

# The Journal of Psychological Studies

Science, Philosophy and Religion

## Family Life

**Adenáuer Novaes**

The family brings together under one roof, spirits bound by old ties of affection and, rarely, to the beginning of new relationships. The goal is always the building up of feelings and learning which enable the spirit to new and increasingly complex achievements in society. This is an important field of practice in the acquisition of the paradigms of God's laws, especially the Law of Love.

It is exactly the feeling of love that the spirit must begin to cultivate in the family environment, which is the main place to make it blossom when there is a reunion with former enemies. As much as we love someone outside the family environment, with whom we have no blood relations with, it will always be necessary to resolve, when they may exist, ancient enmities and antipathies in the family, so they change into a legitimate feeling of love. It is in the home environment that different feelings are met, all known by the name of love. The love of mother, father, son, daughter, brothers and towards the maternal and paternal ancestors has different degrees, expressions and distinct emotions. We do not love in the same way but they are emotions that typically require the same attitudes and reciprocity. When the spirit manages to live in family promoting harmony, understanding and forgiving the others, considering them as spirits who with to perform in an incarnation, for mutual growth, it enables the spirit to have new experiences, each time more tranquil for the next reincarna-

tions. If this occurs, the spirit will be more able to be part of families where peace and love



reign and where everyone contributes to the overall equilibrium and to the good of society. Always when reincarnated, reunions will be healthy, loving and able to produce in return, very positive values for the betterment of society. The spirit will not mind if due to necessity, it reincarnates in families where one or another spirit present difficulties of coexistence. In this sense, we all should seek to resolve relationship conflicts that may exist in the family circle in which we reincarnated, dissolving feelings of hurt, enmity and hatred.

The structuring of a personality that is spiritually evolved goes, inevitably, through the capacity to establish healthy affective relationships with the other.

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

## The Recommencing of Experiences

"For Sócrates, Rosseau, Pestalozzi, Montessori and many others, there is in the human being a spiritual principle, which is the centre of the individuality, intelligence and feeling. It is this fellow, the Spirit, that albeit conditioned to the body, it rules and determines development, evidently in an interaction with the environment.

Reincarnation places the student in the position of who is recommencing. It means that beyond the species' biological heritage and of the socio-familiar influence, the child carries a past of experiences and knowledge that are manifested

in the current existence in the form of innate tendencies and intuitions. That is why the spiritist Education is orientated in the horizontal direction to integrate the reincarnated being socio culturally and in the vertical direction to make it evolve, having in view its destiny as a Spirit.

In other words, what does it mean to educate? To educate is to develop, cultivate, make it grow, in one word: elevate. To educate is to make the spirit grow in all its physical and spiritual integrity.

In order to have Education in the true sense of the word, two basic premises are imposed to us: love and self-education. Love to educate and to self-educate in order to love. No one can improve without seeking to cultivate in oneself the work of evolution.

It is this double attitude of love and self-education that must be a common denominator for parents and teachers."

*A Educação da Nova Era  
Dora Incontri*

Family School

**Sonia Theodoro da Silva**

It is common to hear complaints coming from teenagers in relation to their own parents: they consider their friend's families, parents and siblings far better... Some consider themselves strangers in their own home, they complain about charges in relation to obligations and tasks and their time is spent far longer outside their family conviviality.

To educate a son or a daughter in modern times is not always as easy as expected. Let us also consider the fact that technology has created forms of virtual "dialogues", when the exchange of ideas, affectivity, spontaneity and human relations diminish or even restrict the factors that build up the personality's maturation. We must also consider the fact that not always the family ties are established between Spirits that are like-minded.

Certainly that in this matter, the ties wrongly established in preceding existences generate commitments that are not always pleasant – many times enemies are found inside the four walls, where mistrust and aversion appear as priorities in the relationship. The episode that happened with the Master Jesus himself, where he did not find comprehension between his own siblings, is an example. Jesus here sets a parameter, that may be often the human being of this level of evolution will meet hearts that are ready to accommodate their aspirations and expectations. However, it was the Master himself that set the main rule: whoever does the wish of the Father this is my brother, my sister, my mother... Then what is the "wish of the Father"? And it follows, throughout his entire Gospel of Love, the basic rules for the establishment of the Spirits' Education that have not started their journey in that home, but before, long before, and will, through time, carry on conquering values and virtues needed for their spiritual growth.

*Sonia Theodoro da Silva is the author of the Projeto Estudos Filosóficos Espíritos, collaborates in Casas André Luiz, resident in São Paulo, Brazil.*

Mind Games in Families

**Ercilia Zilli**

When we think of games we soon imagine something playful. Psychology considers the games as repetitive behaviour patterns many times unnoticed, with unconscious motivations from neurotic provocations and compensations.

In this pattern, people develop a **skilled incapacity**, justifying the permanency in the game and making clear that "there is no solution"; they begin to wear a mask and armour not to see themselves and to not be seen, not showing their fragility.

With the mask, their fears



In a spiritual understanding, it is believed that life has self-knowledge and moral betterment as its objective. Emmanuel says that "family is an organization of divine origin. In the family friends and enemies meet or meet again for the indispensable adjustments and readjustments before the destiny laws".

When something begins to happen again it is because the learning did not happen, and we can not move forward in our evolution without this knowledge transformed in awareness and consequently, in ways of acting.

The games arise when we fall in the previous mistake again and we establish a relationship of dependency, on which the real cause is not touched. The "other" is not seen in a real way, but as a projection of our own fantasy, coming often from past images registered in the spiritual memory.

Living the neurotic pattern prevents the understanding of the resumption of cohabitation.

and fantasies are not known and confronted. One only uses a mask when is afraid to get in touch with a side that is dark, however, the contents that are in the shadow form the basis for growth, only waiting for the time to come to light. What is enlightened has already performed its duty and reflects the achievement of learning. It is fundamental to understand that in this dark space live potentialities, abilities and seeds for evolution.

This comprehension creates the opportunity to break the chains of anger, fear, powerlessness and symbiosis. Recalling that relationship means "untie knots", it is from this moment that the mind games in families, that in reality represent spiritual aspects to be resolved, will be broken and the freed person will be able to live the true love.

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

Editorial Staff

Journalist

João Batista Cabral - Mtb nº 625

Editor

Evanise M Zwirtes

Collaborators

Adenáuer Novaes  
 Maria Angélica de Mattos  
 Maria Novelli  
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 Sophie Giusti

Reporting

Adenáuer Novaes  
 Sonia Theodoro da Silva  
 Ercilia Zilli  
 Ana Cecília Rosa  
 Evanise M Zwirtes

Graphic Design

Kelley Cristina Alves

Printing

Circulation: 2500 copies

Study Meetings (In Portuguese)

**Sundays** - 05.45pm - 09.00pm

**Mondays** - 07.00pm - 09.00pm

**Wednesdays** - 07.00pm - 09.30pm

(Translation available if required)

BISHOP CREIGHTON HOUSE

378, Lillie Road - SW6 7PH

Information: 0207 371 1730

spiritist.psychologicalsociety@virgin.net

**www.spiritistps.org**

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### Drug Addiction in the Family

Ana Cecília Rosa

Among the modern misfortunes, drugs are a major threat to society and the economy due to its epidemic proportions worldwide. The consequences of the disruption that initially happens in the homes, spreads to society in such an intense level that scientists, politicians, teachers and parents desperately frame dialogues in order to determine the causes and consequently, the solutions for this wound. The "return to home" is the most effective therapy to combat this problem, with its basis on the identification of inner causes that point to individualistic solutions. Spiritism, asserting the reincarnation, recognizes that the vicious moral condition, arising from mistakes in the previous reincarnations, originates and precedes the physical addiction.

Pestalozzi, the great scholar of children's behaviour in the 18<sup>th</sup> century, when asked about the moment when children's educational process should begin, replied: **"twenty years before they are born"**. The understanding that the infant minds learn through repetition and examples also applies to their holistic development. Following this thought, drug addiction must be contextualised in a comprehensive manner in the family environment, where the misuse of drugs that are "legal" by the "role-model parents", such as alcohol and cigarettes, the lack of dialogue and the transference of the parent's responsibilities to other institutions, among other factors, lead to the escapes through the hallucinogens and suicides. To this reality, Spiritism comes to add that children are actually eternal spirits sent to the home

that is appropriate to their spiritual improvement where, under the parent's influence, they will improve their virtues and extinguish their addictions through the exercise of the love that teaches. Disruptions in these



many times compulsory readjustments can generate predispositions to addictions in later reincarnations, cruel obsessions and unfortunate familiar karmas.

Any alternative treatment for chemical dependency which does not take into account the multi-factor aspects in its cause, is condemned to fail. The cure will only be possible with a multidisciplinary approach to the people with addiction and their families, seeking to re-establish the physical, psychical and spiritual equilibrium. Thus, alongside the remedies and psychotherapies required for the reestablishment of the mental health, the spiritist therapy comes to complement the approach to addiction on its real cause which is the moral of the spirit, suggesting the inner reform through the Gospel therapy.

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

### The Universal Family

Evanise M Zwirtes

The understanding of the family life is greatly assisted by the reincarnation theory which considers the primacy of the being that needs multiple existences in order to learn the self and high love.

The family being an encounter of like-minded souls, seeking the individual and collective progress, it is fundamental to understand that God allow the paternity and maternity to us, in the world, for the purpose of us learning the universal fraternity.

The family must not be an obstacle for the ennobling human realizations, solidarity works and for the beings' development.

Allan Kardec explains that "the real family ties are not the ones, thus, of blood relations, but the ones of sympathy and communion of thought that unites the Spirits before, during and after the incarnation."

The pure fraternity is the most sublime of the relational systems between souls.

The Spirit Joanna de Ângelis, in the book *Desperte e Seja Feliz*, teaches that "the universal family brings together all the beings in only one group, which is initiated in the domestic clan. In it the social life is developed, granting the intellectual and moral growth that leads to the conquest of wisdom."

The spiritual family expands more and more as the affection circle widens.

*Evanise M Zwirtes is a Psychotherapist and Coordinator of The Spiritist Psychological Society, resident in London, UK.*

## IV SPIRITIST MONTH - APRIL 2011

### Main Theme:

# PERSONAL FULFILMENT: THE SEARCH FOR THE SOUL

#### Programme:

Date: 03.04.11 - Starts: 05.00pm  
**CONFERENCE**

#### Theme:

**The Soul's Immortality**

Speaker: **Emanuel Cristiano** (Brazil)

Date: 04.04.11 - Starts: 06.45pm  
**LECTURE**

#### Theme:

**Mediumship: A Door to Life**

Speaker: **Emanuel Cristiano** (Brazil)

Date: 10.04.11 - Starts: 05.00pm  
**SEMINAR**

#### Theme:

**Reincarnation and Personal Designation**

Speaker: **Ana Cecília Rosa** (Brazil)

Date: 17.04.11 - Starts: 05.00pm  
**SEMINAR**

#### Theme:

**To Think, to Feel and to Act**

Facilitator: **Evanise M Zwirtes** (London)

Date: 22.04.11 - Starts: 06.30pm  
**SEMINAR**

#### Theme:

**Personal Myth and Human Destiny**

Facilitator: **Adenáuer Novaes** (Brazil)

Date: 24.04.11 - Starts: 05.00pm  
**SEMINAR**

#### Theme:

**Jesus the Soul's Psychologist**

Facilitator: **Adenáuer Novaes** (Brazil)

### OTHER EVENTS

With

**Emanuel Cristiano**

(Brazil)

Date: **02.04.11** Starts: 06.00pm

**SEMINAR:**

**IT HAPPENED IN THE SPIRITIST CENTRE**

**VENUE:** Quakers Meeting House, 20 Nigel Playfair Avenue—W6 9JY

**FRATERNITY SPIRITIST SOCIETY**

**Inquiries:** 07590463500

Date: **03.04.11** Starts: 01.30pm

**SEMINAR:**

**MEMORIES AND CONFESSIONS:**

**The Narrative of a Converted Spirit**

**VENUE:** 269, Caledonian Road, London N1 1EE

**SIR WILLIAM CROOKES SPIRITIST SOCIETY**

**Inquiries:** 07878760609

With

**Adenáuer Novaes**

(Brazil)

Date: **23.04.11** Starts: 04.00pm

**SEMINAR:**

**SPIRITISM, PSYCHOLOGY AND QUANTIC UNIVERSE**

**VENUE:** Quakers Meeting House, 20 Nigel Playfair Avenue—W6 9JY

**FRATERNITY SPIRITIST SOCIETY**

**Inquiries:** 07590463500

Date: **24.04.11** Starts: 11.30am

**SEMINAR:**

**SPIRITUAL OBSESSION AND ITS PSYCHOLOGICAL  
CORRELATIONS**

**VENUE:** 269, Caledonian Road - N1 1EE

**SIR WILLIAM CROOKES SPIRITIST SOCIETY**

**Inquiries:** 07878 760 609