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Overcoming difficulties in family interactions

Family life is fundamental for the psychological formation of the individual. As we are gregarious and sociable beings, family life offers the possibility of this coexistence in a microcosm and should prepare an individual for their

from any type of dependency;

- provide an education based on altruism, which supports the person to go beyond the borders of the ego itself;

- help the person become conscious that they are an immortal

reincarnates feels welcomed and respected, the greater the family bonds.

The development of autonomy – the ability to self-manage – cannot fail to be addressed by the family. James Hollis emphasizes, "the parents' most important psychological task is not to "make things easy", but to prepare for total separation, for that subsequent state we call adulthood." In this respect, parents must learn to give responsibility to their children, which does not mean a lack of love, because there is no more loving gesture than preparing children for the natural clashes of existence.

Instead of the experience and the pursuits of realization based on the ego, which usually translate into "having, owning, controlling, etc.", family education should prepare the child to "be"; not to be "someone in the world", but to realize one's own essence as a spiritual being.

Therefore, all questions, in some way, must converge to the most sublime of tasks: to assist the being in their spiritual development. It is not simply about the dogmatic development of religion, but the construction of an environment favourable to religiosity, in which the being improves their bond with itself, with their neighbour and with God.

Iris Sinoti

Jungian Therapist

broader experience in Society. However, by observing all around us today, we realize that we have not yet fully experienced its whole purpose. Dependent and co-dependent relationships, violence in relationships, the lack of dialogue, abusive relationships, among other factors, unfortunately are still too frequent in family settings. Sadly, the true functions of the family are being lost. Nevertheless, it is always important to remember some of the tasks for which the family should be prepared:

- stimulate the development of affection in a healthy and broader way: the love that comes out of the family circle, finds humanity;
- assist with the development of autonomy, freeing the individual

spirit.

These are challenging aspirations and, therefore, they must be looked at with responsibility. The great problem is that, most of the time, individuals do not prepare properly for family responsibilities, which can cause conflicts that negatively interfere in the psychology of the being, and consequently, in society.

In the development of affection, the great challenge of the family is to learn to love. It must start even before pregnancy, when the couple is invited to a loving interaction between themselves, respecting each other's individuality – the exercise of self-love – and creating favourable conditions for a welcoming home. The more the spirit that



Spiritual relationships at home

Spiritism offers us answers to the most intricate human questions, from the eminently existential ones, such as "who am I, truly?", "why here and with these people around me?", "why was I born in this family?", "no matter how much I do, why can't I change my life?", "why this country and not the other one whose culture I admire so much?",

Family coexistence between parents and children, when guided by the Gospel of Jesus, elucidated by Spiritist teachings, opens up one's perspective and understanding in a way that is much more comprehensive and consequently supportive, than if it were not the case.

Nowadays, we live in a society in



"why are there human conflicts?", and so on... even the deepest of philosophical questions, such as "what is God?", "what are we?", "What kind of Being Am I?", "What is the Universe?", "Is there life as we know it in the Universe?", "who really was and is Jesus?" etc.

Human relations also fit in these questions ranging from the most intricate to the simplest of ones to be answered; from social and professional work relationships to family and marital relationships. The latter, based on an understanding underpinned by Spiritism, goes beyond simply saying "let's discuss the relationship".

Human relations based on empathy and solidarity can and must extend to spouses as well. Without this base that Spiritism offers us, the relationship starts to become aggressive, a sham, and mutual respect becomes absent, which may lead to marital despotism, exercised by both parties.

transition – in terms of material, cultural as well as social values, and, most importantly, as Spiritism explains, transition from the flow of ideas from the past, which can cause conflicts in our relationships. All these issues shake conjugal relations, which go beyond harmonious affection and lead to mutual aggression.

Spiritism offers us alternatives to study the causes of our problems prior to the current reincarnation, when, inviting us to get to know each other, we can locate in time such problems, through our innate tendencies.

Therefore, there is a way to obtain the answers necessary for us to develop peace and harmony at home.

Sonia Theodoro da Silva

Philosopher

Holistic education

Do you think reincarnation is a punishment?

In the Spirit's Book, question 167, Kardec's instructors explain that the purpose of reincarnation is to progressively advance humanity.

Based on this concept, can we compare reincarnation to a school? Both reincarnation and school have an educational purpose in providing growth in an integral way, in all dimensions of the being: intellectual, social as well as moral. So, if reincarnation is a school, we are the students.

But if we can compare reincarnation with school, do we then think that studying is a punishment? When the student does not study, he plays truant and has to repeat the year. In this case studying becomes a punishment: Redoing the academic year with the same lessons, the same teachers and on top of that a responsibility to do well and get good grades, since the subject are lessons already known.

Regarding the idea of comparing school to reincarnation, we ask: when then is reincarnation a punishment? Similarly, when one needs to be born again and repeat the same lesson that has not yet been learned: that old pernicious habit of gossiping, demanding and perfectionistic behaviour, a lack of confidence in oneself, the fear of making mistakes that stops someone from taking action and even the difficulty of forgiving past adversaries.

Educating yourself entirely goes well beyond the idea that only time teaches us. If that were the case, the more physical existences we had, the wiser we would be. But an integral education aims to build knowledge that has a practical application in life, bringing out the potential that exists within us and letting our light shine.

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The Joy of learning

Human life is beautiful, but very brief. Where are you? On the stage, driving, or in the audience, a passive spectator of your conflicts, losses, disappointments, frustrations and guilt?

As being affiliated with the Divine is our inheritance, the joy of living is a natural attribute of the Spirit. You're an apprentice in the big school of life.

What are you learning? From what point of view? Have you ever heard of self-love?

Self-love begins with the understanding, acceptance and practice of God's laws, which are the laws of Love. The choice to tune in with the Divine Will is fundamental in the development of self-love, hence, the joy of learning.

To be receptive to God's guiding power, the mind must be trained to believe in divine help. Mental power brings with it the infallible energy of God. Would you like to try?

The biggest challenge to be faced is to learn how to direct your psyche by managing your thoughts and emotions. If you are able to free yourself from bad habits and do good because you want to do so, and not only because doing wrong leads to suffering, then you will develop self-control.

Learn to see God in all people. Your greatest goal is to find your way back to God. Spiritual processes of education are brought about by the exercise of inner freedom, by choosing between healthy and destructive experiences. Therefore, by directing your will, you can learn and spontaneously go the right way to your destination – happiness”.

Evanise M Zwirtes

Transpersonal Psychotherapist



True freedom

Moved by the imperative of individuation, a journey that drives the human being to plenitude, we start from ignorance onto the path of the light of knowledge in the long trajectory driven by divine laws. The Self, the archetype of totality, is the divine representative in the psyche to push one on the entire journey.



From the moment of conception to birth, the human being depends on those around him and the forces of life for his survival. The way your needs – physical, emotional and spiritual – are met will have a strong influence on your personality. Nevertheless, the Spirit itself is not a "Tabula Rasa", a blank sheet without content. It brings with it the learning of millennia, acquired throughout several reincarnations.

That is why external influences echo and produce different responses in different individuals, even when living through similar situations. It is in this inner field that freedom is present in a peculiar way. We cannot always, or almost never, choose the circumstances we will face, but we can choose our attitude towards life, and this is the result of having this freedom.

The more the individual is a hostage to his complexes and conflicts, the more his relationships with others and his life are affected. When this occurs, even if you think you're free, you answer the questions of the life with limiting beliefs and patterns of behaviour, which often lead to being constantly frus-

trated. For this reason, freedom is more of an inner achievement of the individual, of an interminable battle against oppressive factors in the psyche, than of trying to control the circumstances in which one lives, because it is impossible.

Jesus told us that knowing the truth is the way to be free. What truth did the Master refer to? Absolute Truth is unattainable, because only God embraces it. However, the truth about yourself is a doable path to be travelled.

The more we can solve our own riddles, the more the force of Love finds resonance in our actions, the more we feed the wish to develop moral and spiritual values, the closer we will come to True Freedom.

Cláudio Sinoti

Jungian Therapist



Jesus, the greatest therapist

To be a therapist is to be a curator in order to help the other expand her consciousness so that she finds the reason for her illness within and consequently, eradicate it. A therapist is someone committed to ethics and the willingness to assist others. A therapy session is more than taking care of the healing of the body and the simple eradication of a disease; it should include clarification so as to properly understand the factors that caused the disease in the first place as well as the reason why it became an event that the person became conscious of. A disease is neither a punishment nor a consequence of wrong-doing, but rather the result of guidance from Life for the Spirit to start a process of acquiring some skill it needs to continue its evolution.

A word of consolation, advice or a message that brings a new perspective on a person's life are therapeutic elements, especially when they lead to a conscious perception and understanding of oneself and the understanding that there is a new existential dimension. This new dimension can be found in the vast majority of the teachings left by Jesus, who called it the kingdom of heaven.

Jesus' great achievement was not only the consolation of the afflicted, the demonstration of limitless love, or even the teaching

of forgiveness, but most particularly presenting the spiritual dimension to those who listened to him. This achievement means information about the existence of a broader reality, which went beyond the typical immediacy of those who only saw life in the body. The dimension presented, even if in a metaphorical way, served as a compensatory and restorative reality in the face of a difficult life without much meaning.

The therapy offered by Jesus goes beyond the use of resilience when facing life's challenges, because it makes the individual perceive his immortality, which eliminates fears and frees him from limiting doctrines of consciousness. In the face of great transforming power, the foundation on the essential reality of the Spirit and the expansion of self-esteem, has become a fantastic lever that is driving a new way of understanding the meaning of life.

His revelation reached the essence of the Spirit, allowing the emergence of a new religion that co-opted the mythical and polytheistic way of living of the dominators of his people, spreading beyond the borders of the conquering empire. The elements that underpin his teachings are found in the laws of Nature, in the spiritual reality and in God's own compre-

hension presented by him.

In promoting a new worldview, he presented a harmonious way of living and demonstrated the consistency of the immortality of the Spirit, and so he became the liberator of the human being from low self-esteem, the curator of the soul, and therefore the Greatest of Therapists. He did not come to save, but to help the human being to integrate the awareness of one's own immortality into one's personality.

Using his method of healing, i.e. his teachings, implies assuming the immortality of the soul, living this superior condition in all of life's experiences, while contributing to building a better society. Jesus' therapy is revolutionary because of the notion of personal responsibility that it aims to transfer to those who adopt it, disseminating the idea that charity should promote the self-determination of those who benefit from it. The central point, therefore, of his proposal of life is: "become aware of your immortality and act as a Spiritual Being, promoting goodness, peace and harmony, and respecting the dignity of every human being."

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