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Mediumship and self-knowledge

Mediumship is a natural faculty of all human beings, independent of beliefs, colour, social and economic conditions, cultural and moral level. It is already programmed before reincarnation.



"Mediumship is attunement and filtering. Each Spirit lives among the forces with which it combines, transmitting them according to the conceptions that characterise its way of being," according to the Spirit Aulus, in the book "In the Domains of Mediumship".

In other words, mediumship is the exchange of thoughts between creatures, consciously or not, through mental attunement.

"The Spirits' Book, Q.459" asks: "Do spirits influence our thoughts and actions? Much more than you realise. They influence us to such an extent that they usually direct us."

Dr Marlene Nobre, in her book "O Dom da Mediunidade" (The Gift of Mediumship) teaches that "the roots of mediumship are fixed in the perispirit, or spiritual body... making it possible for human beings to make use of a new sense, which expands their capacity for communication, far beyond the corporeal senses.

In exercising this function, the perispirit needs to make use of neurological structures or sensitive

implements of the physical brain... Among these structures, the pineal gland is the most important."

Within the neurophysiology of mediumship, we emphasise the importance of two structures:

- Perispirit: aerial for receiving electromagnetic signals (mind-magnetic waves).
- Pineal gland: structure that amplifies and demodulates these signals.

Functions of the Pineal Gland in mediumship:

- Receiver: receives electromagnetic signals (thoughts);
- Transducing: transforming these electromagnetic signals into signals that can act on structures in the body, i.e. electrochemical & neurochemical signals.

Gabriel Delanne recognises that mediumship is not a supernatural faculty; it simply depends on a physiological property of the nervous system. It depends on the physical organism; it does not depend on the medium's morals.

Knowledge favours mental exchange, but it is not enough. Mediumship requires the ethical and moral improvement of the medium, based on the practice of Good.

Otherwise, we can observe some notable signs that you are not following what was planned on the spiritual plane before you reincarnated. These signs commonly present themselves as: irritability; restlessness and inner dissatisfaction; existential emptiness; the sensation of invisible "presences", figures; drowsiness for no reason; unexplained fainting; strange sensations or ideas; bad humour; unexplained crying; pain without a defined diagnosis; chills; tremors; palpitations... Others live in depression, anxiety and fear because they are in tune with inferior, unhappy spirits.

A medium who harbours excessive sorrow, uncontrolled passion or permanent agitation will not transmit or circulate radiant energies because their nervous system is compromised.

That is, intoxicated, atrophied.

The Spirit Joanna de Ângelis, in the book "Invitations from Life", advises that "by refusing to be inspired, you allow yourself to be dragged along by other waves of thought, sometimes unconsciously collaborating in the formation of landscapes of pain, shadow and misfortune for others as well as for yourself.

The truth is that we are all interconnected, in an active, incessant mediumistic ministry, thanks to the multiple gifts we have."

It is essential to consider that the exacerbated ego will be the main barrier to higher exchange, because it voids the mental waves responsible for psychic attunement. The ego-centred personality is incapable of emitting thoughts compatible with higher dimensions. Busy attending to its own interests, which it always considers to be more important, it is unable to consciously and lucidly expand its psyche beyond the sensory senses.

In the book "The Awakening of the Spirit", Joanna de Ângelis explains that "self-awareness leads the individual to understand how they should act within social codes, ethics and personal relationships, structuring their stability."

In this way, it is essential to welcome the process of self-knowledge, which reveals the powers and limits of each being, with possibilities for self-renewal. Self-knowledge helps to develop discernment about what is useful or futile, indispensable or secondary, for the balanced life of the Spirit.

In this process, self-discovery aims to make the individual aware of what they need to learn about their instability and psychic stability, as well as prioritising their self-education and choosing to begin the new phase of living a balanced, healthy mediumship by overcoming passions and illusions, promoting the Good.

Evanise M Zwirtes

Transpersonal Psychotherapist

Identity of spirits and affinity

Human thought is the most powerful force in the world. Nothing can resist the power of thought.

In the 1950s, research carried out in the field of psychology showed that our thoughts are capable of emitting and receiving electromagnetic impulses and

of fibres, cells, nerves and fat and therefore cannot be self-aware. It would be like believing that a piece of tenderloin, placed on the barbecue, knew that it was a piece of meat. Not even a dog or cat is aware of its own reality, because irrational animals have no self-awareness.

So, according to Gödel's expression, there is a mathematical impossibility for us to be our own body.

In this way, we understand that thought and affinity between beings resides the spiritual unity and that the brain functions only as a *passage box*, a kind of trans-dimensional neurophysiology, nothing more.

The identity of disincarnate spirits, just like that of incarnate spirits, reflects their vibration and establishes the affinity between relatives.

The energy of thought interacts directly with beings and the dynamics of

emotions. The channels of expression for this energy originate on both sides of life: between the "living" and the disincarnate. Dark thoughts of despair, pessimism and revolt emit low-frequency oscillations and interact with beings in the same vibration. Good thoughts, good behaviour and noble emotions reverberate positive psychic waves of peace and joy. So watch your thoughts.

Davidson Lemela

Neuropsychologist

Sick mediumship

Communication between incarnate and disincarnate spirits is a blessing that God gives on humanity in order to maximise His support for everyone through communion in solidarity.

According to Vianna de Carvalho, psychographed by Divaldo Franco, in "Mediums and Mediumship", mediumship has a dual purpose, as it serves to enlighten the world about the immortality of the soul, giving it hope, as well as being a source of self-improvement for those who are the instruments of communication.

Since mediumship is expressed in everyone, to a lesser or greater degree, there is a need for education and discipline in its exercise, as well as prayer and vigilance.

When attention is not focussed on meeting the objectives of mediumship, mediums can be susceptible to misconduct in their mediumistic behaviour, causing harm to themselves and others.

Selfishness and pride lead to expressions of self-interest, vanity and isolation, which lead to painful obsessive processes.

Mediumship does not make anyone ill. It is an expression of love. It is the medium who is involved in interests other than education and charity who becomes ill, not because of mediumship, but because of their own passions.

The medium's challenge is to handle the mediumistic tool with humility and unconditional service, enlightening their own conscience and the conscience of others. In this way, mediumship will be in favour of health and liberation.

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dynamically tuning in to the beings we identify with, whether incarnate or disincarnate.

However, where does thought reside? Is it the result of the transfer of neuronal impulses or chemical reactions in the reception of hormones?

In 1931, physicist Kurt Gödel, honoured by the US government with the National Medal of Science, developed a mathematical expression known as the *Incompleteness Theorem*, in which he demonstrated that a system cannot sustain self-consciousness. In other words, no matter how complex our brain is, with almost 100 billion neurons, it is still a heap

Obsessive thoughts

As Joanna de Ângelis explains, thought is the dynamo that generates and conducts life, so that the content cultivated in thought is reproduced in the objective sphere, being an element that shapes human behaviour. Thus, the mind moulds ideas and when these are healthy and uplifting, they bring harmony to the organism as a whole. On the other hand, the formation of thought, structured in multiple incarnations, when tormented and sickened, its vicious fixations invade the consciousness with involuntary, repetitive and uncontrollable mental representations. These are unpleasant, repugnant and unfortunate ideas that, the longer they remain rooted in the human unconscious, the more the person feels incapable of overcoming them.

It is a defence mechanism based on the preservation of the personal unconscious, which wants to keep things the way they are, because it is "easy" to leave things as they are than to make Herculean efforts to overcome them. To maintain an addiction, it is enough to keep the same behaviours, however, to change them, you will need to lit the flame of firm will, since there will be an internal tendency to be constantly fought.

It is natural that at the beginning of the quest to free oneself from the yoke of these thoughts, one has the impression of not having the strength to do so. Joanna de Ângelis proposes starting with small adjustments and simple duties, in many cases with professional help, bearing in mind that every endeavour of great value requires time and opportunity, not giving up in the face of difficulties and failures, but aware that the law of progress is a full reality and that sooner or later we will all achieve it, is undoubtedly the greatest elixir of hope and faith in the future.

Adriane Viola Bacarin

Jungian Psychologist

Mediumship: Path to self-realisation

Since Individuation is the goal of our existential journey, understood as the full expression of our uniqueness and our potential, it is natural that self-realisation encompasses the various paths of the human journey, including the exercise of our aptitudes and intelligences. In this sense, we can include mediumship as one of the faculties that needs to be well understood and exercised so that it can help us on this long journey.

As a tool for communicating with the Spiritual World, mediumship participates in all the phenomena of human life. The fact is that the boundaries of the spiritual world are tenuous (if we can delimit them at all), and it interacts continuously with the physical world. But while on the one hand it allows for exchanges with spiritual reality, on the other hand it requires special care and preparation, because with heightened sensitivity the ego must be very well structured so as not to fuel the crises and conflicts that inhabit the psychic world.

In this chapter, it is not so important to worry about developing faculties that achieve recognition, as this often ends up generating even more conflicts when the personality is not prepared to deal with this in a healthy way. In an age in which the media provides far-reaching exposure, care must be redoubled.

The knowledge and study of its possibilities, a healthy and balanced life and, above all, the constant exercise of inner renewal, broaden the possibilities of experiencing mediumship naturally and harmoniously, and extracting valuable teachings from the exchange that

arises from it. It is important to understand that the exercise of mediumship is not restricted to taking part in religious activities, but that it encompasses life as a whole. Whether in the simple expression of an intuition, or through hearing, visual or psychographic experiences, among other forms, the most important thing is to understand it as part of inner improvement, which does not need to become an external spectacle, but rather a bridge for the development of the being.

Cláudio Sinoti

Jungian Therapist





Mediumship and Mental, Emotional and Spiritual Health

Many of us, when we call ourselves Spiritists, have suffered some kind of prejudice from people who do not know the doctrine and who give us advice such as: "Be careful! It is dangerous to mess with these things!"... when in reality, we follow a Christian doctrine that focuses on the constant search for evolution, following Jesus Christ as our model and guide. However, this type of comment is related to the myths surrounding the practice of mediumship, which is also viewed with prejudice by those who do not know its foundations and the laws that govern communication with spirits.

Many people venture down the path of mediumship without any knowledge or preparation in the moral field, resulting in harmful consequences, not because of the mediumship itself, but because of the misuse made of it.

Léon Denis, in his book "In the Invisible", in a chapter entitled "Practices and Dangers of Mediumship", teaches us that "Our contacts with the extraterrestrial world vary infinitely according to the nature of our thoughts and our fluids, which are powerful magnets for good as well as for evil. Through mediumship we can associate ourselves with the best or the worst in the afterlife and provoke around us the most sublime manifestations or the most repulsive phenomena." Therefore, we understand that mediumship in itself is not a problem, but a solution, when used well.

In many cases, the outbreak of mediumship is associated with a certain degree of disturbance, precisely because of ignorance of its laws and proper handling, but when it is well directed, it rehabilitates us, allowing us to have more ostentatious contact with elevated spirits who help us so much on our earthly journey. Hence the need for constant study on the part of the medium, as well as self-improvement, the incessant quest to improve oneself as an immortal spirit, rebalancing oneself and attracting high energies to the medium's perception that will help them on their journey.

From the moment we understand that the rule par excellence of relations with the spiritual world is the law of affinities and attractions, we also begin to understand the importance of evangelising the individual who intends to walk the path of mediumship. And in this regard, we need to realise that we do not need to become saints overnight, but rather that we need to constantly seek personal improvement, constantly strive to discipline our bad inclinations, modifying the energy that surrounds us and thus modifying the type of Spirits we attract to accompany us on our journey.

We can infer, then, that mediumship strengthens our mental, emotional and, consequently, spiritual health when practised with a noble purpose, not by avoiding suffering spirits who need help, but by strengthening ourselves through contact with elevated

spirits, which is achieved through the search for self-improvement, thus strengthening and enabling us to be a disciple in Christ's harvest, bringing consolation, hope and the possibility of renewing paths to spirits who suffer, who are unbalanced, but who are, in fact, also our brothers and sisters in humanity.

The phenomenon of communication between incarnate and disincarnate beings is something that draws the attention of many because of the consequences this communication involves. All the consolation that this communication brings, the certainty of the immortality of the soul and that those we love will not be taken from our lives by the phenomenon of disincarnation, but will live on and keep alive the love they shared with us while incarnate. This certainty helps us to overcome so many imbalances, strengthening us psychically, mentally and spiritually.

Therefore, whenever we think about the issue of mediumship, let's remember that it is a blessed tool, which, if used well, brings balm to hearts troubled by life's issues, also rebalancing those who exercise it. Let's treat it with the reverence it deserves, in the certainty that if misused, all medicine will act like poison, but if used well, it will be the key to healing and rebalancing the being.

Dr. Livia Poli

Doctor