

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Why do we get sick?

Indisputably, when we look at the behaviour of modern society we find that in many respects it is sick, which can be seen through the serious social problems and psychopathologies that devastate the

modern women and men is full of psychosocial, emotional, economic, and other pressures that cause disturbances of varying degrees.

It is not surprising that anxiety is now the top driver of behavioural

allow themselves to be dominated by the demands of their immature ego, reacting to anything that displeases them; they become frustrated, angry, aggressive and sick. In this emotional state the complexes begin to dominate their behaviour, and all neglected emotional load comes to the fore, weakening the individual. In the book *"Encounter with Peace and Health"*, the Spirit Joanna de Ângelis states: *"It is not surprising, therefore, that emotional intoxication is transformed into apparent or real illnesses, given the infections that develop in the body because of the weakening of the immune system, due to the continuous bombardment of a sick mind."* We get sick because our emotional suffering, when not listened to and left untreated, manifests in the body as a consequence of the lack of contact with our true being, the person we really are. If we hide from who we are, the disease becomes a means of reconnecting to ourselves.

In order to get out of this sick state, we must delve into the real cause of suffering, which the Greek sage Hippocrates taught in ancient times:

*"Natural forces within us are the true healers of disease."*

**Iris Sinoti**

**Jungian Therapist**



planet. Even if we know that not all of us are bedridden or taking medication, we cannot lose sight of the definition of health presented by the World Health Organization (WHO): *"Health is not merely the absence of disease or infirmity but a state of complete physical, mental and social well-being."*

In the introduction to the Gospel According to Spiritism, we find in Allan Kardec's words the possible cause of this present state: *"If doctors are unsuccessful treating most diseases, it is because they treat the body without treating the soul. Now, if the whole is not in good condition, it is impossible for a part of it to be well."* The reality of

disorders and psychosomatic diseases. What we must bear in mind is that whatever the symptoms presented by an individual, the being that we are, is present. Excessive demands from the outside world, from virtual communication and the need to be *"followed and liked"* on social media have exacerbated this escape from reality. For decades, society has been built on a fragile base and formed people where the *persona*, the social mask, comes to be valued more than the essence of the being, to the detriment of one's moral beauty.

Separated from from themselves, woman and man increasingly



### How to manage anxiety

Anxiety is a dysfunction characterized by the anticipation of the future, when one's ability to perform is compromised. In the International Classification of Diseases (ICD 11) pathological anxiety has the code F 41, and is considered a somatoform disorder, i.e. that presents physical symptoms.

The vast majority of people are anxious, but there is a group who exhibit this emotion to an exacerbated degree, impairing their func-

Meanwhile, when anxiety occurs, the person should concentrate on their breathing so as to better oxygenate the body in order to overcome the physical symptoms. In relation to the anticipation of the future that is generating the anxiety, whether conscious or unconscious, the person must prepare themselves for the task, and always have an alternative in case they do not succeed.

When it comes to the awakening



tional performance. In other cases, anxiety is present because of the awakening of mediumship. It can be difficult to not be anxious when there is something important to face or a challenge to overcome.

The mind and body prepare for the coming experience, giving signals of discomfort due to one's expectations and the possibility of failure. The best way to deal with anxiety, which often arises out of a desire for conscious control, is to realize that it is anticipation. Next, the individual should evaluate his or her personal situation, what is required to perform well and what is necessary to carry out the plan. Realizing there will be a difficulty in overcoming the potential obstacle, they must prepare themselves in good time.

of mediumship, the person should learn about this ability, study it and develop it in a group within a Spiritist Centre. In this case, they will understand that the symptoms of anxiety were useful for awakening to the knowledge of being an immortal Spirit.

In all cases of anxiety, a desire to perform well in an anticipated scenario is common. Therefore, one should always accept one's shortcomings, while looking for ways to improve one's performance. The potential failure must be seen as a useful experience to bring new learning to the Spirit.

**Adenauer Novaes**

*Clinical Psychologist*

### Overcoming Fear

Why do we feel afraid?

We can not properly understand fear, because it arises from an extreme need of the brain to defend the integrity of life. And the brain does this by using a neural feature called the HPA axis.

It is necessary to remember that the spirit, when reincarnated, is subject to the impositions of matter, and the physical brain acts like a computer, performing functions developed by a complex millennial system called phylogeny. The brain has no self-awareness. Physicist Kurt Gudel shows this through a mathematical theorem that demonstrates the impossibility of us being our own body. Therefore, we are not our brains, but we are subject to it.

In order to fulfil its primordial function, which is to defend life, the brain uses the senses. By scanning the environment, it evaluates what decisions need to be taken for its own safety. Hence fear arises as a defensive mechanism, so that the brain identifies the kind of threat that is present, whether physical or emotional.

Supporting this theory, is the fact that when we leave the body at night, through the doorway of sleep, we feel significantly less fear than when awake. That is why the brave individual overcomes fear, because he is sure of the attitude to take.

But how to overcome disabling fear?

In deciding to face your fear, you realize that it is not that scary. The bad news is that fear is related to our past life experiences. But the good news is that it is a by-product of our reactions to situations and we have a number of mechanisms we can use to deal with it and to remove it. If you are aware of its origin, you can overcome it and live your life without fear.

**Davidson Lemela**

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## Intelligent Choices

You are an intelligent being in creation.

You question the content of your thoughts that weaken your psychic health. You doubt your ability to overcome conflicts, failures, insecurities, anxieties and your ability to be happy. Assess with honesty where you are fragile, have limitations and conflicts, but do not let yourself be dominated by them. Be vigilant with regard to toxic, unhappy thoughts and emotions. Eliminate fear from your mind, replacing it with hope.

Do not doubt the value of life, of peace, of love, and the joy of being alive. But doubt everything that compromises you.

Train the conscious will, rescuing yourself and produce healthy, virtuous thoughts. It is necessary to stop being passive, timid and submissive to mental habits. Take responsibility for choosing thoughts that strengthen the soul. You should push away thoughts that frighten, sadden or depress you. Thoughts that bother us must be questioned with determination by our soul in order to discipline them. We must choose thoughts that will bring real happiness.

It is essential not to be passive when faced with pain. The emotion may be naive. Be determined to be calm, serene and cheerful. The field of emotional energy needs to be under the supervision of lucid reason, otherwise it dominates passive people. It is necessary to train our emotions to be safe and lucid. Allow yourself to love, to be tolerant and fraternal, but do not let your emotions direct your reason. Most social conflict, offences and disturbances, come about because emotions are governing reason. Activate and stimulate your inner strength, your willpower. Choose to train your thoughts and emotions day-to-day, maintaining an optimistic, realistic relationship with life, choosing to be happy with God.

**Evanise M Zwirtes**

*Transpersonal Psychotherapist*



## Humility and psychic balance

At different moments in his life among us, Jesus of Nazareth contemplated humility as the ethical behaviour par excellence. In the book *The Gospel According to Spiritism*, Allan Kardec highlights the blessing reserved for the "poor in spirit" in chapter VII of the same book.

However, in modern times, because of how much technology we use and the exaltation of the personality and egoism, we do not un-

live wisely is to free themselves from the confines of self-absorption. (...) If you want to develop your ability to live a simple life, do it for yourself, do it quietly, and do not do it to impress others."

This is consistent with the recommendation from the Superior Spirits in the *Spiritist Codification*, building on the teachings of Jesus of Nazareth. To recognize ourselves as perfectible spirits is to recognize our intrinsic qualities but also our limi-



derstand or even accept humility as an active virtue. Being humble has come to mean being weak in the face of life's challenges.

The Stoic school of philosophy founded around 300 BC, by Zeno of Citium highlights equanimity as one of its characteristics, which guarantees its practitioner profound peace of mind, free from any oscillations provoked by external stimuli. One of Stoicism's best-known philosophers is Epictetus, born in Anatolia, now Turkey, in AD 55, for whom a happy life and a virtuous life are synonymous. In his book *The Art of Living*, we would highlight the following: "Do not be puffed up with pride if you are able to provide for your needs with very little cost. The first task of the person who wishes to

tations. We value ourselves for what we have already achieved, but with the certainty that much remains to be done to better ourselves. And not only better in the professional sense, but also to become more altruistic human beings with the capacity to develop empathy for others.

This will bring us tranquillity and serenity of spirit. We value ourselves for who we are and what we really can do, without fantasizing about qualities we do not have.

**Sonia Theodoro da Silva**

*Philosopher*



### Mental health and God

The line separating normality from a disorder is tenuous, since no one can accurately ensure the emotional reactions they will have to existential challenges. Often, we are tested by circumstances for which we do not have a suitable behavioural and emotional response, revealing areas where we are fragile, that were only waiting for the opportunity to be exposed.

Unfortunately, in general a culture of care of the Psyche has not yet been developed, as a better understanding of it, would enable us to deal more proactively with challenges, and direct our intention towards integral health. The educational system must invest far more in tools that help us develop self-knowledge and that teach us how to deal with human emotions and conflict, as they accompany us throughout different stages of life. Ultimately, understanding human behaviour means understanding ourselves, and this should not be restricted to courses on psychology or visits to the doctor, but rather be the subject of in-depth study, especially in the family, given the influence it exerts throughout the life of the individual.

Despite recent advances that have improved our understanding of brain function, as well as behavioural disorders and conflicts, many people still resist when

therapeutic, psychological or psychiatric follow-up is suggested to them. They fear that this search is associated with being weak or insane, when the reality is quite the opposite: by not going for the appropriate treatment, they show that they do not know how to deal with the fragility or the disorder that they have, and this can cause them to deteriorate, by not taking proper care of the factors that feed their disorder.

And if the individual does not know himself, how can he "know" God?

The isolationism, which occurred in the field of behavioural science, also occurred in a similar way in the search for the divine. Delegated to the ambit of religions, the idea of God was associated with the most diverse cults and rituals. Intermediaries were assigned to establish this relationship. The result was the individual's relationship with the creative force that we call God was compromised. When someone searches for God exclusively in texts considered sacred or in established rituals, they neglect the search for God within themselves and become frustrated, because no matter how much they understand, memorize, or ritualize their experiences, they do not feel God as a part of themselves.

"Primitive" people venerated God in the forces of nature. This

showed a respect for Gaia - for Earth, but still projected outside themselves a relationship that is intrinsic to their being. Scientific advances, explaining how the stars and natural forces function, "deposed" God from the stars or the bosom of the Earth, raising the "goddess" reason to Olympus. Nevertheless, as this relationship has not been properly introjected, the disorders and conflicts of the human soul proliferate.

With a fertile mind, full of ideas, the being may even conceive of new forms and rituals to approach the divine, but in the absence of this, without a healthy life, they will continue projecting onto God and intermediaries, putting the solution to their problems onto this relationship.

Without self-knowledge, which leads to good mental health, there is no way to find God, which must be felt within before being sought in the stars or a text book.

**Cláudio Sinoti**

**Terapeuta Junguiano**

