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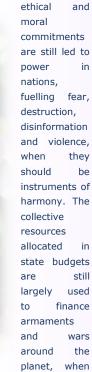
The Journal of Psychological Studies

Science, Philosophy and Religion

In the age of the Spirit

Even a superficial analysis of the current panorama of society reveals serious problems that have yet to be resolved, and there is no glimpse of what we can call the "Age of Spirit", at least in the medium or short term. continue to be intense, even with all the information available, demonstrating that there is a huge psychological shadow area, both individual and collective, to be worked on and overcome.

Tyrants and leaders without



 be transcendence, don't always fulfil their function adequately, and not infrequently turn into Joint Stock
and Companies, generating material wealth for their leaders at the expense of exploiting the faithful.
ed to Certainly, all is not lost, because in there are many beautiful exceptions

collective direction.

extremely

there are many beautiful exceptions in the field of philosophy, culture, the arts, music and other fields of knowledge and human endeavour, available to those who sincerely seek to transform themselves. And if, collectively, it is difficult to imagine a radical transformation of consciousness that would effectively put us on the upward march of the Age of the Spirit, it is possible, individually, to commit to one's own transformation, and for this to serve as a motivation to the neighbouring collective, until a sufficient number of individuals are reached to enable the planet to emanate a different psychosphere, one that translates into harmony, solidarity, empathy, sustainability and other important values of human coexistence.

We must go beyond tolerance, which is already an important step, and exercise respect, empathy and compassion for the countless beings who suffer, sharing what we have in excess, as Christ taught us. We must see ourselves as part of nature, not as its users, so that our actions don't have destructive consequences for ourselves and jeopardise future generations.

We need to go beyond separateness in any field and consider that we are Spirits, children of the same God, even under different names, but who wants all people to be able to live in harmony. Utopia? We'll only know when we actually commit ourselves to the changes required to get there.

Cláudio Sinoti

Jungian Therapist



Although the urgent climate issues are already having an immediate impact on communities, with studies proving that many of the disasters could be avoided if there were a different level of collective awareness, they still don't receive enough attention. Especially because they imply immediate action and giving up "pleasures" and conveniences, which the "powerful" of the world reject. Human beings, still trapped in selfcentredness and individualism, see themselves as the beneficiaries of nature and not as co-responsible. as they should be, making it even difficult to more implement effective actions.

Socially, we are still faced with frightening rates of violence, which manifests itself in various ways. Wars of extermination, genocides, feminicides, crimes of racism, religious intolerance and other kinds they could guarantee better living conditions and dignity for the Earth's inhabitants.

In the although economy, what is produced worldwide is enough the to feed entire population of the planet, there are still pockets of hunger and misery. Countless labourers are work under conditions put to of slavery to satisfy the impulses excessive consumerism. The of more shockina data is even when you realise that the richest 1% have the same amount of monetary resources as 66% of the poorest.

The use of modern technologies is still inadequate, manipulated by powerful groups that spread disinformation, denialism and fake news in the service of their interests, taking advantage of individuals without a critical sense, whose degree of alienation becomes

Man in the world

When a new year begins, we create many expectations for peace and cherish faith and hope in the good. However, for the planet to be transformed into a happy world, we must first think about transforming its inhabitants.

We are living in a serious moment for humanity. Thoughtless satisfaction in the pursuit of purely material desires and the incessant

In this School of Life, he is like the rebellious and stubborn student who is slow to learn. Many have replaced the love that covers the multitude of offences with suffering and the rebellion of an eye for an eye, a tooth for a tooth.

Material goods are consequence of life, but the hustle and bustle has turned them into its

> purpose. That's why he gets sick and suffers from inverting the real value of existence. I'm often

asked: - My God, what have I done in the past to deserve this? Answer:

- Enough. - But how much more will I have to suffer?

- Enough. A brighter horizon, however, awaits us in the great future and it will be reached through our

personal efforts

in the pursuit of good, to the extent that we soften our pride and selfishness. Remember: our real enemies are within us, but so is happiness and the two cannot cohabit the same space.

If you cannot forgive, apologise. If you cannot yet love unconditionally, have compassion. If charity is a burden, show solidarity. If impatience visits you every minute of your life, try as hard as you can to be peaceful and keep the peace.

Learn to share the wealth of your generosity with the poor, the insane and the sick: be a peacemaker and earn the honour of being recognised as a child of God.

Davidson Lemela

Neuropsychologist

Happiness on Earth

We live in a time when the of communication through ease networks means that social we have access to parts of many people's lives. It's common to see posts of happy people living in glamorous situations and then we look at our own lives and ask ourselves: "Is it only my life that has tribulations and pains that we try to hide but which, in many situations, jump out at us?

When we are happy, we are expansive and want to share our share of happiness. When we are sad, we become introspective and often want to hide our pain. Let's not be fooled bv what see on social media! Pain is a Divine benefactor that touches evervone's life, leading us spiritual maturity.

However, it is possible to enjoy relative happiness even while living in a world of trials and atonements. This happiness is not found in possessions, academic titles or human authority. According to Emmanuel, through the psychography of Chico Xavier, in a text entitled "Happiness", published in the book "Steps of Life", happiness "is not in what you dream but in what you do and, above all, in how you do it".

So let's watch our thoughts and redirect our actions so that they are aligned with Christ's precepts. After all, it is possible to experience relative happiness in a world of atonement, but it won't come from what the world offers us, but from what we offer the world.

Lívia C. Poli



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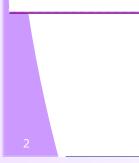
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any price has made mankind very intolerant and selfish, to the extent that most of us have not yet understood the exact meaning of human existence.

reincarnation and of being in the world is to become better people. In a progressive and uninterrupted march, our destiny is full and true happiness. But for that we still need many existences in dense matter. Many centuries have passed since the beginning of this journey and today, although it doesn't seem like it, we are still closer to the beginning than to the goal.

Man in the world is still an immature and somewhat indolent spirit. His present pain is not punishment, but the result of his



and unbridled search for pleasure at

The fundamental purpose of

past choices.

Modern education

According to the *Spirits' Book*, in the answer to question 115, God created all spirits simple and ignorant, in order to enlighten them and progressively make them reach perfection, and one of the ways in which individuals grow and evolve is through education, where innate aptitudes are improved through the learning that the multiple opportunities of existence bring.

Education not only forms habits and develops the intellect, but also carries out continuous and permanent learning, because experiences do not cease, and coexistence in society is necessary for moral changes.

According to Joana de Angelis, in chapter 23 of the book *Estudos Espíritas* (Spiritist Studies), written by Divaldo Franco, education covers a large area, almost the whole of life, and these legitimate foundations are laid in the home, where the home builds the man and the school forms the citizen.

Modern education, according to Spiritism, has the resources to build the time of education, penetrating the roots of life, journeying the spirit through the ages, elucidating repressions, neuroses, dystonias that arise from the first days of the carnal conjuncture, through trials and atonements that educate the individual for responsibilities, tasks and their liberation with each new garment.

Modern education, therefore, is the key to moral progress and spiritual evolution, and according to the Gospel According to Spiritism, chapter XIV, item 9, the best way to extirpate selfishness and pride from all individuals.



Clinical Psychologist



Faith

"Ingratitude is one of the most direct fruits of selfishness. It always revolts honest hearts. (...) Spiritism sheds light on one of the great problems of the human heart." This is an excerpt from the beautiful text written by St Augustine in The Gospel According to Spiritism, in which he initially

addresses the ingratitude of children towards their parents, but, in a reflective scope, directs our attention to the importance of Spiritism for any and all family mat-

ters. The family is a warehouse of blessings in which God allows beings to come together for the redemption of character. It is in the family that the most significant values are

obtained for the material and spiritual

formation of the being and it is the driving force behind human progress.

Given the gathering of spirits, reincarnating travellers, in the same environment, for experiences of pain and joy, of struggles and happiness, it is natural for there to be sympathy, but also antipathy.

St Augustine rightly said, Spiritism is a sure-fire elucidation for the challenges that are multiplying in family circles.

The ingratitude of children or the indifference of parents, the animosity and discord between siblings or the vices that invade families, are expressions of the soul that can be diluted if understood in the light of the future life and the immortality of the soul.

The Benefactor Spirit also says in the message: "Of all the trials, the

hardest are those that affect the heart". And he goes on to emphasise the depth of reflection: "Spirits form families when the similarity of tastes, the identity of moral progress and affection induce them to come together". Hence, the adversities faced by

<image>

family members are challenges that can be overcome and that promote liberation and the maturing of relationships.

Knowing that we are being brought together to adjust our behaviour encourages us to insist on the love cultivated in the family and to exercise understanding and forgiveness as indispensable tools for a successful journey together.

In the face of family struggles, love, acceptance, forgiveness and understanding, because then "the family will congratulate itself on having saved some shipwrecked people who, in turn, will be able to save others". All of us, therefore, will undoubtedly be lifted up by family ties.

Lusiane Bahia

Lawyer



Called to serve: a proposal for autonomy

Life constantly invites us to serve. Serving is not just a gesture of generosity, but an for essential necessity for personal and spiritual growth. However, for service to be authentic and clarity in the face of adversity. understanding that, from that effective, it is essential to develop autonomy. autonomous doesn't mean being isolated or submissive, but rather exercising responsible freedom, capable of guiding our actions with discernment and purpose.

various spiritual and philosophical often seek external recognition with the certainty that you are traditions, is a path to selfknowledge and fulfilment. Jesus, teacher par excellence, emphasised duty responsibility as pillars for human evolution. In this way, service becomes a commitment to one's own growth and to building a more harmonious society.

authentically То serve requires detachment from the ego and a constant search for indispensable pillar on the road plays a crucial role, broadening coherence between what you do to autonomy. Self-knowledge the perception that service is an and who you are. Authenticity in service arises when the individual recognises their potential and limitations, understanding that autonomy is a continuous process of learning and improvement. Knowing oneself thus becomes an essential step.

Being autonomous implies taking responsibility for one's own choices, aware that every its fulfilment, we need clarity of own evolution. When we serve decision has consequences. Jesus warned us about the importance of not putting off our duties, reminding us that the right turning it into a tool of the ego. ourselves with the divine purpose moment is the present. This Jesus taught that the true of continuous growth and inner awareness leads us to a state of servant dedicates himself silently liberation. inner vigilance, allowing us to to the common good. Thus, discern between the essential humility becomes indispensable and the superfluous. To walk this for building genuine autonomy. path, it is essential to cultivate

serenity and discipline.

strengthening inner means helping autonomy, emotional balance and mental above The practice of reflection allows place, you can serve with all Being us to examine motivations, your strength and everything correct routes and improve you actions, promoting conscious and effective service.

Another essential aspect of and the simple pleasure of helping, love and ethics. without controlling the outcome. lightness experience emotional and autonomy.

> is Introspection from limiting patterns of behaviour that don't imposed obligation. reflect the true essence of our being. The journey towards with courage and concentration - for service.

purpose. The concept of humility is directly

linked to coherence with one's Meditation is a valuable tool own essence. Being humble precisely recognising with the position you occupy - neither nor below but have, as exemplified more in the parable of the Good Samaritan.

To serve autonomously is to autonomy is the ability to let go act with balance, without the Service to others, taught by of results and expectations. We need to please everyone, but and forget that true service is fulfilling a role in the world. This done with love and selflessness. requires emotional and spiritual Freedom lies in contributing for maturity, guiding every action by

> True freedom in service does By practising detachment, we not mean the absence of and responsibilities, but the ability contentment, strengthening our to consciously choose actions spiritual that contribute to personal and collective development. In an this context, spiritual education allows us to free ourselves opportunity for growth and beliefs and enlightenment, and not an

> We are called to serve autonomy, cultivating autonomy requires patience, responsibility, ethics and love our neighbour. True fundamental virtues for conscious autonomy comes from selfknowledge and the realisation In order for service to reach that we are agents of our The quest for with purpose and authenticity, recognition can detract from we contribute to a more just the true essence of service, and harmonious world, aligning

> > Adriane Viola Bacarin

Jungian Psychologist

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