

# The Journal of Psychological Studies

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## Can we avoid suffering?

The Spirit, depending on his or her choices and understanding of God, will either suffer or not. The more you consider your incarnation as a trial and expiation to which you must submit yourself, the more

better understand how Life works, with its complex existential processes, but also to be able to live experiences similar to those in the past, without suffering, or causing suffering, this time round.

reincarnated to re-pay karmic debts, or to suffer, and when they become aware of their tendencies, to make an effort to live in a way that allows them to develop important evolutionary skills.

The urge to redeem one's past, through suffering what one may have caused another to suffer, to live a similar experience, is a way for one's conscience to deal with the experience. It would be better not to wait for so called *redemptive* and painful experiences, by living a life focused on doing good, with the certainty of personal immortality and so furthering personal and collective well-being. Divinity does not require suffering or exaggerated testimonies to demonstrate our faith, but rather to develop a natural disposition to live and feel that life is a wonderful gift.

Spiritism proposes that we contemplate the idea that reincarnation is not a punishment, but rather an educational process for the development of self-awareness and new skills to form a new character that the Spirit builds and can, at any time, shape to meet his or her own evolutionary needs.

you will suffer. Feeling guilty about past mistakes and, subsequently, suffering as a form of redemption, will make it difficult to change this situation. It is necessary to understand that feeling guilty about mistakes made, is a misconception, that erroneously creates the necessity for redemption through suffering. The idea of cause and effect when seen as a fatality, produces the result expected.

The Spirit does not have its destiny mathematically mapped out as an irreversible path to follow. He or she can, at any time, change their destiny by making responsible choices in accordance with the ethical principles adopted, as well as developing new evolutionary skills. Skills acquired in the experiences being lived in the current incarnation, must include abilities that allow the Spirit not only to better

For those who have expectations about how other people behave, with whom they have some kind of relationship and who do not behave as they would have wished, it is necessary to be understanding, forgiving and to change within. In order to not expect anything from anyone who cannot reciprocate, and so avoid being demanding, suffering or being hurt. Those who have hurt themselves or someone else in this life, or in a past life, must understand the personal shortcomings involved that led to their previous experience, as well as finding ways of learning to develop the skills that are lacking.

Therefore, it is possible not only to stop suffering now but also to avoid it in the future. It is enough for someone to perceive themselves as an immortal Spirit, to understand that they have not

**Adenáuer Novaes**

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### Is it possible to run away from oneself?

We carry within us the “seed of wholeness,” which is an intrinsic force within the being, drives the development of all the innate potentials within us. In Carl Gustav Jung's view, this is the role of the process of individuation, through which we free ourselves from all that separates us from the Self — that which is within — until the ego — what we

At this point, conflicts can be seen as a sign of how far we are from ourselves.

It is therefore essential that we devote time and energy to the process of self-awareness and have the courage to break free from all that is not in tune with our deep self. This is not always easy, because in addition to the external forces that



are — is fully in tune with this higher request.

The ego, however, does not always play its role in a harmonious way and often departs from what it is, in essence, to adapt to external situations or to its immediate caprices. Often the constructed persona is so rigid that one may come to believe it is one's own true nature. Nonetheless, being distant from within causes very intense conflict, such as those of countless psychopathologies, because *no one goes unpunished by getting rid of oneself* (Jung).

Considering that the purpose of individuation is not just for one existence, but for the trajectory of the Spirit as a whole, meeting oneself is inevitable, because the more we try to escape, the more we face the conflicts generated by this distance.

### The cycles of life

Spiritist Philosophy is one of the richest philosophies for the life of the individual. While offering answers to the most pressing human questions about life on earth, it opens up a profound research into death.

This year 2019 is celebrating 50 years of the arrival of man to the satellite of the Earth and this is considered our greatest human achievement. For science, the development of technology, and other factors, yes indeed it is.

However, the most relevant event that a human being could possibly achieve is due to Allan Kardec — with the publication, 162 years ago, of *The Spirits' Book*, when it became clear that the afterlife was not a mere assumption or elucubration of the metaphysicians of mystical philosophical schools. Life, after the death of the physical body existed and had a vibrant and lucid consistency, the Spirit was immortal and constantly communicated by thought with incarnates.

The great discovery was made, the veils of Isis fell against the most objective reality: death did not exist, life continued after the death of the physical body.

Every life cycle brings experiences. At every moment we enrich ourselves with these phases, from birth to the aging of the physical body. And death, inevitably, will bring with it feelings of fulfilment and completeness. It will all depend on how we live the challenges that enrich our existence on earth.

Kardec's works are the fundamental basis for this understanding and are not substitutable by others, since they carry with them the seal of the Superior Spirits and of Jesus of Nazareth Himself.

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### Strange times

In contemporary society, human fragility manifests itself in the world, which suffers from empty and inauthentic role models that attribute happiness only to immediate appearances and rewards driven by selfishness and pride.

The mental health of individuals is vulnerable, showing pessimism, unhappiness and intolerance. They seem to be continually searching for reasons to be discontent and dissatisfied. Gossip, frustration and hopelessness are not new; however, there has been an unprecedented and public dimension to this in these times of transition, which we are living through today.

The virtualization of lives results in the formation of unrealistic, inauthentic behavioural role models, which are far from a healthy social life. On the other hand, the values built in interpersonal relationships, such as humility, fraternity, cooperation and tolerance, stimulate the psyche to respond with altruism, forgiveness, hope, courage and joy, strengthening these virtues, which are essential factors for good mental health.

The authentic paradigm for happiness on Earth amongst all people is to learn to respect differences and what is different; learn to forgive the failings of others by illuminating our own shadows; practicing benevolence and indulgence towards all, in thought, feelings and attitude. This is the central aim of the evolutionary process for all beings in these times of dropping masks, when ethical, individual and collective paradigms are being renewed. Each one spontaneously contributing to the greater good, whatever environment one may be in: whether in a domestic, professional or social setting.

Exercising brotherhood means learning to be tolerant. The world is being administered by Divine Wisdom and we are all invited to collaborate in building and sustaining the greater good.

**Evanise M Zwirtes**  
*Transpersonal Psychotherapist*



### How to deal with guilt and excuses

Surely, at some point in life, it is very likely that we have felt guilty, either because we made a mistake, or because an inner voice accused us of not fulfilling our duties?

This feeling is often accompanied by the anger we have introjected throughout our lives, whenever we try to go beyond what we have been taught, since the limits of education,

himself/herself, and, because he/she is not who they are supposed to be, he/she needs the approval of others to recognize his/her own value. When this recognition is not received, automatically there is a belief that he/she has done something wrong, so then they try to correct the mistake and fail to do what really needs to be done for



culture, gender, religion, etc. can cause a sense of guilt. This is the main reason we all feel it: guilt is also archetypal.

We often feel guilty because we have stopped doing something or because we have made a mistake, and this situation of doing or not doing something, makes us face parts of our lives that make us feel angry. Anger and guilt go hand in hand, because guilt involves inner anger that, since it is not exposed, generates a need for self-punishment that manifests in the form of guilt.

What keeps us from taking responsibility for our actions is often related to a poor educational background. As the child who is prevented from developing his or her identity, in adulthood sometimes feels guilty for not being allowed to be

self-growth.

For this reason, there is no room for excuses, since in trying to transfer our responsibilities to others or to life, we give up the role of protagonists in our existence. It is important to keep in mind that we are always making choices, even when we decide to let others choose for us. Guilt is a precious sign that a new consciousness, a new self can arise, as long as we do not get caught in the trap of making excuses.

**Iris Sinoti**  
*Jungian Therapist*



### Rewriting your own life

Ernesto was a good man. Married, two children, a dear husband and a loving father. He lived with his family and he split his time between leisure, duties at home, and working as a watchmaker for 10 years.

Associated with a Spiritist group, he was known as the person who was always ready for any work. By attending the Centre, he found that he was sensitive; hence, he worked without hesitation, in a mediumistic group where he engaged in spiritual exchanges with dedication and care.

That was Ernesto. Without doubt, an exemplary citizen of the world. He lived with his heart in heaven. Nevertheless, our friend had a debt to repay life. A debt contracted centuries ago, which still had a negative balance.

On a sunny afternoon, Ernesto quickly walked down the avenue near his work, worried about the affairs of his shop, when as he approached the corner, without paying attention, he ignored the stop sign. He was hit by a car and thrown on the road. Unconscious and weak, with a head injury, he was taken to the hospital and then hospitalized in a serious condition.

The days passed slowly, and he was feeling better, although with some consequences. Ernesto lost the sight in his left eye and partially in his right eye. Consequently, he became silent and cold. In the recuperation period, he was distressed as he could not work and

because he was incapacitated. He wondered how he would support his family, what his life would be like, regardless of the appeals of those who loved him. Everyone was saddened to see him like this. Then anger grew in his heart. A sense of injustice turned him into a shy and suspicious person

At the insistence of friends in the Spiritist Group, he reluctantly accepted the invitation to attend the mediumship meeting again. The Spiritual Mentor of the group, greeting them all lovingly, addressed Ernesto as a father, speaking to his own son:

"My beloved brother, I am worried about this anger in your heart."

"Sorry," said Ernesto, "I don't know what my life will be like." I can't understand why this happened ...

"It turns out that three centuries ago you were a very rich and powerful man." you lived in a castle surrounded by luxury, but you were extremely arrogant. Everyone had to fulfil your desires. You fell madly in love with a beautiful young woman, your mother's maid. But the girl was committed to your mother's guard officer. Nonetheless, you persisted. But the girl gently avoided it, claiming that her heart already belonged to another, which was blessed by her own mother, who had authorized the marriage.

You, due to your excessive pride, did not accept the refusal. So,

without any remorse, you planned a way to get the young man out of your way, confronting him in a grove near the Castle, and with your sword in hand, you struck the officer's eyes. The young woman, knowing what happened, and guessing who was behind the tragedy, decided to flee, taking her beloved to a distant place, and they were never seen again.

In the astral dimension, regretting what you had done, you sought out the couple and, on your knees and in tears, you asked them for forgiveness. They forgave you. But your conscience did not. You asked to go back to a new life and go through the same pain you had caused them.

Reborn and transformed, you now cultivate love and charity in your heart, having become a good man. Therefore, out of mercy, they interceded on your behalf and you did not have to lose your sight completely. Instead of "an eye for an eye," you have earned, with your change, the "love that covers a multitude of sins." With that, my son, you have been able to rewrite your own life.

**Davidson Lemela**

**Neuropsychologist**

