

The Journal of Psychological Studies

Science, Philosophy and Religion

The Psychologist Jesus in Times of COVID-19

We still live under the iron hand of a global epidemic. Covid-19 is a highly-lethal virus that is affecting every country on Earth, causing several changes to people's everyday lives. It's hard to find someone

us the perception that time is infinite and that the best place to live is within ourselves. This philosophy of life can be found in the simple and yet profound teachings found in Jesus' parables.

immortality. Jesus came to teach that we are all immortal beings and that this is the psychological understanding that allows us to go through all the trials of life with serenity, aware that we do not need to run away from anything. He also came to comfort those who fear death, telling them that there is a future life that continues on after earthly life.

The psychology of Jesus, given the circumstances in which we live, is one that brings harmony to our mind, helping us to wait for the right moment for that affectionate hug and living life with a permanent willingness to build one's future free of anxiety. Living in the present moment, aware that immortality always places us in the right experiences for our evolution, reassures the Spirit, preparing him or her for the challenges that are a part of life.

Adenáuer Novaes

Clinical Psychologist



who doesn't know what it's about, because social isolation has hit the planet. People react in different ways when they are under pressure, especially with the current loss of freedom to come and go as they please and without the warmth of human social contact. It seems that something is missing in the psyche that feeds people and propels them to live. Most people resort to alternatives that try to reduce the lack of affection and the warmth of physical contact with others. However, these are escape mechanisms that do not replace it. Increased contact through social networks is one of them.

Could we find some other alternative that would bring us encouragement? I believe so, however, it takes more than one experience to understand its scope. I refer to a philosophy of life that constantly comforts us, that brings

By saying "you are the salt of the earth", Jesus exalts the value of the human being at the center of life and its greatest beneficiary. This affirmation endorses the psychology of Jesus by valuing the Spirit as the master of himself or herself, therefore capable of overcoming any adverse situation. By stating "you are the light of the world" he places the Spirit as the being who brings light, thus giving a special color to the Universe. This implies an awareness of the importance of our Consciousness's ego as an element that can transform reality.

In the parable "The kingdom of heaven is like a buried treasure in a field, which, a certain man, having found it, then hid it. And overflowing with joy, he goes and sells everything he has and buys that field." It is clear that the inalienable treasure of a human being is one's own

*"Hope
would be the
greatest of
human forces
if despair
did not
exist."*

Victor Hugo

The voice of the heart in times of renewal

We often wonder what the best choice is for our current as well as already accumulated anxieties, forgetting that always the best way to decide, is to "follow the voice of the heart". It is certainly a figure of speech that signals us to follow our will, what we think is best for our lives, what speaks so deeply within that silences us.

never been explored before, where we find voices that often are not heard, echoing within our hearts.

At this moment when life is looking to renew itself and we need to look within ourselves, science shows what the heart itself has always tried to reveal to us. It, the heart, has great strength and intelligence, and can have the answers to



The need to listen to the heart is so real that researcher and stress expert Doc Childre, founder of the HearthMath Institute®, along with a group of researchers, discovered that the heart sends more information to the brain than the other way around and has a magnetic field that can be measured at a distance of a few meters from the body. In his studies, Childre proves that the heart can both externalize our emotions and be influenced by other people's emotions.

Science tries to show us what should not really surprise us, since we can feel that something changes in us every time we connect with someone else, whether through physical contact or even empathy. We need now, more than ever, to meet with empathetic people, at this very moment, as we come into contact with places within us that have

help us change attitudes and behaviors that we have created over many years, and which no longer serve us today.

The world has changed, and our questions are no longer answered by the answers we had before. Since what we were once, no longer corresponds to the complexity of present life with all its demands, what is left to us, is to listen to the heart and understand that love really is the language of all beings.

Irís Sinoti

Jungian Therapist

The Presence of God

The definition of God that most satisfies our philosophical discussions and that fulfills our longing to understand creation is obtained through the study of Spiritism: God, the primary cause of everything that exists in the Universe. The uncreated Creator, the supreme intelligence and infinite goodness.

Considering this, how can we understand evil?

There is no place where God is not present. Yet if evil exists and has a place, God cannot be there, for He is infinitely good. If He is not there, he does not know what is happening; and thus, loses the attributes of omnipresence and omniscience, and so, ceases to be God.

It is mainly for this reason that many individuals become atheists and categorically deny the existence of God, for they cannot reconcile the existence of evil, suffering and injustice with that of a Being who is revered as merciful and good.

If we choose God instead of evil, goodness is never absent. How to understand evil then? Evil is simply the ignorance of what is good, it does not exist in and of itself.

Many people say: *Evil is only the absence of goodness, just as darkness is the absence of light.* Darkness is not the absence of light, there is light, we are only unable to see it. Video cameras with infrared-sensitive lenses make it possible to see in the dark.

Likewise, evil is not the absence of goodness either, because in fact goodness is there, we just do not see it. It would not make any sense for evil to exist in and of itself. Paul of Tarsus in his Letter to the Romans states: *all things work together for good* (Romans 8:28). And the philosopher Socrates, 400 BC, prophesied: *there is only one good, wisdom, and only one evil, ignorance.* There is nothing truer.

Davidson Lemela

Neuropsychologist



Editorial Staff

Journalist

Katia Fabiana Fernandes - n° 2264

Editor

Evanise M Zwirtes

Collaborators

Maria Angélica de Mattos - Revision
Cintia C. Dos Santos - English Translation
Tanya Moore - English Revision
Karen Dittrich - German Translation
Hannelore P. Ribeiro - German Translation
Maria M. Bonsaver - Spanish Translation
Lenéa Bonsaver - Spanish Translation
Nicola P. Colameo - Italian Translation
Irène Audi - French Translation

Reporting

Adenauer Novaes
Irís Sinoti
Davidson Lemela
Evanise M Zwirtes
Sonia Theodoro da Silva
Cláudio Sinoti

Graphic Design

Evanise M Zwirtes

Study Meetings (In Portuguese)

Saturdays: 04.45pm - 07.00pm
Sundays: 08.00pm - 09.30pm
Mondays: 08.00pm - 10.00pm
Wednesdays: 08.00pm - 09.30pm

Study Meetings (English)

Wednesdays: 05.20pm - 06.30pm

BISHOP CREIGHTON HOUSE
378, Lillie Road - SW6 7PH - London
Information: 0207 3414948
E-mail: spiritisttps@gmail.com
www.spiritisttps.org
Registered Charity N° 1137238
Registered Company N° 07280490

Resilience and Life

The Earth is an immense experimental field for the improvement of the Spirit, the immortal being.

What is your purpose in life? To learn? To grow? To evolve? If so, are you ready for change? Given the existential challenges, the tests, what has been your emotional response? Do you hold others accountable or yourself? Do you keep learning in the face of obstacles? Do you consider yourself to be flexible?

Life is a constant invitation to self-knowledge, self-awareness, the development of resilience and resignation.

Resilience is the ability to deal with challenges, the clashes of life; to overcome obstacles; to resist the pressure of adversity; to learn from the attitudes of others. It is the ability to evaluate, to restart learning with a new attitude within, surpassing oneself. This strength of growth and renewal is found in the depths of the being, in the Self. "The Will is enlightened and vigilant self-management, governing all areas of mental action", expanding one's psychological, emotional and spiritual balance.

Advantages of being resilient: recycling spiritual energies, healing of old emotional wounds, a greater understanding of life, being predisposed to adapt and to relax, to recover one's self-esteem, inner autonomy, understanding that the problem itself is not really the problem. The problem is our attitude towards the experiences, our self-centered interpretations. Those who are resilient are humble, accept the events over which they have no control, seeing purpose in life's experiences.

Joanna de Ângelis, Spirit, says: "sensitivity to pain depends on the degree of evolution of the being, on their level of consciousness."

Evanise M Zwirtes

Transpersonal Psychotherapist



The Spirit in Relation to Itself

The great thinker of antiquity, Pythagoras, rightly stated that Earth was the home of opinion. If in his time there was this acknowledgment, we can certainly say that today we are not far from this defi-

that is where sometimes we deviate from the path. People become accustomed to reducing their understanding of things to the superficial perceptions of their own mind, because it is difficult to break with the



nition. It seems that we are getting closer and closer to it, and gradually distancing ourselves from the most important and suggestive process that has ever happened among us, also brought by a wise man, and which showed that development is from within.

This sage, Socrates, taught, or rather led his followers and listeners through the rough paths of opinion until the recognition that human beings knew much of others, but knew nothing of themselves.

The Socratic concept and irony, applied in the development of the truest and deepest of all knowledge, knowing oneself, directed thought and reasoning, in a natural way, to another moment. Get to know yourself and then be sincere with what you discover. Not knowing yourself shows that there is a crucial difference between true self-awareness and the current superficial human existence.

We are in this process – and that

structures of references already created and for the Spirit to make qualitative leaps into other dimensions of knowledge, transcending the limits imposed by successive lives of structured thinking.

The moment of natural transition that we go through, although painful, mobilizes our attention to focus on the necessary inner cleansing. This is when we are faced with our most serious issues, in all aspects considered. By rehabilitating ourselves with the divine laws in our consciousness, we will reach higher levels where real perception of ourselves will lead us to one day be with the Father. Just as promised by Jesus, without disagreements, without fads or guesses. Then we will understand that all this is part of just one moment and, as such, can never be our true identity.

Sonia Theodoro da Silva

Philosopher



Our testimony of love

Love is considered the feeling par excellence, which completely challenges us to a deep bond with life, in all its forms. Its capacity for expression is improved as the being transforms, evolving psychologically, intellectually and especially morally and spiritually. Initially "trapped" by instincts, those who find themselves in a state of sleep consciousness manifest it in a primitive, ungoverned and unconscious way, often generating conflict, because the empire of the senses still drives the being to search for immediate sensations.

At the stage of immaturity, it asks more to be "filled with love" than to be the one who loves, under the illusion that another can fill one with the feeling of love that one lacks. In this sense, it is even more coherent to speak of desire and necessity than of love itself. And while not freeing oneself from this phase of self-centeredness and selfishness, the expression of love remains below its possibilities and potential.

Such a task cannot be completed in just one existence, and for this very reason it is developed throughout successive reincarnations. Through the exercise of maternal, paternal, filial, and marital love, as well as via friendships, along with other manifestations of love. All of which are training the spirit to refine the feeling, leaving egotistic self-interest behind, to build relations of otherness.

In addition to immaturity, the great impediment to the fullest expression of love comes from traumas and unsuccessful experiences. These fuel conflicts that block the capacity to be affectionate, until the individual can overcome them. This involves the reframing of what one is experiencing, as well as the understanding that we are all work in progress. While not realizing this, the individual associates love with suffering and hence ends up suffering more, whilst not freeing himself from this limiting perspective.

Life, nevertheless, is rich in providing us with liberating experiences, and sometimes it will be the testimonies of love that force profound transformations of the spirit and to review our ideas about life and its meaning. We see, for example, in mothers or fathers who care for children with illnesses or special conditions, the dedication they give that seems to bring out superhuman forces from within them, to care for others, and causing them to often neglect themselves. These are profound experiences that demonstrate the human capacity for selflessness and love for others. In other examples this becomes even more noble, such as people who, in addition to their family ties, devote themselves to noble causes, surrendering to the renewing force of love, with no interest in any reward other than the opportunity to serve others.

In these examples, love manages to break down the barriers of egocentricity, to the point when the individual ascends the scale of consciousness, awakening to nobler existential purposes. We find in the examples of Sister Dulce, Mother Teresa of Calcutta, Francis of Assisi and others, as well as the anonymous women and men who, via service to others, silently found a way to transcend the limits of any religious or philosophical connection.

Jesus, amongst all beings, was the one who demonstrated Love in the most complete way possible. His *Anima*, the feminine polarity, welcomed and comforted those who were despised, abandoned and excluded from society. His *Animus* exercised moral authority vigorously, yet free from violence, demonstrating that love is a transformative force that manifests in a variety of ways. And He gave the greatest testimony of His Love for mankind, by giving up his life to show that reaching enlightenment depends only on us.

Cláudio Sinoti

Jungian Therapist

