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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 ethical and moral commitments are still led to power in nations, fuelling fear, destruction, disinformation and violence, when they should be instruments of harmony. The collective resources allocated in state budgets are still largely used to finance armaments and wars around the planet, when

extremely dangerous for the collective direction.

Religions, which should be at the service of the search for transcendence, don't always fulfil their function adequately, and not infrequently turn into Joint Stock Companies, generating material wealth for their leaders at the expense of exploiting the faithful.

Certainly, all is not lost, because 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 self-centredness and individualism, see themselves as the beneficiaries of nature and not as co-responsible, as they should be, making it even more difficult to 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 economy, although what is produced worldwide is enough to feed the entire population of the planet, there are still pockets of hunger and misery. Countless labourers are put to work under conditions of slavery to satisfy the impulses of excessive consumerism. The data is even more shocking 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 a 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 ease of communication through social networks means that 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 by what we see on social media! Pain is a Divine benefactor that touches everyone's life, leading us to 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.

Livia C. Poli

Doctor



and unbridled search for pleasure at 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.

The fundamental purpose of 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 past choices.

Editorial Staff

Journalist

Rita de Cássia Escobar

Editor

Evanise M Zwirtes

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Tłumaczenie na język polski

Reporting

Cláudio Sinoti
Davidson Lemela
Livia C. Poli
Lilian Buniak
Lusiane Bahia
Adriana Viola Bacarin

Graphic Design

Evanise M Zwirtes

Study Meetings (In Portuguese)

Saturdays: 05.00pm - 07.30pm

Sundays: 08.00pm - 09.00pm

Mondays: 08.00pm - 09.00pm

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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

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 Espíritos* (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.

Lilian Buniak

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 matters.

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



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 essential necessity for personal and spiritual growth. However, for service to be authentic and effective, it is essential to develop autonomy. Being autonomous doesn't mean being isolated or submissive, but rather exercising responsible freedom, capable of guiding our actions with discernment and purpose.

Service to others, taught by various spiritual and philosophical traditions, is a path to self-knowledge and fulfilment. Jesus, teacher par excellence, emphasised duty and 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.

To serve authentically requires detachment from the ego and a constant search for coherence between what you do 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 decision has consequences. Jesus warned us about the importance of not putting off our duties, reminding us that the right moment is the present. This awareness leads us to a state of inner vigilance, allowing us to discern between the essential and the superfluous. To walk this path, it is essential to cultivate

serenity and discipline.

Meditation is a valuable tool for strengthening inner autonomy, helping with emotional balance and mental clarity in the face of adversity. The practice of reflection allows us to examine motivations, correct routes and improve actions, promoting more conscious and effective service.

Another essential aspect of autonomy is the ability to let go of results and expectations. We often seek external recognition and forget that true service is done with love and selflessness. Freedom lies in contributing for the simple pleasure of helping, without controlling the outcome. By practising detachment, we experience lightness and contentment, strengthening our emotional and spiritual autonomy.

Introspection is an indispensable pillar on the road to autonomy. Self-knowledge allows us to free ourselves from limiting beliefs and patterns of behaviour that don't reflect the true essence of our being. The journey towards autonomy requires patience, courage and concentration - fundamental virtues for conscious service.

In order for service to reach its fulfilment, we need clarity of purpose. The quest for recognition can detract from the true essence of service, turning it into a tool of the ego. Jesus taught that the true servant dedicates himself silently to the common good. Thus, humility becomes indispensable for building genuine autonomy. The concept of humility is directly

linked to coherence with one's own essence. Being humble means recognising precisely the position you occupy - neither above nor below - but understanding that, from that place, you can serve with all your strength and everything you have, as exemplified in the parable of the Good Samaritan.

To serve autonomously is to act with balance, without the need to please everyone, but with the certainty that you are fulfilling a role in the world. This requires emotional and spiritual maturity, guiding every action by love and ethics.

True freedom in service does not mean the absence of responsibilities, but the ability to consciously choose actions that contribute to personal and collective development. In this context, spiritual education plays a crucial role, broadening the perception that service is an opportunity for growth and enlightenment, and not an imposed obligation.

We are called to serve with autonomy, cultivating responsibility, ethics and love for our neighbour. True autonomy comes from self-knowledge and the realisation that we are agents of our own evolution. When we serve with purpose and authenticity, we contribute to a more just and harmonious world, aligning ourselves with the divine purpose of continuous growth and inner liberation.

Adriane Viola Bacarin

Jungian Psychologist