

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Love, the paradigm of Soul's Medicine

The advances in Medicine are undeniable, and nowadays, it is able to produce diagnoses and treatments with much greater precision and speed, helping to keep the body strong against

integrated totality in which the parts constantly communicate and interact.

Hippocrates, the Father of Medicine, said that even before curing someone, we should

and soul as expressions which come together and, the more harmoniously they act, the more they will enable the being to demonstrate its real essence.

One of the great problems is that, even knowing that certain attitudes and behaviours are harmful, many people find it difficult to make the necessary effort to free themselves, giving way to disruptive habits which sooner or later end up affecting health in all instances. Hippocrates' recommendation, for many, is something difficult to achieve. The Medicine of the Soul, which Socrates already proposed, still meets resistance from both professionals

and patients. illnesses that before could destroy entire populations. Nevertheless, if on one hand we progress intellectually, moral deficiency produces other types of pathology as or even more serious than those that affect only the body.

Faced with this paradox - significant progress on the one hand, and inactivity on the other - we are led to search for the roots of the illnesses that afflict us, because only in this way can we achieve a complete cure. In the Philosophy and Science of ancient Greece, among the various examples that stand out, we find in Socrates and Hippocrates great lessons for the health of the soul.

Socrates, philosopher of Athens, taught that the failure of physicians in the treatment of many diseases was due to the fact that they treated the body without treating the soul and, the whole not being in good condition, it would be impossible for a part of it to get well. It was millennia ahead of what Psychosomatics and the teachings of Quantum Physics would prove, because the human being is an

question if the person would be willing to "give up" what made him/her ill. This recommendation is extremely valuable in healing processes, because modern science itself is already able to demonstrate that the patient's will, together with discipline in changing habits and routine, are valuable factors in the recovery and restoration of health.

Suppose we can summarise the cause of the ills of humanity, lack of love - which can be considered the pathology of love - it ends up being the root of illnesses and can be considered "the father" of selfishness, pride, vanity and so many other destructive behaviours that mark our days. Moved by lack of love, beings destroy themselves and build toxic and abusive relationships in which personal interest takes priority.

For this very reason, Love is the greatest antidote and remedy for the Soul, and only a "Medicine" based on its expression will be able to provide the human being with full healing. Love which must manifest itself in care which integrates body, emotions, psyche

and patients. Only when we realise the excellence of Love in all instances and dimensions and start to practice it as a way of life, will we achieve the healing of the Soul.

*Iris Sinoti*

*Jungian Therapist*



## Depression and the search for God

The statistics of Depression have been so frightening that, although we are still at the beginning of the new century (and millennium), it has been pointed out as one of the evils, if not the evil that denotes our times. Concerning issues of physical, psychic and spiritual order, because

various factors that can lead to depression. Allied to medical treatment, psychotherapy helps patients understand and deal with their own emotions. As the condition often involves a deep sadness, an emotion that many people find difficult to deal with and



it affects the being in an entire way, despite all the advances in diagnosis and treatment, there is still much to learn about the depressive disorder, as it manifests itself in the particularity of each individual. So much so that the psychologist James Hollis prefers to speak of "Depressions" in plural, given the uniqueness of the process according to the characteristics of the patient.

In the face of this complex picture, we should not underestimate the issue, saying that it is a matter of "lack of God", weakness or other judgemental expressions which end up placing the blame only on the patient and on his lack of attitude towards existence. Certainly, the attitude and will are determining factors to overcome the situation, but often the genetic and brain issues require the use of psychoactive drugs to balance the synapses, as well as hormones in disharmony, among the

understand, the search for meaning and significance in life is of fundamental importance.

Depression presents itself as an invitation to self-knowledge, and for many patients it is a journey into their inner selves. In this sense, we can understand the search for "god" (in lowercase), not as a formal religious process, but one which involves the essence of "religare", as only when we are connected to ourselves, we can we speak of a search for God (in capital letters), which goes far beyond any religious bond. For many who have experienced Depression, or who continue to deal with it, it ends up being a very profound journey, which, although it is painful, presents a treasure of enormous value.

*Cláudio Sinoti*

*Jungian Therapist*

## Why are we sad?

Sadness is characterized by the lack of joy, mood, willingness, and other emotions of dissatisfaction with life and its events.

However, what is not said in the media is that sadness is part of human existence. It is not possible to spend our lives smiling all the time, which would be characterized as a behavioural defect. The opposite of what the social networks and the media promote by showing people always happy, showing a constant happiness, even if it is non-existent.

Life gives (or presents) challenges to be overcome, more complex moments that demand our attention and often expose our emotions.

The current Covid 19 coronavirus pandemic has ended up increasing the distance between desire and reality. The latter has proved more difficult to face because it goes against our expectations and hopes for a better life in the short term.

The Gospel According to Spiritism refers to melancholy as a natural human feeling, therefore, of nostalgia for the spiritual life. However, deep sadness can lead to depression, and this is where the work of the Psychology professional comes in.

In order to avoid this more serious process, we must accept life as it is and seek ways to make our great expectations viable with small pleasures: eating well, physical exercise, good reading, enrolling on good courses, dedicating ourselves to our profession, maintaining virtual contact with friends and relatives, caring for plants and animals, taking care of the house, keeping a disciplined schedule. And above all have faith, be optimistic and always pray.

*Sonia Theodoro da Silva*

*Philosopher*



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## Personal Autonomy

Jesus did not hesitate to affirm: "I Am". This expression translates the consciousness of oneself. Whoever communicates in this way understands who he really is, what his wills and objectives are, what truth dwells within, he understands the integrity of the self.

He/she possesses, therefore, personal autonomy, which is the capacity to govern him/herself, which does not allow illusions or pretences, or even influence in thoughts, words and actions.

Ideas of giving up, of sadness, of revenge, time and again, invade the mental field, presenting themselves as solutions to the various challenges of existence. However, they are lures, and to follow these paths, leads the being to the loss of his own self-management.

For this reason, Jesus warned about prayer and vigilance, so that the spiritual being may remain awake, improving his discernment, maintaining coherence, logic and lucidity. And he also indicated: "You are the salt of the earth... You are the light of the world" (Mt 5:13-16). He thus highlighted the potentialities of the Spirit, and, at the same time, the goal to be reached.

"I Am! Jesus called Humanity to live the Era of profound truth that He came to inaugurate and lead. To observe His steps and His choices is to decide to fix the real elucidations of life and to promote an efficient program of personal achievements.

**Lusiane Bahia**

*Lawyer*



## Psychological escape and self-encounter

When you look in the mirror, you see your reflected image. However, this image is the one your eyes allow you to see: your physical appearance: heavier, older, the way you speak, your gestures, attitudes, etc. However, when you have to

a laughing child of about five years old, with lively eyes, who was staring at me. Moved and without knowing the reason for that, I bent down on my knees.

I hugged the child, bringing him close to my chest, then I looked



face obstacles in life, when you are facing physical or emotional difficulties, your inner world reveals itself, the one that does not appear in the mirror. Thinking about it, do you believe that there is an echo of resonance between your external world - which appears in the mirror - and your internal world? - which you do not see? Does what you reveal on the outside agree with what you feel on the inside? Do you feel free to decide about your choices, or do you run away from yourself in a psychological throw into guilt, insecurity or stress?

Last night I had a dream. I woke up remembering that I had been in a place full of flowers of all colours. The sky was an incomparable blue. A cool breeze blew, and the mild sun illuminated and warmed my face.

I noticed that in the distance someone was coming towards me, nevertheless, I could not distinguish. He was quickly approaching, stretching out his arms as if he wanted to give me a hug. When he came close, I recognized him. It was

into his eyes, and I had no doubts, it was me. Yes, I was standing in front of myself at the age of five. He looked at me with his bright little eyes waiting for me to say something. I thought: What would I say to that child? What would I say to myself?

I held his face and with a suffocated voice I said: "Only I know what you have experienced. How I regret having wasted my time with things that did not deserve it. How I regret having cried for something that was not worth it. How I miss the memories of my past that I no longer remember, I think they were stolen from me by fear or sadness. But I will never leave you again. I will protect you and you will always be with me; I want to be again that child I was and not be afraid of anything anymore..."

**Davidson Lemela**

*Neuropsychologist*



## Chemical Dependency and Self-Love

There are many reasons that can lead a person to become a chemical dependent: lack of self-love, shyness, imitation of behaviour from other family members, loneliness, depression, difficulty in dealing with frustrations, spiritual obsessive processes, and so on.

Chemical dependency (alcohol, tobacco, cocaine, crack, heroin, amphetamines, opioids, and so on) is a disease, a mental disorder and is usually serious, leading to disastrous consequences for the patient and the family. And as such it must be considered by everyone, patients, families, society, doctors and health professionals. It has no cure and the results with medical treatment, involving several approaches, are still very limited, unfortunately. Therefore, continuous professional assistance is necessary and may ease the consequences and the suffering of those who live this tragedy. Without it, as a rule, there is a continuing aggravation of the condition, which may lead to death, either by overdose or by severe clinical consequences.

Some symptoms are observed in the dependent, such as:

1. Strong desire, compulsion to use the substance.
2. Difficulty in controlling the use, in terms of beginning and end, in other words, the quantity. The dependent uses and abuses until he/she lose control.
3. Presence of abstinence syndrome such as nausea, tremors, migraines, hallucinations, when the use of the drug is interrupted for a certain period of time.
4. Presence of tolerance, evidenced by the need to increase quantity to maintain the same effects.

5. Persistent use, despite the diverse harmful consequences. Many times, personal and family problems are observed, as well as loss of employment and even so, they continue to use the substance.

6. Progressive abandonment of pleasures or interests in favour of drug use.

The chemical dependent is unable to use the substance in a controlled manner. Besides specialized medical treatment, many times with confinements in specialized clinics, psychotherapy, as well as self-help groups and even religious attachment can be supportive tools to control the strong desire to use.

Through psychotherapy the user will understand the personal expectations about the consumption of the substance(s), strengthen his decision to overcome the addiction, by changing habits, leaving self-destructive behaviours out of his life, recovering self-esteem.

Alongside chemical dependency, there is the addiction/compulsion to gambling, abuse of food, sex, addiction to theft, work and shopping, among others. The cerebral and spiritual mechanisms involved are very similar.

As a doctor and Spiritist, I have tried to attend to the cases that have come to me over the last few decades, always making desobsession and Spiritist fluid therapy available. The services are carried out in Spiritist centres, in teams of qualified mediums and attending each case individually. In absolutely all of them, we verify obsessive processes since previous lives, sometimes involving a great number of sick entities and

collectors of serious and complex karmic debts. We try to take care of all of them, the disincarnate ones, attending them in their individual and collective needs. Fluidic treatment in person or at a distance is always the best complement. In this way we have obtained results that are completely more promising than with only the resources of conventional medicine, even excellence medicine.

We cannot stop knowing that we are all souls or spirits and that we live in a world of trials and expiations. The Earth, a great hospital, full of imperfect human beings and with many tendencies to all sorts of diseases, as a consequence of our bad tendencies. It is necessary to value the reason for life being as it is and the notion that we should know ourselves, evaluate our difficulties before or during illnesses appear. Self-knowledge, self-love, introspection, personal transformation, meaning, self-transformation, substitution of moral vices such as the devastating triad of pride, selfishness and vanity, by the virtues of the immortal Spirit, empathy, compassion, solidarity, fraternity, the capacity to forgive. To love our neighbour is to take care, out of love, of all those around us. It is self-love; it is taking care of ourselves. This, the first love, is the root of cure and prevention of our problems and of happiness.

*Dr. Sérgio Thiesen*

*Cardiologist, Physicist*