **eternal**; if He had had a beginning, He must either have sprung from nothing, or have been created by some being anterior to Himself. It is thus that, step by step, we arrive at the idea of infinity and eternity.

God is **immutable**; if He was subject to change, the laws which govern the universe would not have any stability.

**Immaterial**; meaning that His nature differs from everything we call matter; or otherwise, He would be subject to the fluctuations and transformations of matter, and would not be immutable.

**Unique**; if there were several gods, there would be neither unity of plan, nor unity of power in the ordaining of the Universe.

**Omnipotent**; because He is unique. If He did not possess sovereign power, there would be something more powerful, or no less powerful than Himself. He would not have created all things, and those which He had not created would be the work of another God.

**Sovereignly just and good**; the providential wisdom of the divine laws is revealed as clearly in the smallest of things, as well as in the greatest, and this wisdom renders it impossible to doubt either His justice or His kindness.

God is **infinite** in all of His perfections. God is the dynamic of life.

**Evanise M Zwirtes**

*Transpersonal Psychotherapist*



## Drug Abuse and Family Settings

The problem of drug abuse is a serious global matter which eradicates millions of lives annually, according to statistics from the World Health Organisation. Although the government has an important role, the family is essential, since this is where important opportunities to form a healthy personality are neglected and the whole of society

a motive for irony.

The main question for the drug user is: what are you running away from? What are you trying to hide by using drugs? In the majority of cases, there is a profound existential emptiness which tries to be masked by drugging oneself, which only worsens the situation, and the individual ends up turning against



suffers as a consequence. Children who live with parents who are alcoholics, smokers or frequently use drugs, whether legal or illegal, learn unconsciously that this is a valid coping mechanism to deal with unwanted emotional instability. This includes the excessive use of medication, especially when dealing with self-prescribed medication which unfortunately is becoming a habit amongst many. The family setting where this happens, ends up developing an unstable environment for the emotions and the spirit, especially during childhood, where the being is most easily influenced. The result of all of this is that, that which is pathological gains the upper hand, making it normal, although it is not. The pathology reaches a level whereby many find it normal to see someone drunk or drugged up, often

those who try to help them.

The family should, in every way possible, help those who find themselves abusing drugs, starting by trying to offer advice, medical support or even, in more serious cases, rehabilitation. What should never happen is for the family to give up on the patient, who needs love and support to rise up again. Besides medical treatment, psychological and spiritual support will also be essential to re-establish health, not only for the user, but for the whole family.

**Cláudio Sinoti**

*Terapeuta Junguiano*



### The Methodology of Education of a New Generation

In the book 'Obras Póstumas', which is a collection of articles written by Allan Kardec, there is a chapter which is very enlightening, called 'The Aristocrats'. As a figurative example Kardec spoke of the political model of his time, namely when countries were governed by monarchs and European aristocratic families, as well as in Russia, and some American colonies and in the East. Their family ties were strong and went on for many generations.

Time passed and the monarchs were substituted by other forms of governance, almost in their totality, with only a few remaining today. However "aristocracy" (from the Greek "aristos", or even better, "kratos", in its literal meaning, means the power of the best), in the strict use by Allan Kardec, meant the succession of generations with certain societal characteristics. Where religion had a predominant role in the structure of tribes and later on, in the so-called polis. Its representatives were elected in accordance with the moral or political authority they exercised. Allan Kardec considered that intelligence and morality will also feature in these aristocracies, culminating in an intellectual-moral improvement, resulting in the advent of the reign of goodness on Earth.

However, the progress which should be made by humanity, and which is described in question 793 of The Spirits Book, describes a society where brute force does not

prevail over the weak, where less selfishness, greed and pride exists, and therefore there is harmony in human relations.

We are undergoing an educational process. The society we created throughout the centuries is still going through a profound process of readjustment. Disregard for others is still under development, whether the "other" be a human being, an animal, a tree or even the air we breathe.

As a consequence, we have a generation lacking in spiritual values and ethical moral virtues.

In the Gospel According to Spiritism we have the steps necessary to reach spiritual plenitude: The Good Person.

Good pedagogical schools have journeyed and continue to head in the direction of this teaching which is nothing more than the self-realisation of the human being, as modelled by Jesus of Nazareth. Paradigms are to be reached, demystified by Spiritism, helping us live together and letting go of the theological methodology of the difference churches. He brought a pedagogy of love, a path that starts with Forgiveness. From this point onwards, the doors to self-realisation open, and the being can aspire to the happiness of knowing it is immortal, with intrinsic qualities that need to be developed. From the moment in which one becomes aware of one's true nature and changes one's story, full of irresponsible causes and painful effects, in a succession of events

which generate infinite reincarnations of readjustment. Towards then acquiring consciousness of and a reformulation of one's own identity in relation to the challenges that life presents.

We still have a long journey ahead of us. Human beings, lacking empathy for others, disrespectful of Nature, which we are responsible for preserving since we are dependent on it for ourselves and for others. Creating weapons of mass destruction, devoid of compassion, ill in their feelings and caught up in a profound selfishness, and continuing to watch others' pain, immersed in a disconcerting apathy. A mere spectator, disregarding the most disadvantaged, the poor and the victims of hate and war.

Life's natural pedagogical process, certainly demands that all the readjustment necessary for harmony is made and that progress likewise is made in a healthy manner.

**Sonia Theodoro da Silva**

**Philosopher**

