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Jesus and Emotional Intelligence

Since the launch of Daniel Goleman's best seller, numerous studies have been devoted to Emotional Intelligence, seeking to understand the mechanisms that enable us to develop the ability to deal with the basic components of

verse fields of thought and is considered by Spiritists to be *the role model and guide of humanity*.

His knowledge was not only intellectual, but He demonstrated at each point in His life, a harmonious understanding and practice of emo-

and was even tortured on the cross, he remained honourable and sovereign, faithful to the purpose he had embraced. An example of this occurred when he was unjustly imprisoned, which normally leads to a very intense emotional reaction, especially having been betrayed by someone close to Him. On this occasion, He taught Peter not to react with violence via the sword, as due to the natural law of life it could come back to him.

Realizing that anxiety was one of the greatest of ills, and nowadays classified as a behavioural disorder, he would say: *Why are you so anxious about eating, drinking, and dressing?* And quoting *the birds of the sky and the lilies of the field*, he demonstrated the harmony of life when we allow ourselves to consciously live in the present moment.

His Emotional Intelligence is the pinnacle, in terms of His ability to love. His love flowed toward others as his existence was already filled with it. In these days of unjustifiable hatred, violence and prejudice, the *Man from Nazareth* continues to be the sovereign archetype to guide us to self-discovery.

Cláudio Sinoti

Jungian Therapist



human emotions. However, in practice it is challenging to deal with anger, fear, anxiety, affection, and the emotions and feelings associated with these. A lack of Emotional Intelligence leads to disastrous results for the individual and for co-existing harmoniously.

It is therefore striking to think that a Man who lived two thousand years ago may have given us answers to these problems that are still of great relevance today, given that in some respects today is more complex than the reality of that earlier time. Only someone who knew the human soul in a profound way would be capable of that. It was not for nothing that Jesus and His personality became the object of much analysis by scholars of di-

visions that no other individual was capable of doing. When challenged by opponents, he did not allow himself to be driven by anger or fear, but he responded in a logical and unusual way, always leading others' thoughts to a higher level of analysis. Something happened in a public square, when a woman regarded as an *adulteress* was about to be condemned and stoned. He made those 'filled with hatred become introspective, helping them to escape their disturbing emotional state via reason. While at the same time, he also has welcomed the *sinner* with love, making a positive impact on her moral transformation.

On those occasions when he suffered physical aggression, and



Belonging to Life

Amongst the requirements that a human needs to live, there is one that is essential: the need to belong. When we do not want to be a part of the life we have, it becomes very difficult for us to develop. For instance, we can try to live a life of scarcity, as if we belonged to nothing or to live *abundantly* when we feel as if we belong to everything around us. Spiritism shows why belonging is so challenging, as we have the spiritual family and the

of coexistence that change us so much disappear, and little growth takes place in our soul. We are made for living together, and we need each other, because none of us are complete. By isolating ourselves from relationships, we shrink our affective capacities, and even those we have already developed can weaken due to lack of use. If we allow ourselves to be shut off, we give up our connection with the flow of life. Abundance does not



biological family. The former is made up of the bonds of the heart, but we also have difficult ties that come from other reincarnations that make up the latter - our biological family, where there is the opportunity to heal some affective wounds. In the presence of these individuals, our feeling is to move away, and the need for belonging is not met. Under these circumstances, love does not find viable conditions to manifest itself, and we experience a scarcity of affection, which can generate a feeling of not really belonging to the family and even to life itself. But alone we do not go very far, because growth requires welcoming what is different. In distancing ourselves from the world, the challenges

depend on what we have; but rather is linked to our belonging to life. It is a way of being and living in the world and how we connect to ourselves within, to others, and to God. To live abundantly is to feel ourselves as an essential part of the world we are born into, without expecting external circumstances for it, and not being too demanding of ourselves. It is a deep feeling that it is worth being who we are, because we are born and belong to everything that surrounds us, without exception. We are children of God and this means: if we exist, we belong.

Ana Tereza Camasmie

Psychotherapist

Comfort Zone

In the past, we have lived experiences that were high charged emotionally. Some of this unconscious unresolved content migrates from one instance to another of the psyche, so as to maintain balance between the two dimensions - the conscious and unconscious. The purpose of this is to help correct the unconscious contents that have been forgotten over time. That is why serious psychoses are in fact the result of past traumas that arise in the conscious mind, provoking the known psychopathological states of an etiology unknown to classical psychology. However this is understandable when the spiritual dimension of the being is taken into account. Whenever something happens in the present, that was already experienced in the past, the ego defaults to a complex reaction with a powerful mixture of feelings and physical sensations, expressing today the patterns of behaviour that have been repeated for centuries. These patterns protect the current personality, making the individual react in an automatic way, keeping their character in a vicious circle we call their Comfort Zone, which guarantees secondary gains that the individual believes bring benefit to them.

Many believe that the Comfort Zone is a pleasant and pleasurable situation. However, that is not quite right. Our Comfort Zone is our routine, our standard behaviour and can be formed by good and bad situations. We get used to it, it's our way of being and that becomes a habit. It reminds us of inertia, because it prevents us from questioning, thinking and making decisions. In the Comfort Zone everything is the same, because we have the right to continue doing the same thing, complaining and being a victim: **this is the only comfort.**

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Mental Reprogramming

What is mental reprogramming?

Mental reprogramming is an innate process in the Spirit that is updating on an on-going basis. The Spirit is an agent modifying limiting beliefs, and helping to bring about integral health.

The roots of the beliefs that define our way of being are in the unconscious, and can be validated consciously or unconsciously.

The aim of Profound Psychology is to change the mental configuration, conditioning the mind to a Higher Purpose - learning to direct the will, and to continually sustain good thoughts. Thus, exercising mental self-control, we learn that emotions are conditioned with our permission and our consent, and can be changed when necessary. In this way, by developing emotional intelligence, we feel more empowered to act benevolently.

Habits originate from conditioning that has been acquired by repetition. To eliminate bad habits, it is necessary to reprogram these patterns and to deconstruct the poor behaviours, training the mind in new mental and attitudinal practices, based on the development of constructive values. Transformation requires an on-going effort.

Mental reprogramming leads to behavioural and emotional change, and consequently eliminates the probability of stress, distress, torment, anxiety, depression and physical and spiritual illnesses. As a result, harmonious, healthy and realistic mental states are created, that help to develop mental clarity, improved concentration, mental focus, vitality, good mood, better disposition and the joy of being alive.

Constructive and realistic self-suggestions are possible for all people, choosing benevolent thoughts and sustaining them on a daily basis, aligned with Love. Immortal consciousness, reprogramming inner untruths, activates the superior force in your psyche, stimulating self-esteem, self-confidence, and well-being.

Evanise M Zwirtes

Transpersonal Psychotherapist

Spiritual Intelligence

Some scientists and scholars in the field of the human mind argue that consciousness and, consequently, intelligence are attributes of the brain. Not being able to conceive of the idea of life beyond physical matter, those who hold such ideas have a very limited perspective on life and human beings, who have been born

of challenges that life sends. This involves the cognitive, emotional, artistic and logical dimensions, which shows us the size of the challenge we face to fulfil our potential.

Certainly, spirituality is one aspect of spiritual intelligence, but it is not limited to religious manifestations in the sense of a specific



and created for plenitude.

A spiritual perspective on life allows us to broaden our analysis by perceiving the evolution of the brain itself, as a result of the evolution of the spirit. As primate women and men, life demanded little from us intellectually, and was more about survival than solving serious existential problems. As we evolved through various reincarnations, life presented us with greater challenges, requiring us to develop new skills to solve them, so that life was not only about survival, but to also make sense of everything we faced. In a sense, spiritual intelligence can be understood as the capacity of the Spirit to access and use, in the best way possible, the contents stored deep in the unconscious mind, which are the result of long interexistential experiences. As well as to develop the ability to solve the wide variety

of challenges that life sends. This involves the cognitive, emotional, artistic and logical dimensions, which shows us the size of the challenge we face to fulfil our potential. We live in times of great technological and scientific development, however, if we observe the violence, intolerance and ethical behaviours around us, we soon realize that we are still in our emotional and spiritual childhood. While living in a sick society, we have within ourselves the solutions to the serious problems we face, when we decide to enter the Age of the Spirit, out of the egocentricity in which we still find ourselves.

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Iris Sinoti

Jungian Therapist



The Value of Hope in the Age of Anxiety

Anxiety is the unconscious anticipation of the future. It is the primacy of an expectation an outcome of a generally adverse nature with regard to the reality of the present moment. It is a psychological state that causes physiological changes, especially the acceleration of the heart rate. When anxiety is exacerbated, it can lead to symptoms that are similar to panic disorder. It is based on not perceiving one's strengths and limitations, leading the person to have undue expectations about their performance. Anxiety will not occur when there is an appropriate evaluation of our potential, and a natural admission of all possible results that may come, especially those that could be considered negative.

There are people who are born with anxiety, the fruit of past unsuccessful experiences or who crave positive results in events in their current existence. The elimination of anxiety begins when the Spirit consciously prepares for any likely future scenario that may occur. Nevertheless, it is not to *not* think about the future, but rather to establish the greatest number of adverse outcomes possible, and to deal with the potential consequences. The worst-case scenarios should be analysed, assimilated and accepted as valuable experience for the Spirit. Failure, illness,

loss, and even death itself should be considered as future possibilities. With each one deserving due consideration, understanding, and grateful acceptance as part of a divine plan for the enhancement of the Spirit and to help develop its' abilities.

On the other hand, hope can be a "double-edged sword." When hope causes the expectation of something external to happen that may solve a conflict, or bring some supposedly deserved benefit, it can be a real detriment to the person who wants an easy win, a magical solution, effectively without learning anything. When hope is based on self-confidence, on the willingness to give one's utmost when facing life's challenges, then it brings balance and personal growth. While the former can trigger anxiety, the latter brings healing to many problems.

Modern society, with its high technology, has put us in constant contact with a very high volume of information, and an overload of images and different future possibilities that lead to situations that can trigger anxiety. Our imagination has been greatly stimulated by the internet with its social networks, bringing more and more hope, often based on fantasy. This type of hope is not based on reality, nor on individuals' abilities and has provoked anxiety.

Regardless of hope, whether true or false, anxiety is an issue that looms large, as the relentless rush of the world demands everything at high speed. When the Spirit is fully aware of his immortality, realizing that experiences, whether good or bad, are always beneficial for his improvement and to help acquire new evolutionary abilities, he knows how to pace himself without anxiety, fear or guilt. Nothing is better than inner peace, emotional balance, and being consciously focused on higher goals, so as to avoid anxiety.

When hope is a permanent disposition, a self-confidence and certainty that everything that happens is for the good of one's own Spirit, it is the best antidote to anxiety. When anxiety appears, this is certainly an invitation from life to reflect on the rhythm of one's life, on what one's existence is focused on, and the meaning attributed to one's own life.

Adenauer Novaes

Clinical Psychologist

