

# The Journal of Psychological Studies

Science, Philosophy and Religion

## How to understand justice?

Spiritism, codified by Allan Kardec in the 19th century, offers a profound and different understanding of justice. Based on principles of love, charity and reincarnation, the Spiritist doctrine

Reincarnation allows spirits to learn and evolve over several lifetimes, facing the consequences of their past actions and receiving new opportunities for growth.

importance of resilience and overcoming difficulties.

Morality is essential to Spiritist justice. Spiritual progress is closely linked to moral development, and this is reflected in the just and charitable actions that each individual must practice. Spiritism teaches that true justice is based on love of neighbour and the practice of charity. To be just, according to the doctrine, is to act with benevolence, forgiveness and understanding, promoting collective and individual well-being. Every action is an opportunity to do good and contribute to harmony and justice in the world. The doctrine encourages reflection on the consequences of our actions and the constant search for personal improvement and helping others.

Divine justice in Spiritism is not punitive, but educational. Each difficulty or suffering is seen as an opportunity for learning and spiritual progress. The situations we face in life are the result of past choices and help with our development. This understanding promotes resignation and acceptance,

Therefore, the Spiritist view of justice offers a broad and consoling perspective, based on reincarnation and the law of cause and effect. It teaches us that life is a continuous school of learning and evolution, where every difficulty is an opportunity for growth. Divine justice is seen as perfect and balanced, giving all spirits the same chance to evolve and correct their mistakes. With this understanding, Spiritists are encouraged to live in a fair, loving and charitable way, contributing to a better and more harmonious world.

This vision of justice, which is deeply linked to morality and spiritual evolution, not only consoles in the face of the apparent injustices of the world, but also motivates a more conscious and altruistic life, in harmony with the universal laws that govern existence.

*Paula Uchoa*

**Neuropsychologist and  
Neuroscientist**



presents a perspective that goes beyond traditional belief, based on the immortality of the soul, the progression of spirits and the law of cause and effect.

Some fundamental principles are essential to our understanding, such as the idea of the immortality of the soul, which suggests that life is not limited to earthly existence but continues after death. Reincarnation, another backbone of Spiritism, postulates that the soul returns to new corporeal existences to evolve and learn. The law of cause and effect, or the law of karma, is central to the Spiritist doctrine. According to this law, all actions have consequences, and each individual is responsible for their actions. Divine justice, therefore, is perceived as infallible and impartial, unlike human justice which can be flawed and partial.

as well as encouraging personal responsibility and the search for moral improvement.

In this context, reincarnation is a crucial mechanism for justice in the Spiritist view. Without it, many situations of inequality and suffering in earthly life would seem inexplicable and unjust. Through various existences, the spirit has the opportunity to make up for its mistakes and learn new lessons. This guarantees fairness over time, where everyone has the chance to correct their mistakes and progress.

In Spiritism, suffering is seen in a different light. It is not a divine punishment, but a tool for the evolution of the spirit. Facing adversity is part of the process of learning and spiritual growth. The most evolved spirits often choose difficult incarnations to accelerate their progress, demonstrating the

### The mechanism of manipulation

Chapter XIV of the book "Genesis" states that "Spirits act on spiritual fluids, not by manipulating them as men manipulate gases, but with the help of thought and will".

In this way, fluidic formations

Through thought, these fluids are given this or that direction, they agglomerate, combine or disperse them, changing their properties like a chemist changes

the properties of gases or other bodies. It is the great workshop or laboratory of spiritual life.

In this way, the incarnate spirit is in a more direct relationship with the free spirits, cleansing or damaging the fluids.

When these fluids act on the perispirit, it reacts. If the fluids are of a good nature, the body feels a beneficial impression; if they are bad, they can lead to physical disorders,

causing certain illnesses.

Joanna de Ângelis, in her book "In Search of the Truth", written by Divaldo Franco, states that "through disciplined thought, every human being advances along the beautiful paths of health and inner edification, reaching the high level of individuation".

Being inattentive and unvigilant regarding the thoughts that are emitted leads to the manipulation of negative thought forms, anger and sadness. In the same way, uplifting thoughts of kindness are manipulated for healing.

Therefore, the best teaching is that of Jesus: Watch and Pray.

**Lilian Buniak**

**Clinical Psychologist**

### The habit of deceit

Many people believe that the *Comfort Zone* is made up of pleasant and enjoyable situations. However, this is not the case. The *Comfort Zone* is the routine of our daily lives and can turn into behavioural vices formed by negative situations that become *habits*, most of which are learned through repetition.

Many habits lead us to inertia, because they prevent us from thinking or making decisions. As Albert Einstein brilliantly taught us: *we want different results, but we always do the same thing*. In the *Comfort Zone* we gain the right to carry on in the same way, complaining, lying, slandering, feeling like victims or over-protecting ourselves: that is the only comfort.

More than 50% of the decisions and choices we make every day are made by our habits. *New York Times* investigative reporter *Charles Duhigg*, in his book *The Power of Habit*, explains that the meals we order at the restaurant, what we say to our children every night, whether we save or spend money, the frequency of our physical activities, the act of falsehood and envy are not decisions that are, for the most part, made rationally and consciously, but harmful *habits*.

Hundreds of academic studies and interviews with more than three hundred scientists conducted by Duhigg have revealed that, at a certain point, we stop thinking and our behaviour becomes automatic.

False people seek to benefit themselves; separated from their values, life becomes empty.

**Davidson Lemela**

**Neuropsychologist**



and thought forms make up the spiritist literature through the works of Allan Kardec, the psychographies of Chico Xavier and Divaldo Franco by the Spirits of André Luiz and Joanna de Ângelis and studies developed by Ernesto Bozzano, showing that the essential aspect of these expressions is fixed in the ability of thought to interfere in the physical and psychic realities of the individual and the surrounding environment.

This interference can manifest itself, for example, in the form of healing, physical and psychic renewal, as well as the transmission of soothing and reviving healing energy to weakened souls, or even as the manipulation of matter, typical of the earth's crust, or subtle matter, common on the spiritual plane, always according to specific objectives.

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### Escape

We can see from question 629 of *The Spirits' Book* that the Spiritist doctrine has as its structure the rule of doing good, that is, the condition of distinguishing good from evil, consistent with the observance of God's Law, written in the conscience of every thinking being. Thus, to do well is to do everything for the good of all, because in this way God's law is fulfilled.

To act well, you need the roadmap of ethics, so that your conduct is aligned with good behaviour. If, by any chance, you have not acted well, your attitudes will be recorded by your conscience, which will demand reparation from you as it grows. It is for this reason that certain conduct previously practiced by someone ceases to be such when the conscience has awakened, and it is no longer prudent to engage in such behaviour. It is at this point that even if there is an opportunity to act like "everyone else", it no longer fits.

This is the beginning of the journey towards moral progress, which will ensure happiness on Earth as the individual frees himself from his tendencies and passions. As such, Jesus gave us a guide on what to do and how much to do to others, so that doing good is also aligned with ourselves, since we are all part of each other, so "whatever you want men to do to you, do you to them, for this is the Law and the Prophets." Matthew 7:12

**Adriana Viola Bacarin**

**Jungian Psychologist**

### Social Promotion

Jesus said: "I am the vine, you are the branches; whoever is in me and I in him bears much fruit, for without me you can do nothing" (John 15:5).

How much greater we are with Jesus!

Being in Him or with Him allows us to overcome barriers, limitations and multiple difficulties that seem impossible to the ordinary eye.

To believe in his words and allow ourselves to be stimulated by his deeds is to potentiate the good that exists within us, leading us to a level of greater faith in what we and humanity are capable of achieving.

The fruits that the Gospel of Jesus provides separates us from selfishness and pride and brings us social promotion, which, at first glance, may have a material perspective, of well-being, health and dignity, but which with the Doctrine of Jesus, which is the Doctrine of the Spirits, gains immortal guidelines, therefore, integral and of peace!

What does it mean to promote society based on the Gospel of Christ? It means fulfilling the maxim:

"Love one another as I have loved you" (John 15:12).

Only love is capable of imprinting true charity, because charity is love that is energized.

Promoting the other, in the light of Jesus' love, means providing the conditions for liberation from one's innermost limitations, allowing awareness to expand towards immortality, reincarnation, the exist-



ence of a just, merciful and good God, the law of progress and the impossibility of eternal punishments. In other words, to enable people to catalyse in themselves what they need most to be happy, pacifying their characteristics and honing their virtues.

It is the experience of love that bears fruit, the productivity of justice and love, in which charity is the main instrument for peace.

That is why the simple prayer, attributed to Franciscan thought, says that wherever there is hatred, offense, discord, doubt, error, despair, sadness and darkness, let's bring love, forgiveness, unity, faith, truth, hope, joy and light, because only by acting with love can we speak of a better and more dignified humanity.

**Lusiane Bahia**

**Lawyer**



### Natural leadership

It would be desirable for people to develop a natural sense of teamwork, with a view to benefiting the community. After all, as social beings, we need social contact to grow and develop. And in the most diverse branches of human activity, people with the aptitude to lead groups stand out, bringing individualities together for the desired purposes. Although these purposes are not always connected to deep existential questions, there seems to be a necessary training for us to seek progress and development as a group, allied to awareness. And for leadership to be exercised with naturalness and ease, scholars highlight some important aspects.

**1 - Self-awareness** - only those who know themselves, or are participating in this process, can deal with the natural challenges of leading individuals to the point of encouraging them to work collectively. And the more heterogeneous the group, the better the leadership must be at not projecting their personal issues onto the group itself, which is always a challenge. While this is an important aspect for everyone, it is essential for a leader.

**2 - Communication skills** - for a group to be motivated and channel its energies correctly, good communication is essential. The group must understand its responsibilities very well, so that actions can converge towards a common goal. It is often communication failures that cause groups to fail to achieve their objectives.

**3 - Ethics** - the more an individual develops a sense of ethics, making their actions demonstrate very clearly the behaviour they expect from those they lead, the more they will be able to mobilize the group to be guided by their conduct. The development and improvement of virtues is an essential commitment for those who wish to improve in the art of leadership.

**4 - Empathy** - this virtue allows us to be attentive to the emotional state of other people, to get closer to the feelings they experience and to be sensitive to what affects them. Humans are naturally attached to other people, but often, in their egotistical eagerness, they lose touch with this ability, which is natural to a certain extent, but which must be practiced, especially when it comes to living together. Those who lead need to like humans and learn to deal with their different emotional states, extracting the best from them for the group's objectives.

**5 - Humbleness** - it is not because someone occupies a position of leadership that they have nothing to learn. On the contrary, the wiser you become, as the philosopher Socrates taught us, the more you realize how little you know and how much you must learn. This includes the ability to recognize one's own mistakes and not show oneself to be superior, even in those aspects that you have already developed a little more. After all, we always have something to learn, because life is constantly changing.

**6 - Spirituality** - recognizing and connecting with the transcendental forces of life, regardless of whether you have a specific religion, is an important factor in human development. The more open people are to connecting with the forces of life, the better they will be able to deal with the challenges of life and live together in harmony.

There are certainly other factors that stand out in natural leadership, which at the same time is the result of an effort to improve, which everyone must take responsibility for. After all, today's "natural leaders" have certainly improved themselves in previous stages to reach their current state of development.

And when we talk about "Leadership", we turn to the figure of the Master Jesus, who, being the "Archetype" of the full human being, demonstrated in an unusual way how to lead groups and unite efforts towards a goal. And his was a goal that was notable for its greatness: to offer humanity a new paradigm of being human. He sought out the "simple" people around him: fishermen, the suffering and all those on the margins of society. He gave up the wiles of temporal power and dedicated himself fully to the exercise of Love, becoming the most perfect human being we have ever heard of.

Cláudio Sinoti

Jungian Therapist