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The Integral and Spiritual Personality

"Man will have a long time, no doubt, to get rid of his prejudices, but he will arrive at this as his faith is affirmed, and as a sounder idea of the spiritual life is made." Allan Kardec. *Heaven and Hell*.

Throughout our journey as incarnate individuals, facing the

existed in our being.

We then begin to understand that we are much greater than the personality that we present in the current incarnation. Time travellers, we carry in the depths of our being all the baggage acquired throughout this journey of multiple

If we are in the middle of an evolutionary process, we have the daily opportunity to work to heal the wounds we carry in our souls and thus consciously and proactively collaborate in the construction of our integral personality.

Far beyond what we represent in our current personality, we are the result of everything we have lived throughout our journey as immortal spirits, and we are destined to a glorious future linked to the development of the potentialities carried in the soul.

In the book "The Integral Man", Joanna de Ângelis through the mediumship of Divaldo Franco teaches us that "Jesus, overcoming all the limits of knowledge, made himself the model of the Integral Man, by having developed all the aptitudes inherited from God, in the condition of the most perfect Being that is known". The benefactress teaches us that the search to model ourselves according to the teachings of the Christ will help us to reach the so dreamt plenitude.

So, let us try to reflect on the importance of turning our gaze to our integral personality, our spiritual personality, and in this way try to work on the contents that we carry inside us and that directly impact on our daily experiences.

Let us try to bring to the fore that which we saw as secondary. The search for self-knowledge, working on our emotions and feelings, actively healing the wounds and dystonia that we bring from a past where we did not yet have the understanding and awareness that we have today and, in this way, working actively for the good direction of the formation of our integral personality, also paying attention to the questions of the Spirit, we will be ever closer to the peace we so much desire.

Dr. Livia Poli

Doctor



difficulties that life presents us with, how many of us have not wondered about the purpose of all that we live? Who are we? What is the purpose of our existence? What awaits us in life to come? And while we leave the search for these answers aside, time goes by, and anguish often takes over our heart by the lack of understanding of the direction that our life takes.

Immortal spirits, beings created for growth, for continuous evolution, we are at every moment invited by the experiences of our daily life to rethink concepts brought into our mind, as well as to remodel feelings still maladjusted in our integral being.

And so, experience by experience, existence by existence, we build ourselves, moulding our character, healing wounds in our soul and developing potentialities that we had never even dreamed

existences which, although our current memory may not bring a clear remembrance, our deepest self carries the marks of these experiences which eventually appear on the surface of our consciousness, through choices, reactions, tendencies, which many times we cannot identify their origin in the current existence.

However, we are complex beings, in continuous improvement, and we have every new day the opportunity for a new awakening: the awakening of consciousness bringing greater lucidity to each of us, allowing us to redirect our daily choices, reshaping our integral personality.

Individuals who believe that those past experiences which have marked our souls will have eternal repercussions on our path, bringing us down at certain moments of our existence, are greatly mistaken.

The Power of the Will. Attribute of the Spirit

The universe is the fruit of the Creator's will and strength. Everything that exists in it has the divine seal and the spirit is an intelligent and exquisite particle of this wonderful work.

On creating the spirit, God marked it with the essence of perfection and all the qualities that exist in it, in a dormant form, remain inerasable, awaiting its blossoming. The improvement

A similar occurrence takes place in the spirit's millennial development process. In the beginning, at the dawn of evolution, *narcissism*, which was the zero mark at the beginning of its evolutionary journey - as in the child - enabled it to awaken its self-awareness and its perception of the self and of the world, which functioned as internal compasses and marked the first great stage of



occurs when it becomes capable of developing and externalising these divine virtues.

The main attributes and values of the spirit are intelligence, will, autonomy and self-awareness. It is these characteristics that will enable it, in the course of time, to structure its greatest virtue: love. The greatest obstacles to the sprouting of love are pride and selfishness.

In the study of developmental psychology, every child transits from the *oral* phase (the baby's habit of putting everything in its mouth) to the *narcissistic* phase (when the child needs to feel like the centre of attention). This natural process in children initiates the perception of the self, of the world and of the people around them. This is when the child discovers itself and begins the magical process of *self-awareness*.

progress towards perfection.

Common in the beginnings of evolution, narcissism was transformed, in most of us, into selfishness, and now, in the present, it has become a stumbling block that hinders our path, delays our happiness and makes it difficult to climb to the stars to build our cosmic consciousness. Branched in pride,

arrogance and superiority, selfishness needs to be repressed by our conscious will, in order to make possible the dawn of the spiritualized, awakened man with self-control.

Leon Denis taught: In the Universe, everything evolves and tends towards a superior state. Everything is transformed and perfected.

Everything in the Universe evolves, only one thing does not vary: the change. To take off the flight of evolution, teaches Emmanuel, we need two wings: the wing of love and the wing of wisdom. And he summarizes: it is *necessary a love that knows and a wisdom that loves*.

Davidson Lemela
Neuropsychologist

The Power of Creative Thought

Thinking is an accomplishment of evolution. The human being is the only one in creation who possesses the ability to think about his own thoughts, and from this to be able to discern between good and evil, between right and wrong. This possibility enables the creative power of thought to be perfected!

The Spirit Joanna de Ângelis, in the book *Vida Plena (Full Life)*, in the chapter *Mental Landscape*, says: "Choose the best thoughts, even when the situation is extremely dangerous and negative (...) Make an effort to be kind to everyone (...). Keep the idea of victory in bitter circumstances (...)".

The Benefactor's proposal is to create an optimistic universe, without fantasies and illusions, but in consonance with the divine laws and the natural consequences of living them in compliance. On a daily basis, that one exercises for the substitution of the bad by the good thought, and that one creates educative mechanisms for the appreciation of good ideas, keeping the memory of continued use always active of good reflections.

Thus, with time, one modifies the habit of thinking, and builds better words and better actions.

Joanna also advises: "Considering that your mind is a garden of unimaginable beauty, select what you will plant in it, but be certain that you will reap according to the seed you entrust to its care. Jesus was decisive, affirming that: - To each one according to his works".

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The Mind, Mirror of Life

We are biopsychosocial-spiritual beings. Thus, we understand that the Mind is an essential attribute of the Spirit, which enables its psychic activity in the context of Life.

We are bearers of free will before the events that involve us and are involved by Life. The mental command is particular to the Spirit, and even if it is influenced by another mind, incarnate or not, it will only be by its own responsibility, even if unconscious.

In the book *Thought and Life*, the Spirit Emmanuel teaches that, "studying the mind from our spiritual position..., we are impelled to interpret it as being the field of our awakened conscience, in the evolutionary range in which the acquired knowledge allows us to operate. Defining it as the mirror of life, we recognize that the heart is its face and that the brain is the centre of its undulations, generating the force of thought that moves everything, creating and transforming, destroying and remaking to perfect and sublimate".

Emmanuel says: "we breathe in the world of the images that we project and receive. Through them we park under the fascination of the elements that temporarily enslave us, and through them we incorporate the renewing influx of the powers that induce us to purification and progress."

The reciprocal influence vibrates everywhere in the Universe, according to the ethical and moral values of everyone.

Our thoughts shape us, manifesting light or shadow, balance or imbalance, health or illness, and can influence others, positively or negatively.

Life invites us to love. Choosing to experience it is maturity, it is wisdom, it is greatness of soul! The mind in God mirrors the Good.

Evanise M Zwirtes

Transpersonal Psychotherapist

The Ethics of Responsibility

In the Greek root of the word, ethics symbolises "the dwelling place of the human", in the sense of the principles and values that govern the life of individuals and communities. The way these principles are lived out establishes moral conduct. There are certainly conceptual variations according to time, culture and the various elements that interfere in the behaviour of human beings and groups, but certain values are universal, even though the way in which they are manifested may vary. Also, because we are bearers of conscience, we have responsibilities not only towards ourselves, since our attitudes and choices interfere in the collective, and from this arises the need to reflect on what we are doing with our own lives.

Nevertheless, we must pay attention to the fact that ethical consciousness is not something that comes ready-made, and that defines the individual's character in a fixed way. It is something that goes through a maturing process, from what we have lived, learned and how we internalize all this and transform it into attitudes. In this sense, the ability for reflection, self-criticism and assessment of behaviour are important allies for us to establish a framework of our ethical conduct. Some questions usually help to make this assessment, such as:

- Do I want to? - Can I? - Must I? - Does it have to be this way? - What will be the consequences?

Being driven only by one's own desires - of the instances "I want", "I can" - often ends up with harmful consequences, for oneself and for others. That is why it is also necessary to evaluate the



necessity of that choice, the specific way in which it should be manifested, and especially its consequences. While it is true that we cannot always accurately predict these consequences, reflection helps to widen the lens of observation, as well as to establish a deeper contact with our ethical conscience, which demonstrates the expansion of individual and collective accountability.

Paul of Tarsus established very well this synthesis between ethics and responsibility: "All things are lawful for me, but not all things are appropriate for me."

Cláudio Sinoti

Junian Therapist





How to Reflect Light, Peace and Love?

The Earth is a place of very imperfect beings, from the moral, spiritual point of view. We are children of God enrolled in the earthly school, fulfilling evolutionary stages characterized by expiations and trials, which reflect millennia of almost stagnation, in eternal life framework.

Spiritual light, true peace and unconditional love are the result of individual progress and of the construction of the "Good Person", according to what the Spirits of the Codification have told us in the chapter "Be Perfect" of "*The Gospel according to Spiritism*", by Allan Kardec. And for each child of God who has progressed in this world thanks to his efforts, freeing himself from pride, selfishness, vanity and indifference.

These are the ones who, gradually, are refrained with the need to return to live the physical life, enjoying the subtler and more enlightened spheres that surround the earthly orb and are part of it, progressing without new dives into the material dimension of the planet.

But our world is only a grain of sand on a cosmic and divine beach that is the Great Universe, with its countless inhabited worlds and conglomerates of galaxies with infinite planets and stars. In it everything is Light, Love and Peace.

As we awaken to this reality, our souls also begin to perfect their mental, psychic and emotional tissues, developing forces

that correspond to the awakening of the internal Christ that we all bring from our divine origins. As a result, happiness becomes real and each one also becomes a mirror, as if of a very pure crystal reflecting the divine powers of the spirits of the first order with whom we are tuning in and attracting to our realities.

Prayer, sincere and selfless, humble and conscious, enables the children of God, in any scenario of daily experience, not only to light up their inner light in increasing gleaming, but also to allow the reflection of the Divine Light, spreading peace and love around them, in varying degrees, according to the sublime suggestions of the Divine Master, Jesus, as stated in the Gospel narratives.

The Gospels repeatedly tell us that Jesus would retire at nightfall to the heights of the mountains or to the solitude of the deserts, and there, alone with God, he would spend hours, sometimes even whole nights, absorbed in profound communion with the Eternal, the Infinite, the Absolute, or, in his poetic language, in communion with the Heavenly Father.

The Master had a special liking for these silent sanctuaries of God.

No one knows what happened during those long hours he spent alone with the Father, on the inspiring heights of the mountains and forests of Galilee or in the vast solitude of the wilderness of Palestine, under the mysterious glow of distant stars and the

discreet whisper of the breezes...

One morning, at daybreak, Jesus was still immersed in this profound interaction with God in the desert when the disciples surprised him and took him again to the midst of the crowds that were seeking him. The impression they must have had of Jesus' appearance in prayer must have been deep and intense, because, overwhelmed by the spectacle, they burst into these words:

- Master, teach us to pray!

The apostles, as children of Israel, were accustomed to prayer and had learned much from the Master himself. However, before what they were witnessing, they still felt ignorant and unprepared for these commitments. Filled with enchantment and sacred reverence they watched one of the most beautiful and profound lessons, a sublime legacy inscribed in the pages of the Gospels, comparable to the Sermon on the Mount, in religious synthesis and sublimity, for the inscription of love, definitively, in human hearts. The most divine reflection of Love, Light and Peace that forever marked the human journey on Earth!

- Our Father who art in heaven...

Dr. Sérgio Thiesen

Cardiologist, Physicist