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The physical brain and the perispirit brain

As far as the Earth is concerned, the human physical brain, in relation to the whole of Nature, and all of Creation, is the most extraordinarily divine element in the material world. A masterpiece of the Eter-

This includes the cerebral cortex and its cerebral circumvolutions - the highest part, the diencephalon, the brainstem, and the cerebellum. We still have, inside the spine, the spinal cord, which gives rise to the

Nowadays, we have several imaging methods for the study of the anatomical brain and its functionality, and of the sick brain, of the many problems that affect Humanity in this area. Dementia's, specially Alzheimer's disease, Parkinson's disease, epilepsies, microcephaly, Down's syndrome, anencephaly, depression, schizophrenia and autism spectrum disorder (ASD), are challenges of the modern world, causing much suffering to the patients and their families. And functional Magnetic Resonance Imaging, CT scan, PET-scan and Electroencephalogram are the most used devices in medicine for diagnosis and control.

Nevertheless, it is worth remembering that all human diseases originate in the immortal soul, fruit of the transgressions to the Divine Laws, throughout countless millennia, which have repercussions in the perispirit, changing its molecular and atomic structure, damaging it, deteriorating it. The consequence is the sickness of the body, configuring different diseases and with different severities.

Considering the importance of the brain today, its study generated a specialty in the medical and biological field, the Neurosciences. Therefore, nowadays we study the mind beyond the brain, religiosity, and spirituality within Medicine. The extra-cerebral memory, near-death phenomena, communication with patients in coma and other conditions that allow us to get, in the name of science, closer and closer to the so dreamt spiritual reality of the human creature, the child of God. So that the human being may know his essence and his origin better and work to live from now on, according to the parameters of an eternal life, knowing how to value the presence of God within himself.

Sérgio Thiesen

Cardiologist, Physicist



nal Father for the spirits who have reached the human condition, by taking a physical corporeal vestment, to be able to manifest themselves in the best possible condition and live on Earth, a planet of trials and expiations, a stage or category of world that is still very limited.

However, it can only develop itself and exist because there is, in the perispirit (a connecting element between the soul and the body), in the astral plane, long before and independent of the existence of the physical body, the core that generates it, is the perispirit brain. All the structures of the body are the perispirit, which is called biological organizing model, or (MOB).

The immortal soul, the eternal spirit, the human mind generates the perispirit, which then, in turn, acting upon the fertilized egg, develops the embryo and the fetus with all its complex structure, including, of course, the brain, responsible for the highest functions so that human life can take place, and with it, evolve.

We call encephalon, the part of the central nervous system that is anatomically located inside the head.

peripheral nerves.

Its cells are called neurons, which establish synapses among themselves, in an extraordinarily organised way, in the so-called neural networks. They are like the biological matrix and the modus operandi of all brain activity. It seems that there are 86 billion neurons and 16 different types of them, according to a recent study by the University of California. And all this in the cerebral cortex alone, the external and most important layer of the brain, associated with the higher functions of human life, motricity, sensitivity, memory, cognition, emotion, language, etc.

As researchers manage to unveil the different functions of the several "species" of neurons, we will create a map of the healthy brain - the model of the ideal brain, which will define the perfect functioning of each cell and its integration with the others. This map will serve as a control for us doctors to diagnose neurological and psychiatric problems more accurately, long before the symptoms occur. And, naturally, this will bring an enormous advance for contemporary Medicine.

Perispirit and diseases

Throughout history, the human being has always sought formulas to increase longevity and eradicate diseases, and the increase in the life span of the population seems to point to a relative success in that search. Relative, because we have not managed to eliminate once and

predispositions. In some cases, considered as expiations, the law seems to act in an inexorable way. Even so, depending on the way the being conducts its current existence, even certain conditions may be attenuated, if not eliminated, depending on the case in question.



for all the diseases from the human experience, and no matter how much we postpone death, it continues to be the inexorable truth of the biological reality of the being. For this very reason, it is important to deepen the understanding of the binomial health x illnesses beyond the physical reality.

As an immortal Spirit, it is necessary to remember our trajectory, so that we do not repeat the mistakes of the past and improve the qualities developed. The perispirit, being the intermediary body between the spirit and the matter, acts as a memory that we carry from the journey taken, presenting limits, possibilities and predispositions that imprint onto the body important characteristics for our learning. But we must remember that it does not act like the mills of fate, presenting inexorable realities, but as a mediator.

Certain illnesses, according to the Spiritist theory, may be impelled by past predispositions, when we unbalance our vital centres through wrong choices. Our genetic code would work as a selective process of the spiritual needs of the being, which, depending on the way he conducts himself in the current existence, will activate or not certain

We must remember that we interact all the time with our spiritual reality, and that is why the perispirit, as well as bringing information from the past, stores the current information, which will serve as memory for our future experiences.

The important thing is to have the healthiest life possible, in the body, in the emotions, in the mind and in the spirit, because in that way we will be providing our spiritual body with information and characteristics that will help us to achieve the plenitude that is reserved to everyone.

Cláudio Sinoti

Jungian Therapist



Ethics and health

Ethics can be defined as the set of moral value norms present in a person, society, or social group; it means everything related to the moral behaviour of human beings and their posture in the social environment.

The term "ethics" has its origin in ancient Greece, in the word *ethos*, one of the meanings that influence the meaning of ethics is *ethos* (spelled with the Greek letter eta) means the customs, habits, or the place where one lives besides representing the character, temperament and character of individuals.

Thus, ethics is the study of the principles of actions, represented in social customs and habits and in the individual and collective character (source: Filosofia, Encantamento e Caminho).

Concerning health matters, on the other hand, the World Health Organization (WHO) in 1946 defined health as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

Keeping the home, work and leisure routine organised, having the habit of talking to friends and family, taking care of your sleep, and eating an adequate and healthy diet are part of the recommendations that will help preserve mental health.

As for common diseases, emotions can be triggers that bring up latent diseases that we carry in our perishable bodies and are also subject to external contaminations due to low immunity.

Therefore, it is not the exacerbated emotions that make us sick, but they are the ones that propitiate the low immunity, giving rise to autoimmune diseases and contaminants.

We can find, within spiritist books, the following guidance: in *The Gospel According to Spiritism*, Chap. 17, item "Look after both body and spirit"; *Evolution in Two Worlds*, chapter "Morbid predispositions and so forth". Joanna de Ângelis, elaborating on our "inner physician", says: "he can and should be guided by thoughts of security, through the disposition of a balanced mood, by the hope of victory, by unrestricted faith in God and prayer, which stimulate all the cells towards the correct performance of the purpose that concerns them".

Sonia Theodoro da Silva

Philosopher

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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Tłumaczenie na język polski

Reporting

Sérgio Thiesen
Cláudio Sinoti
Sonia Theodoro da Silva
Iris Sinoti
Lusiane Bahia
Davidson Lemela

Graphic Design

Evanise M Zwirtes

Study Meetings (In Portuguese)

Saturdays: 05.00pm - 07.00pm
Sundays: 08.00pm - 09.30pm
Mondays: 08.00pm - 09.30pm
Wednesdays: 08.00pm - 09.30pm

Study Meetings (English)

Wednesdays: 07.00pm - 07.30pm

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

Destiny or choice?

Our life can be considered as succession of choices, even when we do not need make them, we are often letting other people or life itself make them for us, which is also a choice. This is not a problem in itself for most part of our achievements. However, when they concern essential matters on our journey, they usually produce a lot of guilt, pain and conflict. Some prefer to believe that fate rules our lives and that we can do nothing to change them. Believing this, they carry on with life without greater responsibility, until this "destiny" seems far too cruel to them.

One of the great challenges of maturity is to assume "the reins of one's own destiny". We certainly don't control the external events of life, but we can always structure ourselves internally to deal with them in the best way and accomplish the main achievement of our existences: by becoming the person we were born to be, which Jung explained well when he presented the concept of individuation.

In this way, our choices will shape our "destiny", even in the external events that affect us, since we have the internal freedom to choose our responses to what life presents us with. In these times when the shadow is so dense and challenging, individually, and collectively, we are being invited to make conscious choices that promote the long-awaited collective transformation. Everything will depend on our choices.

Iris Sinoti

Jungian Therapist

The Strength of Will Power

"Willing is power! The power of the will is unlimited", states Leon Denis, in his book "The Problem of the Being, Fate and Pain". The eminent philosopher and Spiritist teaches us that the will is a power of the soul, therefore, a driving lever of progress. It is the will that directs

and educate what one knows.

In "Happy Life", Joanna also gives us some guidelines: "By knowing how to discern and fight for what suits you and will be better for you, you will learn to conduct yourself with the balance that will save you innumerable discomforts",



decisions, since it represents the most intimate of intentions, defining, therefore, destiny.

As the being starts becoming conscious and perceives the latent resources within, he identifies where the power of the will resides, and where he must direct it, because it is the spring that propels actions (thoughts, words, or acts). If events occur without the person knowing exactly what they want, they become more susceptible to misunderstandings, thus gathering the effects of unconsidered causes.

Pain, then, comes as an invitation to growth, in expiations or trials. Suffering, however, is optional; "it is not imposed by God, it is the choice of each creature", as Joanna de Angelis states in her book "Plenitude".

To be free requires courage to admit that actions are not always adequate. Self-knowledge, then, becomes necessary. Sometimes great opportunities are lost because we ignore the personal achievements and talents that make up our inner world. One can only administer

because "the well-channelled will achieves great realisations".

Prayer, good reading, enlightening conversation, working for good causes are excellent tools for, with wisdom, educating the will, directing its strength with conscience.

"The kingdom of heaven is within you" (Luke 17:20,21), said Jesus. Therefore, to be happy, to love, to overcome pain, to learn, to free ourselves from suffering, to educate our emotions, to do good, to serve, are situations of life that are under our administration. We only need to want it because the power of the will is in us!

Lusiane Bahia

Lawyer





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Spiritual autonomy and bio-psycho-social and spiritual health

Fellow reader, in your daily life, observe yourself. You can easily memorise the number of your documents, several telephones of by heart, you analyse your friends, and know your family members well. You know exactly how many kilos you need to lose and what you like and dislike. Nevertheless, you do not precisely know, where you are, who you are and what you are doing here. You know about quantum physics, religion, politics, everything about your favourite team and your idol of the heart, but you cannot answer a simple question without stammering: Who are you?

During the time of Socrates, there was a famous temple called the Oracle of Delphi. At the entrance portico of the temple, there was an embossed inscription which welcomed visitors saying: "Before... know thyself". Today this phrase is forgotten in the ruins of the temple and the misunderstanding continues, but the search for self-knowledge has never been so important as it is now.

We are bio-psycho-social and spiritual beings, and the origin of our illnesses lays precisely in the difficulty in measuring, mainly, our spiritual reality.

Health is not the absence of disease, because there are healthy individuals from the organic point of view, but sick from the spiritual and psychic point of view.

You go to see a doctor because of recurrent abdominal discomfort. The doctor requests an endoscopy and returns a diagnosis of gastritis. There are basically two types

of gastritis: one that is caused by external agents - such as food, drinks, drugs, etc. - and the other one - nervous gastritis. The latter, for the most part, is caused by a bacterium called H Pylori. Where do you imagine you contracted this bacterium? Nowhere. This colony of *Helicobacter Pylori* is already part of our gastrointestinal tract, we live together harmoniously. We need the bacteria as much as they need us. But this bacteraemia is established in the organism due to failures in the immune system - as in the case of nervous gastritis. If the number of bacteria is high, the antibodies will not be able to cope, and a pharmacological intervention will be necessary. Therefore, the doctor will probably prescribe a magnesium-based pharmacological agent to protect your stomach walls, and an antibiotic to control the bacteraemia.

But I think you will agree that this procedure, although standard, is palliative. Because in this case, the pathogenesis is caused by the immune disorder, and this is substantially affected by our emotions. Sorrow, anger, anxiety, guilt, these are some of the emotional conditions that can interfere with our immune system and affect our health.

So, when an illness like this arises, it is as if an alarm begins to sound, one of those noisy and insistent ones. But they need to draw our attention, we must be alert to the pathological alarms and find out, after all, what we are doing wrong or what we need to change in our life to restore health.

But what do we do? Desperate, we visit the doctor and want him to cure us, but the cure is in our own hands. Unfortunately, most of the time we turn off the alarm and opt for magnesium.

In Chapter VII of *The Gospel According to Spiritism*, the author warns us that in pride and selfishness are found the source of all evils. We need, therefore, to dedicate ourselves in destroying them, if we wish to gain spiritual autonomy and complete health. But do you think you can destroy them? No? Yes, of course, it is impossible. It will still take many centuries for this to happen, but you can reduce its intensity. I know it is difficult, so it is easier to take medicine than to change yourself. But you do not want to be an archangel when you cannot yet be an angel. All you must do is make a little effort to be just a little bit better.

What makes us dependent and sick are not the difficulties of life, but pride and selfishness. These determine the way in which we face difficulties. You do not have to change others, or the world, or life, or things. You must change yourself, be less intolerant, think more about others, be happier, do not hold grudges or resentments, visit friends, be grateful, laugh a lot and believe, always...

Davidson Lemela

Neuropsychologist