

# The Journal of Psychological Studies

Science, Philosophy and Religion

## The suggestion of depth psychology according to Jesus

According to the notes by Carl Gustav Jung, we owe the terminology 'Depth Psychology' to Eugen Bleuler, a Swiss Psychiatrist who Jung himself was an assistant to in his early years in the Psychiatric

However, if academically Bleuler, Freud and Jung, among others, were responsible for the development of Depth Psychology as an academic proposal and psychological practice, observing the

tells his agony, he asks:

- "Do you believe that I can cure you?" The belief, in this case, was not connected to a religious faith, but a force of connection of the being with itself, and which shows to be of profound effectiveness in the exchange between conscious/unconscious.

The Defence Mechanisms of the ego, as well as the archetypes of the Shadow and Persona, also did not go unnoticed by the Master. Faced with the posture of some teachers of the Law and Pharisees, he energetically said: "Woe to you, teachers of the Law and Pharisees, hypocrites! For you are like white-washed tombs: outwardly beautiful, but within they are full of dead bones and all kinds of filth!" (Matthew 23:27). Jesus pointed out the projection of their own shadow, when they criticised others for any behaviour, demonstrating a collective appearance (Persona) which had no substance in what they carried inside (Shadow).

Although Jung explored the importance of symbols, Jesus demonstrated that he knew their relevance, and through the Parables he communicated not only with the field of consciousness of those who requested him, but also with the Profound Unconscious, leaving behind the knowledge which even today help us to understand the Archetypes which dwell in our Unconscious. It is no wonder that Jesus is considered by many as a Psychotherapist par excellence.

*Iris Sinoti*

*Jungian Therapist*



Clinic. Bleuler was referring to the area of psychological science which was beginning to investigate the human unconscious. From Freud's contributions, this ocean, which is the Unconscious began to be unveiled, demonstrating its importance for the understanding of conflicts as well as of human nature itself.

Analytical Psychology, developed by Jung, was one of the developments of Depth Psychology by presenting the archetypes and symbols of the unconscious, which were intensely manifested in dreams and in psychic dynamics. Interpreting the patients' dreams, as well as helping them to elaborate their own complexes, Jung developed a new psychological current, freeing himself from the interpretation centred only on neuroses of a sexual nature.

Therapy proposed by Jesus to his "patients", we verify a broad harmony within its assumptions.

Before Freud developed catharsis, as a form of free elaboration that would give access to unconscious conflicts, Jesus allowed those who requested Him to talk about their pain, initially asking:

- "What do you want from me?"

He did not set Himself up as a fortune teller nor did He impose a cure that was not asked of Him, but He allowed people to set themselves up, which proves extremely important in the process of acquiring physical and mental health. When the ego shows itself available to the therapeutic process, the exchange with the unconscious normally allows better explanations, overcoming the resistances, which impede access to the root of the problems.

Going deeper, after the "patient"



## The Spirit in Transition

The current society of Earth is composed of almost 30 billion souls, incarnates, and disincarnates, can be compared to students, enrolled in the last year of high school.

Let us imagine that a reduced portion of these students, 20%, at the end of the period, managed to have a satisfactory education, meeting the conditions to enter higher education. Another portion, however, also 20%, run away from their academic obligations, with neglect, and therefore did not earn the mer-

Those who have not yet been touched by the feeling of goodness will be excluded for not being worthy of the transformed planet.

On the other hand, selfless souls with hearts full of pity, sacrifice themselves for their loved ones, allowing themselves to be immolated in places of exile, closely following the journey of those who have not yet managed to awaken to love and compassion.

In the book *Exiled by Love*, by Sandra Carneiro, dictated by the



its to continue learning, having to recapitulate it away from their classmates.

Finally, a third parcel, the majority, 60%, has a chance, however remote, to win the right to continue learning with their classmates.

To you, who are reading this article at this moment, this is how humanity on earth is at present. In this grave hour of Planetary Transition, the selection is being made of the conscientious students, the indifferent ones and those who are literally asleep.

Therefore, the future that awaits us may be a happy opportunity of a permanent communion with those we love or the difficult path of *weeping and gnashing of teeth*.

In the book *Genesis*, chapter XVIII, it is stated that for Earth to become a happy planet, it must be populated by good Spirits. When the time comes, there will be a great emigration of those who inhabit it.

## Motivation

The concept of the word "motivation", for psychology and philosophy, in its practical sense, comes from the situations that encourage a person to carry out certain actions and to persist in them until they reach their goals. The concept is also associated with will and interest. In other words, motivation rises from the will to make an effort, and achieve certain goals, whatever they may be.

The stimuli that rise externally activate our actions and decisions. They constitute forms of self-realisation, whether in professional or personal life or in relationships with other human beings.

Unfortunately, humanity has had to face -and is in fact facing- a pandemic of a lethal virus that does not choose nation, people, customs, sex, level of education or any other situation in which the human being is situated.

At this moment, some countries already find possibilities of near freedom, because their populations have been almost fully vaccinated.

Nevertheless, many still face the drama resulting from this highly contagious disease that does not choose whom to take, either to a slow recovery or, in the worst case, to death.

So how to carry on, how to motivate oneself? We have been obliged to change our habits and relationships. The positive side, if we can define it like that, is the bringing together of people through social networks as well as the initiatives of collaboration with those who need it most. All over the planet, there are also alternatives, such as to follow the guidance of science, seek encouragement in your own achievements, work, pray and have faith, because everything in life passes and this will also pass.

**Sonia Theodoro da Silva**

*Philosopher*



**Davidson Lemela**

*Neuropsychologist*

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BISHOP CREIGHTON HOUSE  
378, Lillie Road - SW6 7PH - London  
Information: 0207 3414948  
E-mail: spiritisttps@gmail.com  
[www.spiritisttps.org](http://www.spiritisttps.org)  
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### Willing to Live

Life is a gift to the Spirit, whose main maxim is its immortality. Living is a one-way street, because life is an indisputable condition of all beings, and it is not possible not to live. The will directed to live must be filled with goals and purposes, especially the achievement of the Personal Designation. When the Spirit directs its life in the physical body or out of it to reach its higher meaning, it will be able to be in peace and happy.

When minimum existential goals are established and achieved, in regards to working, strengthening family ties, leisure and spiritualizing, one can seek to live in plenitude and harmony. A life filled with accomplishments in Goodness, sharing knowledge and exercises of compassion and charity, will certainly be beneficial to society.

Life should be lived intensely and in such a way as to provide personal and collective well-being so that all may gain and an egalitarian and just society may be built. The awareness of personal immortality, the widening of the horizons of material life by contemplating the spiritual dimension and a calm working life will certainly lead the human being to become an agent of the Divine. To transform life into a set of experiences that integrate useful abilities, mainly the capacity to love, in order to be able to pass through existence in a physical body as a reverence to the Creator is the highest goal.

**Adenáuer Novaes**

*Clinical Psychologist*

### Belonging to God

The search for God marks all stages of human development. Known by various names, searched for and honoured in various ways, or even having His existence denied, He has always been part of human reflections, since the first civilizations.

normally occupied: profession, marriage, social spotlight and so on.

Sometimes the very way in which the being associate itself in religious contexts becomes an obstacle to a deeper relationship with the divine. Castrating religions and



The ego does not have the capacity to understand God in His totality, because in its limitation, it cannot conceive an idea that comes close to the Infinite. However, the Soul senses the divine presence, because, not having the possibility of creating itself, it surrenders to the strength of the Creator. That is why religiosity, which goes beyond being associated or not to a religion, is innate in the being. And even for those who deny the existence of God, there is a psychic guidance that makes them seek Him. For this very reason, Jung himself already pointed out that in all his patients who found themselves in the mid-life crisis there was a crisis of a religious order, referring to the need for a search which went beyond the questions with which the ego is

fundamentalist proposals, which impose rigid behaviours on their believers, constructing meaningless formulas and rituals, empty of meaning what goes beyond any human conceptualisation.

However, whether we are aware of this reality or not, we human beings are part of a cosmic project. For this very reason, there is no other way for us to meet God than through self-knowledge. As particles of the Universe, when we decipher our own mysteries, we will be able to become aware of "Belonging to God". Who knows when we will no longer resist this, we will build a Humanity with less religions and more religiosity.

**Cláudio Sinoti**

*Jungian Therapist*





## The Near-Death Phenomena | Part II

Continuing our study on NDEs, we point out that the visions of tunnels through which they pass, the consciousness of being "dead" (and if they have this consciousness, it is because they are alive), extraordinary lights which communicate with them, meetings with "dead" relatives, observation of celestial scenarios and retrospect's of their lives are common. It is also curious to point out that people who are blind, even from birth, and who have gone through these experiences are able to see normally, as in other cases, suggesting the vision of the soul, which is independent of the optical pathways of the brain.

They always report an external force, induced by the will of a Spirit, the one who accompanies and directs the soul in its unusual experience.

They are reported today in many clinical circumstances, as a consequence of cardiac arrest by myocardial infarction, shock due to postpartum blood loss or complications during surgery, anaphylactic shock, electric shock, coma resulting from brain damage by trauma, stroke, suicide attempt, drowning or asphyxia.

As these phenomena occur in medical situations, often in the wards of clinics and hospitals, Medicine has been focusing on them, trying to understand their mechanisms, even though it completely ignores the physiology of all the processes which involve the soul as a being distinct from the body and those of its relations with the latter. An example of this is the pioneering study, published in

one of the most respectable medical journals in the world, "The Lancet", by several authors, headed by Pim van Lommel, in December 2001, whose title is: "Near-death experiences in survivors of cardiac arrest: a prospective study in Holland".

This study revealed that out of 344 consecutive patients who suffered cardiac arrest in Dutch hospitals in that period and were resuscitated, 18% of them experienced such phenomena, which is a significant number. However, in other studies on the subject, the percentages were even higher, 43 to 48% in adults and up to 85% in children. Several theories as to the origin of these experiences have been put forward. Some researchers think that the experience is caused by physiological changes in the brain, such as death of brain neurons, as a result of cerebral anoxia (lack of oxygen).

Other theories suggest a psychological reaction to the proximity of death, or a combination of the two. These are some pale attempts of explanation, by Medicine, of phenomena that reveal new but real and challenging aspects of the life of common people, a Medicine that is still unaware of the existence of the soul as the seat of human life, the perispirit and its physiology, and that still believes that all phenomena related to the mind are necessarily originated in the brain.

Another important aspect that resulted from these cases is the so-called transformation process that those who experienced NDEs went through. On leaving the hospital,

and over the following months and years, they present modifications in their lives which include a change in the scale of values and attitudes concerning situations, people, work, and so on, inclining towards spiritualisation, as well as an increase in sensitivity and intuition and the disappearance of the fear of death.

Among the interesting final considerations of the authors, we highlight their suggestion that they have not been able to prove that neurophysiological, psychological, or physiological factors could cause such phenomena, factors which are always related to everything which occurs in the arenas of medical science. Another is that memory and consciousness, two of the most fundamental aspects of the human mind, might not be resident in the brain as science has always understood. The NDE challenges the contemporary limits of medical ideas about consciousness and the relationship mind-brain, revealing itself in a great field of research that could take knowledge beyond the current narrow horizon, favouring the reaching of the ample reality of the soul, the true essence of life and of the Being. That is what all those who need the certainty of the soul's existence are waiting for, through science, so that it may be established, for ordinary men, as the causal point of life and of God's love.

**Sérgio Thiesen**

**Cardiologist, Physicist**