

# The Journal of Psychological Studies

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## Life and Time

Isaac Newton presents the concept of time as "absolute, true and mathematical, which runs uniformly". As science progressed, new concepts were introduced, such as those of Albert Einstein and Quantum Physics. These new concepts

Kairos, the son of Zeus, is the god of "appropriate time" or the time of the soul. It is not governed by the timer, but by the conscience, by the soul. In Kairos, each moment is measured not by the minutes that pass, but by the

until it reaches its destination. In this sense, it is important to learn to make the most of time, enjoying in every moment everything it has to offer us.

Jesus, the Master, lived only 33 years. A short life by current standards. However, because he lived with full awareness in every moment, his life spans the millennia as a parameter to follow the course of Life, teaching us to live our lives as fully as He lived it. He invited us not to live in the time of anxiety, in the devouring time of Chronos "Why are you anxious about what to eat, drink and wear ..." and he asked us to enter the beauty of the time of Kairos: "look at the lilies of the field. .. the birds of the sky ...". Notwithstanding, millennia have passed since His passage on Earth, humanity has not yet absorbed His teachings and remains trapped in that voracious time. Anxiety, at the base of the main psychopathologies, scares specialists due to its intensity .

Learning to live in each moment, to enjoy each experience and to learn each day is the great challenge of the Spirit, so that time becomes an ally in its existential trajectory.

**Cláudio Sinoti**

*Jungian Therapist*

made the rigid barriers to understanding time more flexible, by expanding the way we perceive it.

In a way, Greek Mythology already revealed interesting ideas about Time, through the gods *Chronos* and *Kairos*. Chronos is usually represented as a voracious elderly man with a long white beard. The word *chronometer* is derived from this name, measuring the passage of time, of human goals and anxieties. Each day, in the time of Chronos, turns into one less day, or even less money, in the unhealthy and destructive fast-paced pursuit of accumulation and competition. Lost in the time of Chronos, humans distance themselves from their own conscience and end up in self-destruction.

feelings expressed, by the meaning experienced and by the learning of the soul in each experience.

In life, the Spirit has moments of experience between the worlds of Chronos and Kairos. Driven by the needs of the ego, it is the first to control his or her intentions, and time passes through the fast hour-glass that governs the senses. As the being becomes aware, Kairos begins to fill each experience with meaning.

From the perspective of the Spirit, Life is an opportunity to achieve fulfilment. Crossing time, consciously or unconsciously, and the sum total of their experiences on the journey to individuation, through which the Spirit travels in various physical and spiritual bodies



## Fear of the World

We all are afraid, which is normal and natural and serves as a psychological and physiological warning sign, for real and sometimes imaginary threats. There are different reactions: a feeling of unpleasant tension, a strong impulse to flee certain situations, paralysis, muscle contraction, tachycardia and de-

grading human behaviour, almost dehumanizing the human being.

In this overwhelming context we also face the fear of being who we really are, together with the fear of being insignificant, the modern fear of the end of one's own existence, not only physical but also virtual. Fear of the future takes new gener-



creased breathing pattern, etc. All this because we have emotions and uncertainties.

We also tend to consider our uncertainties to be fear and, in the world we live in, there are many uncertainties. When living in this modern world, there are many reasons that can trigger our fears: sociological factors, psychological pressures, economic problems, violence, life itself ... it pushes us into the dark room of fear.

And so, we live anxiously. After all, fear and anxiety go together, as the sociologist Zygmunt Bauman said, *"The combination of these fears creates a state of mind and feelings that can only be described as an environment of insecurity. We feel insecure, threatened, and we don't know exactly where this anxiety comes from and how to proceed."*

In this context of social injustice in which we live, insecurity leads to escaping from reality, which ends up

ations away from the meaning and importance of the past, leading them to seek out hallucinatory experiences as an escape mechanism to overcome internal and external pressures.

This is the new order, in which truth and lies are mixed up, where respect for oneself often does not exist, leading to the distancing of the being from itself and from the collective of which he or she is a part. What can we do?

We live in a fearful society. We are driven by fear because we lack human solidarity and we have too much technology; likes do not replace feelings.

We urgently need to review our beliefs, change our behaviour, to have the courage to carry on, even with our fears.

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## The Enemy Within

We are approaching the Age of the Spirit. In the light of Love and Wisdom, we certainly need cooperation to facilitate our spiritual understanding.

Facing into our process of developing self-awareness, let's reflect with Paul, the apostle, when he says: "I know what happens to me, this is it: when I want to do what is good, I can only do what is bad." We learn that it is in the inner world of each individual, in the heart, in the memory and in the psyche, where the records of our limitations, afflictions, and obstacles, are waiting for the goodwill of the Spirit to change them.

The greatest inner enemy is called selfishness, one of the causes of pride, ambition, cupidity, envy, hatred and jealousy, that generates hurt and resentment ... Sorrow expresses the anaesthesia of the centre of discernment due to presumption, that in turn generates dissatisfaction.

In the Psychology of the Spirit, the effort of overcoming oneself is the investment of one's will in order to progress. To advance through self-education, remembering that one's existence on Earth is a constant invitation to ethical improvement, in accordance with universal laws. In a profound self-analysis, resulting from self-love, we again remember Paul saying that "in the depths of my soul I enjoy the Laws of God."

So why should we treat all of those who don't like us well? Because their wrong-doing, focused on behaviour that is self-centred, and temporal, is not ours. Our objective is to get on well with everyone, developing universal brotherhood, as brothers and sisters in God, and develop our emotional intelligence.

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### Courage During Change

We live in times of change. Political and social changes, changes in the family and professional as well as personal changes. The economic situation of countries has a great influence on employment, changes in social policies leave a trail of general dissatisfaction and insecurity about the future, stimulating protests of all kinds.

The transition periods, explained by Spiritism, are characterized by phases of sudden and rapid change, where the individual has to suddenly face difficulties and challenges.

These are the times when faith and perseverance are crucial so that confidence can be had in the future and also in the present. But if an individual is attached to feeling angry, he will find it difficult to overcome this period of instability, when all his mental and spiritual resources are necessary to pass through this seemingly endless period, unharmed.

Human history offers us portraits of men and women who went through terrible periods of war and revolutions, lacking the very basics of life. However, despite the suffering they went through, they were able to overcome it and build a new society with courage and boldness.

As the Spirit Emmanuel says, everything passes, including happy and dramatic times. Everything is transitory on Earth. Change requires caution, but also dedication and trust in what is Good. Trusting that Life will give us safe and appropriate answers in the moment in which we are living.

**Sonia Theodoro da Silva**

*Philosopher*

### Peace Begins With You

The human being, an immortal Spirit, is at the centre of the life that goes on around him. Without being the Creator, he makes reality visible and shapes it according to his wishes. He is responsible for how he perceives things and the colour that he gives to them. Everything he perceives, he does so according to the implements he has that alter his

will bring you patience, humility and resilience so that you can work with the efforts to make the world a peaceful place.

The Spirit in its entirety is a legitimate representative of peace, because when it perceives itself in need of it, it will become for the world what it wants for itself. One person alone will not bring about



reality. So he is the author of his destiny, and if he wishes, he can modify it. Even when reality seems to be aversive, you can make it favourable and different, without the hardships you once saw.

When he sees war outside of his inner world, he does it according to the values he has internalized, without realizing his own internal contradiction. He opts for the perception of what is presented according to the collective criteria he has learned. By better observing the complexity of the internal conflicts that take place in your own mind, you will be able to try to pacify the world within, making it more peaceful.

Even if you are unable to resolve your inner conflicts, by acknowledging them and recognizing your difficulties in resolving them, you will understand that the world represents everything that you cannot stabilize in your own mind. This idea

peace in the world, but will be able to influence others to see their inner contradictions and so be able to start their journey towards what everyone needs.

The true face of peace is the being himself. Therefore, you are peace. Grow into being what you want around you, an instrument of the Divine Plan. Behave peacefully in life and in a determined way, so that by playing your part in building a better society, will make you deserve to live in a happy world. Awareness of the immortality of the Spirit makes it possible to understand that working for peace is a permanent goal so that suffering and misery can be eradicated from Earth.

**Adenauer Novaes**

*Clinical Psychologist*





### Attitude of Confidence

A professor of philosophy entered the classroom, greeted the students and asked:

- Do you know what the most important thing in life is?

The students looked at each other, each thinking about what could be so important in their life. However, they dared not give an answer and risk being challenged by the teacher, as they knew that he was an expert in human nature.

Then, in front of the indecisive students, he opened his suitcase, picked up a handful of golf balls and filled a glass jar that was on the table with them. The students, already used to the teacher's tricks, remained expectant and observant, waiting to see what would happen next. He then, addressed the students, asking:

- Is the jar full?

- Yes, professor, it's full of golf balls; we think that there is no room for anything else.

The master returned to his suitcase and, this time, collected a bunch of marbles; as he poured them into the pot, they occupied the spaces left by the golf balls. He turned to the students and repeated the question:

- Is the pot full? Asked the teacher again.

The students looked at each other and did not answer.

The professor again went to his suitcase, opened a plastic bag, stuck

his hand inside, filling it up with sand. And as he poured the sand into the glass jar, it slowly filled all the empty spaces left by the marbles and the golf balls. He turned to the students and asked again:

- Is it full now?

- Teacher, we think this jar is now completely full - the students said in a curious voice.

The master was not intimidated. He took a thermos flask of coffee and poured the liquid into a plastic cup. And then poured the coffee into the glass jar, where it was absorbed by the sand and disappeared.

He turned to the students and explained:

- The glass jar is like our life. The golf balls represent the most important things in life, for example, our family, friends, spirituality, love and fraternity. The marbles represent the things that have relative importance, such as work, intellectual development and our profession. Sand, on the other hand, represents the least important things, such as material goods, money, power, fame, beauty, etc.

The teacher looked seriously at the students who listened carefully and concluded with a firm voice: We must fill our lives, first with the most important things (golf balls). Because by giving preference to the least important and filling our

lives with them (sand) there will be no room for those things that are far more important.

The students smiled and understood the moral of the story, but one of them asked:

- Professor, what about the coffee?

He then emphatically replied:

- No matter what difficulties you face in life, or doubts you have along the way, and even if you are hounded by fear and guilt, there will always be room for a coffee .....

When I finished writing this text, I remembered the genius of Guilherme Arantes' (*Brazilian singer*) songs. He was able to capture, in a short verse, the hope of the human heart:

*You showed me where to find more than a million reasons to dream.*

*And it's so good to have your feet on the ground and see that the best of life is about to begin.*

**Davidson Lemela**

**Neuropsychologist**

