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Anxiety, sadness, fear, discouragement and mediumship

Among the countless categories of experience that involve the human creature, we have in mediumship a differentiated experience, because the one who possesses it in some degree starts

patible with the acute sensitivity to forces and vibrations (which are translated into distinct sensations, thoughts and feelings), the medium will move between spiritual ecstasy and sombre emanations, finding

Let us understand pathological anxiety as previous tension (in relation to the long or immediate future), a kind of chronic, diffuse (without a clear target) and omnipresent fear. This disquiet distances us from a full experience of the present. According to Joanna de Ângelis, it would be an inconstancy in relation to the fulfilling acquisitions of life.

ways to discern and relate to them, seeking to fulfil the task instead of succumbing to the sickness of the faculty and its psychological forces.

Sadness and discouragement are necessary tools for the re-evaluation of consciousness, or the initial stimulus for change. On the other hand, as a way of life, it characterises the being that separates himself from the possibilities of personal (and spiritual) realisation, unconsciously sabotaging his own forces in order not to pay the sacrificial (and transforming) price of the process. To attribute low value to oneself is to assume not to want to fight. However, one cannot reduce the situation to a kind of deceit, because it is a serious disorder, possibly of long term spiritual and obsessive basis.

Nowadays, some specific symptoms may be part of these "inconvenient visits", such as anxiety, fear, sadness and discouragement. Frame of primitive emotions (basic), give form to a true subjective



living with all sorts of forces and contents that present themselves in the inner vastness of humanity - healthy and destructive impulses, vices and virtues, repressed thoughts and feelings, wishes and desires consciously or unconsciously cultivated, etc. Its sudden outburst may be a milestone in the formation of the personality, an entry into a universe of vibrations, blessings and dangers, possibilities and responsibilities. And if the subject itself is already facing the psychological challenge of deciphering itself, what will it say when in close relationship with the aspects which animate the collective?

pandemic in post-modernity, whether in the intimate mismanagement of the individual, or by the obsessive pictures inherent to these sufferings.

First of all, the medium in training must be careful not to identify with these emotions. Nevertheless, how do we know whether we are dealing with personal content to be worked on or emotions from other people's environment? The answer can only be found through psychological self-knowledge and mediumistic education - exercises that extend throughout life (and beyond).

Emotions are necessary in a certain way, their supposed disappearance would not represent a healthy picture since they have the function of alerting us about something. The danger lies in the chronic cases, when they dominate the being, who starts living under the yoke of disconcerted emotions, eclipsing capacities and happy possibilities which would be in the trajectory of his earthly experience.

There is definitely no safe mediumship without the responsible and charitable practice, without the "science of living", without the moral education and the immersion in one's own thoughts, emotions and feelings. Eternal acquisitions, these are the true treasures hidden in the experience of the immortal Spirit amongst the world of perishable forms.

All the aspects not yet well worked out in the sphere of the inner life we could call human shadows, or "swamplands of the soul", as James Hollis calls them.

Persistent fear moulds the subject into a distorted experience of self, where it erodes capacities and affects self-identity, leading to exaggerated calculations of actions that should be commonplace; or else leading to impulsive and aggressive, even paranoid, compensations.

Alexandre Fontoura dos Santos

Psychologist

Human sensibility. Levels of mediumistic consciousness

Mediumistic sensibility, as a human faculty, extrapolates any belief, being the one that allows an interchange with spiritual forces, in varied forms and expressions. It has no direct link with the morality of the individual, nor it is always at the

criticism and results into actions dissociated from one's own conscience.

At the level of "Sleeping with dreams" there is a little more participation of the egoic will, although still without a greater filter of consciousness. It would be like an unstable medium, who, even though he knows he is acting in a wrong way, opening space to ungoverned forces, is pleased with it.

Development, study and the will to transform oneself allow the faculty to be channelled in a more conscious manner, leading to reaching a third level: that of "Waking Sleep". It is not yet the ideal level, promoting some frustrations and falls, coming from distractions and from the shadow itself, but which are soon perceived and readjusted, until the individual has greater control

and power to manage his sensitivity.

Perseverance in one's resolutions, the deepening of one's own transformation and the development of virtues lead to the level of "Self-consciousness".

This level allows a profound exchange with the spiritual forces of life, no longer in the condition of puppet, but of alterity, in which the most beautiful and profound human achievements are produced.

The maximum degree of sensitivity associated with consciousness is the "Cosmic Consciousness Level", in which Jesus declares: "The Father and I are One!"

Cláudio Sinoti

Junian Therapist

Spiritual Harassment and Self-Responsibility

"You must watch the springs of the heart from which both good and evil thoughts proceed, in order to keep you in tune with the Father and not with the spirit of evil." Jesus says these words to Peter after he has allowed God to control his thoughts.

However, before Peter's fear regarding the events of Calvary, Jesus signalled that the disciple was an instrument of Satan, the unhappy Spirit that seeks to be an obstacle in relation to the ministry of liberation of creatures.

Each person is responsible for the content they produce, but also for what they consume and hold within themselves. What one seeks, the ideals that are pursued, define the type of connection, of link, which is established.

The Inferior spiritual synch, the so-called spiritual harassments, are permissions generated from invigilating thoughts that enter equivalent vibratory patterns and, from then on, interchanges are established, generating harmful effects for both parties.

The disturbance of discernment, mental confusion and discouraging ideas are the responsibility of those who generate these stimuli, but also of those who disseminate and allow them to be insisted upon oneself.

Thus, enlightening reading, prayer, good conversation, inspiring music, action in the good, words of peace and consolation are indispensable, since they are instruments that guide thoughts, words and actions to God, removing the springs of evil suggestions from the heart.

Lusiane Bahia

Lawyer



service of noble purposes, which will depend on the level of consciousness of the person who expresses it.

In this sense, it is possible to establish parallels between the different levels of consciousness and the way in which sensitivity is conducted on these levels. We recall that it is more a matter of the form than the intensity of the faculty, since they are not directly connected.

At a level of "Dreamless Sleep", mediumistic sensitivity transforms the individual into a puppet at the service of the intelligence that manages to manipulate him. It becomes extremely dangerous and destructive, as it does not receive the filter of common sense and self-



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Reporting

Alexandre Foutoura da Silva
Cláudio Sinoti
Lusiane Bahia
Livia Poli
Davidson Lemela
Aldeniz Leite

Graphic Design

Evanise M Zwirtes

Study Meetings (In Portuguese)

Saturdays: 05.00pm - 07.00pm
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Study Meetings (English)

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

Psychic or Mediumistic Balance

Spiritism, considered dangerous by some, wonderful by others, needs to be well understood so that it can then be worked on, bringing benefits to all.

Many people seek to venture into experiences with the spiritual plane without adequate preparation and end up going through difficult experiences as a consequence of the imbalance in which they get involved.

Léon Denis, in the book "Into the unseen", in a chapter entitled "The role and education of mediums", states that "Nothing truly important is acquired without work", as if affirming that if we want to reach psychic or mediumistic equilibrium, it is urgent that we start working on the contents that we carry within.

In the same book, the apostle of spiritism teaches us that, when entering in contact with the spiritual sphere, each one of us attracts beings in affinity with our own moral and mental state. However, this interchange does not only occur with those who manifest mediumship in a more perceived manner, since all people, with greater or lesser intensity, influence and are influenced by the spiritual sphere.

Therefore, if we wish to conquer psychic or mediumistic balance, it is urgent that we look at our own being and realign our journey according to the precepts taught by the Master Jesus. The search for knowledge associated to the search for moral elevation will certainly bring the protection, the psychic or mediumistic balance that we all long for.

Dr. Livia Poli

Doctor

Mediumistic trance or altered state of consciousness

During the mediumistic trance the individual is in an altered state of supranormal consciousness. In this state he is able to potentiate his paranormal abilities and reproduce phenomena that escape academic intellectual understanding, because it does not have a physical, objective aspect, it is an extrasensory experience, and therefore it cannot be measured or tested according to the standards of organicist science.

Other transcendental experiences also provoke altered states of consciousness such as deep meditation, telepathy, premonition, hypnosis, regression therapy, etc.

The Swiss psychiatrist Jung, when studying altered states of consciousness through the medium Helena, confirmed the thesis that in this state, dissociated parts of the unconscious can manifest themselves through hallucinations and present themselves in mediumistic sessions as disincarnate spirits.

For him, the sessions with the medium were interesting because they revealed the existence of an unconscious dimension. Jung understood that our unconscious is skilled and can access levels higher than its normal one, provoking the altered states of consciousness. Around 1919, Jung published a work whose suggestive title is *Psychological Foundations of Belief in Spirits* and presented it at the British Society for Psychical Research.

The writer Hermínio Miranda, comments in his book *The Memory and the Time*, that in the phenomena of altered states of consciousness, there is a loosening of the bonds that bind the spirit to the

body. The soul is partially freed from the dense vehicle, entering into a condition that resembles deep sleep, although it is conscious. This phenomenon is also known as hypnagogic stage, when the

neocortex presents low frequencies but with high amplitude. A semi-freedom happens to the spirit in this state, providing it with more lucidity, clarity and discernment, when the wonderful phenomena that haunt our imagination are reproduced.

In his book *Theory and Practice of Mediumship*, Miranda mentions the case of a young woman, Regina, who possessed a clear paranormal sensibility to the point of detaching herself from her own body without realizing it. One day, walking distractedly along the street, she suddenly noticed a different colouring in the flowers of the nearby garden, and, frightened, she realised that she was detached from her body and was seeing with the eyes of her soul.

In a not-too-distant future, after the planetary transition with the advent of the world of regeneration, these phenomena will be common and completely known. The man of tomorrow will give place to his spiritual essence and will live naturally, with one foot in the physical world and the other in the spiritual one.

Davidson Lemela

Neuropsychologist





Spiritist View of Fibromyalgia

INTRODUCTION

Fibromyalgia is a chronic pain syndrome characterised by generalised musculoskeletal pain, usually accompanied by other symptoms such as tiredness, irritability, fatigue and changes in sleep and appetite.

It arises from an alteration in the processing of the afferent sensory centres and do not possess autoimmune or inflammatory qualities. The diagnostic criteria for fibromyalgia require a time of experience of diffuse pain greater than three months. Its prevalence in Brazil is 2 to 5% and it affects more women between 35 and 44 years old. It is considered the second most frequent rheumatic disease, second only to osteoarthritis.

CAUSAS

Regarding the mechanisms of installation and perpetuation of the disease, it is recognized today that Fibromyalgia derives from a sensitization at the level of the central nervous system (CNS) and this hyperexcitability of neurons favours the perception of a marked painful picture that globally limits the functioning of the individual in addition to compromising cognition (thoughts), mood and final behaviour.

DIAGNOSTICS

The symptoms of Fibromyalgia comprise diffuse and chronic pain that is localized predominantly in the quality of painful points located below and above the waist, in the axial skeleton, lasting more than three months, followed by fatigue, non-restorative sleep, somatic symptoms such as headache, dizziness, abdominal pain, changes in bowel habit. The current 2010/2011 diagnostic classification removed the counting of painful points as a diagnostic measure of the disease, although currently the location of these pain sites is still

considered relevant.

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TREATMENT

The treatment of Fibromyalgia should be multidisciplinary and include: pharmacological therapy, cognitive-behavioural therapy and physiotherapy. The participation of the patient is fundamental for satisfactory results in the therapeutic approach.

Opioid analgesics, antidepressants with action on pain, myorelaxant and anticonvulsant drugs that act by reducing the painful stimulus are the most indicated drugs.

The treatment of non-restorative sleep is essential and well-guided physical activity, together with planned exercises accompanied by an experienced professional, greatly assist recovery. Meditation, mindfulness techniques, hypnotherapy and biofeedback are also effective.

THE SPIRITUAL QUESTION

It is impossible to dissociate the human being from any of the dimensions to which he belongs, namely: the organism (physical body); the psyche (mind); the gregarious formation (society) and his spiritual nature (the Spirit). Whenever any of these dimensions is ignored we are doomed to therapeutic failure as they are intimately related, interpenetrating and having repercussions on each other. However, the dimension of the Spirit is precisely the sovereign one which throws its contents on the others, producing well-being or disorganisation.

We are immortal spirits and builders of our destiny. Endowed with a moral conscience that points as a compass the path linked to the natural laws, frequently, throughout multiple incarnational experiences, we stray from the essential objectives of life, which are to love and serve in the harvest that the Creator offered us and, of course, from that, harmful consequences result.

Whenever we dodge the good to be done, it is understandable that we suffer the painful results of these commitments, which serve to position us again in the healthy "tracks" of the path. These results often appear as illnesses, whether they are well catalogued by science or are still foreign to the understanding of scholars. All of them translate, on a spiritual level, a vulnerability of the being that needs to be identified, a lesson that needs to be learned. Fibromyalgia is no exception.

The spiritual message of this complex syndrome, the cause of which is still to be elucidated, is the need to return to the ways of love and goodness. This painful syndrome shows an excessive attachment to oneself, a hyper-concentration on self-concept (the need to be perfect, exaggerated self-criticism) and emotions of which guilt is an important part and the somatic representation is generalised pain in the musculoskeletal system.

The treatment aims at a self-distancing and a surrender to the tasks that result in the good of our neighbour, to the attention to the needy capable of fomenting the joy and the supply that they need. After all, according to the warning of the Codifier Allan Kardec, outside charity there is no salvation.

Dr. Aldeniz Leite

Psychiatrist