

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Spiritist Knowledge

"Spiritism is the science that deals with the nature, origin and destiny of the spirits and their relationship with the corporeal world."

Allan Kardec.

Upon completion of the **IV SPIRITIST MONTH**, this thought was developed in a conference, lecture and seminars.

The conference, entitled **The Immortality of the Soul**, was delivered by Emanuel Cristiano, from Brazil, who developed the theory of reincarnation thought, considering that "to be born, to live, to die and to be reborn again, always progressing, such is the law."

The lecture **Mediumship: A Door to Life**, also delivered by Emanuel Cristiano, addressed the education of mediumship as a mechanism to facilitate the spiritual development of the human being, that is, of the immortal spirit.

The seminar **Reincarnation and Self-Designation** was delivered by Ana Cecília Rosa, from Brazil, which elucidated the importance of personal accomplishment achieved

through the reincarnation process.

The seminar **Think Feel and Act** was facilitated by

the perception of the meaning of life and inner strength."

The seminar **Jesus Psychologist of the Soul**, also deliv-



Evanise M Zwirtes, from London, who stressed how important the human being's development of self-perception is, so the being becomes a conscious agent of its evolutionary process, being the observer and the observed object at the same time.

The seminar **Personal Myth and Human Destiny**, was delivered by Adenáuer Novaes, from Brazil, who developed the theme that "deals with the Divine connection; the personal Myth; the human

Destiny; how to identify one's own personal myth; Spiritism and meaning of life; the optimum personality; impediments to

ered by Adenáuer Novaes, explained, from a psychological point of view, the process of inner transformation made possible by the assimilation of the contents of Christ's message and proposed the healing of the soul through inner experience of the Christian message.

The themes presented advanced the apprehension of the spiritist knowledge, contributing to the awakening of higher conscience.

We invite everyone to participate in the **V SPIRITIST MONTH in April 2012** - [www.spiritistps.org](http://www.spiritistps.org) (events).



**Adenauer Novaes**

Interview granted by **Adenauer Novaes** in April 2011, during his stay in London.

**To the classic question "Who am I?" what can modern Psychology, allied to Spiritism answer?**

The answer should be examined under the immortality paradigm, but also from a psychological view. The human being is an immortal spirit, who expresses itself by a psychic apparatus located in the perispirit and that periodically makes use of a physical body. It is also initially, a collective personality that, with the experiences acquired during its evolution, gradually becomes individualized in social life. The human being is not its references of name, affiliation, address, etc; but something beyond what it knows about itself.

**In what way should The Spirit and the Universe Interact?**

The Spirit is the master of the Universe; the Universe exists for the Spirit's evolution. The Spirit is not inserted in the Universe, but it is its co-creator. All there is and that which is considered part of the Universe exists for the Spirit. Everything that we consider as the God's laws are adequate contingencies for each of the Spirits' level of evolution, without being absolute. The Spirit shapes the Universe according to its knowledge. In accordance to the principles discovered by Modern Quantum Physics, it is the Spirit who changes the observed Universe being by it influenced. The interaction must occur considering the mutual influence. The Universe's reality is a manifestation of the Spirit, who through its mind shapes the Universe according to its needs.

**In your book *Psychology of the Spirit* you refer to "affective codes". Could you explain what are those?**

The term appears in the chapter that deals with the perispirit's

functions, when I explain Perispiritual Decoding and Filtering Function. In the excerpt, I explain how stimuli captured by the body via the five senses are transformed into factors that are integrated to the perispirit. It is the passage of the nervous stimulation, which is transformed into electrical impulse, then picked up

**gence in the duality good and evil?**

The Psyche, or mind, is an open system that receives contributions from the body, from the Spirit and from the Universe. It is a perispiritual organism servicing the Spirit and an important vehicle to demonstrate and to apprehend reality. In the Psyche, the psycho-



by the brain system and then coded to be retained by the perispirit. It is customary to speak of energy in a lay language, generalizing information concerning the perispirit, but the word energy is very broad and it is used for many phenomena related to movement of the matter. The codification of the electrochemical stimulus that enters the brain, in order to reach the perispirit, is necessary due to the difference in vibration between one and the other. The electrochemical stimulus, derived from the brain area, is encoded into *affective* information, understanding this term as something that is subjective, not material, transformed into something that has the property of affecting the new environment, that is, the perispirit. It resembles the phenomenon of electricity generation, which, before it is circular motion of a rotor between magnets, and after it is electrons moving via the conductive wires. That shift to electricity generation resembles the passage of the stimulus, generated in the electrochemical brain, to affective information that circulates in the perispirit.

**For the psyche, what is the effect of Memory and Intelli-**

logical and mediunic phenomena are processed contributing to the Spirit's learning. Memory is a function that enables the Spirit to retain and utilize affective information then used by another function, the Intelligence, with the aim of being in the world and with the experiences lived in it, extract the laws of God paradigms. Therefore, Memory and Intelligence are perispiritual functions servicing the Spirit. The question of Good and Evil, which are imaginary beings inherent to the lower stages of the Spirit's evolution, concerns culture and the ability to interpret reality. They are different perceptions of life experiences, necessary for the distinction of qualities that the Spirit will achieve. They are not immutable, because what was good can be transformed into evil and vice versa. The Spirit should achieve the integration of these two opposites, because what bothers and frightens us is what should make us mature.

**How to best define and implement "Archetypes"?**

The word is very limited to explain something so complex. The perispirit has "organs", thus, structures that perform important functions for the Spirit in the integration of the laws of God paradigms.

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Archetypes are "organs" that act on the reception and adequacy of life experiences. They are structures that foster tendencies to human behaviors. They are the ones that regulate what is per-

not childish fantasies and should not be interpreted literally. They always bring a non-manifested content extremely valuable in order to know human nature as well as for understanding the

redefining the experience that generated it, without degradation. All *complexes* need a new understanding about the event that generated them.



ceived by the perispirit as well as those that shape the collective behavior of a person. They are tendencies to standardized behaviors. Everything one does in the form of behavior goes through one or more archetypes. For better comprehension let us understand that when the Spirit intends to do something (a desire, an action, a thought, an intuition, etc.), this impulse passes through the archetypes that will materialize this wish. Take for example the maternal attitude that, varying from person to person, will always be the desire for protection and nutrition to something that is perceived as in need. We are here talking about the *mother archetype*, responsible for sheltering, protection and nurturing of others. The *archetypes* reveal the collective human tendencies.

**How to best define and implement "Myths"?**

Roughly speaking, myth is the interpretation of a psychic process which has still not been reasoned. In its description, the myth provides representations of psychic processes that are not yet comprehended by the ego. Myths are important tools for understanding the psychic dynamics. They are

functioning of the mind. Different *archetypes* can be identified in the myths.

**How to best analyze and solve "Emotional Complexes" when we discover them within ourselves?**

After the realization that one has a *complex* or that is moved by its power, one should seek to dissolve it. The dissolution of a *complex* goes through the affirmation that the person has those characteristics reported by the *complex*. This means that one must admit that there is a personality trait that causes that *complex*. If, for example, a person found out that he or she has a *superiority complex*, then he or she must first admit that the ego sees itself superior to what it actually is, which means that there is, unconsciously, a sense of inferiority, based on some experience that fostered this state of inferiority. If so, the person will try to show itself superior (arrogant, authoritarian, demanding of others, excessive recognition of one's own value and etc.). To dissolve the *complex*, it is important to recognize this unconscious characteristic, bringing it to the conscience, admitting this inner condition and

**Depression, anxiety, fears. A triad-course swarming millions. In your opinion, what is the best treatment?**

The best treatment for any disease that affects the human being is its awareness that it is an immortal Spirit. This awareness will lead the being to self-determination, therefore, to autonomy over its own destiny, without interfering with the fate of others and not self-punishing itself. By extension, what it means is that ignorance is still the Spirit's main problem. The belief that one will always be punished when one errs, promotes the vast majority of diseases.

**Good mood, bad mood. High self-esteem, low self-esteem. We daily hear and read on these topics. How to break this cycle and from what principles?**

Life requires determination, courage to face challenges and constant maturity. For these it is necessary the sacrifice of selfishness and pride. We will only leave the oscillations in our emotional dispositions and mood when we confront, face to face, the very awareness that we are the greatest work of God and there are no limits to the Spirit's evolution. The basic principle, therefore, is self-awareness of one's own immortality.

*Adenauer Novaes is a Clinical Psychologist and one of the directors of the Foundation "Lar Harmonia" in Salvador, living in Brazil.*



## How To Conquer And Maintain Self-Fulfillment

**Ercilia Zilli**

What is it that happens to us when we think of self-fulfillment?

Did we imagine a beautiful home, academic degrees, a successful loving relationship, or children?

It is common to feel satisfied when we reach a life goal, but what happens when suffering knocks on your door and everything seems to go wrong?

When we launch a spiritual outlook on our lives, all our feelings change.

Being alive in a reincarnationist and spiritist perspective means that nothing happens by chance. All events are aimed for the acquisition of learning and progression, but the facts do not always go by in a pleasant manner. Each one of us right now is on Earth from a reincarnational project, developed with our participation and the guidance of our Spiritual Benefactors.

With the reincarnation, our memory records remain active, but our remembrances are erased. The unconscious is alive, but we do not have access to the facts of past existences. How shall we react to encounters, which have the purpose of adjustments, with people who have hurt us badly or who have seriously offended us in the past?

We cannot think of a successful existence by the possessions one may have or by the degree of happiness in relationships, but by the satisfaction of being in the path to balance our emotions that have been disturbed since the ancient times.

A healthy body is a sign of a commitment to its maintenance and to its adequate use in life, and if health is fragile, even in the face of care, we must consider the possibility of its misuse in past lives.

However, if we are healthy, if relationships are of love, if the material conditions are reasonable, and if there is no privilege, what does life expect from us?

We must also reflect on our role in this time of planetary transition, in which opposing forces are in confrontation within each one.

According to the spiritist view, to conquer and to retain personal fulfillment is to be aware of our roles, our goals of spiritual evolution, seeking to be examples of understanding and solidarity.

Often, successful reincarnations are those experienced by anonymous people in the intimacy of their homes and the simplicity of their lives.



*Ercilia Zilli is President of ABRAPE, Presenter of the Novos Rumos—Radio Boa Nova program, Clinical Psychologist, resident in São Paulo, Brazil.*

**"Self-knowledge is an urgent need for everyone who discovers the value of awareness to one's existence."**

*Entrega-te a Deus  
Joanna de Ângelis*