

The Journal of Psychological Studies

Science, Philosophy and Religion

Spiritual Dimensions of Integral Health

You, dear reader, and I are amazingly complex three-dimensional beings composed of **Spirit, Perispirit and Physical Body**. To achieve true, integral health we really need to accommodate a multidimensional approach.

Talking about connections, the Spirit's mind has the dual capacity to send and receive information to and from others', thus making mind-to-mind currents an integral feature of our health. At each thought and feeling we are tuning

After all, the joy of a new day will boost our hope and our courage to begin always again until we reach the ultimate integral health.

Vanessa Anseloni

Neuropsychologist



VI SPIRITIST MONTH

Continuing with the proposal of consciousness enlightenment and aiming to benefit the general public, this Society carries out the **VI Spiritist Month**, in April 2013, having as central theme **SPIRITUAL DIMENSIONS OF THE INTEGRAL HEALTH**.

With national and international guest speakers, the following topics will be addressed:

07.04.13 - Alírio de C. Filho
Spiritual Healing, Anxieties, Phobias and Panic Syndrome

08.04.13 - Alírio de C. Filho
Chakras' Energy and Self-Healing

14.04.13 - Maria Novelli
Jesus, Doctor of the Souls

21.04.13 - Evanise M Zwirtes
The Challenge of the Spiritual Diseases

28.04.13 - Adenáuer Novaes
Reincarnation and Reprogramming of Life

29.04.13 - Adenáuer Novaes
Gospel Therapy the Science of Loving

All events are in Portuguese with live broadcast: <http://www.spiritistps.org/br/ao-vivo/> - the complete schedule of events may be accessed through the website: www.spiritistps.org/br/eventos/

As much as the physical body needs daily adequate **hygiene, nutrition, and exercise**, the spiritual body and the Spirit also need these movements to achieve integral health.

As co-creators, we are the very engineers of our health, sculpting our own healthy or ill condition. Powered by our mind, the spiritual body receives vibrational information based on our thoughts and feelings, then imprinting those vibrational patterns in our physical bodies, when incarnated.

In the blessing of each incarnation we hold the opportunity to reorient the foundation of the immortal mind. Successive reincarnations then become remarkable experiences to either create a new conditioning or to refine a pre-existing one that propels our connection with God, our Divine Parent.

in and out of a diversity of mental currents. Thus, the pursuit of integral health depends greatly on achieving a consistent attunement with the Higher Illuminated Minds of the Universe.

Such consistent attunement is true **exercise** of the soul since it relies on our emotional coaching, one in which we need awareness of emotions and willingness to consciously manage them. Nevertheless, we will only calibrate the core of our emotions when aligning it to a new standard of immortal virtues. A virtuous individual inevitably becomes a healthy individual. The ennoblement of the mind through the exercise of virtues envelopes our whole being in **nourishment** from the exchange with noble minds as well. And even when we do not get it right, prayer and meditation will serve as powerful **hygiene** to renew ourselves.

The Challenge of Spiritual Diseases

The advances in modern medicine that can diagnose and treat accurately and quickly numerous diseases are extraordinary; some of

Allan Kardec, when he establishes in *The Gospel According to Spiritism*: "If doctors are unsuccessful in treating the majority of ailments it is



these diseases had decimated entire populations in recent periods of history. Nonetheless, new diseases emerge regularly, or old ones come in a new aspect, defying experts to deepen research on the enigmas of health - disease. And this leads us to ask: after all, what is the origin of our diseases?

During extended periods, research around the infirmities kept its focus on environmental and physiological aspects at the expense of the spiritual being that we are. Religions, which should take care and deepen the spiritual insight, considered the diseases, with a few exceptions, as divine punishment.

More recently Psychosomatics, which investigates the interference of emotions and the psychic state in the physical body, started a revolution in saying that many of the diseases are generated by our psychic imbalance and by our difficulty in dealing with our emotions.

But, without denying the advances in medicine and psychology, we highlight the profound thought of

because they treat the body without treating the soul. If the whole is not in the good condition then it is impossible that part of it should be well."

Spiritism, allied with science, shows us that the diseases largely result from the spirit that we are. When the spirit is sick, the wave that it sends and that shapes its spiritual body - the perispirit - affects the physical body, from its formation. Also, the genes are not the result of chance, and even "inherited" diseases are part of the spirit's evolution process, which brings in the body the marks of the past, of the right choices or mistakes.

To balance and harmonize the spiritual being that we are become the big challenge for achieving health. We may even have diseases, but the main thing is that we are not sick!

Cláudio Sinoti

Jungian Therapist

Reincarnation

The idea of reincarnation originated in the early days of humanity from two beliefs: 1 - we human beings have souls and this can be separated from the body temporarily during sleep, and permanently at death; 2 - souls can be transferred from one organism to another.

Many religious faiths and philosophies have already preached the belief in reincarnation: in ancient Egypt, India, Greece, China, in the African, indigenous tribes etc... In Jesus Christ we find the concept clearly: "Verily, verily, I say unto you: Except a man be born again, he cannot see the kingdom of God" (John 3: 1-12). However, personal convenience was responsible for abolishing the belief in reincarnation from Christianity, as from the Constantinople Council (553 AD).

Therefore, Spiritism did not invent reincarnation but presented it in a more lucid way, as the question 166 of The Spirits' Book: "How can the soul that has not attained to perfection during the corporeal life complete the work of its purification?" the spirit's answer is categorical "By undergoing the trial of a new existence" ... "The soul, in purifying itself, undoubtedly undergoes a transformation; but, in order to effect this transformation, it needs the trial of corporeal life".

Being the ones who believe in reincarnation, we need to reflect this in our attitudes, promoting an immediate renovation and acting with the awareness that our present acts are building the future reincarnation.

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Directed Will

The will is one of the magnificent attributes of the immortal Spirit that we are, lying latent at the time of creation and developing itself from the individual effort of the being. Through the well directed will we activate other inner potentialities and allow ourselves to gradually transform, evolve and build the life we desire.

In The Spirits' Book (Q.909) we learn that we can always overcome our evil tendencies, we are only missing the will to do so. We ask ourselves: have we no desire to evolve and stop suffering? Yes, we want to be happy. However, have we already renounced our transient desires, personal interests and unrealistic pleasures for the conquest of eternal values? Do we persevere in this process in the difficult moments when inner temptation manifests itself? And still, how many of us do not feel worthy of this happiness, for cultivating guilt and low self-esteem, erroneously believing that we deserve difficulties, sufferings and punishments?

We are capable of directing our will to achieve any goal and so we must consciously choose what we want, working tirelessly to achieve it, learning from our own mistakes and restarting the learning process constantly. There is no directed will without mental, emotional and attitudinal discipline, in other words, regardless of what we feel, want and think, we should adopt a firm and decisive position making an honest effort to obey the greatest commandment of all "Love your neighbours as yourself" through the education of our will.

Karina Cardoso

Psychotherapist



Gospel Therapy the Science of Loving

The Gospel or Good News, is a set of useful teachings to the human coexistence, which also presents ideas for a better understanding about life, destiny and God. They are writings that although having received contributions from translators and grafts from different doctrines, retain a purposeful message of valuing life, the

human being and the positive action in favour of harmony among people. The central point of the writings is the proclamation of a certain kingdom of Heaven, in which peace, harmony and love prevail. In the Gospel, all human beings are recognized as siblings, are invited to practice charity and live in the most perfect justice. The message, when used as daily habits, becomes a therapeutic resource of great healing power, providing comfort, creativity and sense of ownership of oneself. In his teachings, Jesus proposed, differently from what the tradition in his culture preached, that we should love our enemies. This proposal, of formidable therapeutic effect, elevates the human beings above their animal heritage, placing them on the condition of heirs of God, worthy of looking to their brothers without transferring the same animosity. This is the greatest love, which goes well beyond pride, vanity and selfishness because it eliminates the barriers that stand between the human beings promoting wars, endless dis-

putes and dissensions that hinder peace on Earth. Our planet still contemplates the living with injustice, attachment, the power that corrupts and spiritual ignorance, which requires efficient tools of education, in the service of evolution. To change this state and provide an effective balance and inner



peace, it is necessary that the human being practice the love advised in the Gospel, that overcomes the prejudice, the excessive rationalism and especially, religious fundamentalism. The Gospel, like other religious codes, presents love as a tool for the Spirit's development, to be lived intensely, as well as widespread as the best therapy for human ills.

Adenauer Novaes

Clinical Psychologist

The Essential Psychotherapy

The evolution of the human Spirit contributes to the evolution of the thought in Psychology. The points of agreement between the contemporary theories and the teachings of Jesus are striking.

Allan Kardec in the *SPIRITIST REVIEW Journal of Psychological Studies* (1858) highlights "what we witness today is not a modern discovery, it is the awakening of the ancient times". Hanna Wolff, in *Jesus the Psychoterapist*, says that "depth psychology, that represents, in the debate about the human being, a change that signals a time, can only be developed in the cultural field in which the foundation is determined by Jesus' impulses."

Currently, the Reincarnation Theory, considering the immortality of the soul, reveals the true nature of the human beings, presenting them as Spirits, being the Spirit the basis of Transpersonal Psychology.

The Spirit is the intelligence principle, the thinking being. It is the pre-existing individuality, in constant updating, living the law of cause and effect as a therapeutic methodology.

The Spirit being created simple and ignorant, beholder of multiple renewable possibilities, fundamental is the awakening of one's divine capabilities. Considering one's anteriority and extra physical memory, one inherits oneself, as a psychological and emotional being, in one's corporeal expression.

The Spirit, before the past or present choices, adjusts or dis-joints oneself with the natural laws of Life; balancing or unbalancing oneself in one's psychic structure.

The essential psychotherapy aims at the apprehension of God's laws by the individual contributing to one's self-knowledge, facilitating the behavioural change, as well as, the emotional, intellectual and spiritual education, in a non-stop process.

The recognition of the false is already the emergence of the real.

From the understanding of the plurality of existences emanates the explanation of many conflicts in human life. The divine psychotherapy facilitates the identification of the primitive paradigms of the being, as well as, it teaches to solve the intra-personal and inter-personal conflicts, contributing to the awakening of the responsible consciousness, directing the will to the mental and attitudinal desire according to the Cosmic consciousness.

In this gradual and progressive change, of interior and exterior adjustment, the being discovers one's superior faculties, such as, forgiveness, acceptance, responsibility, discernment, choice, discipline, perseverance, love,... requiring constant training and updating before the emergent primitive tendencies. According to C.G. Jung "nobody becomes enlightened by imagining figures of light, but by making the darkness conscious."

The proposal of the psychology of the spirit, considering to be born, to live, to die and to be re-born, as an experimental mechanism of the conquest of the inner Self, shows that the Spirit, through one's own free-will, is invited to participate in one's own therapeutic proposal, which is personal and non-transferable, adjusting one's beliefs, feelings, behaviours, in accordance with what is good,

beautiful, ethical and aesthetical. Thus, the here and now is the opportune time, unique, to remove the causes of conflicts, insecurities, fears, illnesses; adopting a more loving posture, but firm, before the unavoidable self encounter, moving through happy, self-fulfilling and liberating experiences.



Thus, studying and self-studying, one expands the self-perceptible faculties, comprehending that "the body is not separated from the soul; it is its representation. Its own cells are organised according to the perispiritual dispositions of the individual, and the sick body portrays the sick spirit. The pathology is driven by subtle elements, of a spiritual order", according to the teachings of Emmanuel in the book Emmanuel.

As a result of the spiritual growth, the psychological harmony gives an optimistic view of life under any aspect it is presented. Considering that "in God we live and move and exist." *Paul, Acts 17:28*.

Evanise M Zwirtes
Psychotherapist