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Science, Philosophy and Religion

On the Path of Love

We're all walking. However, do we know which way we are heading?

It is essential to consider that the best way does not mean the easiest, but rather the one

Love his life, and life is eternity". Very often, relationships seem to have died and aged, but if there is real love, there will always be a means of renewing the feelings to maintain alive the flame of life,

are above the transitory problems, by understanding that God's will is awakening and guiding us, towards the real spiritual life, with plenty of hope.

We are all children of God, brothers and sisters, enrolled in the great University called Earth, attending the LOVE module, which we are retaking, with the objective of passing. We are destined for victory over ourselves, exercising now, more than ever, universal brotherhood. Such as, solidarity amongst beings, forgiveness, collaborations within social projects which promotes society and consequently humanity within the model of what is Good for the whole.

The search for balance which we find in God favors existential stability. There is love in scarcity when we choose simplicity; there is love in pain when we learn humility and resignation... The more we think

Let us trust in God, for He is leading the human family to higher happiness and self-fulfillment.

Evanise M Zwirtes

Transpersonal Psychotherapist

that most safely leads us to the destination.

What destination? God. God is love, so there is no other way of talking about love without talking about God. Because in God we live, move and exist. The one who guides us on this path is Jesus.

Mahatma Gandhi teaches that "love and truth are two faces of God. Truth is the end; love is the path." And he goes on saying that: "love heals; love unites; love nourishes; love encourages; love alleviates; love motivates; love mobilizes; love makes life possible."

As the Spirit Joanna de Ângelis teaches, "Love and spirituality are terms of the same equation of life, inviting the beings to search for God."

Love is a force that transforms the destiny of all creatures, of all societies, of all nations. Chico Xavier explains "there is no end for love.

which expands and intensifies as a continuous process, on the path of progress.

The path of love is what has been offered to all of us who are living on Earth and who thirst for God's love.

God is the source of true love, which supports and sustains everyone in all situations.

Faced with the challenges of life, we may eventually feel fear, insecurity, despair... Perhaps it is because we have tried to love from our inner needs' internal neediness, whilst focusing on a material and temporary existence. It is necessary to learn to love with the inexhaustible and endless energy of God's love, in order to be able to supply us in the face of the challenging experiences of evolution.

God is love. Growing in God means broadening the sacred consciousness. On the path of Love, we



Love yourself

According to the tales of Greek Mythology, when Liriope, the nymph, gave birth to Narcissus after being assaulted by the god of the river, Cephissus, she became very concerned about her son's extreme beauty because she knew that the gods of Olympus did not accept human rivals. Having gone to ask Tiresias if Narcissus would have

criticism, as he believes to be superior to everyone. This is symbolized in Narcissus' an "excess of beauty" before the gods. Narcissism paralyzes growth and prevents the inner qualities of the human being from developing, because he already believes to be the best.

On the other hand, self-love demonstrates that the ego is at the



a long life, she received from the prophet the following message: Narcissus will live until he sees himself...

From the deep symbolism of the myth of Narcissus derived the pathology of narcissism, of the selfish, arrogant, demanding and capricious individual who only thinks of himself, who has difficulty sustaining relationships with others, and if sustained, it is with his own self interests in mind.

One must, however, differentiate narcissism from self-love, as they are exactly the opposite. The narcissist is not only incapable of loving other people, but deep down he does not love himself. This is because, by attending the immature, capricious and demanding ego, he becomes detached from the Self, from his soul. He ends up by moving away from himself and from the existential goal. He does not accept criticism and does not perform self-

service of the soul, of the Self, and is linked to a purpose. It puts all its energies at the service of life. It enables us to constantly review our behavior, as well as propel us to the necessary self-care, at the physical, emotional and spiritual levels. It is a necessary condition for our relationships to be healthy, as we cannot love each other harmoniously if we do not do the same in regards to ourselves. Empathy, which is the encounter between emotions, can only be healthy if our emotions are in harmony.

Narcissus had to dive into the fountain, becoming paralyzed with his own image. To develop self-love, we also need to immerse within, to let the flower of self-love flourish in us, which will lead us to the necessary transformations.

Cláudio Sinoti

Jungian Therapist

Love and detachment

In these times when humanity is living in a pandemic state, among the many lessons we have to learn, we are called upon to reflect on what is effectively essential in our lives. How many things we believed to be extremely necessary, if not indispensable for our survival, and suddenly we have to give them up or leave them for another time, when circumstances change.

The development of the capacity to love, innate to human beings, is precisely what leads us to detachment. Detachment from things, due to the transience of what is material and by the certainty that we have regarding the generosity and prosperity of life, which gives us access to everything we need for our growth. Having said that, even episodes of scarcity can be extremely important to transform ourselves.

Loving also leads us to detachment from people, especially from idealizations, because when we idealize other people it is our ego wishing that they are according to our aspirations, and not as they truly are.

I think and feel love as a deep bond with life, as a force that unites us, other people, nature and all beings in an intense and true way. For this very reason, love does not match any form of attachment, for it is an eternal flow. Attachment leads to stagnation, while love is the basis of transformation.

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Love and passion

I attended a spiritist conference, whose title was *Love and Attitudes*. At the end, the speaker opened for questions. A very well-dressed young woman, with a serious expression, raised her arm and asked: *what do you think of free love?* The lecturer looked her in the eye and answered firmly: *as I explained, I don't see how love can't be free. There is no confined love, since love itself is liberating.* But the young woman, perhaps not understanding the depth of the answer, replied: *but what if a baby arises?*

Both used the same word to express different topics. The speaker spoke of love, the young woman of sex, concerned about a possible pregnancy. Often the absence of full love in our hearts is filled with the emptiness of purely material expressions. There is loveless sex just for the satisfaction of a desire, and there is nothing wrong with it; you don't have to feel guilty, but it doesn't survive the fastness and disenchantment it causes. When you love unconditionally, however, there is no need for sex, but if it exists, it will be just one of the expressions of love.

Unconditional love does not charge, does not judge, does not fear, nor imposes conditions; it transcends and fills any void. Even as time goes by, it will never deteriorate because it is endlessness. The poverty of our language, however, established a vulgar meaning for the term, often confusing love with passion and desires.

When Jesus said the word love, people trembled, time was divided — before and after Christ — and good willed souls allowed themselves to be immolated in circuses to overcome instincts in favor of *unconditional love*.

Davidson Lemela

Neuropsychologist



Love and Resentment

Love is the driving force of the Universe; living energy that transforms, drives and produces life. The highest of the human creature's feelings, love promotes well-being and always brings something new. When two people love each other and decide to establish a relationship, the Divine Designs are established. The feeling of love is incom-

creating each experience in a planned way and paying attention to themselves as well as to the collective of society; there are also those who love all people, dedicating to them the best of themselves.

Power, on the contrary, generates sorrows, resentments and demands. When love is present, creativity, goodness and fullness



patible with power or anything that represents disrespect for the dignity of the human being. Therefore, to love is to care, respect and have for others a feeling of sharing a healthy and happy life. When one person says he loves another, he should feel for him a pleasant desire to be by his side, experiencing mutually stimulating experiences and providing wellbeing for both. To love is not only to declare or to know what the other desires, because everything that means necessity, dependence, power and need must be excluded. For these reasons, love is a one-way, undemanding and free feeling. One can love with differing intensity and quality. There are those who love people, dedicating their hearts to them; there are those who love animals, dedicating protection, affection and care to them; there are those who love the life they build,

appear as useful tools for the evolution of those who feel it. When the Spirit integrates the full consciousness of his immortality and lives according to this paradigm, his existence reaches that of the purpose and meaning of life itself. Therefore, always love, creating around you the expansion of the understanding of the other as to the immortality of which he is bearer, making of love your greatest flag. Eliminate all hurt or resentment in your heart, because you do not deserve to live with bonds that hinder your evolution. Always understand, forgive, and offer the love that exists in your heart for the Creator to truly come in you.

Adenauer Novaes

Clinical Psychologist



Love and Happiness

In times of trials and adjustments, talking about Love and Happiness can seem utopian. However, Jesus also spoke of peace in times of war, spoke of forgiveness in times of hatred, of piety in times of disdain, of responsibility in times of omission.

Why not talk about Love and Happiness in our time when it seems that people live a hard-hitting distancing from their own humanity? When does it seem to us that the "other" is someone as far away as the farthest stars in the universe? Precisely because of this, because of this distancing is that we must try friendship.

We live in times where the dramas of all sorts happen: natural disasters as well as the ones provoked by human beings themselves. The so called far-fetched solidarity is gradually emerging, because it is driven by the power of things. Perhaps inviting us to redefine the concept and meaning of happiness, as well as that of loving.

For centuries we have sought to be happy with the enjoyment of immediate and worldly pleasures, "loving" everything that surrounds us and brings us only momentary satisfaction.

Throughout the history of Philosophy, schools have emerged in order to also seek answers to life's most pressing questions. Existen-

tialists, for example, have the ability to show us reality as it is, without escapes or distractions. As a result, because they are so blunt, they bother. But they are useful, tremendously useful in our time of tragedies and deceptions, offering us a way out that suggests change. Change in acting, but above all in thinking.

That is why Allan Kardec emerged at the height of the recommencement of safe paths that make us rethink about our time, but above all, our actions.

In "Ethics to Nicomachus", Aristotle says that happiness is the greatest good desired by men and the purpose of all human actions; the latter, with a teleological sense, as in his philosophy, when he states that good is what all things tend to be.

It is not far from the statements of Jesus and Kardec, which prioritize the exercise of good as the purpose of human life.

But until we understand that, we have a long way to go.

"Aristotle says that both the wisest and the least learned people agree that all human action aims to achieve happiness. If it is part of human nature the desire to be happy, the highest end could not be another, and so there is this consensus." (W.J.P.dos Santos)

However, we need to consider

that there is no consensus on the meaning of "happiness". The meaning varies according to cultures, countries, as well as the evolutionary level of beings. Kardec lists the levels of happiness in *The Spirits' Book*, in the questions 100 to 110, which makes it quite clear that being happy, and loving is in accordance with the ability of creatures to grasp this meaning.

Just as Aristotle sought answers to existential questions, Spiritist Philosophy today answers the philosopher with the simplest of conclusions, inspired by Jesus: to love God over all things and to others as yourself.

This happiness will never be nullified in the hearts and minds of those who understand its true meaning. Also, never at any time can this meaning be changed or separated from the one who really desired it.

Sonia Theodoro da Silva

Philosopher

