

The Journal of Psychological Studies

Science, Philosophy and Religion

The courage to live

Living is indeed an act of courage. In a world permeated by uncertainty, pain and incessant challenges, getting up every morning and renewing one's

blessing available to all who resolutely decide to move forward, overcome themselves, and achieve closeness with God" (Ângelis, 2003, p. 10). This "bliss" is not imposed,

but an individual achievement that requires effort, determination and clarity about the real purposes of life.

Courage, therefore, is recognising that every obstacle carries within it the seed of triumph and that there is no growth without confronting the pains that inhabit the soul. In Plenitude, Joanna de Ângelis deepens this understanding by telling us: "Running away, hiding, numbing suffering are ineffective methods, mechanisms of alienation that postpone reality (...). On the contrary, a

change. Joanna shows us that suffering, far from being punishment, is a resource of life for the refinement of the soul, just like a diamond that needs pressure to reveal its brilliance. In her words: "Suffering [...] reveals itself to be an excellent mechanism of life in the service of life itself" (Ângelis, 2012, p. 12).

Nevertheless, the courage to live also requires a constant choice for higher spiritual values. In *Wake Up and Be Happy*, Joanna warns of modern alienation from the truths of the soul: "Distracted by games of illusion, they spend their time in the voluptuousness of pleasure, distanced from any higher commitments to life, which stalks them inexorably" (Ângelis, 1996, p. 11). It is about attachment to ephemeral values, which deludes the soul and weakens the being in the face of the natural struggles of existence.

To awaken and live with courage means, therefore, to rediscover one's postponed spiritual commitments. It means looking inward, recognising one's wounds, accepting the lessons of pain and walking towards love, which is, ultimately, the antidote to suffering. Joanna concludes wisely: "It can therefore be said that [suffering] results from distancing oneself from love, which is its great and effective antidote" (Ângelis, 2012, p. 12).

The courage to live, in short, is a spiritual journey that requires faith, perseverance and lucidity. It is having the audacity to continue, even in the face of fear. It is allowing yourself to grow, even when everything around you seems to be falling apart. Above all, it is loving: yourself, your neighbour and life, with the confidence that each step brings us closer to fulfilment.

Adriane Viola Bacarin

Jungian Psychologist

commitment to existence is a gesture of silent bravery. Joanna de Ângelis, in her works, offers us a deep understanding of life and the soul, pointing out that the path to self-knowledge and overcoming challenges is, above all, a call to courage. It takes courage to observe oneself, to accept who one is, and to break paradigms of past habits.

In the book "Life: Challenges and Solutions", the spiritual mentor invites us to understand that existence is an experience carefully guided by the Creator for the awakening of spiritual consciousness. She states: "Living is a sublime challenge, and accomplishing it with wisdom is a

courageous attitude of examining and facing it represents a valuable resource of lucidity, with a therapeutic effect that promotes peace" (Ângelis, 2012, p. 14). Here, the spiritual author breaks with the short-term logic that tries to eliminate suffering at any cost. Facing pain and not camouflaging it is the path to lucidity, and this lucidity leads us to lasting serenity.

The courage to live, therefore, is naturally linked to facing one's own shadows. It is not the absence of pain, but the transformation of pain into wisdom. This implies diving into one's own inwardness, identifying the cause of conflicts and cultivating a conscious effort to



Suicidal Tendencies or Psychological Escapes

We live in a time of great change, in which a planet of trials and expiation is beginning to glimpse its transition to a regenerated planet, and great disruptions are affecting its population in order to assist in this transformation. Mistakes and imbalances we have made in the recent or distant past are beginning

to alienate us from our current needs as immortal spirits in the process of evolution.

Another situation that has been drawing our attention is the high number of suicides, people who seek death as a way to relieve their pain. However, the Spiritist doctrine teaches us that death as an end does not exist. What happens is a

transition in which, freed from matter, we are placed more intensely before our consciousness, so what seemed to be the end is actually the continuation of a process of continuous growth to which we are all subjected to. We also learn that we can alleviate or aggravate the type of experience we attract to our journey, according to our daily choices and, therefore, our evolutionary needs.

At a time of greater evolutionary pressure on the

planet, it is urgent that we take a more compassionate view of our fellow human beings, aware that difficulty calls us all to an awakening that is part of the evolutionary process, and that a support network makes all the difference in changing the outlook of those who suffer and see no way out of their suffering. Love more, judge less: this is the teaching of Christ, which remains brilliant and relevant even after centuries.

Lívia C. Poli

Doctor

The meaning of Life

When you observe yourself in your daily life, you can easily memorise the numbers on your documents, remember several phone numbers, evaluate your friends well, know your family members, and know exactly how many pounds you need to lose.

However, you cannot answer a simple question without stuttering: Who are you and what are you doing here?

According to Emmanuel, most spirits reincarnated on the planet leave the earth every day without completing their commitments scheduled for their experience in the dense material world. They anchor themselves in the extra-physical reality after the death of the body, with a great sense of failure, tormented by feelings of guilt when they discover the time wasted and the hours lost. Rare, says Emmanuel, are those considered *completists*, that is, those who managed to fulfil their entire reincarnation programme.

What have we come here to do? What is the meaning of our existence? What is our life plan?

When we reincarnate, we consciously forget this plan. And that is why many fellow travellers lose their way on obscure paths, straying from the real goals for which they reincarnated. Upon returning to the spiritual homeland after discarnation, they are overcome by a feeling of extreme shame and, in front of their disappointed friends and helpers, they cry with regret for all the preparatory work they wasted.

But this information is not lost; it is within us, in our unconscious, stored permanently.

But how can we access it?

Listen to the voice of your heart! For it does not err, it does not deceive, and it does not fail. Our heart is a mysterious organ. Fill it with love, faith, and mercy, and you will be guided along the right path. Somehow, at the right moment, the information you need will come to you. Be prepared to listen carefully

to the meaning of your life!

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Mondays: 08.00pm - 09.00pm
Wednesdays: 08.00pm - 09.00pm

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Wednesdays: 06.00pm - 07.00pm

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to surface in the form of current pains, filtering and removing dissonant energies so that we can keep pace with planetary evolution.

The problem is that, although we need these "pushes" that life gives us, our fragile ego often finds itself afraid to face the trials and expiations that come our way, and we seek pseudo-help in psychological escapes. They are like "crutches" that should help relieve tension, but unfortunately end up aggravating our situation even more, such as tobacco addiction, alcoholism, and currently, addiction to social media, addictions that seek

Existential emptiness

"We are not human beings on a spiritual journey, **but** spiritual beings on a human journey," says Nikos Kazantzakis.

We live in anxious times. Existential emptiness is an uncomfortable feeling of meaninglessness and purposelessness in life, evidencing a disconnection from our essence. We need to find our purpose in life, and when we cannot identify it or when we deliberately ignore it, we suffer from existential emptiness. Until we learn to love, we will not escape this vicious cycle. Drug addiction, sex addiction, consumerism and individualism are the foundations of loneliness, stress, depression and suicidal tendencies, which are becoming true collective obsessions.

In the book "Existential Conflicts," Joanna de Ângelis guides us that "at the root of every painful process there is a psychological inheritance from another existence, resurfacing as a need for reparation, in order to favour the Spirit with new acquisitions unbound by the failures of the past."

Being happy is not a matter of circumstance, nor does it depend on the actions and gestures of others, according to the Spirit Hammed, in the book "Renovando Atitudes" (Renewing Attitudes), stating that "the roads that lead to happiness are part of a gradual method of inner growth, and depend on constant inner work and are the result of behavioural attitudes in the face of tasks that we have come to perform on Earth."

Léon Denis, in his book "The Problem of Being and Destiny," reminds us that "through **willpower** we can tame and overcome pain, or at least use it."

Therefore, reflect on the mad rush to nowhere and consider life as an opportunity to smile and produce, discovering yourself useful to yourself and to the community.

Evanise M Zwirtes

Transpersonal Psychotherapist

Suicide: the wound of the soul

Scars represent the sum of our experiences.

If they are good, they are coated with light and promote redemptive impulses. If they are harmful, they cause pain and impact the soul.

"What marks do I want to have on me?"

Jesus teaches us, and Spiritism confirms, that "to each according to their deeds."

As Spirits, with physical bodies and perispirits, we journey through multiple experiences and mark ourselves with the consequences of our choices. Suicide, in the experience of being, is a strong mark on the soul; it is a wound of the soul.

A wound that originates from fear, which arises from doubt, rebellion, misunderstanding, stubbornness, pride, increased disconnection from God, rash choices, despair, apathy, rebellion, timidity, laziness, and idleness. A wound that comes from complex causes, but which marks the perispirit, reverberating in the Spirit, a wound that hurts deeply.

A wound that takes a long time to heal, because suicide is an act that denies our very essence, as it is the Spirit's reaction to the perfect present that God has granted us for happiness and self-fulfilment, which is life.

Nothing, absolutely nothing, should make us think of an act contrary to physical existence, a deceitful and misleading act.

Ideas for this act must be rejected quickly and firmly, for they translate into other minds in disarray and suffering that do not understand their own pain. They are Spirits who wander lost, with their own wounds on display.

Nothing lasts forever!! If it has not passed, it is because the lesson has not yet been learned, has not yet been meditated upon. If it has not passed, it is because we still lack humility, love, compassion, justice, dedication, discipline, impetus and faith; we still lack sincere and genuine kindness.

The duty of the Christian Spiritist is to love and love unconditionally, in all situations. It is to exalt life in its highest expressions.

"What marks do I want to have on me?"

Marks of love! Marks of courage! Marks of renunciation! Marks of sacrifice!

So, forward, brothers and sisters! Let us not dwell on the wounds of illusions and deceptions. In the face of pain, perseverance. In the face of sadness, renewal. In the face of discouragement, a new beginning. In the face of challenges, work hard! In the face of evil, Jesus! Always!

Lusiane Bahia

Lawyer





Beyond despair: God!

Coming from the generous source of Life for countless ages, it is challenging to imagine the first steps of our evolutionary journey as living beings. Even before that, universal forms were already moving, guided by intelligences that transcend our understanding, to create favourable conditions that would make this "miracle" possible.

Considering only the Earth, science points to its emergence about 4.5 billion years ago, aggregating cosmic material left over from the formation of the solar system. Interestingly, according to Lavoisier, "nothing in the Universe is lost, everything is transformed." And in the Earth's incessant transformation, until conditions were established for the emergence of life, our limited perception may have seen only chaos of ungoverned forces. In reality, however, life, in its biological principle, was already pulsing in a potential state, a cosmic seed waiting for its moment. What we call Nature, in its difficulty to grasp the cosmic forces involved in planetary construction, conducted this process in an orchestrated manner. About 4 billion years ago, the first forms of biological life emerged on our planet.

And "only" about 300,000 years ago did *Homo sapiens* appear, the first form of self-aware life known on Earth to date. A time span of billions of years, which teaches us, among other cosmic lessons, to have "patience" so that each potential can manifest itself in its own time.

Fast forward to today, and we

find ourselves with just over 8 billion humans on the planet. We have advanced exponentially in knowledge, theories, and the exploration of the microcosm and macrocosm. However, given the alarming statistics on violence, war, hunger, inequality, and the epidemic of psychological conflicts, we are still far from a harmonious condition in tune with the grandeur that has brought us this far.

This leads us to an inescapable conclusion: we have profound challenges to solve and transform. But is this reality a reason for despair?

Considering our entire evolutionary history, the trajectory that has brought us to this point as humanity, we have accumulated sufficient evidence to believe that life is not mere cosmic chance. History itself demonstrates that even the most painful, sad and suffering situations can be transmuted into paths for the development of consciousness and resilience. It is important to emphasise that this is not about romanticising human suffering, nor about being insensitive to the deep pain that individuals and peoples have endured throughout history. Could it be different? It is very likely that it could. But we inhabit a planet where consciousness is still dormant when it comes to the essential questions of existence, and for this very reason we reap the bitter consequences of human actions driven by ignorance, fear and selfishness.

However, within the universal journey, we detect evidence of a Profound Intelligence and transcendent laws at work, whose

full scope escapes us, and which drive the evolutionary process. These forces allow the Spirit to evolve progressively, albeit along tortuous paths, towards a fulfilment that dwells within it like a seed.

Despair, besides not solving any problems, robs us of the lucidity necessary to discern possible solutions, clouding our vision, which is already compromised by our unregulated emotional state. Certain circumstances are extremely harsh, it is true, but the more the individual embarks on the journey of self-knowledge and connects with the higher forces of life, the more they develop the ability to perceive constructive attitudes that can improve their existential situation.

Helen Keller, who became deaf and blind at the age of 19 months, was once asked if she was pessimistic or optimistic. Her answer was wise: she recognised many good things in the world, rejecting total pessimism; but she also could not close her eyes to the evil that existed, preventing naive optimism. She therefore preferred to be a "betterist," dedicating herself to improving everything that came her way, whether it was a problem or a challenge. It is in this "betterist" spirit that the encounter with the divine spark within us—the "God" in us—proves fundamental. It is the antithesis of despair, providing leverage for the forces that propel us toward transcendence.

Cláudio Sinoti

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