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Science, Philosophy and Religion

Awakening to the essence of life

What is the essence of life?
What is the essence of our life?

It is very common to talk about the meaning of life, the direction or path to be followed, and that we need to search for the purpose of living.

not prevent him from continuing with his need for meaning, because he realises that this is a natural accident inherent in the process in which he finds himself, always moving forward in intimate balance."

essence of life is to be predisposed to living love!

"Don't get tired of loving," says Joanna de Ângelis in her book *Vida Feliz!*

Love is Jesus' greatest proposal; it is the invitation to self-overcoming: whatever the situation, however difficult, let's keep loving!

In her book *Love, Unbeatable Love*, the Benefactress advises that we should always ask love what it advises us to do. In other words, we should adopt love as a guidance counsellor for our decisions. And she insists that it will always answer, and that when we do not identify the answer, it is because we are not awake to the hints of love.

To allow love to respond is to give Christ the opportunity to speak loudly within us, from the inside out, and to revolutionise our inner world.

That is why loving is liberating: it removes the being from inaction, revolt, bitterness and pain, leading them to edifying and liberating work, to the essence of life.

Finally, I remember a beautiful song by a dear brother from Bahia, Armando Lui, a singer, and songwriter. It goes like this: "Love from the moment you wake up; love a lot, love without stopping; love without condition; love to reflect the care, the calm in your attention; love to blossom, always love, love for real. A smile can change someone's day, it makes the world overflow with light. Loving is the nature of the Divine. It gives meaning to the purpose of life. So, love to the end.

Love, that is the meaning of everything!

Love, therefore, always, and you will have awakened to the essence of life!

Lusiane Bahia

Lawyer

Carl Gustav Jung, quoted by the Spirit Joanna de Ângelis in the book *Psychology of Gratitude*, states that the purpose of life is not to achieve happiness, but to search for meaning and significance.

He thus emphasises the importance of the process, of construction and work, of the stages involved in the conquest, to the detriment of the conquest itself. The Benefactress, in the above-mentioned work, says that "when the search is for meaning, the person does not stop to evaluate the results of immediate achievements, because the meaning of the experiences lived and yet to be lived does not cease. They work on their inner being, flooding themselves with the light of knowledge and experience, in such a way that the allure dresses them in beauty and health. Even if he has an organic disorder, this does

To understand the force of life in us is to awaken to its essence!

Life is a gift from God, full of potential and a stimulus for continuity.

The situations we experience, difficult and challenging, harmonious, and uplifting, are God's invitations to our growth, so that we can see his love and mercy, and how his benevolent intervention in us never ceases.

To be awake to this beauty is to accept the gift of Divinity. It means being ready to live the journey of immortality without fear, in the face of the certainty of God's support and that everything, everything at all, comes as an opportunity for evolution.

As we know, God is love! Therefore, the life he created is also love! The purpose of life, therefore, is to love! And to awaken to the



The exercise of detachment

A philosophy teacher entered the classroom and asked:

- Do you know what the most important thing in life is?

The students looked at each other, each thinking about what was so important in their lives.

The master opened his bag, took out a handful of golf balls and filled a glass jar on the table. Then he asked:

- Is the pot full?
- Yes, Professor, it's full of golf balls.

The master picked up a thermos filled with coffee and poured the liquid into a plastic cup. He poured the coffee into the glass jar and it was absorbed by the sand and disappeared into the jar.

He turned to the students and explained:

- The glass jar is like our life. The golf balls represent the most important things in life: our family, spirituality and love. The marbles represent the

things that have their relative importance, such as work and profession.

Sand, on the other hand, are the things that are less important, the things we have to let go of such as material possessions.

The teacher concluded in a firm voice:

We should fill our lives first with the most important things (golf balls).

Because if we don't let go of the less important things, there won't be any room left for the really important ones.

The students smiled and understood the moral of the story: the exercise of detachment. But one of them asked:

- Professor, what about the coffee?

He then replied:

- No matter how many difficulties and problems you face in life, there will always be room for a cup of coffee...

Davidson Lemela

Neuropsychologist

The pleasure of giving and helping

Allan Kardec presents different interpretations of the maxim "let not your left hand know what your right hand is giving", where he highlights the importance of humanity's understanding in relation to renouncing earthly rewards in favour of those coming from the future life, when some act of charity is manifested.

Furthermore, being awake and ready to help those in need, even if they do not ask for assistance, is seen by Kardec as the real meaning of life, as well as enabling those who do so to feel a taste of real happiness when they share blessings and seek to alleviate the afflictions of others.

Hence, the lesson that must be assimilated is that true charity lies in thinking of others before oneself, which the practice is the antithesis of selfishness, one of the wounds of humanity. With the thought of making yourself available to help your neighbour, you will find a thousand opportunities to do so, because from the moment someone opens up to good, spirituality will take care of bringing together the benefactor and the beneficiary, exploiting the individual wealth of the giver, whether in the material or moral sphere.

Therefore, it shouldn't be a concern for those who have already understood and found meaning in life to ask, "what do I have to give?", because there are many people in need and many needs. So, all you have to do is open yourself up to the love of giving and all the circumstances will come naturally so that it reaches the recipient.

Adriana Viola Bacarin

Jungian Psychologist



He went back to his bag and gathered up a bunch of marbles and poured them into the pot, so they took up the spaces left by the golf balls.

- Is the pot full?
The students did not answer.

The teacher again went to his suitcase, opened a plastic bag and took out a handful of sand. He poured the sand into the glass jar, which slowly took up all the empty spaces that still existed.

The teacher asked:
- And now, is it full?
- Professor, that is all there is to it!



Editorial Staff

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Evanise M Zwirtes

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Reporting

Lusiane Bahia
Davidson Lemela
Adriana Viola Bacarin
Evanise M Zwirtes
Lívia C. Poli
Cláudio Sinoti

Graphic Design

Evanise M Zwirtes

Study Meetings (In Portuguese)

Saturdays: 05.00pm - 07.30pm

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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: spiritisttps@gmail.com
www.spiritisttps.org
Registered Charity N° 1137238
Registered Company N° 07280490

The beauty of simplicity

The Christian attitude towards our feelings works on self-esteem. Feelings are the mirror of the deep life of our being and communicate the reality of our conscience. The same cause that encourages vanity is responsible for loneliness. Pride, which seeks to shine on the stage of the ego, is an attitude of lovelessness, manifesting a feeling of worthlessness or an inferior complex, resulting from the voluntary distancing of oneself from God.

The Spirit Emmanuel, in the book: *Trilha de Luz* (Trail of Light), explains that "rebelliousness and impermeability are almost always dark characteristics of those who claim to have found the last word in spiritual maturity. Our excesses of reasoning, on many occasions, are nothing more than the ravings of our minds, dominated by incomprehensible crystallisations of vanity or pride."

Personal progress is the art of developing spiritual intelligence, simplifying aspirations according to the Universal Laws, which translate into inner beauty and emotional simplicity.

Simplicity is a virtue associated with humility and indicates nobility and psychological maturity. Real beauty reflects the moral and intellectual superiority of the Spirit, which is constantly evolving, learning that the source of goodness and intelligence is also the source of beauty.

Purity of heart is the result of the process of individuation of the soul, living with modesty, simplicity, transparency, and spiritual elegance, feeling that love generates the beauty of all things, it being the perfection, God.

Evanise M Zwirtes

Transpersonal Psychotherapist



The powers of the soul. Inner life.

Christ told us, "The Kingdom of Heaven is within you", yet despite the Master's clear affirmation, so many times along our journey we lose ourselves in the search for a fulfilment that is unlikely to be sought from the outside. How are we looking at matters of the soul? Are we still getting lost in fleeting distractions, or have we already begun our journey to an inner world where

without much effort.

However, our faith gives us a glimpse of a sovereignly wise, just, and good God, who makes no difference to his beloved children, giving to each according to their deeds. The Law of evolution is present in everything, so if we have achieved awareness and understanding of our role in this beautiful symphony that is life, we need to start disciplining



we seek self-knowledge and the development of the powers of the soul that we still bring latently, waiting only for our decision and daily work to blossom?

Let's work on our will every day, directing it towards the beautiful and the good, avoiding spending more time revisiting issues that we already know do not take us where we want to go. Distracted as we are by the paths life presents us with, we use our will as an uncontrolled weapon, hurting others and hurting ourselves, without realising how important its proper direction can be in our lives.

Unfortunately, many of us are still waiting for a miracle to change our thoughts, transform our feelings and make us more evolved beings

our thoughts in order to reform our character, before the master - Pain - begins this unavoidable work that invites us each to take our part in this great Divine symphony, being part of the beautiful universal music that governs evolution.

Let's try to make good use of the knowledge we already have so that we can live our inner life more intensely, developing the powers of our soul so that, through this daily and arduous search, we can, through our will, improve on our thoughts, therefore modifying our feelings and flying higher, reaching the experience of Love in its most beautiful nuances.

Dr. Livia Poli

Doctor



How to live in God

The relationship between the men and women of the world and what has come to be called "God" has been present throughout the history of civilisations. In His name, in the most diverse denominations, we find hymns, songs, rituals, worship and offerings; on the other hand, wars, struggles, human sacrifices, mass exterminations and destruction are attributed to Him.

In primitive civilisations, representations of the divine brought up constant concerns about possible psychic dangers. The creation of rituals was often an attempt to reduce these risks. In them we also find gods or demi-gods, if we want to call them that, presenting anthropomorphic, phytomorphic, zoomorphic and astral forms. In Ancient Egypt, for example, we have Amun as the Sun god, Geb as the Earth, Horus presented with the head of a falcon and various other representations in rich mythological symbolism. Also, in the symbolic richness of the Orishas we find an attempt to understand the transcendent, what goes beyond the capacity of the ego to conceive, and which is established as an attempt to reconnect with the force or Creative source of Life.

The Upanishads, the sacred sources of Hinduism, present Brahman as the creative force active in the universe. Human consciousness would not be able to conceive of it, as we note in the

verses: *"That which cannot be expressed in words, but by which words are spoken; that which cannot be thought with the mind, but by which the mind can think..."*

The biblical narratives, on the other hand, begin with the creation of the world and all the beings that inhabit it. A tradition inherited from the Jewish people, it brings the concept of a special bond between the Creator of the Universe and these people. This God is unique and often presents himself with human faces, or at least with his characteristics clearly present. The "faces of God", however, present very different aspects when we analyse the Old and New Testaments.

If in the Old Testament we see a God who is often cruel and even vengeful, capable of wanting to exterminate his own creatures, Jesus launches the face of a God of Love and Mercy, of a "Father" who watches over his sons and daughters.

Neuroscience, especially since the 1990s, has begun to map the human brain in search of the "point of God" in the human brain, because it realised that the transcendental quest produced certain effects not achieved in other states of wakefulness or sleep. Even so, the days of reaching a consensus on the findings so far are long gone.

Many other religious expressions try to guarantee a monopoly on

divine expressions, but since the creature is unable to conceive of its Creator, since the ego is unable to conceive of what is finite, we are often left in the field of speculation and belief, without being able to define exactly what it is to "live in God". Even when *The Spirits' Book* presents God as the "Supreme Intelligence of the Universe and the Primary Cause of all things", the small egoic intelligence is unable to grasp all that this represents.

In the impossibility of "living in God" through specific religious definitions or creeds, which often only feed the persona, the social mask, but do not delve into the deep questions of being, it is essential to return to the old teaching of the Oracle of Delphi: "man, know thyself", with the extension often attributed to Socrates, " ... and you will know the universe and the gods". As we are the Universe in miniature, to the extent that we clear out our own souls, removing excesses and carrying out the necessary pruning, living in the depths of ourselves can be transformed into the possibility of living in God, without forgetting the valuable warning from the Mount, established by Jesus:

"Blessed are the pure in heart, for they shall see God". Maybe then we will be able to answer like Jung, when asked if he believed in God: "I know".

Cláudio Sinoti

Junian Therapist