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The Renewing Force of the Invisible

Whatever the human field of action, in its internal and external aspects, the "invisible" always invites us to look deeper if we want to deepen the observation of the reality that surrounds us.

however sharp the mediumistic capacity of the individual, it will never be able to apprehend the nuances and grandeur of the spiritual world.

For these and other reasons,

prefer to "not see" the numerous environmental crimes committed systematically that turn against the human being itself who, alienated, does not consider itself part of this Nature.

Aiming to generate wealth and "development", we have constructed a society so absurdly unequal that, according to data from international organizations, the 26 richest people have the equivalent of the monetary sum of 50% of the poorest. These are the "invisible" of the planet, living with subhuman occupations (when they can access it).

It is about time that, our generosity, compassion, solidarity, and awareness is made visible. We need to improve, more than ever, the ability to deeply love with meaning. After all, as The Little Prince teaches us, "the essential is invisible to the eye."

Cláudio Sinoti

Jungian Therapist

In the field of consciousness, here understood as the instance in which the contents perceived by the ego are found, many occurrences are not even noticed, being filed in the unconscious in the form of subliminal information. This unconscious itself forms the "unknown" field for consciousness, although it suffers directly the effects of its contents, especially in the dreams and symbols that invade the ego, often by default of this, as a way to boost the transformation of the being in its journey of individuation. When we examine the external environment, we are also immersed in waves that connect us through technology, but due to the limitations of our perceptions, they are not noticed. The waves do not "cease to exist" because they are not perceived, they exist and enable connections between individuals in distant places and facilitate human life in many respects. By further expanding the quota of the "invisible" that surrounds us,

reality is always deeper than the ego can perceive and understand, and the invisible and unnoticed is always present, inviting us to the condition of humility, to recognize, as the Philosopher Socrates taught us, that we effectively know nothing.

Recently, humanity has faced a challenging pandemic that has claimed countless lives and affected so many others, inviting all human beings to deeper reflections around life and its meaning. The tiny and invisible virus, that cannot be seen with "naked" eyes, modified the routine of almost the entire planet, forcing us to see everything we fail to do and look after, which now has a very high cost for all of us.

In addition to the "invisible" reality, we decided to close our eyes to the reality that we could have noticed, however, due to unconsciousness and in consequence, we neglected. We wasted Mother Nature's valuable resources in the name of greed and selfishness. We



Spirit and Life

To live, is a natural and unavoidable reality of the Spirit, as it is impossible not to live. The immortality of the human being gives it the entitlement to live an eternal present and to never retrograde on its evolution. Until you understand how Life works, reincarnation will occur



countless times so that capacities of facing the challenges of your evolution are integrated. The personalities, constructed with each incarnation, permits you to interact with the world, and, in your experiences, extract new evolutionary skills that empower you through the increasing complexity of living. Never go back, because when you integrate an ability you never lose it.

Your social interactions, through relationships which offer countless evolutionary skills, are the affectionate part of your existence. This is why their relevance should be considered whilst promoting the best in oneself, always considering that, caring for others is fundamental for your improvement. It is in your relationships that you learn to love, to perceive yourself and to understand the meaning of life. To live intensely is, therefore, the path towards acquiring the values that should guide human existence.

When the human being acquires the real awareness of its immortality, living as a Spirit, even whilst being in a physical body, its divine purposes are better assimilated. There

is no point in following an ascetic, sublimated or even sanctified life without undergoing the usual experiences from day to day life. A life away from natural personal humanization becomes distant from the spirituality which fulfills the existence with meaning. Spirituality

without humanization is religious polish that does not meet divine designs.

The life of the Spirit, when incarnated, requires more than sacralized formulas, initiation rituals or worships of gods, for nature requires the realization of a life filled with meaning and emotional experiences that add value to the Spirit. Do not fear living; taking responsibility for the construction of your own destiny and occupying yourself with self-transformation which includes caring for others, seems to be the healthiest path.

The character of the present incarnation should always remember that the Spirit is its master and must seek to tune in with it and answer to its command. Life is lived without meaning, but the divine cannot be reached without a personal meaning for life. The path is of the heart. The journey is long, tortuous, but accessible to everyone.

Adenauer Novaes

Clinical Psychologist

Interiorization

In the last few months, one of the most widely used expressions through all means of communication has been: "stay at home". The effective risk of contamination in the external environment, in addition to becoming an agent of contamination, has led a large part of the world's population to safeguard themselves in their homes.

Although, home should be a welcoming and comforting place, for many it transformed into a stage for conflicts, having many reported cases of disagreements and even family aggressions. So, when the relationship with those who are so close is turned into a climate of war, what can be said about human beings relationship with oneself?

In a general sense, individuals are not encouraged to get to know one another. Establishing primarily the pursuit of external goals, aiming to increase power, wealth, social status, knowledge but self-awareness keeps being postponed. They have fun and distract themselves on social media, were the persona predominates, remaining distant from themselves and neglecting their own shadow.

For this reason, from the moment that they are unable to utilize the gimmicks normally used to camouflage their conflicts, they erupt both in their relationship with other people, as well as sensing an existential emptiness, as verified in severe cases of depression and suicide. As predicted by Carl Gustav Jung, it is the lack of awareness of one's own psyche which has become the great evil of humanity. More than ever, "staying at home" should refer us back to our inner home.

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Self-encounter

Self-encounter. The human being facing itself in an intrapersonal relationship.

The relationship within is often a challenging one due to internal defenses, which block real perception. Self-awareness favors the gaining of consciousness of what a person thinks they are, from what they, in fact, are. We bring within the consciousness of God, which are the Universal Laws. Consciousness itself will torment us until we harmonize our inner experiences, adjusting spiritual values.

We are not victims when facing experiences, as our soul knows that it has the capacity to deal with the world and has come towards the lessons in order to develop its free will. Taking responsibility for what we feel, re-empowers us to make mature decisions.

Self-encounter happens when there is internal space and freedom to be ourselves. What gets in the way of an encounter? A relationship? Emotional dependence, insecurity, lack of affection, jealousy, envy, expectations, demands... Suffering, diseases, dissatisfaction are evidences that we are mistaken.

We perceive our essence through our feelings. The good or bad sensations in our body offer indications. One of the roots of depression is the non-acceptance of oneself, a long process of denial and disregard.

It is essential to question irrational beliefs to remove the force of an illusory scheme created in the unconscious. This questioning leads to the awareness of its inner reality, the Spirit, exercising self-love, through self-encounter, growing within God. As Joseph Murphy wrote, "In Him I exist, I move, and I have my being."

Evanise M Zwirtes

Transpersonal Psychotherapist



Moments of Consciousness

The definitions of the term consciousness says the following: feeling or knowledge that permits the human being to live, experience or understand aspects or the whole of his inner world; system of moral values that work, more or less integrated, in the approval or disapproval of conduct, actions and intentions

along to the collective memory.

By the first definition, we are currently "adjusting" our interpretation of the world in order to seek a new way of living, a new narrative in line with the world around us. By the second definition, resulting from the first, a new manner of behaving towards Nature and other species



of ourselves or others; according to Émile Durkheim (French sociologist, 1858-1917), set of representations, aspirations and common beliefs, creations or collective manifestations; and also a set of knowledge and values that all members of a certain group hold.

We are living in serious moments where our capacity for understanding cannot fully apprehend the experience we are going through. No one of our generation has experienced a pandemic. We have lived through other personal and collective experiences that count as existential challenges which place us in front of our capacity for resistance and resilience.

Previous generations have gone through painful experiences and history recorded the pains, afflictions and intensity of the suffering experienced and registered in books, films and documentaries, and even more so in the individual consciousness of those who lived, as well as their descendants, thus passing it

that coexist with us.

From our perspective, we are currently experiencing a reassessment of concepts and narratives, since in the "previous world" the failure of our inner values is evident. We are reinventing ourselves and, as such, individual resources and potentialities are in the process of readjustment. The very requirement of isolation can lead us to a deep reflection and awareness of the need to rebuild ourselves in individual and collective values and experiences in the real world.

Perhaps this is the beginning of a process of regeneration of our souls, as the Spiritist Philosophy proposes. As a philosophy, it refers to the revision and reflection of concepts and questions that have not been left unanswered. Let us think about this.

Sonia Theodoro da Silva

Philosopher



After the Storm

Humanity is going through a serious moment. The thoughtless satisfaction of purely material desires and the unceasing and uncontrolled search for pleasure at any price have made us very intolerant, to the extent that most of us have not yet understood the real meaning of human existence. What's the biggest lesson this moment holds?

Learn to practice charity? Lessen our selfishness and care more about others?

No! This has been taught many times. From the words of the ancient prophets who served as intermediaries between God and humanity to the unforgettable lessons of Jesus and his apostles, in the great manifestation of the divine word that always exhorted us to love others, the vast majority of us remained selfish and desperate. Do you know why? Because many still live the law of survival, from the strongest against the weakest, from the concern about me only instead of us. Then we lost ourselves in the labyrinths of fear, sadness and guilt.

The big and hard lesson that the moment teaches is self-encounter. Retreating into your home because of the pandemic is the opportunity to accept this unknown, which each one is of himself, to learn to deal with this anguish and this discomfort that your own company causes you, to turn your gaze to your inner world and recognize how far away you

are still from yourself and from love. Social confinement is the strategy God used for one thing only: Each one learning to love himself.

We've reached the limit of our strength. That's why we were forced to stop. We feel lost, not knowing what to do. Fear has taken over our lives, for most people do not know who they truly are and what they are doing here. However, our fear does not serve the world, much less ourselves. We are born to express the glory of God that is in everything: with life, respect for others, nature and ourselves.

Let us make the most of this time. Let us make peace with ourselves and let our light shine. Let us be joyful, be thankful, have hope, and believe in goodness. Our world is experiencing a serious moment of transition, there has never been so much scientific discoveries and so much cruelty of feelings.

Its time to reaffirm our faith and hope on happier days. There is no more room for uncertainty and disbelief. Either we change, or inevitably we will be expatriates to regions of deep suffering. We incarnate to contribute to the new era, and Spiritism is the return of Jesus, freed from the cross, alive, singing the glory of solidarity amongst people.

When this storm passes, we will have to reconsider many things, because life hit hard to make us wake up. Everything

seemed dark to us and we had so many doubts, nevertheless, the road we needed to take was long. When we felt our bodies weaken as if we had nowhere to arrive, we found that the time was really time to start over.

The German Bert Hellinger, psychoanalyst, graduated in Theology and Philosophy from the University of Würzburg and creator of the therapeutic approach known as Family Constellation, wrote:

"...Life disappoints you so you can stop living with illusions and see reality. Life sends conflicting people to heal you, for you to stop looking out and start reflecting what you are inside. Life breaks you into as many parts as it takes for light to penetrate you. Life sends lightning and storms to wake you up. Life wakes you up, trimming you, breaks you, disappoints you... But believe me, this is for your best to manifest itself... until only LOVE remains in you..."

Davidson Lemela

Neuropsychologist

