

The Journal of Psychological Studies

Science, Philosophy and Religion

Education in Times of Social Upheaval

A brief analysis of nowadays is enough to not only suspect, but to be certain that we are living in dark times. We are constantly faced with a growing number of depressed, anxious, hopeless, and even desperate people, not to mention the

isolated, shows a pernicious habit: that of seeking the solution to our internal questions "outside". Are we not wondering what is our part in this social turmoil?

It is certainly not the first time that humanity lives in tumultuous

We already have the necessary tools for the reinvention of human beings, and for this we need to invest first in our education. Paying attention to human values that have been left in the background, such as gentleness, empathy, harmony, fraternity ... these are attitudes that we must include in our daily routine. In addition to that, it is necessary to make an effort at our own self-improvement, as well as extend our hand to those behind us. The cure for Sisyphus was to let everything he no longer needed to carry, "die". We, as a Society, need to let pride, selfishness, intolerance and all the ills that we still feed in our inner world to "die" as well. Education, in the true sense of the word, will enable the construction of a virtuous world, where everyone will know their role, so that we do not have to stay for too long in the dense shadows of the present day.

Iris Sinoti

Jungian Therapist



many who nourish the belief that "nothing will change, that things are and always will be the same, that this is the reality of our time, our karma." This belief reminds me of the myth of Sisyphus, who, having deceived Thanatos, Death, was condemned by Zeus to eternally roll a large rock up a steep hill, and once he neared the top, the weight made the stone roll down again...

However, if change seems to be very far away, it is time to assume the role of protagonists constructing a new humanity, and no longer waiting for change to take place by external decree. A while ago I heard from a Spiritist friend: "It's time to finish, it would be better if God started it all over again." This belief, which unfortunately is not

times. On several occasions the consequences of our actions return to be faced by us. To play our part in all of this, the only way is through Education, which in the words of Herbert Spencer, "must form beings capable of governing themselves and not to be governed by others."

Education is lacking a human approach, and having become distorted in its essence, it has ended up contributing to the process of dehumanization, which is already so present these days. We forget the warning of great thinkers in the field of Education, such as Paulo Freire, who taught us: "Education does not transform the world. Education changes people. People change the world."



The Pathway to a Better World

There are many ways that can lead human beings, and consequently Humanity, to a better state. The inner state of a person depends on objective and subjective factors that must be stimulated from childhood. The first of these is an investment in their basic education, which is the stimulus for a constant interest in study. Another is the development

and egocentricity. When the Spirit lives in Society, it is there that he must learn as well as apply what he knows, so everyone can benefit from his wisdom.

Regardless of the actions of individuals, Humanity is coming to an awareness of the immortality of the soul. Everything is conspiring towards this, pulling everyone along



of the ability to deal with frustrations, difficulties and losses, stimulating their resilience, which will ensure the person does not become depressed when faced with the natural challenges of life.

It is fundamental, in relation to Society, that human beings become an active participant in their own development, and so avoid living an isolated and contemplative life. Participating in social dynamics means to contribute so that one's energy becomes a fuel helping Society to evolve, to mature its ethical values and for all to find meaning by living together.

On the other hand, living alone, removed from social and collective interactions and believing that Society is materialistic and hedonistic can lead the individual to alienation

Destruction and Renewal

A question in The Spirits' Book that disturbs and unsettles many people is the message from the spirits that says it is necessary for everything to be destroyed so that it can be renewed.

Since messages from the spirits are full of optimism and hope, and are where we learn lessons in faith, how can we understand God's purpose when He imposes destruction and suffering on mankind?

In question 737 of the same book, which goes more deeply into the subject, the messengers from above share that the natural destruction of physical forms is to help mankind to progress. Nevertheless, it is important to bear in mind that natural destruction is different from human destruction. The imperfection that still lies within us often makes us put our material needs above the spiritual, which causes cruel feelings and destructive behaviour. However, as the Spirit progresses and becomes more spiritualized, he ceases being attached to matter, and the need to destroy becomes weaker. Wars will become less frequent until one day they completely disappear from the planet, when justice and the love of God will be understood in its fullness.

In the same question 737, the spirits assert that to appreciate the results we must consider the purpose or the end. When we judge from our personal point of view, these events appear to be destructive because of the harm they cause us. However, the Spirits say these are often necessary to spur faster development, and achieve in only a few years what would otherwise take many centuries.

Davidson Lemela

Neuropsychologist



Adenauer Novaes

Clinical Psychologist

Editorial Staff

Journalist

Katia Fabiana Fernandes - n° 2264

Editor

Evanise M Zwirtes

Collaborators

Maria Angélica de Mattos - Revision
Cintia C. Dos Santos - English Translation
Tanya Moore - English Revision
Karen Dittrich - German Translation
Hannelore P. Ribeiro - German Translation
Maria M. Bonsaver - Spanish Translation
Lenéa Bonsaver - Spanish Translation
Nicola P. Colameo - Italian Translation
Sophie Giusti - French Translation

Reporting

Iris Sinoti
Adenauer Novaes
Davidson Lemela
Evanise M Zwirtes
Cláudio Sinoti
Sonia Theodoro da Silva

Graphic Design

Evanise M Zwirtes

Printing

Circulation: 1500 copies - Portuguese
Circulation: 1000 copies - English

Study Meetings (In Portuguese)

Sundays: 05.45pm - 09.00pm
Mondays: 07.00pm - 09.00pm
Wednesdays: 07.00pm - 09.30pm
Saturdays: 06.30pm - 08.00pm

Study Meetings (English)

Wednesdays: 05.20pm - 06.20pm

BISHOP CREIGHTON HOUSE
378, Lillie Road - SW6 7PH - London
Information: 0207 3414948
E-mail: spiritistps@gmail.com
www.spiritistps.org
Registered Charity N° 1137238
Registered Company N° 07280490

Abundance and Lack

Is your life focused on abundance or on what you lack? By deciding to bring the focus of life onto God, you live in abundance.

If you focus on what you lack, you will find an excuse to live in unhappiness.

If you focus on what you are lacking within, dissatisfaction will manifest. Experiences can be challenging; looking at them from a motivating perspective with a view to overcoming one's limitations, or not, is a choice. If you analyse yourself and see yourself as an apprentice, always learning, you will live a life of abundance. Both abundance and scarcity are inner states that manifest as our reality.

It is essential to know that faith is not a guarantee of prosperity, but of being satisfied with God and living happily in abundance or scarcity. Are you satisfied in expressing love through kindness, patience, benevolence, compassion, forgiveness, renounce, resignation...? If not, consider for example, that suffering, which shows there is lack, is a sign of needs and expectations not being met, of frustrated attempts to be in control, of unfulfilled desires; while forgiveness is in harmony with love, the synthesis of Life. The source of all real abundance is in you, which flows from God.

Those who live in gratitude, live in abundance. When love begins to flow from inside to outside, it fills the one who is loving, transcending any neediness due to a lack of affection, which leads to finding in the family of humanity, where all are equal, the stimuli for a deepening of your relationship with God.

Gratitude leads to abundance; ingratitude to scarcity.

Evanise M Zwirtes

Transpersonal Psychotherapist

Spirituality and Society

It is common to see references to Spirituality as if it were something distant, metaphysical, and usually with a halo of mystery that surrounds everything we do not understand. Nevertheless, if we believe that we are in essence, spirits, even if living momentarily in material bodies, can we separate spirituality from our present condition? In this sense, when we speak of Society,

essence of the word *religion*, whose origin is *religare*, to connect to the essence, which leads us back to our condition as Spirits. And formal religions may or may not lead to this connection. When they are concerned with power, with their number of followers, and in simply spreading "their truths," they are more often the promoters of separation than of reconnection. Never-



we cannot lose sight of the fact that it reflects the reality and the degree of consciousness of the individuals who are a part of it, as well as those who came before us.

Consequently, Spirituality and Society end up being two of the various faces of human phenomenon, complementing each other. In a way, living in Society, we end up making visible what we cultivate in our inner world. If violence erupts within, if social injustice is present, if prejudice is a reality, it is because these issues still torment the human spirit, which needs to develop new values, healthy beliefs and transformative attitudes.

Spirituality is also often confused with religion and religiosity. However, when we refer only to the dogmatic question or the external form of manifesting belief, it is not the

theless, when they fulfil the role of being "bridges" between the human and the divine, they render a great service to Society by assisting in the preparation of healthy and altruistic individuals.

We live in challenging times, in which the collective shadow is frightening due to its density and negativity, in the political, social, and behavioural arenas, and in a way, in all areas where individuals express themselves. When we can live spiritually in the here and now, not only aware of our immortal and divine nature, all of Society will benefit, because *when someone falls, all of Society falls with them; but when someone raises themselves up, the whole of Society rises.*

Cláudio Sinoti

Jungian Therapist





The Dawn of a New Age

Analysing the history of humanity in a broad way, we can see societies have undergone cyclical periods that led to local and regional changes, to a greater or lesser extent. Allan Kardec was at the beginning of one of these cycles, which he later called a "global transition," characterised by social and religious revolutions that started with the French Revolution and was followed by others in other parts of the world. This led to the establishment of new forms of governments, different to previous ones, as well as new social classes due to the expansion of trade and industry.

These so-called "transitions" have always been present, the largest of which was undoubtedly the fall of the Roman Empire, which left a significant gap given its importance. Despite its short duration, it reshaped culture, the arts, and philosophy, because of patrons who, like Pericles in Greece, developed Politics, Law, Urbanism, Architecture and Civil Engineering, as well as customs and habits, that continue to influence societies until today. This and many other Western and Eastern empires, however, have disappeared amongst struggles for hegemonic power, corruption, and moral abuse, notwithstanding their contribution to global development.

It is important, nevertheless, to note that Philosophy accompanied

these movements, and many were advised by Philosophy and its representatives, encouraging this new world that emerged slowly from the rubble of the Middle Ages, which was full of inequalities, and political and religious extremism, despite the emergence of the great universities of Paris in France, and Oxford in England. Modernity, in turn, developed the sciences, driven by the efforts of philosophers and scientists such as René Descartes and Galileo Galilei, heirs of others who had previously been persecuted and killed by the religious sectarianism of their times.

Greater or lesser periods of transition, some local, others more far-reaching, have culminated at this time - the so-called time of the Great Change. Predicted in the Gospels, especially in Matthew, chapters 24 and 25, present in Allan Kardec's analysis in the book Genesis, and validated by the spirits Emmanuel and Joanna de Ângelis in blunt and clear messages, they inform us that "the time has come".

The time for an ethical and moral adjustment of our thoughts, actions and attitudes, in relation to empathy, solidarity, and a respect for Life in all its forms. A time when spirits of high moral levels are mobilizing, influencing societies, religions, arts and culture, in a great process of freedom. Freeing people of the chains of a past that is now collapsing, like a house

of cards, as it was built on muddy ground, instead of on a solid rock of human values and virtues.

The Great Moment has arrived and on the horizon we can already see the lights of a new era. Not of complete happiness, not yet, but a time when consciousness opens in full to goodness and doing good, first to itself, and after to others, and all who are in search of the Greater Consciousness, of God. However, this process does not happen serenely and calmly. What we see everywhere, with the exacerbation of hatred and sectarian violence, as well as the emergence of mental disorders, resembles a deep "cleansing" of the psyche, which while releasing material that has crystalized in the unconscious for millennia, then gradually elevates us to a new level of consciousness, to more salutary levels, consistent with the necessary progress for the happiness of the Being.

Let's trust in God. Let's trust Jesus of Nazareth. Let's trust in the Spiritual Benefactors of humanity and the protectors of our immortal lives. The storm will pass, and after cleansing the atmosphere, it will give rise to new air, a new era, and to the Kingdom of Heaven within us.

Sonia Theodoro da Silva

Philosopher