

The Journal of Psychological Studies

Science, Philosophy and Religion

Existential emptiness: the feeling that life has no meaning

In chapter 10 of Luke's Gospel, in the items 25 to 37, Jesus is questioned by a doctor of the law about what must be done to possess eternal life, answering the Master with questions about what

discouragement, or unmotivated. It is a feeling that something is missing, that the world within needs to be filled, because it is in need, in loneliness. And this promotes an uncontrolled search for something;

When the Master speaks with the doctor of the law, he shows him and to humanity the meaning of life: to love by serving; to serve by loving.

When one loves, there is no emptiness, because there is no space in the generous, solidary, fraternal and charitable heart that is not filled by the purpose of existing, which is to love.

Joanna de Ângelis, in the book *Garimpo de Amor*, in a message entitled "Love and health", states that it is necessary to keep the heart open for the establishment of well-being and health. "The need to keep the heart open is indispensable for the installation of love," says the Benefactress. "An open-heart means being accessible to the language of love."

On the other hand, a closed heart is not favourable to love. It is bitter or sad, restless, or suspicious, experiencing an existential emptiness for having rejected love!

Love is in everything, because God is love, as John the Evangelist says. Therefore, it is "in the air we breathe, in the landscape shining in the sun, in the symphony of the sounds of nature, in the light-hearted smiles of childhood, in trusting old age, in the very heartbeat of life as a manifestation of God", says Joanna.

Therefore, when experiencing inner emptiness, discouragement, and sadness, it is essential to open one's heart to love and let oneself be led by it; to contemplate all the expressions of love; to go towards the other, to be fraternal, empathetic, a friend; to be merciful and understanding; to give and serve; to do whatever love commands. As Jesus said, "*Do this and you will live!*" Fill, then, life with real meaning!

Lusiane Bahia

Lawyer



it is written in the law. The doctor replies that it is "You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself".

Jesus then says: "Do this and you will live". But the man, wanting to appear to be just, still questions who his neighbour would be, and the Lord tells the Parable of the Good Samaritan and, at the end, asks his interrogator who would be the neighbour of the one who was lying on the road and the doctor replies that it would have been the one who used mercy. Jesus again says: "*Do this and you will live*".

You will live! You will have the direction of existence! You will have the meaning of life!

Does all life have a meaning? If yes, what is existential emptiness?

Feeling empty, feeling bored, in

wanting to reach where one does not know; it leads to consumerism, the liquidity of relationships, because the meaning is absent, and the desire is to enjoy in order to fill what is empty.

The dissatisfaction with life results from these thoughtless attitudes, and, as the Spirits teach in the reply to question 943, in *The Spirits' Book*, from idleness, lack of faith and satiety.

How, then, to find the meaning of life?

Life is made up of paths, and the human being is constantly invited to choose which path to follow, which direction to take.

Jesus taught his pathways, based on renounce, comprehension, patience, devotion, sacrifice, abnegation, obedience and love. And he said: "*Do this and you will live*". That is, by fulfilling the law of love, one lives and in abundance.

Causes of pessimism and negativity. How to overcome

In recent times when Medicine has been learning and scientifically assimilating Religiosity and Spirituality in its bases and in its therapeutic practices, pessimism has been shown to be associated with heart disease, cancer, as well as anxiety and depression.

On the other hand, it is undeniable that Humanity has a long history of sufferings, physical illnesses and mental disorders, wars and fratricid-

who have not yet incorporated the notions of immortality, survival and the future life in the reincarnations to come.

In this scenario, it is necessary to lift the veil of ignorance that covers the human mind regarding the causes and consequences of our mistakes, every time we go against the laws of God. The great majority of those who live here are unaware of the true purpose of human existence. It is necessary that we seek self-knowledge, the fundamental notions about who we are, where we come from, what in fact we came to do in this world, still very retrograde from the spiritual point of view.

From these bases, we are all invited to spiritualise the main aspects of our lives, in parameters of eternal life and inevitably destined to moral prosperity and to legitimate and definitive happiness until the plenitude that the Divine Life invites us.

On the path of asceticism everyone will be cultivating the virtues of the soul - altruism, pacification, solidarity, fraternity, disinterested charity, the capacity to forgive. And this inner work, so essential, will bring us the reward of our victory over imperfections and we will toast our Spirits with optimism and hope in the wonderful future that awaits us all.

Dr. Sérgio Thiesen

Cardiologist, Physicist



Boredom at home

The home is the school of souls.

In reincarnation, no one is forced to value their evolutionary commitments. However, many people consider themselves unhappy at home. Thus, it is convenient to point out that unhappy homes mean people unaware of their duties, in the experience of forgiveness, respect, fraternity, renunciation..., since "you built the home through love and only through love will you be able to keep it", teaches the Spirit Emmanuel.

Even so, the day will come when we will all learn from the book of self-denial and mutual respect, that existence is not a holiday for indiscipline, but a day of work in the construction of a happy inheritance.

It is fundamental to identify the tendencies to boredom, reflecting previous experiences, appearing as unexpected acid, embittering the family experience. Sometimes it is the partner who becomes indifferent, on other occasions, it is the partner who indulges in coldness and carelessness, cultivating the accumulated mental reflexes.

There are many invitations to the fulfilment of the Law of Love, they are called affliction, dissatisfaction, tiredness, boredom, suffering... Once the presence of boredom has been verified, it is vital to observe whether the imbalances within are not rooted in the unconscious, resulting from polygamous experiences, from experiences of self-abandonment.

It is convenient to assess these psychic parasites, and, out of dialogue, to overcome the unfortunate attitudes, through the responsible exercise of indulgence and mutual forgiveness, triumphing over the sick ego.

The stability of the relationship is built with the choice of self-giving. Tolerance and kindness ease difficulties. Be the first to manifest them in at home, understanding that the spiritual union, that is, from heart to heart, is a gradual conquest, based on fidelity.

Evanise M Zwirtes

Transpersonal Psychotherapist



al fights, the result of an extensive era of ignorance and materialism, and its consequences have had spiritual consequences in the last generations, especially in the reality of human life in the contemporary world.

Pessimism and negativism are related to hopelessness because of the weight in the individual unconscious, in the deep memory of human souls, for everything that a great part of incarnated humanity has already lived in the past, in previous reincarnations. As much as for the similar serious human problems currently experienced in most countries, spreading discouragement, because the solutions are not on the horizon, much less within reach of all those

Editorial Staff

Journalist

Rita de Cássia Escobar

Editor

Evanise M Zwirtes

Collaborators

Maria Angélica de Mattos - Revision
Cintia C. Dos Santos - English Translation
Karen Dittrich - German Translation
Hannelore P. Ribeiro-German Translation
Clarivel D. Gimenez - Spanish Translation
Nicola P Colameo - Italian Translation
Cássia Mello Dias - French Translation
Seweryna Akpabio-klementowska - Tłumaczenie na język polski

Reporting

Lusiane Bahia
Sérgio Thiesen
Evanise M Zwirtes
Iris Sinoti
Cláudio Sinoti
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: 06.00pm - 07.00pm

BISHOP CREIGHTON HOUSE
378, Lillie Road - SW6 7PH - London
Information: + 44 0778484 0671
E-mail: spiritistps@gmail.com
www.spiritistps.org

Entertainments or empty lives?

The increase in cases of Burnout Syndrome, which leads to physical and mental exhaustion due to overwork, substantiates the prediction of the Polish sociologist Zygmunt Bauman, foreseeing the excesses committed by individuals in *Liquid Modernity*. Work is certainly essential to existence, however, when not properly dosed, leading to imbalance in the handling of the various aspects of existence, it ends up being a factor for illness and not health as it should be. So are leisure and entertainment, because if on the one hand they are essential for rest and recuperation of strength, on the other, when they exceed the limits of what is healthy, they end up leading to an idleness that is not creative.

These excesses, both of work and of leisure, often have at their root an existential emptiness, because disconnected from an existential sense that sustains him, the individual seeks compensations to fill his "empty hours", whether at work, in consumption, in entertainment and pleasures.

Life has a sublime purpose, providing the Spirit with plentiful possibilities of progress. Unfortunately, not everyone takes advantage of this opportunity in an intelligent manner, wasting valuable resources and energies that should be at the service of noble purposes. It is not a matter of condemning the pleasures since they offer a special colouring to existence when taken advantage of. However, we should try to connect ourselves more and more to the "pleasures of the soul", those that do not bring bitter "bills" to those who enjoy them and are not at the service of empty lives.

Iris Sinoti

Jungian Therapist

Is indifference the soul's sleep?

The Greek philosopher Aristotle was one of the first to present the human being as a "social being", as one who "would need other beings to reach plenitude". Later on, sociology and psychology, as well as other fields of knowledge,

to be seen as needs. In this distortion around the existential objectives, many times, the people around are seen as a threat or objects to be controlled or discarded. At other times, the traumatic experiences cause defences to be



deepened the analysis of the complexity of the human being and human relationships. More recently, Daniel Goleman, famous for his Emotional Intelligence approach, established that we have "Social Intelligence", an ability and capacity to connect with other people. It happens that this connection does not always happen in the healthiest way, often causing traumas and conflicts that hinder personal relationships.

As the psychotherapist Roberto Crema analyses very well, nobody transforms anybody, just as nobody is transformed alone: we transform ourselves in encounters, but this does not always take place in a peaceful way, which happens for various reasons. Disconnected from the deep reality of being, individuals often get lost in the illusions of the ego, distancing themselves from their own soul and focusing all their efforts and energy on satisfying their urges and desires, which come

built up which make relationships difficult. The most serious point is when we immerse ourselves in total indifference towards those around us. Collectively this is seen in the tragic pictures of social injustice and various human pains which could be alleviated if selfishness were not so deeply rooted in human behaviour.

Because of these factors it is essential to develop empathy, a word that comes from the Greek *páthos*, normally translated as feeling, emotion, or passion, which connected to the word "in" refers to the possibility of approaching what other people are feeling and sharing this state. Only the power of love can awaken us from this sleep of consciousness that affects us.

Cláudio Sinoti

Junian Therapist



The triumph of immortality

The writer and Spiritist thinker Hermínio Miranda, explained that in the future, when a survey of the great errors of humanity is carried out, the greatest of them will certainly be the fact that man has abandoned the belief in reincarnation. It is estimated that this choice has delayed our progress by centuries, in all senses. We could be some 300 years ahead.

A survey carried out in 23 countries by the American agency Thomson Reuters revealed that Brazil is in third place among those who most believe in God and in second place among those who believe in reincarnation. 84% of Brazilians have an unshakeable faith in a supreme being and more than 60% believe in reincarnation.

What about you? Do you believe in reincarnation? If you do, do you think it is an opportunity for progress or a divine punishment? Or maybe both.

In The Spirits' Book, in question 167, Allan Kardec's instructors explain that our immortality is directly related to the progressive advancement of humanity.

Based on this consideration of spirituality, can we compare reincarnation to a school? Both reincarnation and school have an educational purpose in providing integral growth in all the dimensions of the being: intellectual, social, and moral. Therefore, If reincarnation can be compared to a school, then we are the students.

Nevertheless, if we can make that comparison, what moment do

you think studying is a punishment? When you do not study, do not apply yourself properly, skip classes and repeat the year. In this case, studying becomes a punishment: you will have to redo the school cycle with the same classes, the same teachers and, on top of that, have the responsibility to do well and get good grades, since these are lessons already known. In addition to the shame in front of colleagues who have obtained merits to continue their studies in higher education and the disappointment with yourself for having betrayed the trust of those who believed in you and for all the support you received.

Considering the concept of the school to reincarnation I question: when then, that reincarnating becomes a punishment? In the same way, when you need to be born again and repeat the same lesson that has not yet been learnt: that old pernicious habit of slander, the echo of that demanding and perfectionist behaviour, the lack of confidence in yourself, the fear of making mistakes that holds you back, the vice of complaining about everything and even the resistance to forgive the disaffected person from the past who, once again, has been reborn beside you.

The concept of immortality goes beyond the principle that only time teaches. If that were the case, the more you reincarnated the wiser you would be. However, integral education is aimed at building knowledge with a practical application in life and

bringing out the potentialities that already exist in you, letting your light shine.

We are living a serious moment in humanity. The thoughtless satisfaction in the pursuit of purely material desires and the incessant and uncontrolled search for pleasure at any price have made us very intolerant and selfish, to the extent that most of us have not yet understood the exact meaning of immortality.

The fundamental purpose of reincarnation is to make us better people. Our destiny is full and true happiness. To achieve this, however, we will need many more existences. Many centuries have passed since the beginning of our journey and today, although it may not seem so, we are still closer to the beginning than to the goal.

We are all repeaters in the School of Life and, like the rebellious and stubborn pupil who takes time to learn, many of us have substituted the *love that covers the multitude of sins* for the suffering and rebellion of an eye for an eye, a tooth for a tooth. If pain is inevitable, suffering, however, is optional.

Material goods are the consequences of life, but our hurry has turned them into the end of it. Hence, we fall ill and suffer by reversing the real value of our immortality.

Davidson Lemela

Neuropsychologist