

The Journal of Psychological Studies

Science, Philosophy and Religion

The Divine Science

What is the most important question in the world?

"Does God exist?"

Your honest 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

God and wanted proof of his existence. His friend, a sincere and fervent believer, then asked the man:

- How do you judge the quality of an artist?

- Through its work," replied the other.

- How do you know the animal that creep around our campsite at night?

- By the footprints he left.

- How do you assess the value of a piece of jewellery?

- Through the goldsmith's mark.

His friend took him by the arm and led him outside.

Then he invited him to look up at the sky. It was a clear night, a cool breeze was blowing, there was not a cloud and the sky was full of twinkling stars. The bright moon adorned the celestial vault, spreading its light over the sleeping citadel. A shooting star scratched the juniper tree at the same time as his

friend explained it to him:

- In the same way, the author of all this is known through his creation. What you see is not the work of chance, it did not come out of nothing, there is a supreme intelligence behind it all. If you want to know who God is, just look at nature and everything that man did not create and you will find the indelible mark of the Creator.

When Jesus proclaimed the *Our Father, who art in heaven*, 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 territory, let alone the existence of 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 when we vibrate 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 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 mirrors the spiritual reality in which we are immersed.

In the 1950s, the German researcher Otto Schumann discovered that our planet Earth has a magnetic frequency corresponding to the Alpha vibration of 7.8 Hz, which starts from the Earth's surface and spreads up to 90 kilometres above it. This is the same Alpha frequency as when we say a prayer, when we are in a trance or when we are in a positive state of attunement. In this electromagnetic radiation we vibrate in sync with the frequency of God, of nature and vibrate in unison with the *sky* of the whole, in an indescribable state of happiness and fulfilment. This is the Alpha frequency.

In this way, we can understand that *heaven* is a state of joy, of jubilation. When we tune our spirit to the Alpha wave, we link ourselves to the luminous spheres of the Universe and enter a **state of pure happiness** that the distracted creature is unaware of.

Davidson Lemela

Neuropsychologist



with the greatest belief in God and in 2nd place among those who believe in reincarnation. 84 per cent of Brazilians have an unshakeable faith in a supreme being.

However, this unshakeable faith has a contradiction: If the vast majority of Brazilians believe in God and in the life to come, why do they live day to day as if God did not exist? Why the hopelessness, the sense of injustice and disbelief? Is it because we need more consistent evidence that He does exist? Do we need scientific proof that he is present in our lives?

The spirit Hilário Silva tells the story of a man who disbelieved in

The plasticity of the brain

"The Spirit is the author of all occurrences with regard to the intricate processes that maintain organic life in its various departments, maintaining life inside and outside the brain...", as clarified by the Spirit Joanna de Ângelis, in the book *The Awakening of the Spirit*.

"The mind, *psychic* apparatus or psyche, is located in the perispirit and is responsible for the range of phenomena that pass through the brain on their way to the Spirit. The mind is not an arbitrary creation of evolution, but a mechanism for capturing and acting which the Spirit uses and which has been deliberately constituted to serve its purposes...

We can see that the brain, like any machine, obeys a predefined



programme. Its deficiency, due to a dysfunction, does not prevent the act of thinking, since this arises in the intimacy of the Spirit and is radiated through the properties of the perispirit. The brain does not generate thought, just as it is not responsible for the subtle phenomena of the mind. The mind and thought, are prior to it and do not depend on it.

The brain does not generate thought, as much as it is not responsible for the subtle phenomena of the mind. This, as far as thought is before it and in nothing depends on it.

Although some psychological problems may indirectly stem from brain dysfunctions, since the evolving being does not always know how to deal with obstacles and is impressed by them, psychic anomalies or disorders stem from structural deficiencies in the mind...

Thought sometimes seems to occur as a speech inside the brain, but it is an emanation or expression of the Spirit, which uses the subtle energy of the perispirit to bring it into being.

For thought to develop and form an idea, certain basic operations need to take place, in which affections, desire and will interfere. The basic operations are: concept, judgement and reasoning. The concept is the expression of the general elements of objects and phenomena and always stems from generalisation. Judgement occurs when we establish a relationship between two or more concepts. And reasoning stems from the relationship between judgements. These operations take place in the perispirit and do not depend on brain structures, except when we are incarnate and wish to express them...

The ego, as a function, seems to be the filter of a luminous beam coming from the Spirit which, constantly pointed towards external life, passes through the networks of emotional connections existing in the unconscious zone... Thinking, that is, organising thought around a guiding idea, is a dialogue with oneself...

It is a mistake to think that the Spirit can be reached by mapping the brain and discovering all the functions it performs... In the perispirit, whether connected to the physical body or not, there are structures that allow us to think, feel, memorise, as well as all the functions we attribute to the brain," explains Adenauer Novaes in his book *Psicologia do Espírito*.

Spirit is being, it is essence; mind is a process. The mind has no essence, it has existence. It exists from Spirit, being an attribute of it. Nubor Facure says that the mind "is the product of a metaphysical activity that instrumentalises the brain from the free will of the Spirit."

The practice and repetition of a skill or behaviour can change the structure and function of the brain. This is because neural plasticity is activated when the brain is exposed to new information or experiences. Repetitive practice of a skill or behaviour can lead to lasting changes in the structure and function of the brain.

Evanise M Zwirtes

Transpersonal Psychotherapist

Psychological freedom

"Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage." The Apostle Paul is the author of this passage, in Galatians 5:1.

Freedom with Jesus is a proposal of love! By presenting us with the truth, the Master urges us to act safely with our conscience, so that we do not get trapped in false stimuli and illusory objectives.

Undertaking this conquest is a challenge, because it is an arduous journey of victory over internal and repetitive drags that lead us to impulses of ignorance, rebellion, pride and selfishness.

The Lord sets us free with his Gospel, but it is the sure and firm, persevering and decisive decision that will lead us to effective freedom and prevent further imprisonment.

It is by sacrificing overwhelming passions and bearing witness to love, justice and charity that we avoid the compromises that result in expiatory darkness, which can only be overcome by the mercy of reincarnations.

Psychological freedom with Christ is based on living the Laws of God that he came to teach us. Building the Kingdom of God within ourselves and helping to do good for all is the effective mechanism for being free and the antidote that prevents us from relapsing into slavery to vice.

Let us accept being free as Jesus proposed. By following his teachings consciously and firmly, we will remain free, safe and happy.

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Wednesdays: 06.00pm - 07.00pm

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Creative visualisation

"The atavisms that remain in conduct and mental reflection tend to lead individuals to repeat behaviours they have already experienced, without allowing them to awaken a greater interest in new expressions of reality..."

Step by step, the mind expands and the understanding of existential objectives becomes clearer, giving rise to more internal harmony... In this intimate growth, the factors that generate fear, bitterness, insecurity and anxiety are diluted by the self-awareness that takes hold in the delicate panels of the Spirit, becoming a mechanism of security and harmony," according to the guidance of the Spirit Joanna de Ângelis, in a message dated 14 May 2001, Düsseldorf, Germany.

In this process of maturing, creative visualisation begins with the skill of meditating inwardly. It is imagining, thinking about what you want to become. For example: "I am peace, light and love", "I am calm and serene", "I am centred, harmonised", "I accept myself", "I love myself"... This exercise in mental power will boost your feelings through conscious self-awareness. By regularly focusing on this creative image, you give it positive energy and thus contribute to its materialisation. You just have to be open-minded enough to the new in a constructive way.

For creative visualisation to be successful, it is essential to consider: TRUE DESIRE to change; CONVICTION in the chosen objective; ACCEPTANCE to obtain the desired one.

Creative Visualisation proposes constant observation of our attitudes and efforts at mental, emotional and attitudinal self-education.

Constant self-analysis and discernment about what we vitalise in ourselves, in accordance with the Law of Love, is fundamental for a life of greater balance.

Evanise M Zwirtes

Transpersonal Psychotherapist

Faith and spiritual experience

Faith is the star that illuminates the dark night of humanity, guiding the way to spiritual victory. It strengthens the individual, providing balance to life by establishing ethical values that lead to the realisation of higher purposes. The essence of existence, as far as the human is concerned, faith sustains the journey of self-overcoming and, in the realm of the divine, it allows us to understand that God works in ways beyond human understanding, teaching us to trust in His providence.

Faith often manifests itself spontaneously, naturally and without complex reflections or rational demands.

However, it can also be developed by seeking to understand the universe and the multiple expressions of life. As the facts unfold, faith grows stronger, becoming the basis for rational behaviour and meaningful achievements. True faith is based on the immortality of the soul, giving moral resistance to face loneliness, suffering, silence, expectation and anxiety.

In this context, faith is indispensable for balanced and healthy behaviour, acting as a support and foundation for progress. Without it, spiritual experiences become empty, disconnected from the reason that questions and the discernment that guides behaviour. On the other hand, an unbalanced faith can lead

to delusions or a naive view of reality. Thus, by understanding the application of faith in practical life, a profound transformation takes place in individuals, which in turn promotes the renewal of the social



body. When matured, faith transcends these limitations and allows the individual to live with security and wisdom, reaping the fruits of their achievements. It not only inspires personal overcoming, but also connects the human being to a greater purpose, integrating trust, purpose and morality into their journey. In this way, faith is not only a guide, but also a vital force that sustains life in all its dimensions.

Adriane Viola Bacarin

Jungian Psychologist



Reincarnation and the healing process

As a phenomenon to which the Spirit is bound, as part of the laws that govern existence, Reincarnation has been established as a belief since ancient times, with some variations in understanding. In the sacred books of Hinduism, such as the Upanixads, Vedas and the Baghavad Gita, the transmigration of the soul in various existences is dealt with naturally. The Egyptians' "Book of the Dead" also addresses the issue, among other cultures that have analysed the reality of the Spirit's multiple reincarnations. In the Jewish tradition of Kabbalah, the concept is also presented in the so-called "gilgul", cycle or wheel in Hebrew. In the Bible, some passages give very clear signs of this understanding. Jesus' conversation with Nicodemus, talking about the need to be "born again", although it may have a symbolic interpretation, is very suggestive of the fact that he is openly talking about reincarnation, astonished that a "doctor of the law" did not know about it. Spiritism, therefore, synthesises and deepens something that is already present in other traditions and beliefs, placing reincarnation as one of the essential postulates for understanding the trajectory of the spirit.

Psychologically, it makes a lot of sense for the Spirit to be subjected to various existential situations in order to acquire knowledge and wisdom and fulfil the purpose of individuation, fully developing the attributes that mark the uniqueness of the being.

Even if the individual's conscious belief does not conceive of reincarnation as a reality, unconsciously it is reaffirmed, either through dreams, bringing glimpses of past existences recorded in the unconscious, or as an intuitive certainty that drives the being towards new discoveries and learning.

We should certainly be careful not to try to explain away atrocities as resulting from the process of reincarnation, such as the horrors of Nazism, the cruelties of the in Gaza nowadays and elsewhere, as well as the enslavement of entire peoples and other events that stem from moral inferiority and selfishness, which are hallmarks of the lack of awareness of a large part of our planet's inhabitants. Reincarnation, however, brings the encouragement that all this will pass, as humanity progresses in the evolutionary process, and that even bitter pain can be transformed into impulses for spiritual improvement.

Analysing it from the point of view of the healing of the spirit, it makes sense to think that our trajectory is recorded in the perispirit, which imprints in each reincarnation the evolutionary needs of the moment, presenting some predispositions, which will be activated or not depending on the choices and type of life that the individual chooses for themselves, and other more intense marks, understood in the condition of necessary challenges.

When Carl Gustav Jung, the father of Analytical Psychology, presented the concept of the

Collective Unconscious, in which he found that the psyche carries the "History of Humanity" engraved in each individual, Joanna de Ângelis, paralleling this perspective with Psychology from a spiritual point of view, analysed that it was the spirit's own experiences in other existences, and that this is why they appear as registered marks on the being. As one of the dialogues in the Book of Job illustrates, when one of his friends tries to help him understand the intense suffering that has hit him: "we are from yesterday, and we know nothing".

By "healing the spirit" we do not mean "freedom from illness", but rather its full development and liberation from the constraints that hinder its process of transformation, so that it can consciously live out its inherent potential, with individual and collective responsibility. This concerns all dimensions of human life. It is more a way of being that is being built up than the external conditions that the spirit faces, which depend on factors that are not under its control.

Each existence is unique in the conditions it establishes, which is why it is important that we enjoy each life in its uniqueness, even when we realise that we will have other existential opportunities, because the conditions for future reincarnations are being built in our present. It is in the here and now that we establish what we will be in the future.

Cláudio Sinoti

Jungian Therapist