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Is humanity evolving?

Faced with so many dark events that we are currently experiencing, the presence of war, social injustice, racism, violence in general at alarming rates, neglect of the serious environmental crisis that we are facing, among other worrying experiences of the moment, many are left wondering if we are really evolving as humanity.

their own lives and those of living beings and systems in nature, which are under serious threat, puts all the progress made at risk if we do not contain the wave of insanity sweeping the planet.

In terms of knowledge and technology, we have developed powerful resources, such as the artificial intelligence, which at an

enough to stop the onset of problems at their root, even though we know how to treat them more effectively.

We cannot ignore the fact that the world's population has more than quadrupled in the last 100 years, which brings additional challenges to human coexistence on Earth. This new contingent demands a much higher level of awareness from us, so that we do not put our lives and the lives of others on the planet at risk, as has unfortunately happened.

Looking at certain collective bodies, such as religions, we see that, despite the countless possibilities for manifesting faith, we still come across religious conflicts and intolerance, which shows that even instruments that should be used exclusively to bring us closer to the divine laws are still at the service of selfishness, of the dominant power complex, keeping many people away from the spiritual pursuit.

Individually, looking back on our own spiritual history, most people can probably see a certain amount of progress in the sense of knowledge, experiences and experiments that have enabled us to broaden our outlook on life. However, collectively speaking, in terms of humanity, this progress has not been enough for us to be calm about the future of the Planet, as long as the ethical crisis is not properly resolved.

Everyone needs to ask themselves if they are doing everything they can to evolve, if their actions are having a positive effect on their own lives and on those of other people and beings who share their existential experience with us. We have many more possibilities for advancement than in the past, but it is how we use them that will make the difference in evolutionary terms.

Cláudio Sinoti

Jungian Therapist



We certainly cannot romanticize what is happening on Earth, and everything we've come across must be a cause for concern. Evolution does not follow a linear upward trajectory, neither individually nor collectively, and even if it is established as the law of life, it continues with its challenges until we manage to free ourselves from the shadows and reach spiritual fulfillment.

To delve deeper into the subject, it is important to reflect on what we understand by evolution. Biologically, when Charles Darwin presented his "Theory of Evolution", he emphasized the adaptability of species, increasing their ability to reproduce and carry on their genes. In this sense, while on one hand medicine has made significant progress, the attitude of human beings, who are negligent towards

impressive speed solves highly complex problems and enables instant access to knowledge that previously took a long time to acquire and develop. On the other hand, we still see distortions regarding the use of this intelligence, which is often used in a shady way, to the detriment of many for the benefit of a few.

Psychology and Psychiatry have come up with effective methods for treating various disorders and conflicts, and with the support of neuroscience and biochemistry, what were once considered irreversible conditions, such as schizophrenia, now receive treatments that make a dignified life possible in many cases. Nevertheless, anxiety, depression, suicide, among others, remain at alarming rates, demonstrating that the way we live is still not healthy

The Emergence of Ethical Reflection

Jesus, with his proposal for evolution, inaugurates a time of rethinking the paths of life for each one of us. However, not all hearts are willing to connect with these truths, since the road to changing our psychological structure is rocky, steep and long. In this sense, it can be said that at the current stage of

resulting in dissatisfaction, anxiety, depression and existential emptiness.

Spiritism teaches that the conscience, the centre of the Divine Laws, is the safe compass for building personal and, consequently, collective ethics. Because the conscience is safe,

Joanna points out that every time we move away from its commands, we enter into internal conflict, become ill and compromise our evolution.

Suffering then becomes a teaching tool, awakening us to the urgency of experiencing love, responsibility and compassion. Hence, ethical reflection is not limited to external codes, but is configured primarily as a journey of self-discovery, in which the being faces their own shadow, integrates their

polarities and reconnects with themselves, their divine essence. As Joanna points out, the process of individuation is both psychological and spiritual, and requires a conscious effort to align thought, feeling and action with higher values.

Therefore, reflecting ethically is, above all, an act of love and liberation. It means choosing, in each decision, the path that generates inner peace, contributes to the common good and promotes the expansion of one's own consciousness towards plenitude.

Adriane Viola Bacarin

Jungian Psychologist

The crisis of paradigms

Today's society has characteristics that define it as technological, hurried, objective and materialistic. These are expressions that symbolize the interests that are prioritized in human life today.

However, these factors do not meet human demands in depth, as they do not go far enough to encompass the individual as a whole, nor to fill in the gaps.

Fears, anxieties, frustrations and discouragement multiply, because the natural challenges of the process of overcoming and evolving, through pain, illness, struggle and death, are not accepted, let alone explained by such standards and paradigms.

Faced with this context of crisis, to receive the safe roadmap, which is the message of the Gospel of Jesus, and in the light of the Doctrine of the Spirits, is to be faced once again with hope, which brings back encouragement and courage.

Spiritism came to bring the importance of living the teachings of Christ to Earth, because he is the model and guide of humanity, the unrestricted paradigm of good, justice and love.

Many are the messengers who undertake the task of sharing and multiplying the consoling truth, because it is an effective antidote that grants man freedom towards his own happiness and the happiness of the community.

So, in the face of the current clashes, let's equip ourselves with the resources brought by Jesus and Spiritism so that, overcoming our defections and moral crises, we can present ourselves as a disciple of the paradigm par excellence: Jesus!

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human evolution, ethical reflection emerges as an unavoidable necessity for the integral health of the being and for the construction of a more just and harmonious society. It can be said that there is an existential crisis plaguing humanity, and it does not necessarily refer to a social or economic crisis, but above all, a crisis of values, a crisis of meaning and disconnection with one's own Self.

Joanna de Ângelis warns us that the absence of ethical reflection is rooted in the fragmentation of the being, which is lost among the appeals of the ego, materialistic illusions and unconscious automatisms. The frantic search for having, immediate pleasure and power is actually a psychological escape from one's own inner reality,



Integrated society

Man, an immortal spirit, is a gregarious being, created by God to live in society. Living together is an interactive proposal for coexistence with others, overcoming selfishness through dignified socialization.

It is essential to consider that the process of spiritual self-construction is something socialized, transcending the enclosure of one's "self". Individual progress stems from interaction with others, as it allows for testing situations to gain wisdom and feelings, promoting respect for all.

Otherwise, right without duty, which limits and corrects it, we will have new afflictions and new sufferings, because "the mass of humanity, the people, without beliefs, without principles precisely determined, are left to men who exploit their passions and speculate with their ambitions," teaches Léon Denis, in his book "The Problem of Destiny".

Learning to deal with feelings, emotions and rationality is a way of qualifying interpersonal relationships, because "the loss of the effectiveness of language... is a symptom of a troubled age", points out Rollo May, in his book "Man in Search of Himself".

Léon Denis, in the above-mentioned work, advises that "every society will remain weak and divided as long as mistrust, doubt, selfishness, envy and hatred dominate. You cannot transform a society through laws... you have to act initially on the intelligence and conscience of individuals."

Civility is respect for the rules of collective coexistence, where solidarity is a true social bond, bringing together individuals, cooperating mutually, promoting an integrated society, valuing honesty as the essence of the moral man, dignifying Life.

Evanise M Zwirtes

Transpersonal Psychotherapist



Cooperation, the law of civilization

One sunny morning, Chico Xavier was hurrying to work.

He was pacing distractedly in his thoughts when suddenly the sound of a woman's voice stole his attention, for he had clearly heard someone calling him:

- Chico! Chico!

Chico stopped and turned around. About a hundred meters away, there was a small wooden house, a very simple house on the side of the road, where lived a lady who frequented the Spiritist Group where he exercised his mediumship.

The lady waved at him in distress, calling out to him.

- Chico, I need to ask you something... Please come here," the lady shouted, visibly worried.

- Oh, my sister, I'm sorry, but I'm very late for work today, so I'll stop by your house on my way back... - the medium then went on his way.

At that very moment, the presence of his mentor Emmanuel appeared before his spiritual vision, telling him:

- Dear Chico, it does not cost you anything to waste a few minutes of your time to attend to the sister who needs your help...

- But I'm very late today...

- What's the difference if you're 5 minutes late or 10 minutes late? You will be late just the same...

The medium from Uberaba, accustomed to Emmanuel's persuasive arguments, spun on his heels and returned to the lady's house.

When he arrived, he greeted her courteously and asked what he could do to help

- Chico, I was at the Center yesterday evening and received a prescription from the spirit of Dr. Bezerra de Menezes, but I could not understand what it said.

Chico Xavier took the recipe that

he himself had written under Bezerra's inspiration, read it carefully and explained it to the lady, who listened enthralled. At the end she said:

- Thank you, my brother, for your care and attention. I did not quite understand, sorry for my ignorance, Chico!

- Imagine, my dear! I'm always available, have a nice day.

Chico Xavier walked out of the door, bidding the lady farewell with



an affectionate hug. He hurried back to work. He had already gone about 50 meters when Emmanuel appeared in front of him again. Chico thought: what now?

- My brother, look back.

Chico turned around and was ecstatic. A whirlwind of energy was coming from the lady's home and heading towards him, enveloping him like a waterfall of light.

- These are our sister's thoughts of gratitude for your generosity. Now, imagine if you had not wasted a few minutes and fulfilled her request, what would be coming your way?

Solidarity and love are like the sun: the perception of the colours, the light, the brightness and the peace it provides makes us understand why they cannot be lacking.

Davidson Lemela

Neuropsychologist



Modern World Events and the Presence of God

We are currently living through times that are often hard to believe, such is the barbarity that permeates them. It is as if hearts are growing cold and turning their attention to savagery. We see children beating their parents, child suicides, high rates of femicide, wars decimating populations for often futile reasons. So we often find ourselves reflecting on God. Where would God be in the midst of all this chaos and barbarism on the planet?

At the same time, we see people with high morals and knowledge that catches our attention, often coming from young people just out of childhood, and that we cannot just attribute to their current life experience as responsible for these virtues they possess. Once again, we find ourselves thinking about God and the mechanisms that govern life.

If, on one hand, we see souls who have recently emerged from brutal processes, in primitive stages of their evolution, still carrying primitive feelings that need to be refined and evolved, on the other hand, we see elevated souls, actively working through their good life, bringing examples of light to those around them, for the progress of the planet.

The immortality of the soul is made clear through these apparent discrepancies that weaken our faith, were it not for our belief in reincarnation, a Divine process that allows each of us to go through the most diverse experiences, promoting our evolution.

Once we understand the process of reincarnation, it becomes easier to understand the presence of divine justice, always permeated with mercy in our lives. So we move from a place where we question the existence of God, to the point where we see God everywhere, feeling his presence in every situation and strengthening ourselves to go through the painful experiences on our journey, in the certainty that we are never helpless.

Many people, when going through painful processes, both individually and collectively, as a society say that God does not exist, as if God's presence could only be felt in moments of peace and calm on our journey. However, if we are going through an evolutionary process, leaving the less and moving towards the more, we need the presence of processes to improve and develop us, many of these processes certainly permeated with pain, but with a certain objective, which is our evolution. Therefore, we can conclude that, despite the moments of pain and the presence of suffering in our lives, God is there, strengthening us, loving us, in both happy and painful moments.

For a long time we were taught that moments of suffering were linked to forms of punishment from God for our mistakes, as if God were a vengeful judge and not a loving and good father. However, the Spiritist doctrine teaches us that these moments are not marks

of Divine wrath, but crucial moments in which the butterfly emerges from the chrysalis, in other words, painful moments that work us to live glorious moments.

Leon Denis, in his book "The Great Enigma", when talking about the existence of God, says that "Everything reveals and manifests Your presence. Everything in nature and humanity sings and celebrates love, beauty and perfection, everything that lives and breathes is a message from God. The great forces that animate the Universe proclaim the reality of Divine Intelligence. "The apostle of Spiritism also states that "God is in each one of us, in the living temple of our conscience. That is the sacred place, the sanctuary in which the divine spark is found. "

So let's start looking at our lives and the events that permeate them with the eyes of those who know about the immortality of the soul and the infinite love of the Creator, who gives us, life after life, new chances to grow, making us better today than we were yesterday, and better tomorrow than we are today.

Livia C. Poli

Doctor