

The Journal of Psychological Studies

Science, Philosophy and Religion

The Spirit and the Choices of the Path

With the completion of the **3rd Spiritist Month**, in April 2010, an audience interested in Spiritism attended the seminars and conference.

The first event, the **seminar** entitled **The Spirit and the Choices of the Path**, explained that love, being the feeling per excellence, is what moves the lucid Spirit; understanding the purpose for which was created by God and providing the conditions to put into action the Spirits' desire in the development of personal fulfillment. This theme was presented by Ana Cecília Rosa, from Brazil.

FAMILY: Learning to Love



The second event, the **conference** **FAMILY: Learning to Love**, Maria Isabel do Carmo Pedrosa Saraiva, from Portugal, was in charge, she emphasized the importance of the family.

The Spiritism in the Dissemination of Love

The third event, the **Seminar** **The Spiritism in the Dissemination of Love**, considered the importance of Spiritism, facilitating the experience of good between the humans. It was presented by Maria Novelli and Evanise M Zwirtes, from London.



Self Love in the Spirit's Evolution



The fourth event, the **seminar** **Self Love in the Spirit's Evolution**, would be given by Adenauer Novaes, from Brazil. **The spirit's evolution becomes possible thanks to the integration of the capacity to love in infinite ways.** The main one is the ability to discover oneself as a divine representation, eternal individuality, manifestation of God's love. This discovery begins when the spirit gets to be the first object of love, to then be able to love without distinction. Self lo-ving, one detaches from selfishness, being able then, to love others. In the impossibility of Adenauer Novaes presence, due to the volcano eruption that effected the European air traffic, this topic was developed by Evanise M Zwirtes and Maria Novelli, from London.



It is concluded that the ideas and concepts presented elucidated the participants, facilitating the expansion of the reincarnation theory awareness and urging the Spirits to awaken their superior potentialities.

We would like to invite all to attend the **4^t Spiritist Month – April 2011**. The programme is available in the Spiritist Psychological Society's website - www.spiritistps.org.

Along The Paths of Love

Ana Cecília Rosa

The contemporary life, full of invitations for entertainment and puerile joys and empty of spirituality, converge individuals to exterior accomplishments instead of seeking harmony, the unique way of self-fulfillment. Countless alienated chase ephemeral accomplishments, unaware of their real needs, unsatisfied and skeptical, conspire against the ideas of nobility and justice, showing thus, the current decline of the ethical and moral values.

In this gloomy scenario, Humans, by prescience or intuition, feel destined for the greatness that makes them to advance on the pathway of spiritual evolution. When seeking personal fulfillment, they are, inevitably, led to internalization, which calms the emotions and clears the discernment, essential conditions for the harmonization of feelings.

In the book *Moments of Meditation*, Joanna de Angelis says that "The man who awakens to the liberating experiences, emerges from the oppressor senses and rises. Knowledge becomes a compass and an itinerary, whilst the sentiment drives the conquest of the distances". Love, the feeling per excellence, is what moves the lucid Spirits, making them understand the purpose for which they were created by God and providing the conditions to put into action their desire in the development of personal fulfillment. Having, in the consciousness, the ideals of elevation, the individual comes to accept the positive and negative events with the same ease, controlling impulses and feelings, so that failure does not promotes discouragement nor the success promotes exaltation.

People become what they think. To reflect through love, when dealing with difficulties, is the starting point to act in good. By thinking straight, humans find themselves acting righteously. Jesus, exemplifying patience, abnegation and renunciation, guided by an elevated quality of love as never seen, left us the greatest example to be followed for the conquest of the plenitude of living and feeling.

Ana Cecilia Rosa is a member of the Allan Kardec Spiritist Centre in Campinas-SP, she is a Paediatrician Consultant, living in Brazil.

Adenáuer Novaes

In complement to the realization of the **3rd Spiritist Month** of this Society, **Adenáuer Novaes** granted the following interview:

1. The God's laws, how to comprehend them?

We should understand the God's laws as beacons for the spirit to (learn) apprehend the meaning and sense of life. They are teachings that summarize proposals of understanding of the life and of how the spirit can get positioned before the trials that are ought to be crossed. They are divine

archetypes representations to be integrated in the human conscience. To understand them appropriately, the spirit should not fear to live, seeking to get involved intensely in the emotional experiences that comes across, extracting the best out of them, without harming anyone. The God's laws, even though they can be considered unchangeable, from time to time have their comprehension varied. It is important to learn to contextualize the interpretation that is given to the laws of God.

2. What is your view of reincarnation as an educational process?

Reincarnation allows the continued evolution of the spirit in the material dimension. When the spirit reincarnates, retrieves the array of lived experiences, in the body, in other stages, giving continuation to the process of learning. It is therefore a process of education, meaning, of learning without any character of punishment or of debt payment. When it is said that the reincarnation allows for the recovery of debts, it should be understood as a metaphor, as it is the very spirit that feels as debtor. The God's laws, especially the one of evolution, are of love and not to promote pain. No one should feel obliged to redeem or pay, but to learn and to grow, avoiding to act in an inconsequent form as done in the past.

3. What are the modes of perception of how the spirits are grouped in family?

Family can be perceived in different formats. There is a karmic family, an idealized, an original, a generated, a spiritual and a universal. The karmic family is that which is imposed on the spirit without the freedom of choice, in

Consequently, the spirit dispenses greater respect for the others, treating them as brothers. The sense of justice and equality becomes greater. This awakening means a spiritual and quantum vision of the life and the universe as available to the spirit. To awaken the consciousness is to self-perceive as an immortal spirit. It is to understand



which reincarnate those compromised with each other, involved in unbalanced emotions. An idealized family is one that remains the unconscious ideal of all spirits, who long for perfect parents and siblings that will treat them without restrictions. The original family is the one formed by the parents who gave a cradle to the spirit and made the start of the new journey to the construction of the spirit's own family. They form the so-called clans. The generated family is the one that is built by the spirit, after emancipation from the family of origin. This one, typically, is a copy of the previous one, as it follows the same values. The spiritual family is the one formed by the spirits with great ties of affinity, independent of the generated or originated family. Without necessarily belonging to the original or the generated family, is made up of spirits who rejoice in getting together because they have the same values and common ideals. The universal family is that consisting of all the spirits that belong to our universe.

4. Does the awakening of consciousness enable us to live with freedom and equality in society?

The awakening of consciousness, considered as a greater awareness of itself and the universe that surrounds the spirit, allows for a greater freedom of action.

that the spirit is destined to happiness and that, despite facing trials and atonements, what is reserved for the spirit is the greatest goal of God.

5. Could you talk about the fears that impede people's happiness?

There are many fears that impede happiness, but the main one is fear of death. This fear promotes all others, as the awareness of the spirit's immortality is missing. The unconsciousness prevails, causing fear of the future. This also occurs amongst those who believe in the existence of spirits, as they also did not internalize their own immortality. There are those who are afraid of spirits; which also stems from ignorance of the spiritual life. To be happy is to be in peace and to promote peace all around. The inevitability of the body's death still prevails over the certainty of the spirit's immortality. People are more concerned with ensuring the survival and the fleeting happiness of material life than thinking about happiness in the long run, considering their immortality. The fears prevail in face of the spirit's ignorance. To lose the fears is to trust more in God and to integrate the awareness of the connection with Him.

6. How to understand happiness without guilt?

Guilt is the great catalyst of human suffering. Ignorance about life, of

Editorial Staff

Journalist

João Batista Cabral - Mtb nº 625

Editor

Evanise M Zwirter

Collaborators

Adenáuer Novaes
 Maria Angélica de Mattos
 Cricieli Zanesco
 Maria Novelli
 Karina Cardoso
 Christina Renner
 Maria Madalena Bonsaver
 Lenéa Bonsaver
 Valle García Bermejo

Reporting

Ana Cecília Rosa
 Adenáuer Novaes

Graphic Design

Kelley Cristina Alves

Printing

Circulation: 2500 copies

Study Meetings (In Portuguese)

Sundays - 06.00pm - 09.30pm
Mondays - 07.00pm - 08...30pm

(translation available)
 BISHOP CREIGHTON HOUSE
 378, Lillie Road - SW6 7PH
 Information: 0207 371 1730
 spiritist.psychologicalsociety@virgin.net
www.spiritistsps.org

what is reserved by the Creator and of the spirit's role in the suffering. Ignorance about life, of what is reserved by the Creator and of the spirit's role in the universe is responsible for unhappiness on Earth. The conscious guilt complex comes from the ancient idea matrix of that everyone has an original sin and that the human being will be punished by God whenever a mistake is made. It is necessary to become aware that ignorance is in favour of the spirit. We were created simple and ignorant, therefore to learn. Is there

a teacher who would punish a child or a mother that would punish her baby for not knowing something? It is nonsense to think that God would do worse. Guilt is a l s o responsible for the majority of o b s e s s i v e processes. The person who feels guilty,

for understanding and believing that punishment should come from God, attracts an experience that generates suffering, feeling redeemed when it occurs. This thought weakens the person and nurtures de presence of a perpetrator waiting to act. Removing the guilt and taking responsibility for one's own actions, happiness will become more accessible.

7. What criticisms are required to be elaborated for the conquest of happiness?

Self-criticism is always important. No one grows without purifying certain archaic forms of thinking and acting. In addition to self-criticism, the capacity to receive and handle criticism from others is a very important resource to grow, because these criticisms, however unfair they may be, point to some aspects of the latent unconscious that deserves to be discovered and reflected upon. The conquest of happiness deserves that attention is given to these criticisms, because, otherwise, one runs the risk of living selfishly. Criticism is important in order to conquer happiness. Criticize your "happiness" if it does not generate happiness to others around you. To be happy and to generate happiness to others promotes a better world.

8. How to free oneself from the past?

The past shouldn't be forgotten when it comes to memory. The mistake is when deliberately wanting to forget it. When the past insists in remaining in the memory it means that something needs be integrated into consciousness in order to reduce its influence in the present. When the past brings some sort of guilt, regret, sorrow, grief or anger it needs to be recalled and given a new meaning. What happened should be reassessed,



understanding its meaning in order to analyse its consequences. One should forgive oneself, taking ownership of the consequences. Also, ought to consider that the mistakes, by chance practiced, were fruits of the spirit's ignorance. To humbly take responsibility for what was done in the past promotes the tranquillity to deal with the return to the memory. Free yourself too, forgiving and having the courage to face your past without reservations, taking ownership and comprehending your own imperfections.

9. What's the importance of self love in the Spirit's evolution?

It is necessary that the spirit self-loves, considering that the spirit's creation is the work of God's love. This, very often, may not occur from a lack of reflection and maturity. For being constantly contemplating the outside world, not perceiving oneself adequately, the spirit has no self appreciation. This appreciation is not external nor has the pride and vanity as a consequence. The self-love is the consciousness of belonging to God and that the universe exists for the spirit. To self-love is to reach the importance of one's participation in building a better world for oneself and for all.

This self love driven towards oneself represents the divine consciousness.

10. To finalise, tell us a little about the subject: nature, conservation and destruction.

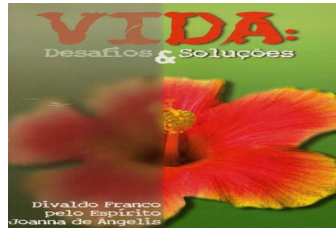
Nature is dying. I do not totally blame human beings for what happens, however fits them to find solutions. Part of the responsibility belongs to the divine, because the spirit is learning and in this process, deals with the limits of the nature. Environmental awareness has

grown and has had breakthroughs. The intentions of the Kyoto Protocol are an example. It is necessary to continue to preserve the environment. The human spirit is a nature's predator and is learning the self educational process, taking more care of what gives sustainment. It is necessary to maintain the means of subsistence in order that the planet continues to harbour life. The destruction, even though necessary, should be educated so as to attain its end results. The human being is learning that all in nature is interconnected and that one cannot promote an action in one place without moving others. We are in a system almost totally closed called Nature. All action will have consequences later. We have to know how to use, destroy and save simultaneously.

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



THE JOY OF LIVING



“When one laughs, stimulates precious facial and general muscles, eliminating built up damaging toxins which end up poisoning the individual. To laugh is a way of expressing joy, without the piercing, nervous, uncontrolled laughter, to take part in its externalization.

Today, laughtherapy, signifies a precious method to prevent certain contaminations, and also to assist the recovery of severe pathologies, especially the infectious that mutilates, the physically degenerative and various disturbances in the emotional and psychic areas.

The Gospel tells us that rarely Jesus smiled. Normally he was seen crying and almost never smiling. He, who presented himself as *the most perfect being who God offered to mankind to serve us as the model and Guide*, as the Spirits elucidated the eminent Codifier Allan Kardec. It seems like a paradox that He cried ... It is an apparent contradiction. His tears were not of suffering but of compassion, this superior and elevated sentiment of co-participation which he directed to the creatures, who preferred to remain in ignorance to benefitting from His liberating teachings. It was a form of expressing tenderness for the voluntarily ill, who in Him would have found the efficacious therapy to free themselves from the bad things that distressed them, however, they relegated it to secondary place, concerned with the search of the immediate and fleeting insignificant things.

This is demonstrated when He talks about His Good News of Joy and presents Himself as *the sheep's Gate, the world's Light, the Path, the Truth and the Life, the Shepherd, the Messiah*, informing (us) that we are *the (salt of) Earth's salt, the sheep, the needy* of all sorts, in need of Him as Conductor and Psychotherapist for our countless disabilities and illnesses of the soul.

Self knowledge reveals to the beings their own possibilities and limitations, opening up spaces to the renovation and conquest of new horizons of health and plenitude, without a conscience of guilt, without stigmas.

Consequently, Psychoneuroimmunology comes to demonstrate that a healthy state can be achieved by the individuals themselves who choose to renovate and believe in their own self, in their immense energy reserves, in the value of their own achievements. Perfectly compatible with the *Law of Cause and Effect*, the positive realizations eliminate or diminish the weight of the negative and damaging ones.

The human creature is their own psyche. According to the way one behaves, so presents the manifestation of the *I* and the *Self's* world.

The well constructed thought, therefore, acts in the nervous system mechanism, in the brain, and these, conjugated, produce protecting enzymes which make the organism immune from many invasions of destructing agents, generating health.

The joy of living is an invitation to an existence rich of moral, spiritual, artistic, cultural aesthetic and noble productions.

The existential fatality stops being *good living*, which is one of the human aims, to become *living well* which is a special, personal and not transferable achievement, which never changes or is lost, promoting happiness and working for the peace that everyone desires.”

From: LIFE: Challenges and Solutions - Divaldo P.Franco & Joanna de Ângelis