

The Journal of Psychological Studies

Science, Philosophy and Religion

The Proposition of Altruism

Altruism is the virtue of heroes. The dedication to others is not enforced, as it occurs voluntarily. In addition to their daily obligations, in their available time, they dedicate themselves to the common good,

the culture and under what circumstances it is reborn, the Spirit will always be the brother of his alike, whose common origin is the Creator of life. To be altruist is to recognize the other as a brother, always

contribute to the construction of a better world.

Altruism can also be found in religious environments, as most people enter the priesthood by the desire to help others. Even if the exercise of charity is a mandatory supposition, the priest is the one who voluntarily dedicates his life to the common good. They are the ones who exalt spirituality, compassion and good so that humanity may keep the flame of love burning.

Outside the religious settings, it is important to cite the example of Gandhi, an Indian politician who freed India from colonialism, preaching peace and nonviolence. His altruism inspired an entire nation to live peacefully, in a simple way, without outrage against the British government. However, the greatest example of altruism we find in Jesus, whose life was dedicated to showing what he called the Kingdom of God, referring to the consciousness of personal immortality. His Gospel contributes to the human being better understanding the spiritual dimension, expanding his consciousness.



without needing to belong to any creed, no public function or social groups of philanthropy. It is the pleasure of doing for the good of the other without requiring recognition, gratitude or reciprocity.

Altruism is not the charity of occasion or the good that is done by duty of professional work, because it is the integration within a cause that promote the common good, without political interests or use of violence. To be altruist is to recognize the human needs, acting naturally for their eradication without any detriment to the natural exercise of ordinary life. The altruist is the human being who practices the highest notion of brotherhood and humanity, rising to the level of brotherhood towards all human beings.

Wherever one lives, whatever

having empathy, compassion, and love. To engage in philanthropic causes, solidarity movements and institutions dedicated to the eradication of any kind of discrimination against human beings is to get closer to altruism.

Contrary to altruism, selfishness causes the stagnation of a personality, because it refrains the exchange of knowledge, empathy and the development of affection. Without altruism there would be the favoring of ethnocentrism that makes it impossible to perceive that all human beings belong to the same universal family. Thanks to the altruism of those who have dedicated themselves to studies and research aimed at improving people's living conditions, humanity now has numerous life-saving discoveries that promote progress and

Adenáuer Novaes

Clinical Psychologist



Profound Learning

The search for knowledge has always fascinated mankind, from the philosophers of antiquity, who attempted many times to decipher the wonders of the Universe and Life. One of the greatest exponents, Socrates, used maieutic – whose root comes from "giving birth" – so that this learning could be pursued internally, because in this way the connection with what was desired to be known would come from consciousness itself.

knowledge, because knowledge focused only on the outside may even cause creatures to have information, but never discernment to use them in favor of life, self-development, and society. For such, the development of a critical sense is necessary, because it is not enough to provide access to as much information as we see today; if this information does not go hand in hand with the intelligence of making good use of them, we will

Reason to Live

There are dozens of reasons to awaken the will to live in us. There are so many that we could spend many pages listing them all without any fear of making mistakes.

One of them can be the work that sustains our material life, or our family, our children, and our friends that illuminate our existence. Our experiences of past lives filled with dramatic episodes with intense characters, resulted in today's life. It may also be the hope and courage to dream and take risks that nourish our souls and enrich our spirit. I think those reasons and a lot more of them would be enough to keep our hope in life.

All these reasons, however, are subject to God's laws and there are not any that would not justify our reason for living.

But would there be a greater reason, a special meaning or a peculiar reason that makes us get out of bed every day?

The continuous contact with people over several years of clinical experience has shown me that one of the fundamental reasons for human problems and tiredness in life is the absence of an existential motivation or a greater ideal, above the frivolities of the Earth, capable of illuminating our lives.

I believe, however, that the main reason, the primary reason that should motivate us to live, is ourselves. I remember the words of Nelson Mandela that confirms how true this is:

We are brilliant, talented. We are children of the Universe and we do not have to make ourselves small to make the other feel better. We are born to manifest the glory of God and we must let our light shine...

Shine your light and find out the reason for living.

Davidson Lemela

Neuropsychologist



In the search for methods that facilitated learning, over the millennia, women and men dedicated to education developed varied concepts and methods. But notwithstanding the advances made in several areas of knowledge, we see nowadays that there is still a long path ahead so that human beings can achieve a deep levels self-awareness, the sciences and life itself. Absurd theories still find a field in the minds of modern technology, and bizarre and destructive behaviors are established everywhere, just like a pandemic, demonstrating human complexity and the enormous challenges to face.

For this reason, the learning process cannot leave aside self-knowledge,

only be reproducing, robotically, what we have access to.

It was not for nothing that Socrates sought inspiration in the famous phrase of the portico of the Temple of Delphi, for he understood that the key to knowing and learning about life lay in the process of seeking in himself the answers needed. If we do not deal with a deeper process of learning, based on the foundations of love, ethics and the virtues of the soul, we may even aggregate information, but never knowledge, in the profound sense that this word represents.

Iris Sinoti

Jungian Therapist

Editorial Staff

Journalist

Katia Fabiana Fernandes - n° 2264

Editor

Evanise M Zwirtes

Collaborators

Maria Angélica de Mattos - Revision
Cintia C. Dos Santos - English Translation
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Karen Dittrich - German Translation
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Maria M. Bonsaver - Spanish Translation
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Irène Audi - French Translation

Reporting

Adenauer Novaes
Iris 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

Opting for Happiness

How are you doing? What is your existential goal? Where's your focus? In Goodness? Do you know that goodness is all that is according to God's Law? And that God's Law is the Law of Love? Do you love yourself? Did you know that in essence, you are a good person?

It is important that you choose the option to be happy! How? Learning to; think, feel and act according to universal values. For example: find out what you can change in yourself and accept what you cannot change out of yourself; choose the practice of benevolence for all; exercise indulgence in the face of everyone's limitations; decide to forgive everything and everyone; practice humbleness to realize that you are already happy. Do you know why? Because you exist and you are love. Develop motivation to learn, enriching life, by giving yourself.

While experiences are transitory, they aim to stimulate creativity for renewal and readaptation. You can change! Do you want to? The option to say yes indicates your commitment to feeling joy in your heart. It is up to you. The external elements, things or people, are the tools you need to enrich yourself with love. You are the only person you can always count on.

Be light, be free! Then, you may ask, how? Is this possible in the world we live in? Yes. The option is to practice goodness, develop beauty, focus on the Truth, wherever you are and with whoever you are with.

Evanise M Zwirtes

Transpersonal Psychotherapist



Hope in Love

Nowadays, many disbelieve in the power of Love. We are not referring to the passionate and possessive love of which we bear. There are very few who have found ways to express a form of feeling, other than that encouraged by the immediate interest in personal satisfaction. However, we found that supporters of altruism on a large scale

instrument. He remains until now, enclosed in an image that he never thought of presenting to humanity.

His examples of dedication and love, his sensitive perception of human suffering and how to minimize them, his scientific knowledge that allowed him to cure physical diseases and obsessive processes, were so distorted that today, Jesus



formed teams of care and assistance to the health and well-being of the most vulnerable, as well as to the fauna and flora of the planet.

This is the case of *Médecins Sans Frontiers*, which initiated in France, and which expands today around the world bringing medical care focused on the physical and mental health of its assisted; the WWF that serves world fauna and flora, the SOS Mata Atlantica in Brazil, among others, which seeks, incessantly, to preserve and protect the forests of the south-southeast of the country from the exploitation and illegal export of wood, trying to preserve the region against the devastation of the forest.

Altruistic attitudes are not always welcomed by the majority. In a moral realm of trials and expiations such as the Earth, the transitory interests, the greed, the inferior feelings prevail over good intentions, creating obstacles and even impeding their achievements.

Jesus of Nazareth, who was greatly misunderstood, and transformed into a myth and a religions

is satirized and mocked by those who put him on the level of human deceptions.

However, there are many who draw inspiration from his teachings to live and help others. Spiritism, which emerged at the end of the 19th century, came to rescue and legitimize the image of Jesus and his words of comfort and direction for life in this dimension and in others where the immortality of the soul can express itself.

Understanding Spiritist Philosophy is accessing a level of superior knowledge that guides us through the uncertainty that characterize life on Earth, it is still a safe path that brings us back to the great Master of us all, the one who heals the wounds of the soul, the personification of Love.

Sonia Theodoro da Silva

Philosopher



Love, Work, Wait, Forgive

Love! For love is, par excellence, the power of the Universe. Expression of the bond with Life and between animated beings, it is a sentiment that needs to be cultivated. In its' most primitive expressions, it is instinct, from which we free ourselves as we evolve. In a beautiful symbolic image, Joanna de Ângelis says that when a beast takes care of her young, there is found the beginning of this noble sentiment. As we increase consciousness, love goes through several phases, representing the phases of psychological and spiritual growth of beings.

Initially it presents itself with the natural conflicts of egocentrism, a phase characterized more by the desire to receive than to give. Like a child, who waits for the world around them to meet their needs, egocentric people experience love only in accordance with what they receive, without being available to serve. Nevertheless, the evolutionary impulse and the conflicts of self-centrism will provide the necessary experiences for altruism to develop as well as empathy. Thus, establishing a bridge between feelings, developing the social being and providing the mature manifestation of Love. But this requires a working effort...

Work! Action is a universal law, and inertia is a burden on the shoulders of individuals and/or society. Nature provides us with all the necessary conditions for our development. However, when it

gives us the capacity for becoming self-aware, desire will be the force that leads us towards the plenitude to which we are destined. Although work is seen as a part of the development and progress of the collectivity, the work done within, focused on oneself, is of greater importance for the development of the being. Transforming oneself requires effort, and the one who denies it, behaving contrary to the very laws of life, choose a path of conflict. However, the results of these efforts do not take place immediately, as desired by the ego. That's why you have to learn to wait...

Wait! Anxiety has become a hallmark of a postmodern society, which intensifies the statistics of the disorders that accompany it. One of the main characteristics of anxious people, is not knowing how to live the present moment or to connect with it. Living as if the future were a great threat which needs to be controlled, and which is not possible. Knowing how to wait, in this context, has no connection with passivity, but with constant awareness and work, without waiting for actions to provide immediate results. And in this process, setbacks can always occur, especially in interpersonal relationships. That is why it is important to learn to forgive.

Forgive! It is not only a theological recommendation, but specially as a way of maintaining physical, emotional and spiritual

health. Forgiving, although it can benefit the person to whom it is intended, is first and foremost a gesture of self-love, because sorrow, is an emotional toxin, and provides several psychosomatic disorders, which often become diseases which could have been avoided. Often people become prisoners of past issues, identifying themselves with the suffering generated by someone at some point of existence. Certainly, there are serious and painful issues, but the more we can release the strength of the conflict that comes to inhabit our intimate world, the more we continue in the journey of life, making ourselves available to live new experiences. Forgiving, in this sense, has more connection with what you will do with the feeling that lives in your inner world than with what you will do with the other person involved.

Love, work, wait and forgive are permanent invitations of Life on the path of Self-awareness.

Cláudio Sinoti

Jungian Therapist

