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Who are we?

Despite the long historical journey that humanity has been making, with many conquests and lessons learned along this path, there are countless enigmas to be deciphered. When we thought that

own lives, the phrase contained in the entrance portico was famous: "Know thyself". Pythonesses were known to give prophetic answers, attributed to the god Apollo, but even so, the responsibility for each

flicts, and the way they drive our actions. Associated to this, in the therapeutic process we usually revisit personal history, in order to make the patient aware of the formation of behavioural patterns, learned way of dealing with the challenges in the family environment and the complexes which were structured in this context.

The analysis of dreams, which Freud called "the royal road that leads to the unconscious", are great allies in the journey of self-knowledge. Unfortunately, the pace that many people impose on modern life, means the space for contact with the world of dreams and for a more attentive outlook at one's own life, which could save many dissatisfactions, has become very small.

We know very little about ourselves, and this can be challenging and fascinating at the same time. Challenging because we should never be satisfied with what we have already learned about ourselves, for we always have new learning to do, new faculties to develop and limits to overcome. Fascinating because this journey will lead us to our true self, which awaits to be unveiled from the commitment with ourselves and with this wonderful journey that we call Life.

Cláudio Sinoti

Jungian Therapist



Medicine and Science had reached a level of knowledge capable of providing safety to human life, viruses and calamities challenge us, demonstrating that existence, including the biological and universal phenomena, continues to be largely ignored by men and women. This should, at the very least, humble us when facing knowledge itself, by always being ready to modify and expand points of view, as eternal apprentices, so that we can reduce the ignorance that surrounds us, and leads to so much suffering.

And if we do not know the world "outside", do we really know ourselves? Can we say with certainty "who we are"? Since the advent of Psychology, and even before, with Philosophy, the search for the internal world has been pointed out as a fundamental need for the development of the being. In Ancient Greece, at the famous Oracle of Delphi, a place where people from various parts of the world came to seek answers about destiny and their

person to examine themselves could not be delegated. Socrates, who immortalised the Delphic saying, would add: "a life without examination is not worth living".

For a long time, it was thought that the examination of one's conscious life would be enough for the individual to be able to claim to know himself. Nevertheless, with the deepening of psychological studies, it became clear that the unconscious was the great unknown to be unveiled, a true ocean to be explored. When Jung deepened the concept of collective unconscious, demonstrating that we bring with us not only our personal history, but also the history of humanity within us, in the form of archetypes that drive us to a certain form of behaviour, the challenge became even greater.

It is certain that the challenge of knowing oneself must begin with the observation of what is within our reach: our emotional world, our behaviour, our thoughts and conflicts,



Spirituality and existential purpose

Spirituality can be defined as a tendency of the human being to seek meaning in life through concepts that transcend the material world or the search for a sense of connection with something greater, more profound or higher than oneself.

Spirituality may or may not be linked to a religious experience. According to various religious faith, spirituality translates the typical way of living for a believer who seeks to reach the fullness of his relationship with the transcendental, with what is invisible to the eyes, the divine, the eternal.

re-signification are desirable experiences for everyone.

To try find and understand the reasons God has placed us on earth, at this present time, amid the realities in which we find ourselves, guiding us towards the development of the virtues we are so lacking to achieve, within the parameters of eternal life.

Our stay on Earth, the physical life, is very important. That is the reason why we need to establish goals in order to live a meaningful life.

Those who think that the objective of our existence lays solely with

Reincarnation and life

Reincarnation has never been accepted in the Western world, as a process described by Eastern religions as the return of the Spirit with a different body, in a multifaceted cultural, physical, moral, ethical, and intellectual experiences. In Antiquity it was known as palingenesis and accepted by pre-Socratic philosophers as absolutely natural, since their observations showed Nature always renewing. It is attributed to Eastern beliefs the notions of reincarnation as a principle of faith and never of motive.

However, time took care of proving through medical sciences, mainly

transpersonal psychology, that the Spirit or soul really transits in different bodies, renews behaviours, ideas, character, and

what is more important, the Spirit or soul survives the physical body that perishes, dies and returns to the elements that formed it.

In Antiquity, reincarnation was accepted as natural and as a means of progress for the soul or for reasoning. In our time, reincarnation is seen by most non-religious spiritualists and spiritists as an opportunity to redo their lives, review lost opportunities and accomplishment of new projects.

The logic of observing nature, which restores itself with each season, each overwhelming phenomenon is an unequivocal sign that reincarnation is a natural law. Giving hope as it confirms and proves the words of Jesus to Nicodemus (John, 3: 1 to 14): "do not be surprised if I tell you that you must be born of water" (matter) "and of the Spirit" (renewed soul).



Spirituality is the set of all the emotions and convictions of a non-material nature which assumes that there is more to living than can be perceived or fully understood, guiding the individual to questioning, such as, the meaning and sense of life, not necessarily from a religious belief or practice.

Recognising its importance for a person's quality of life, the WHO (World Health Organisation) has included spirituality within the domains which should be taken into consideration when assessing and promoting health at all ages.

As immortal beings that we are, it is very sad to use a physical body, during years of a physical existence on earth, without the slightest notion of what we should do in the world.

It would be necessary to always pause in the hustle and bustle of daily life to look at everything we are doing and see if there is a better and more useful meaning to life. Introspection, self-knowledge, and

simple conquest of perishable material values, are mistaken. As the noble French writer Antoine de Saint-Exupéry used to say, the essential is invisible to the eye.

The existential objective is to develop the internal Christ and seek the plenitude of being. And never allow oneself to get lost in the maze of senselessness and indifference, of materialism and disbelief.

After millennia of successive lives dealing only with material issues on a daily basis, the world is beginning to awaken to a new era in which spirituality and its consequences are gaining space and bringing another meaning to life.

Do not let yourself live unconsciously. For everything you do or stop doing, let there be a clear sense or a considerable reason.

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Health of the soul

Try to see health, dimensioning your spiritual reality. You go to the doctor because of recurring abdominal discomfort. The doctor requests an endoscopy and gives you back a diagnosis of nervous gastritis, which in great part is caused by a bacterium called H Pylori.

The Helicobacter Pylori colony is already part of our gastrointestinal organism, we live harmoniously. We need the bacteria as much as they need us. However, this bacteraemia establishes itself in your body due to failures in the immune system. If the number of bacteria is high, the antibodies will not take care of it and it will be necessary a pharmaceutical intervention and the doctor will prescribe you

Omeprazole to protect the walls of your stomach, as well as an antibiotic to control the bacteraemia.

But this pathogenesis has as its cause the an immune disorder and this is significantly affected by your emotions. Sorrow, anger, anxiety, guilt, these are some of the emotional conditions that can interfere with your immune system and affect your health. This is what happens with most illnesses.

Consequently, illness is like an alarm bell, hence you are aware of what you are doing wrong in your life.

In fact, the health of the soul is related to our negative character traits, well known to us: pride, selfishness, arrogance, superiority, stubbornness, meanness, among others.

We need, therefore, to dedicate ourselves to destroy them if we wish to maintain our health.

The key to free us from the illnesses caused by pride and selfishness is humility. Blessed are the humble, for they shall inherit the earth and be happy.

Davidson Lemela

Neuropsychologist

Is there such a thing as Moral-COVID?

Scientific studies confirm that the Coronavirus disease, COVID-19, is an infectious disease caused by the acute respiratory syndrome coronavirus (SARS-CoV-2), affecting people of all nationalities and ethnicities, who deserve compassion and support from human science, cooperating in promoting the relief and well-being of people.

from the Spirit and directs the organic field, producing cells, substituting tissues, and revitalizing the blood, bones, and limbs. It is also the mental power, which is responsible for the changes in human metabolism, transmitting to the physical body all the commands coming from the Spirit.

"The mind is more powerful to



On the other hand, we are all invited to cooperate with self-protection, as well as protecting others, by following to the restrictive measures, established by the competent bodies, to prevent the advancement of the physical contagion. This exercise of individual and collective responsibility demonstrates solidarity.

It is understandable that the pandemic brought sudden changes in various sectors of human life, requiring flexibility, adaptability, change! This context has generated mental and emotional stress, fears, anxieties, insecurities... Learning to express these feelings and thoughts in supportive environments can greatly alleviate the psyche.

Also, under a transpersonal vision of existence, the meaning of the experiences takes holistic proportions, since they show the timelessness of consciousness. Among all the sciences, the most challenging to be known is the internal science, the one that takes us back to the Divine Science, presenting the triune paradigm of the human being: Spirit, perispirit and physical body. In this sense, the mind is the power plant that transmits the orders

install diseases and disharmonies than all known bacteria and viruses", teaches the Spirit Emmanuel. So, we ask: does a Moral-COVID exist?

Spirits in evolution, our minds are still contaminated by selfishness and pride, the infections of infections, contaminating individuals and societies, making them sick.

We analyse some diseases of the soul and the spiritual remedies available to all, for the real cure:

- C** = covetousness - practice charity
- O** = overbearing pride - practice humbleness
- V** = violence - practice gentleness
- I** = intolerance - practice fraternity
- D** = despair - practice love

It is essential to take care of the physical body, as much the soul, by renewing thoughts, feelings, and attitudes. Learn to detoxify the mind, forgive, accept the reality, practice gratitude daily, seek the universal medicinal source, God. God is Love and love heals everything and everyone.

Evanise M Zwirtes

Transpersonal Psychotherapist



Continuity of Consciousness beyond the brain

The human brain is a formidable "machine". Having developed over the ages, it carries with it the accomplishments made throughout the evolutionary process.

The studies of the neuroscientist Paul McLean have demonstrated the three overlapping layers in what became known as the Triune Brain, composed as follows. In the first layer, the so-called "Reptilian Brain", responsible for the basic movements, which occur in an automatic way, would have been formed about ¼ billion years ago. Soon after, about 150 million years ago, the "Limbic Brain" or Mammalian Brain would have been structured, which helped us to amplify the emotional responses, the construction of social bonds and to deal with a more complex reality of Life.

Finally, not meaning the end of the evolutionary process, the "Neocortex" or "Primitive Brain" was overlaid, whose constitution enabled the capacity of self-consciousness, self-reflection, abstract thought, expansion of the capacity to communicate as well as transcendence, among other functions. It is curious to note that, even before Maclean's studies, André Luiz, in the book "Mundo Maior" (Larger World) (1947), establishes that "we cannot say that we have three brains simultaneously. We have only one, which, however, is divided into three distinct regions. Let us take it as if it were a three-storey castle. In one of them resides the habit and automatism; in the other resides the effort and the will; and in the last one lays the ideal and

the superior objective to be reached".

In this fantastic machine the presence of about 86 billion neurons was verified, which carry out synapses and neural connections among themselves that account for the complexity of the human being. But what is all this for? Do we use all the potential that the brain makes possible? How are consciousness and brain connected? These are great enigmas, which scientists answer in the most diverse ways.

For António Damásio, a famous Portuguese neuroscientist, consciousness is a great symphonic piece which allows us to reflect on the experiences we live, on what we feel, as well as to plan a path for our lives, adjusting it according to existential circumstances. In sight of this and some other scholars, there would be no consciousness without a brain. However, according to the deepened perception of Carl Gustav Jung, consciousness emerges from the unconscious, and this same unconscious, when we are born, is not a tabula rasa, a blank sheet of paper, but it already carries with it the marks of the history of humanity with us. This conception already brings a clue that our trajectory comes before the very conception of the brain.

From a transpersonal point of view and supported by the Jungian approach, Joanna de Ângelis explains that the Collective Unconscious perceived by Jung brings the trajectory of the spirit itself and, for this very reason, rescues its passage through history in the

most diverse phases it has gone through, making it possible for the evolutionary process to proceed towards new stages of development of the being. To acquire consciousness, in the sense Joanna proposes, is to awaken to the equating of one's own unknowns, with the consequent understanding of the responsibilities that concern oneself. This consciousness, which continues to develop throughout life, arises when we allow ourselves to look beyond the limits of our normal perception, beyond the limit of the ego... What we become aware of becomes an integrated aspect of our personal reality.

And if at birth we already bring with us this previous history recorded in the Collective Unconscious, the several manifestations of the consciousness beyond matter give us proof of the continuation of its development beyond the limits of the brain, since the experiences of materialization verified by William Crookes, the practice experiences of Brian Weiss and other investigators of the Mind, the innumerable phenomena of spiritual manifestation proven by evidence, moreover the extensive bibliography through mediumistic phenomena, proving that the Spirit, beyond the material brain, continues manifesting the reality of consciousness. Consciousness that has not yet reached its apex in the evolutionary process, because we are still crawling in the understanding of ourselves and of the Universe.

Iris Sinoti

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