

The Journal of Psychological Studies

Science, Philosophy and Religion

Psychology of charity

Human beings have a natural propensity for co-operation and solidarity, as part of their own empathy, which comes naturally to them, but which needs to be exercised to develop fully. Some scholars of human evolution believe

for themselves, individually and collectively. Carelessness with one's own individuation and with the earthly home generates various conflicts, not only as a form of punishment, but mainly as an education, making it possible to realise that life is not a game or a joke without major consequences, but part of a complex process that presents us with constant invitations to evolve.

For these and other reasons, the exercise of charity becomes of essential importance, so that it can help overcome the pathology of selfishness and develop the virtues needed to achieve

a world where hunger and poverty are still rampant, the more it can be exercised in its emotional, psychological and spiritual aspects, the more profound it will be.

The most recent research in the field of neuroscience shows that the Psychology of Charity is not only part of the field of theological virtues, but also serves as an indicator of health, considered here in its global aspect. In its emotional dimension, it shows that the individual is capable of understanding and sharing their emotional states with other people. Cognitively, they seek reasonable attitudes and solutions in order to alleviate the other person's pain. Specific areas of the brain such as the prefrontal cortex, which as well as being responsible for cognitive functions is also involved in emotional behaviour, among other areas, show unique development in people with a greater empathic propensity, or who exercise it more frequently. Mirror neurons, which make us feel the emotional experiences of other people, are also involved in empathic relationships.

The Master Jesus presented the excellence of love as being an essential path for the development and improvement of the Spirit, which was followed by other great advocates of humanity, who demonstrated that charity is essential for both the individual and the community, providing the ego with a broader perspective on life and its meaning, considering that happiness, in its deepest sense, can only be experienced when shared.

Cláudio Sinoti

Jungian Therapist



that even Darwin himself was misunderstood in his studies of natural selection, and that for humans the highest values for survival are to be found in intelligence, ethical development and social co-operation, and not in competition and force, as is often emphasised.

However, because it results from a long period of instinctive experience, this cooperative force goes hand in hand with egoic imperatives, which, as long as they predominate, lead to individualism, power struggles, violence and a whole series of dark behaviours that end up distancing us from a more solidary and fulfilling human experience. Nevertheless, as the law is one of evolution, human beings are brought face to face with the problems they create

existential fulfilment. Furthermore, in a society with so many inequalities, the act of alleviating the pain of others in their material, emotional and spiritual needs enhance human coexistence and expands the possibilities for individual and collective development.

As a psychological exercise, it is extremely important to go beyond our own ego and observe others, to pay attention to their needs and pains, just as our own pains are often diminished by the actions of our neighbours. This exercise connects us with the human essence, because we are "social beings", and the act of ostentatiously withdrawing from coexistence is even a sign of pathology. Although material charity is extremely important in

Human solidarity

In the book "Son of God", the Spirit Joanna de Ângelis, in the message entitled "Your Conduct", teaches: "Wherever you are, there are unimaginable treasures awaiting your active hands". This simple phrase from the Benefactress goes back to the idea of participation, solidarity and contribution!

There are no restrictions, conditions or caveats! It is, wherever there is a need, because there will be an opportunity for human action.

There is always something to do!

stone, the instrument that will cut it for the purpose for which it is intended."

God is perfect! He creates and there are no gaps in his perfection! At the same time, He allows His work to receive the help of creatures and, through their actions, the bond that binds them becomes even closer and more intense.

It is a natural force of attraction, so that everyone is a co-participant in creation. In other words, so that everyone also creates. In that lies

the magic of Creation and the solidarity that must unite everyone.

To show solidarity is to help by creating fraternal bonds; it is to forge links, establishing collective connections between people, in fulfilment of the purpose of life, which is to serve.

As the Codifier states in the book "Genesis", humanity "still has an immense amount of progress to make: that of ensuring that charity, fraternity and solidarity reign among

themselves, enabling them to ensure moral well-being".

To reign in solidarity is to allow oneself to transform, build, stimulate and strengthen the good in the heart of humanity in attitudes. This is being part of nature. That is being part of Creation. Onwards in the solidarity that unites us all!

Lusiane Bahia

Lawyer

Insanity

Insanity is "the saying, act or behaviour of a person who is unreasonable", according to the Portuguese Online Dictionary.

According to the Encyclopaedia of Meanings, "foolish means **one who is not sane, that is, who acts inconsequentially**, without common sense in his attitudes... A person who is difficult to deal with and to understand. It is also often called unbalanced and irresponsible."

In this way, let us look at self-centred passions. According to "The Spirits' Book", question 908, "a passion becomes pernicious the moment you cease to govern it and when it results in some kind of harm to you or to another."

Joanna de Ângelis, in her book "Lampadário Espírita" (Spiritist Lamp), explains that "slander is a culture of uselessness in rotten soil. To curse means to destroy." It is projecting inner insanity outwards. It is an vicious addiction, a habit of disrespecting oneself and others, contrary to living fraternity and solidarity.

The Spirit Emmanuel, in the book "Vinha de Luz" (Vineyard of Light), teaches that "those who are fond of slander and malice distribute poisonous grains of darkness through which great evils and great crimes are improvised" spreading "fake news".

The negative only exists when there is no perception of it, because its function is to deny what exists. Those who focus on the Good, who are interested in creating something of value, observe their flaws and manage them.

Unconsciousness is the deprivation, denial or absence of a state of consciousness. Conscience, on the other hand, is a person's ability to understand their inner world, which is clothed in universal moral values regarding the notions of good and evil. A person conducts themselves well when they promote the social good.

Evanise M Zwirtes

Transpersonal Psychotherapist



Editorial Staff

Journalist

Rita de Cássia Escobar

Editor

Evanise M Zwirtes

Collaborators

Rita de Cássia Escobar - Revisora
Cintia C. Dos Santos - English Translation
Karen Dittrich - German Translation
Hannelore P. Ribeiro-German Translation
Clarivel D. Gimenez - Spanish Translation
Nicola P Colameo - Italian Translation
Seweryna Akpabio-klementowska -
Tłumaczenie na język polski

Reporting

Cláudio Sinoti
Lusiane Bahia
Evanise M Zwirtes
Davidson Lemela
Lívia C. Poli
Alba Daura Elias Cozzolino

Graphic Design

Evanise M Zwirtes

Study Meetings (In Portuguese)

Saturdays: 05.00pm - 07.30pm
Sundays: 08.00pm - 09.00pm
Mondays: 08.00pm - 09.00pm
Wednesdays: 08.00pm - 09.00pm

Study Meetings (English)

Wednesdays: 06.00pm - 07.00pm

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

There is always something to collaborate on!

Nature's own symphony gives permission for the individual to act in relation to the whole. In the same work, the Benefactress also says: "In the generous land, a rich harvest sleeps. In the singing stream lies a potential power station. The column is hidden in the stone stele. Yet all await the transforming action of labour. The soil awaits the plough and the seed. The stream of water needs proper channelling, and the

Social indifference

During the advent of Covid-19, it became evident that four distinct types of personalities emerged that stood out during the tumultuous days of the pandemic. They are:

a)- **The Fearful:** Those who have been possessed by a deep terror and an almost uncontrollable fear during the spread of the virus. Fear of being infected, of dying, of losing someone close to them, etc. They exaggeratedly isolated themselves from everything they considered risky in terms of contracting the virus.

b)- **The Angry:** The one who did not accept the situation. Although they submitted to the authorities' guidelines and public appeals, they could not tolerate being prevented from going out or working, as they felt very angry at the difficulty of submitting to the pandemic demands.

c)- **The Pacific:** The tranquil individual who routinely lives in peace. During the pandemic, he was confident about events, because people like this are optimists par excellence. Now comes the most pernicious, uncaring and insensitive individual in existence:

d)- **Indifference:** Indifference is the most overwhelming and despicable human behaviour, worse than selfishness and anger, because those have treatment. The selfish person is individualistic and narcissistic, but they are still interested in themselves. The indifferent, on the other hand, have no interest in anyone, not themselves and not anything.

The socially indifferent generally do not sympathise or feel moved by the suffering of others and when they are the agent of the pain they have caused, they always have a justification or excuse, as if they were not to blame: "...ah, I was obeying orders" or "...but I had no choice", and so on. By acting in this way, justifying themselves, the indifferent person is disqualifying the other person's pain, for which they were responsible.

Before cold, dark indifference settles into your soul, seek help.

Davidson Lemela

Neuropsychologist

Fraternity and dignity

Nowadays, it is very common for us to be shocked by what we consider to be cruel facts on the television news, which we criticise and point out without realising that, on a smaller scale, through our attitudes, we are often helping to promote the social imbalance in which we live. In the agony of always wanting more, more money, more fame, more recognition, we are getting sick and forgetting the essential objectives of our existence and we are getting lost in this gale of information that dazes our minds and leaves us unaware of our real needs.

Considering that the goal of our existence is evolution, we need to understand what this really means so that we can direct our search towards our real objectives. Evolving goes far beyond understanding the mechanisms that govern our existence. It is not enough to have a high level of knowledge that is not applied in everyday life. We need to try to live what the master Jesus taught us. We urgently need to see that his entire passage through our planet exemplified true fraternity, through forgiveness of offences, persistence in the service of love for our neighbour, as well as respect for those who live with us, seeking through self-knowledge to identify our points of pain and work on them, refining ourselves and therefore better living together in society.

Pure and true fraternity brings dignity to man, since it leads him to do his best in all aspects as well as having eyes of love for his brothers and sisters in Christ, who correspond to the whole of humanity. As André Luiz taught



us through the psychography of Chico Xavier in the book "Estude e Viva" (Study and Live), in a text entitled "Em Tudo" (In Everything), "... let us never lose the central vision of the higher goal we are aiming for. With Jesus, we are engaged in ideal teamwork, in the maximum effort of creating for the efficiency of the soul in the cult of living love and for the creation of happiness for all creatures."

Therefore, the revolution of love that we dream of experiencing on our planet only needs our firm will and decision for it to happen.

Dr. Livia Poli

Doctor



Consolation and hope in God

Who among us has not sought or is seeking consolation in the face of life's challenging moments, in the face of the deep pains of the soul? Who among us has not longed for relief, for refreshment in our afflictions and bitterness, in the trials and atonements of our journey through reincarnation?

Jesus told us: "Come to me, all you who are weary and burdened, and I will give you rest". (Mt 11:28).

In "The Gospel According to Spiritism", chapter VI, which deals with Christ the Comforter, there is clarification on this passage of the Gospel, in which the Higher Spirits instruct us that "All sufferings: miseries, disappointments, physical pains, loss of loved ones, find consolation in faith in the future, in trust, in the justice of God, which Christ came to teach men. On those who, on the other hand, expect nothing after this life, or who simply doubt, afflictions fall with all their weight and no hope can mitigate their bitterness."

But how can the Spiritist Doctrine, as the great comforter promised to humanity by Jesus, console us and raise our hopes?

Spiritism well understood and, above all, well felt, leads us to learn, among many other things, about the nature of God and his divine laws, about the purpose of our existence and brings us supreme consolation, because it attributes a just cause and a useful end to

all the pains of the soul.

God is love, goodness, mercy and justice. We no longer accept that God is the one who punishes us, because there is no divine punishment, what exists is the law of cause and effect, act and consequence, the fruit of our own choices and decisions, from this and other lives.

It is important to remember that in many passages of the Spiritist Pentateuch, especially in "The Gospel According to Spiritism" and "The Spirits' Book", we find some expressions about guilt, punishment, and God's punishment. However, by making a systematised study, we can see that the higher Spirits have very wisely taken care and zeal to explain these terms in the answer to question 1,009 of "The Spirits' Book", giving us the logical meaning and in line with divine laws.

Consequently, in a message-answer from Paul himself, the apostle expressly says to the question: "Who is to blame? It is he who, by a deviation, by a false movement of the soul, departs from the purpose of creation. [...] What is punishment? The natural consequence of this false movement...".

Therefore, it is God's goodness, his mercy that allows us, through the law of reincarnation, to have various corporeal experiences, in which we gradually repair the sums of the consequences of our wrongs, when we are faced with painful challenges, which, if received with love and

resignation, will allow us to make good use of these opportunities and give back to life with love what we took from it with selfishness.

It is in line with the Doctrine of the Spirits that Léon Denis places pain as a power of the soul in redemption, because pain reveals something to us, it reveals the truth about ourselves, we learn something from it, and it is therefore like a "law of balance and education". Pain is the great educator.

Who among us, faced with the loss of a loved one, has not wondered what life is all about, whether I will ever meet this beloved person again, how I will live and rebuild my life? Who among us has not thought of God at that moment?

In this way, by understanding the useful purpose of all pain, by receiving life's challenging moments as an invitation to learn, we will be able to choose patience, resignation, and courage to live well on this planet of trials and atonements, working on our own regeneration for the coming of the new era.

Alba Daura Elias Cozzolino

Psychologist

