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Science, Philosophy and Religion

Challenges of the Intelligent Man on Earth

The spiritual principle has a long evolutionary trajectory, from the simplest to the most complex of forms, with plenitude as the goal. This journey was well summarized by Leon Denis, who stated: "In the plant, intelligence sleeps; in the

could be avoided if individuals invested more in self-awareness.

2 - **Know yourself** - To leave the sleep stage it is imperative to develop self-awareness. To observe one's behaviour, critically assess one's actions, and especially make

come conscious of their existence. Becoming aware, in the broad sense, reflects a great degree of commitment to oneself; commitment to others, to the environment, to life, to Nature, and to God ... Life is calling urgently for a change in our actions, and intelligence must be our weapon. Once considered to be restricted only to those able to solve complex equations, today it is seen much more broadly by behavioural sciences. It is not enough to know how to solve equations (Intellectual Quotient - IQ), because while an individual cannot decipher his own enigmas, he continues to act in unintelligent ways in relation to life. It is not enough to know one's own emotions (EI - Emotional Intelligence), but essentially to transform that awareness into a love of life. In addition, it is not enough to identify ourselves as Spirits, since for as long as this consciousness is not present in all our actions on Earth, we will not live the plenitude that is our destiny. It is not enough to have information and knowledge, they must be put to the best of use, to benefit life.



animal, it dreams; only in man does it awaken, come to know itself, own itself and become conscious ... "

From this summary, we can see human beings face four great challenges in the development of consciousness:

1 - **Awakening** - When one's consciousness is asleep, the individual is driven by instinct, not able to access the innumerable possibilities it has at its fingertips. Dominated by instinct, it seeks pleasure at all costs, even if it requires brutality to do so. This can be seen daily as acts of violence, as well as excesses of all kinds, that reflect the self-destructive behaviour of those who do not yet know the potential of the soul. Awakening the conscience becomes urgent, because lack of action at this stage generates personal and collective suffering, which

an effort to change one's attitude towards life. Turning inward, through mechanisms such as prayer, reflection and meditation, helps us come into contact with ourselves. We can only change what we know, and we can only change ourselves as we develop self-awareness.

3 - **Take ownership** - The more one knows, the more one can manage one's impulses, emotions, desires, complexes and so many other elements that affect the human soul. Taking ownership is essential to exercise self-control. This is the attitude of somebody, who, knowing that life is far beyond the control of the ego, seeks a state of balance and harmony to best deal with existential challenges.

4 - **Becoming aware** - He who awakens, knows himself and takes ownership of himself, begins to be-

Cláudio Sinoti

Jungian Therapist

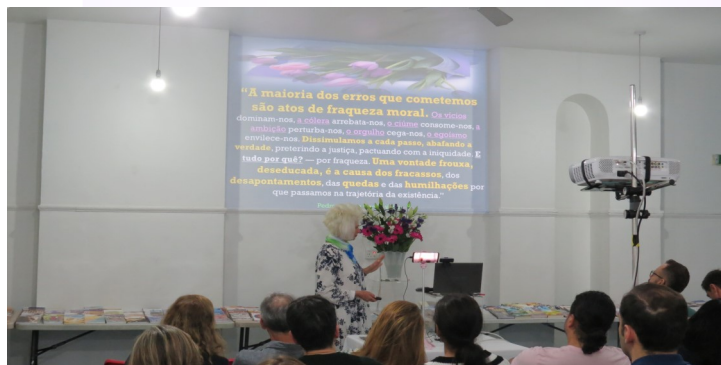


A Look at The Present Time

Since antiquity, time and space have always been the subject of observation and analysis of wise philosophers. Space is closer to our cognitive abilities, as it is connected to matter and is measurable. Time, however, given its complexity and variability becomes incomprehensible. On Earth, time is measured by the sun, moon and stars as well as by the scientific counting of the hours, by the seasons of the year,

present in the past, the present and the future of the Being, both one and indivisible, because we are immortal.

Spiritist Philosophy takes into consideration all these hypotheses when it affirms that we are, as immortal spirits, the past of our lived experiences and the progress realised; the present that is constantly being updated and a future that is being shaped by our actions, atti-



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by the cycle of life, which is to be born, to grow, to live, to age and to die.

Certain texts, written by Plato, Aristotle, Saint Augustine as well as Avicenna, Descartes, Spinoza, Newton and so on and so forth, discuss this subject. Henri Bergson, French philosopher of the 20th century, says that: "duration is the passing of time that is as one and interpenetrates, i.e., these temporal moments run into one another and added together form an indivisible and cohesive whole. This is the opposite of physical time or a divisible succession that can be calculated and analysed by science. Lived time is incomprehensible to logical intelligence because it is qualitative, whereas physical time is quantitative."

Seeing time from this perspective, it becomes almost in accordance with Spiritist thinking, as it is

tudes and thoughts.

Therefore, living in the present in the best way possible, following the example and teachings of the unmistakable and incontestable Jesus of Nazareth, is always the best choice, now and always. Let's look at the parable of the workers in the Vineyard, in Matthew 20: 1-16. Jesus affirms that any "worker" who accepts the invitation to labour in the vineyard (according to Jesus the vineyard represents the Kingdom of Heaven in each Being), will receive a reward (a sentiment of fulfilment), no matter how late in the day (representing time) that is equal to those who were called initially.

It is up to us to start this existential "task" that will fulfil us, both internally and externally.

Sonia Theodoro da Silva

Philosopher

God is Father and Mother

Most of us have no idea what we can accomplish in our lives, and perhaps that is the main reason why we still waste time on things that do not really matter, indicating an absence of deep meaning.

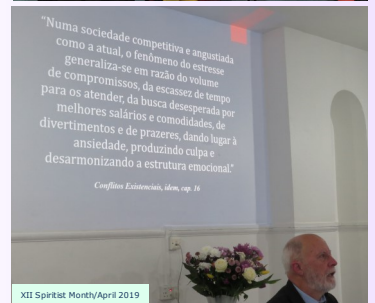
Nowadays, our sense of importance has been reduced. A narcissistic relationship towards life eventually becomes a compensation for the lack of a connection with God. Currently, the feeling of uselessness within reinforces a false sense of singularity, characterized by a loss of meaning in current times. A life, to be well lived, needs meaning, needs a deep relationship with God, a relationship that must be superior to, and far greater than the relationship of dependence that we seek to have with the external world.

We are all helpless children in search of protection, and we long to be caught up in something. Our instinct for wholeness drives us to maintain a connection with God, who is Father, the axis that keeps us safe in the vicissitudes of life and He who is Mother, the wisdom that is still forgotten today and must reappear.

The transformation of consciousness that we urgently need to go through will arise from the union of these two aspects of God in us. God needs to be born within us! This is the work we need to do.

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Comfort for the Soul

You are an immortal being, made essentially of love, learning. Self-reflection is the inner attitude of listening to the "voice of the soul," saying:

Love without being demanding. Be understanding without being critical.

Exercise compassion, practicing benevolence.

Be indulgent, which is the psychic quality that represents goodness.

Understand that true tolerance is the externalization of self-love.

Sense that humility is real greatness of the soul.

Cultivate universal fraternity, which is balanced coexistence among others.

Resign yourself to the will of God, which nullifies the impact of suffering.

Seek through prayer the courage to overcome afflictions.

Cultivate optimism, even though you know that there will be existential challenges.

Free yourself from discord and gossip within, building lightness of heart.

Detach yourself with joy from what is superfluous, choosing what is essential.

Realise that the greatest satisfaction in life is fulfilling your duties.

Value your permanence on Earth, being useful to all.

Choose to be understanding and serve. Your conscience is your guide. Experience is the school. Obstacles are lessons.

As a caretaker of Earth, you are capable of sowing forgiveness, goodness, hope, joy, tolerance, reconciliation, and love. Love is of divine origin. The more you give, the more you have. Peace in the world begins with you. If there is harmony in the home, there will be order in the nation and consequently peace in the world.

Carry on honouring the position of an apprentice and servant of Life, in the joy of living with God.

Evanise M Zwirtes

Transpersonal Psychotherapist



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Gratitude, a New Look at Life

Gratitude is a feeling born within the human soul in gratitude for someone who has given you, directly or indirectly, a moment of satisfaction. Gratitude does not need reciprocity, because when it is felt, it sends to its benefactor a vibration that strikes the heart favourably. When the beneficiary decides to repay the generosity of his benefactor, it is best that he do so in si-

Gratitude attracts goodness, peace, and the love that offers an intimate and constant connection with the Creator. It is as if someone has discovered an easier way of living and directs their life towards self-discovery. Being grateful means having the ability to perceive how Life works and how to make the most of the opportunities that Life offers. Giving back to the Uni-



lence, so that it does not seem to him to be conditional on or in exchange for favours. Goodness, when done in silence, has greater power and its effects are more long-lasting. When as a Spirit you learn to be grateful, especially for life, it has more disposition to live, as you perceive your existence as a great and valuable gift.

This helps you gain greater energy and a better perception of the meaning and significance of your existence, no longer attributing to others the misfortunes that afflict you. On the other hand, an awareness of the immortality of the soul, combined with gratitude for life, has the effect of attracting significant experiences for your personal evolution that bring immediate happiness and a joy to be alive.

verse everything that you receive.

In order to reach the state of always being grateful for life, it is necessary for the personality to reach a certain stage of development. A stage where it no longer holds on to any kind of hurt, is neither indifferent to anyone nor to the suffering of anyone, and is understanding, even when offended by someone. It is also essential to understand that immortality of the soul should be useful to encourage actions that lead to personal improvement and the improvement of Society. When love reaches the human heart, gratitude to God is the direct consequence.

Adenauer Novaes

Clinical Psychologist



Be Calmly Active and Actively Calm

We constructed a psychological test, composed of 14 closed questions, designed to evaluate a patient's **"Demand Level"** (DL). The final result is a score ranging from 0 to 10, which, in theory, would be related to how demanding the person is and the implications of that behaviour. Tests performed on a substantial number of candidates revealed a sample rate, with a mean of 7.5 - 8.5, for both sexes, different social classes and age groups. With this result, we can conclude that, on average, we are very demanding.

But what does that mean? Imagine that the reader took the test and got a score of 7.5. This means that your **"Degree of Flexibility"** (DF) is 2.5, because both are inversely related. If I intend to increase my DF, I need to decrease my DL. Do you understand?

Very well. But the question persists: What does it mean? Let me explain: At the end of the 19th century, Charles Darwin published "On the Origin of Species", which at the time was a theory, but today has scientific proof. At the time, Darwin demonstrated with his theory that there are species of animals that are extinct, while others survive.

So, I ask the reader: What species of animals do you believe survive? The ones on the top of the food chain? The most ferocious? No.

The ones that are better able to adapt are the ones that survive. Where are the dinosaurs, the sabre-toothed cats, and the mammoths? However cockroaches are still around nowadays.

Let's link this research to human psychology. Which people do you think are happier and more satisfied, fulfilled and more active? The ones that most easily adapt, i.e. those who are most flexible. Those who remain calm even in the face of adversity, those who remain active and productive even in the face of adversity, those who have developed coping mechanisms to deal strategically with events that did not turn out the way they expected or with people who did not behave as they expected. In a word, the most **resilient**.

Resilience is a term borrowed from physics and means that certain materials exist that, even after suffering extreme pressure and temperatures, can return to their original state without losing their physical-chemical properties.

Resilient individuals are known as those who use difficulties and problems to grow. They can remain active even when life imposes limits, as they understand that misfortunes are opportunities to cultivate hope and pain as well as to increase their faith.

But at this point the reader may be wondering: how do I beco-

me less demanding? I can assure you that it is not easy, but it is doable.

It is important to discover what makes you change, get angry, or what hurts you, even if it is not shown outwardly. Also, find out what are the day-to-day situations that keep you from being at peace and joyful. Whether these situations have to do with events or with people. After that, assess honestly how **frequently** you change in these situations: a) never b) rarely c) sometimes d) almost always e) always. When you discover your frequency, try to decrease it gradually, going down each level until you find one that is reasonable for you.

Do not demand from yourself more than what is possible, as this can create an atmosphere of frustration, since you cannot yet be what you aim to be. So, you can do what we call **"harm reduction."** For example: You smoke a pack of cigarettes a day, and you want to quit smoking but cannot. All right then, smoke half a pack. You gossip about others, then fine, speak about them in the morning, and rest your tongue in the afternoon.

You do not have to be good, not perfect, just better.

Davidson Lemela

Neuropsychologist