

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Theory of Reincarnation

The Spirit Joanna de Ângelis, in the first message of the book *Vida Feliz* (Happy Life), psychography by Divaldo Franco, says that "while life is expressed, the opportunities to

questions goes back to Reincarnation, the second word in the divine language. Expiation and progressive improvement of Humanity is the purpose of the

depend only on itself, on the choices it makes along its path and the way it conducts itself in its experiences.

Reincarnation" is the instrument used by God to exercise His love over Creation, since, through this resource, the spirit is polished, the edges are trimmed, and spiritual maturity is acquired through the intellectual and moral progress that is achieved.

Reincarnating, therefore, is a blessing of growth and awakening, towards happiness. It remains for the traveller of existences to thank God for the gift of a new beginning and for the experiences that arise along the way.

Gratitude for everything: for the good that happened; for the evil that did not happen; for the evil that was present and which one could learn from; for the Spiritual Benefactors who, through their

inspiration, make the reincarnation journey lighter and smoother; for the reunions with the loved ones, family and friends, and for the experience of beautiful and special moments; for the reunion with the antipathies and for the opportunity to enlarge the spiritual family; as well as for being here, in this reincarnation.

Nevertheless, it is allowed to ask, begging Your Paternity, Your Love, so that Your Will may prevail and that there may always be Your Mercy, with the concession of opportunities to remake, clarifying the perception that this reincarnation is very valuable, and what is done with it is what will be written in the chapter of an immortal life, towards happiness, towards perfection.

*Lusiane Bahia*

*Lawyer*

grow and be happy multiply".

The opportunity for progress occurs constantly in the history of the spirit. Through incarnation, the being is able to reach perfection and realize its contribution in the context of Creation.

Therefore, the understanding of the need for multiple existences is fundamental, because only through the Theory of Reincarnation does incessant work and undeniable progress, essential for growth and happiness, become possible.

"Why does the soul display aptitudes that are so different from and independent of the ideas acquired by education? Why, in some, the innate or intuitive ideas, which in others do not exist? Why, is that some individuals, regardless of their education, are more advanced than others? (Part II, Chapter V, item 222, *The Spirits' Book*).

The logical answer to these

plurality of existences that activates Justice and Education under the perspective of the Divinity.

As life expresses itself in the corporeal matter, that is, as it reincarnates, there is more opportunity for enlightenment, learning and awareness. Encounters, repetition of lessons, new discoveries occur and there are innumerable opportunities to free oneself from moral difficulties.

Also, there is opportunity for the challenge of growth from the trials that appear on the path. It is the divine concession, within the benefit called "time", for the development of abilities, of talents, in constant improvement for the Spirit.

It is effectively a new beginning (being born again) to reach the Kingdom of God in the heart of the being. The Spirit realizes that it is the maker of its own destiny, of its history, where happiness and misfortune, success and failure,



## The Journey of the Soul

In the etymology of the word "Journey" we find the French similar "jour", which is equivalent to the journey of a day, marked by the "rising" and the "setting" of the sun. In Greek mythology, the god Helios is represented on a chariot that leads the sun on its journey, which ends by plunging into the Ocean. Establishing a metaphor with the

itself, certain predispositions may be triggered, emphasizing the needs of the soul. In any case, the main part of the Soul's Journey is the acquisition of resources, values and virtues, as the only way to establish a harmonious march in our "sun carriage". However, this does not always happen. Recklessness, lack of a reflective attitude, selfishness,



marks of psychological/spiritual childhood, accompany many souls on the march in their sleep level of consciousness. In this sense, they recall Faetonte, the son of Clymene and Helios, who one day wanted to meet his father. In the joy of the meeting, Helios granted his son his request to carry the chariot of the sun. But in his impulsiveness, he did not have the balance and

journey of the soul, we begin our journey with the baggage we bring from our past existences, which Carl Gustav Jung identified as the Collective Unconscious. Our "chariot" is the structure of the personality, which the more structured it is, the better it will be on the Journey.

This unconscious, bearing its marks, signals our predispositions, values and conflicting questions. In tune with this concept, the Spiritist Doctrine points out the existence of the Perispirit, intermediary between the physical body and the Spirit, as the model that organizes the whole biological system, according to the achievements, weaknesses and needs of the Spirit in its carnal journey. According to the way it conducts

strength to drive the vigorous horses, and ended up killed by a thunder from Zeus, to avoid greater damage.

The Journey of the Soul is too valuable for us to waste existential resources, valuable opportunities granted by the divinity for our evolutionary process. In this journey, there is no fatality or totally predetermined destiny, because we count on our free will. May we have the wisdom to make of this journey a path towards plenitude.

**Cláudio Sinoti**

*Jungian Therapist*

## The School Earth

In his famous series "Cosmos", the famous astronomer Carl Sagan presented a timely synthesis of what he called "The Cosmic Calendar", from the Big Bang, which would have occurred 13.8 billion years ago, to the present day. According to this calendar, the "big bang" would have occurred on January 1st. The Solar System would have originated on August 1st, around 5 billion years ago, and our Mother Earth, Planet that shelters us, would have appeared on September 15th, approximately 4.5 billion years ago.

In its beginning, its formation was adapted to receive the forms of life that would appear. Heating and cooling, separating, and moving the portions of earth and water that existed in it, universal intelligences conducted their experiments in order to find the ideal conditions to shelter the evolutionary process of the species. Only on November 28th of the Cosmic Calendar (a little over 2 billion years ago), did the unicellular organisms begin to inhabit the Planet.

Gradually these organisms became more complex, giving rise to more elaborate forms of life. Christmas of the "Cosmic Calendar", 25th December, records the appearance of mammals, a mark of essential importance for the human experience, whose mark only dates back to 11 pm and 54 minutes of the "31st December", when Homo Sapiens appears.

As we see in this metaphor, we are only crawling as humanity, while the Earth, which shelters us, prepared itself for a long time. For this very reason, our Planet can be seen as an elementary school for the development of existential potentialities. In it, forms of life evolve and undergo necessary transformations for their improvement. The human differential is the capacity for self-consciousness, which makes us even more responsible for the choices we make. Unfortunately, most of these choices have been wrong, resulting in unfortunate consequences for humanity. The disrespect to our Mother Earth, the *Pachamama* of the indigenous ancestors, is an example of this. So that we do not have to "retake a year" in this school, or even have to move to other more unwelcoming "schools", let us do our part, carrying out with consciousness our transit in the cosmic calendar.

**Iris Sinoti**

*Jungian Therapist*

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BISHOP CREIGHTON HOUSE  
378, Lillie Road - SW6 7PH - London  
Information: + 44 0778484 0671  
E-mail: spiritisttps@gmail.com  
**www.spiritisttps.org**  
Registered Charity N° 1137238  
Registered Company N° 07280490

### Inner Life

We are evolving spirits. Apprentices of Life, invited to the self-encounter.

Most of us are identified with the ego that suffers whenever it is threatened by external experiences. Due to this intense egoic identification, we live life on Earth unknown to us, hidden in the illusion of matter and the pain of our own disharmonised thoughts and emotions.

When we begin the process of self-awareness, we perceive our mental and emotional patterns, observing the mind without identifying with it, beginning the art of spiritual awakening.

As apprentices, it is fundamental to understand that instruction is the acquisition of information from exterior life, whereas education is the awakening of inner wisdom through ethical autonomy in the face of the phenomena of life.

From the external Universe we receive orientations and stimuli, but the decision to accept or not is personal. The option depends on internal choice, free-will. Irresponsibility with our life is a mechanism of escape from reality. It is transferring to others the responsibility for our dissatisfactions. Responsibility is the capacity to answer for one's own choices.

To have autonomy is to command oneself. It requires courage and commitment to life. It means learning to overcome life's frustrations and disappointments, it means redoing the path without rebelliousness or fear. It is to understand that external challenges constitute "pedagogical material" used by Life, in the service of our inner awakening.

Without emotional involvement there is no interest. Without interest there is no motivation. Without motivation there is no change. When we accept ourselves emotionally, we promote self-healing.

**Evanise M Zwirter**  
*Transpersonal Psychotherapist*

### The Learning Spirit

That which is inside our soul belongs to us, is part of us, and no one has put it there but ourselves.

Since our past lives, we chose to be the way we are, no one made us that way. It was not our parents, society or the values that were passed on to us. Over the millennia we have been building our

So, if it is difficult to begin inside - which is their terrain - begin outside, changing attitudes, changing actions. Do good, practice charity, help your neighbour, exercise yourself in distributing joy to others and start with the one nearest you.

Once upon a time a rich



personality and today we are the result of ourselves.

We chose to be selfish, proud, arrogant, and overbearing. They are like accessories or lump that with time have been added to our personality. Today they have started to bother us, because there is no room for the construction of happiness if we keep insisting on remaining with these bad habits inside us, since happiness is an inner construction.

We must face the enemy head-on, we cannot deny it, otherwise it will win. We cannot be naïve in not believing in its strength, nor despise its tricks. If we want to effectively extirpate him from us, we need a spring cleaning.

The flaws of our character: pride, intolerance, selfishness, impatience, are like living beings, real enemies and are inside us, there is no more room to deny them. So do not think that it will be easy, that from one day to the next you will manage to defeat them. Do not be deceived, for they will fight bravely with all the forces they possess to stay alive, dominating the space, as they have always done.

businessman came to Chico Xavier because he needed some guidance. Since they were friends and enjoyed a certain level of closeness, the visitor felt free to say that he had been depressed and sad. Apparently, there was no justification for feeling this way. He had a loving family, respectful children, and a stable financial life, however that feeling of emptiness persisted, despite everything else.

Chico, with his luminous gaze, penetrated deeply into his companion's soul and said: what you lack is the joy of others. It could be that the man was an honest businessman, a good father, a caring and faithful husband. But, as Chico explained, that is not enough. We need to do more and not just our obligation or duty. Good is a dynamic attitude that demands action, because to do evil, it is enough to do nothing or only your duty.

**Davidson Lemela**  
*Neuropsychologist*





### The Universal Laws

In an inexpressible profusion of lights, colours and sounds, the sidereal empire of the divine universes splendours infinitely and majestically. Countless multitudes of nebulas and galaxies move vertiginously through endless spaces, carrying with them countless clusters of billions of stars, dwarf or giant, new or pulsating, white, yellow, blue and red, with their planets and satellites, comets and meteors, in a symphony of beauties that surpasses all our powers of imagination.

Everything moves, agitates, at unimaginable, harmonious, or whirling speeds, in whirlwind and explosions, in transformations and rebirths, in an unstoppable frenzy in which everything is balanced under the invisible command of the supreme order that presides over everything: the Spirit of God. We live on a small planet, like a grain of sand on a cosmic beach. When we think of Universal Laws, we must not lose sight of the fact that our vision of reality is still limited, due to the limitations of our understanding.

Nevertheless, two major aspects are very important to us. The first has to do with the advance of knowledge, especially Physics, the mother of sciences. Quantum Mechanics, Theory of Relativity, Astronomy, Astrophysics and Cosmology have given us, since the 14th of December 1900, extraordinary advances in the understanding of how the Universe works, how it is. Of course, through its laws. When we think of Universal Laws,

we should also think of the Laws of Nature that govern all reality, life on the planet we live on, involving Biology, Chemistry, Genetics, and others.

It was from the 18th of April 1857, however, that we advanced in the spiritual questions that involve human life, the life of the Spirits, both those who live on Earth and those who live in other worlds, within what we should already know and understand. "The Spirits' Book", by the codifier Allan Kardec, is the work that gave us, in several of its chapters, about the universal Moral Laws, regarding the most relevant issues that Humanity must know in order to advance in its inexorable evolutionary process.

In this work, the most important of Spiritism, in its third part, we can study the Moral Laws in what the higher spirits understood as essential for our growth. In the first chapter of this part, question 614 - "What is to be understood by natural law?", its answer links it to God, and so reveals its universal character: "Natural law is the law of God. It is the only true one for man's happiness. It indicates to him what he must do or refrain from doing, and he is unhappy only when he departs from it."

In the following chapters, we can study the division of the natural law into ten parts, as happened in the Decalogue, in the Tablets of the Law, first Great Revelation by Moses.

The laws of worship, work, reproduction, conservation, destruction,

society, progress, equality, freedom, and finally that of justice, love and charity, are the universal laws related to our evolutionary interests, in parameters of eternal life.

Laws in general should be known and respected by people, by society, by a whole world, including the disincarnate, especially when they are laws revealed by Superior Spirits who want to see us happy and morally advanced.

In this monumental work, by Allan Kardec and the Spirits, we will understand, in the study of natural law, the designs of God. It is worth remembering that the three Great Revelations had and have similar objectives and were delivered to us at three different times in the history of Humanity. On the other hand, the universal laws related to Human Science in general were described by brilliant minds that left us a wonderful legacy, aiming at the progress of everyone, such as vaccines, imaging methods for diagnosis in Medicine, the unveiling of divine worlds among stars and galaxies, nanotechnology, the International Space Station, the Hubble and James Webb telescopes.

Let us be happy, evolving in Universal Science and Love!

**Dr. Sérgio Thiesen**

**Cardiologist, Physicist**