

# The Journal of Psychological Studies

Science, Philosophy and Religion

## The society of deception

There are many attempts to understand society's behaviour, whether from the perspective of modernity, post-modernity and their variants, from psychology, sociology, philosophy and so on, or

expectations are created for the fulfilment of desires and longings, and these do not materialise in the expected way, it is natural for disappointments and/or frustrations to occur.

On the other hand, unlike previous generations, who relied on faith as support for their frustrations - and here I am not making a judgement on whether this was positive or negative, which is very relative - in this "hypermodernity" many individuals are detaching themselves from religious ties. The psychic energy that used to look to the transcendent for support in life's difficult moments is now looking to new "deities" for its fulfilment: consumption, the economy, pleasures and entertainment. There is nothing wrong with these things in themselves, but as they are sought in excess, this excess points to some kind of imbalance.

Faced with all this, what can we do? The philosopher Socrates already pointed out that "an unexamined life is not worth living". Human beings cannot avoid the fundamental questions of existence with impunity, otherwise they will set the wrong course for all the human and spiritual potential we possess. What are we doing here? How can we help each other? What is the point of all this eagerness to have and to pretend to be? What values and principles should we stand on? These and other questions should be the basis of our reflections to change the existential course of humanity. If what we have chosen has led us to disappointment, frustration and disillusionment, with all this violence and thirst for power, it is time to build a new path, in which the search for happiness is no longer an expression based on individualism, which has already led us down all these paths, but on conscience.

*Cláudio Sinoti*

*Junian Therapist*



from the point of view of religions. Among the various issues addressed, experts are left wondering why, despite the enormous amount of knowledge we have acquired throughout history, the scientific discoveries made, the technological advances, the greater possibilities of a long life compared to the past, we still have not become, in general, happier and fulfilled people?

Among his many contributions, French philosopher Gilles Lipovetsky analyses what he calls the "Society of Deception". In the quest for self-fulfilment and happiness, a type of illness has come to dominate the behaviour of individuals: hyperconsumerism". In his logic, a "second modernity is created - the modernity of consumption, leisure and mass well-being", leading to a "progressive euphoria" that brings a supposed sense of freedom. However, you only must look at the rates of anxiety, depression and so on, to realise that this is not true freedom. And to the extent that high

These frustrations and disappointments paradoxically occur not only with those who fail to achieve their goals in this society in which consumption has become almost a god, but also with those who manage to achieve them and remain in the throes of greed.

In fact, all this unconscious behaviour creates other serious problems: the destruction of nature in the thirst for insatiable consumption, social injustices, because for some to live in accumulation and excess, many others (the majority, by the way) are harmed, without this seeming to bother them. The peripheries of the world have become the "dumping ground" of the collective shadow, where violence rages, misery kills, and life has no dignity. Apart from this, power wars, fundamentalism, among other serious symptoms that we are experiencing, demonstrate the failure, in a sense, of attempts to seek a more harmonious life.

### From prejudice to social tolerance

Tolerance is a challenge for humanity!

The fact that we are different from each other is undeniable, but this evidence does not mean that intolerance is justified.

Prejudice is a crime! It is an aggression against progress; against the laws of men and the laws of God; a violation of diversity!

He demonstrated love and tolerance in practice and chose a Samaritan as the undisputed symbol of charity; he chose a woman's voice to announce faith, to give news of the kingdom of heaven; he chose a tax collector as a disciple and another to be an example of humility.

His message is one of communion, unity, fidelity and respect, in which tolerance reigns as a source of freedom and mutual construction, and which inaugurates a new era, a new world.

It is with our gaze enveloped in this truth that wars and struggles disappear, and we see the other person as a brother.

This is what humanity is moving towards: the spiritual evolution of relationships! This is what Emmanuel

says in *The Way of Light*: "Races are replaced by souls and generations are phases of their learning and usefulness; languages are forms of expression, moving towards the unique expression of fraternity and love, and people are the dispersed members of a great family working towards the definitive establishment of its universal community."

In the name of Jesus, may tolerance be the building block of peace!

Lusiane Bahia

Lawyer

### A return to the simplicity of the heart

Joanna de Ângelis has warned us that the great challenge facing human beings today is self-knowledge, since they are increasingly turning to external conquests and social illusions. Knowing what you are makes things easier and more straightforward, however this upward movement has been going on since the moment we were created, so our journey is to emerge from total ignorance into full light. Due to this, we are guided to renounce the momentary pleasures and joys offered in the transitory context of the world, in favour of the lasting happiness that only communion with oneself and, consequently, with God, can offer.

Jesus Christ has already shown us the way, which he crossed and overcame, even before the Earth was formed. To this day, there has never been anyone like The Solar King, with such purity of heart. Jesus' purity is seen in every detail, even in his birth into the physical world in Nazareth, an extremely simple village with no resources, showing that what counts is not the possessions and the place you come from, but the deeds you do. He was able to see God's presence in everything and in all beings, because he experienced the *Blessed are the pure in heart*.

Jesus was interested in the alchemy of the soul, transforming spirits by offering the Kingdom of Heaven as the greatest treasure to be sought. He presented us with the religion of love, which can only be understood if it is first felt internally. It is true, therefore, that we are constantly progressing, but it is also true that only through the truth of who we are, will the experience of purity and simplicity of heart be a reality, regardless of things and places to sustain our value.

Adriana Viola Bacarin

Jungian Psychologist



It is seeing life from a purely personal perspective, giving pride and selfishness strength and scope for action.

Diversity is an opportunity for growth, because the more you socialise with those who think and act differently, you have a realm of education, where you learn to understand, to give, to feel and to live.

We are still living in a global context of many criticisms and ruthless practices of intolerance. It was not very different in the social context that welcomed Jesus.

However, he taught us how to love and did not set any conditions or limits on this exercise.

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### Spiritist philosophy and the effects of love

Spiritist philosophy is a philosophical current that presents itself as a spiritualist, scientific and ethical philosophy that considers the Spirit to be a transcendental reality. As a treatise on contemporary philosophy, *The Spirits' Book* provides guidance on the existence of God, the immortality of the soul, the meaning of life, the destiny of people and the Natural Laws.

Spiritism is "the essential synthesis of human knowledge applied to the investigation of truth." Pythagoras defines Philosophy as "Love of Wisdom"... It is thought analysing itself to readjust itself to reality. Love is the great motivator!

World conflicts, wars, violence, imbalances in coexistence and interpersonal relationships are generated by the lack of love in people's hearts.

A loving attitude overcomes stubbornness and respects the coexistence of different opinions, beliefs and knowledge, with co-operation being an ethical attitude of the new relational model. To cooperate is to break with competitive individualism and indifference, favouring more humanised and supportive relationships.

The challenge of today's civilisation and social relations is to experience compassion and inclusive love. By experiencing love for oneself, one's neighbour and God, the experience of solidarity and fraternity corresponds to Universal Justice, promoting peace and harmony between individuals, families and societies.

Love is a Natural Law that empowers human feelings to live the Good, the effect of which is always the ethical improvement of the immortal spirit. Love is the solution!

**Evanise M Zwirtes**  
*Transpersonal Psychotherapist*

### Is religion an act of love for God?

What is the most important question in the world?

"Does God exist?"

The answer to this question will guide your life.

A survey carried out in 23 countries by the American agency Thomson Reuters has revealed that Brazil is in 3rd place among those countries with the most belief in God. 84 per cent of Brazilians have an un-

another planetary hemisphere. So, what did Jesus mean by Heaven in his Sunday prayer? What is the meaning of this word used by Jesus in relation to the place where the Father is? Heaven is the air of Spirituality vibrating at the alpha frequency. When I breathe, I bring this energy into my being, because God is everywhere, closer to us than we realise. The air



shakeable faith in a supreme being.

If the vast majority of Brazilians believe in God, why do they go about their daily lives as if God did not exist? Why the hopelessness, the sense of injustice and disbelief?

Whose fault is that?

Traditional religions present God to us as a supreme, just, merciful and good being. But how can we reconcile God, his justice and love, with so much misery and injustice?

When Jesus proclaimed the Our Father, who art in heaven, taught today by all Christian religions, people did not understand heaven and the universe as they do today. Science had not yet penetrated the mysteries surrounding nature and man did not know beyond the limits of his region, let alone the existence of

we breathe is the same air our brother breathes, so we are intimately connected by the Father's presence everywhere. Heaven is the best transcendent representation that reflects the spiritual reality in which we are immersed.

The basic postulate of Spiritism is the moral transformation of man by reminding him of the teachings of Jesus. One of its fundamental principles is reincarnation. Spiritism is the doctrine of optimism and through its teachings we learn the lessons of faith and hope, which shift our axis of vision towards a more positive reality.

In this way, it fulfils its role of reconnecting people to God.

**Davidson Lemela**  
*Neuropsychologist*



### Regaining Faith in Christ

"I will not leave you orphans. I will come back to you." (John 14:28) Christ's words make it clear to us that a better and more harmonious future is coming in relation to the turbulent days we are living through, since the image of the Master with us brings the idea of the presence of blessings and fulfillment on our journey.

However, it is very common, in moments of pain and discouragement, when we see so much suffering and so much iniquity spread throughout the world, to question Divine goodness and God's presence in our lives. When pain touches our hearts, we often turn our angry gaze towards heaven and wonder where Christ is with his consoling promises. And then we remember another saying of Christ, who told us that "...because iniquity increases, the love of many will grow cold" (Matthew 24:12).

However, we need to try to understand the mechanisms that govern our existence so that we can better understand the situations that hurt us and often lead us to weaken our faith. Firstly, we need to understand that the purpose of our existence is our evolution. Léon Denis, in his book *The Problem of Being, Destiny and Pain*, in a chapter entitled "Pain", teaches us that "Pain does not only hurt those who are guilty", reinforcing the evolutionary role that pain plays in our lives and removing the biased view that

used to make us think that pain comes into our lives only as a form of holding us accountable by a merciless judge. We then realised that difficulties should not weaken our faith in Christ, but rather strengthen it so that we can get through difficult times more calmly. "...my yoke is easy, and my burden is light" (Matthew 11:30), says the Master, showing us that faith makes it easier for us to go through the painful transitions that life presents us with.

The Spiritist doctrine makes it easier for us to recover this faith in Christ through reasoning, which leads us to a better understanding of issues that involve our lives and that have a reason for being. In the book *Genesis*, in the chapter entitled "The Times Have Come", Kardec tells us that "everything is harmony in creation; everything reveals a foresight that is not denied either in the smallest things or in the largest..." He also tells us that everything that exists is subject to the law of progress. Therefore, we understand that difficulties come to renew us and not to annihilate us. Kardec also tells us that "the multiplicity of causes of destruction is a characteristic sign of changing time, because they hasten the emergence of new germs." In other words, where before we saw reasons that, due to our deficient understanding, led us to question Christ's message, with the teachings that the Spiritism

brings us, we begin to see His Presence and His great love blessing everyone.

Léon Denis, in a book entitled *Christianity and Spiritism*, in the chapter "Renewal", emphasises that "for wheat to germinate, snowfalls and the sad incubation of winter are necessary. Strong winds will come to dispel the fogs of ignorance and the fogs of corruption. The storms will pass; the blue sky will reappear." In other words, it is often necessary for us to go through the times of trial and expiations that we question so much to perfect ourselves and free ourselves from the ties that still prevent us from taking higher flights. At no time are we without the support of spiritual friends and of Christ, who is so present on our journey, but we often do not have the eyes to see his presence in the small things as well as the big ones.

Therefore, in the face of all situations, let us always seek to trust in Christ's love, redeeming our faith and relieving our hearts, which are so often tired and afflicted, but always in need of the balm that only faith can bring us. May faith in Christ always lead us to keep our gaze turned upwards, bathing us in consoling hopes that relieve and fill our hearts.

**Dr. Livia Poli**

**Doctor**