

# The Journal of Psychological Studies

Science, Philosophy and Religion

## The Spiritual Meaning of Life

The conquest of happiness is one of the most sought after goals, translated in the search for safety, convenience, health and available resources. To achieve this ideal we mobilize the most valuable ener-

gies: physical, emotional and spiritual. However, as this quest in most cases is conducted in such an egoical way, on the surface of consciousness, we end up building a great paradox: we seek happiness without a profound meaning, with no spiritual significance, which ends up causing frustrations and several conflicts.



The Jungian analyst, James Hollis, proposes that there is an inversion of values, and the human goal should not be to focus on happiness, but in the existential meaning. In this respect, our life should be directed to the profound connection with ourselves, with the Self or Oneseff, attuning with our vocation, our essence. "The Spirits' Book" question 132 teaches us that, through reincarnation, we should

seek to perform "our share in the work of creation". When our life follows this principle, we establish a connection with its spiritual meaning. From this understanding it is likely that the following ques-

tion arises: how to conquer our essence and give meaning to our lives, beyond the pursuit of happiness?

It is imperative that we know ourselves in a deeper level. To explore the emotions, feelings and dormant potentials within us, as well as reviewing old beliefs that are no longer useful. Only the one who performs the self encounter can better serve collectively where one is inserted. The search of the being that has self-knowledge is no longer to live well or simply to be happy, "in the sense of enjoying amenities and sensations", and as stated by Joanna de Ângelis, it becomes the "well living", connected with oneseff and with the life's spiritual sources.

Maybe that is why the Master

declared with so much wisdom to those who anxiously run in search for happiness: "seek first the kingdom of God and his righteousness, and all these things will be added to you...".

**Cláudio Sinoti**

**Jungian Therapist**

"Awake from your deep sleep; Lift the material veil that covers you. Learn to know you, to know the powers that are within you and use them...

Nothingness does not exist; death is a new birth, a referral to new tasks, new jobs, new crops. Life is a universal and eternal communion that binds God to all his children...

Know that every man can be good and happy; to become one, it is enough to want it with energy and continuity...

Unceasingly drive your thoughts to this truth: you can become what you want to be, and know to always want to be bigger and better. There is the notion of eternal progress and the means to accomplish it... When you have achieved this mastery over yourself, you no longer have to fear setbacks neither falls or disease, or death; you will have done of your frail and little I a personality high, stable, powerful!"

**The Problem of Being, Destiny and Pain**

**Léon Denis**

## Existential Crisis

Living ethically, constantly overcoming oneself, loving oneself and all unconditionally, this is the roadmap for the evolution of the

allows existential crises, inviting us to encounter ourselves for self confrontation, in a brave and humble way, and to opt to overcome ourselves,



immortal Spirit that we are. Why, then, suffer and go through crises? Where is the goodness and mercy by allowing existential crises? The physical existence when faced with spiritual clarity presents itself as an evolutionary stage, naturally full of challenges, aiming at the being's maturing. However, when our vision is limited and our perception is disturbed as a result of the detachment from our divine essence and our reason for existence, then we live alienated from the Truth, complaining about the self enlightenment opportunities that life offers us. We choose to limit ourselves by not allowing the opportunity of the trial and we come to a standstill in our evolutionary process while Life does not cease its appeals; actually it intensifies them. Fleeing psychologically and spiritually from ourselves, we create imbalances and by disrespecting the laws of God, existing in our consciousness, we create painful disorders. Life is constant change, and to believe that we can live in the comfort zone without concerns for our spiritual evolution is illusory. God

allows existential crises, inviting us to encounter ourselves for self confrontation, in a brave and humble way, and to opt to overcome ourselves, re-nouncing what seemed comfortable, but that now appears useless within a transpersonal vision of who we are and what we can achieve. Although the existential crisis reaching us as a benefit, proposing the development of the inner potential, often we would like to take refuge in the old ways of being. The existential crisis itself is not the solution to our problems, because we can, once again, choose to rebel against it; but rather it is a call for taking self responsibility, seeking the reassessment of beliefs and behaviors. The benefactor Joanna de Ângelis in her book *Encontro com a Paz e a Saúde* advises us: "Instead of despondency and distress, of the abandonment of goals, it is for the individuals in crisis, to recognize that it is given to them the duty to address the event, only the event, then leaving for most enriching experiences, therefore loaded with more challenges".

**Karina Cardoso**

*Psychotherapist*

## Reprogramming the Conscience

The present moment is of great existential challenges: we are heirs of the past in which we sow all species of seeds, as if we were in the midst of a fertile but only receptive land. And the seeds thrown in a careless manner, without the adequate care planting, watering, pruning or weeding, generated fruits. Evidently that amongst these much is contaminated, full of worms and rotting. And time, relentless, positions us before the result of this plantation, made individually and collectively. The challenges mentioned above happen, so we can reprogram our existence in other standards, however, there is a need to recognise our errors and mistakes; to work in the effective achievements, selecting the good grains so that the harvest is plentiful and fruitful generating a hundredfold.

Reprogramming our conscience implies choosing new paths, to consider, evaluate, discern. And for that, the Spiritist Philosophy opens us all doors leading to the Truth, Life and Plenitude. Getting to know yourself involves having the courage to recognise your own duality. Work tirelessly the qualities already accomplished and to make flourish the intrinsic potentialities of the divine Being we all are. Jesus of Nazareth showed us how to do this; his invitation remains in our consciousness: why not accept it?

**Sonia Theodoro da Silva**

*Columnist*



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### Functions of the Consciousness

Consciousness is at the same time what exists of most human and divine in the individuals.

It is fundamental considering that each person has a specific psychological type and with it, moves in the world, differing in the spiritist concept as evolutionary level, establishing limits in the understanding of reality, due to the spiritual maturity or immaturity.

Jung identified four psychological functions - sensation, thinking, feeling, intuition - that consciousness uses to make the recognition of the outside world and to orientate itself. These, together with the attitudes of introversion and extraversion, represent the psychological types.

The sensation function refers to the sensory perceptions. The thinking function leads the individuals to make a rational and logical analysis of the perceived facts, without much concern for their emotional value. Feeling leads the individuals to appreciate the feelings in their assessments, to consider the harmony of the environment and encourage social movements. In the intuition function, perception is achieved through the unconscious; people tend to see the whole and not the parts.

In the unconscious men, the four functions are available to the Ego, while in the awakened beings, there is a *superior function*, dominant, that drives them.

The Ego is the organizing center of the consciousness; when unstructured, expresses the superficial part of the individual, being the sum of thoughts, ideas, feelings, memories and sensory perceptions. Jung teaches that "the inferior function is generally characterized by traces of the primitive psychology." What is its superior function?

**Evanise M Zwirtes**

**Psychotherapist**

### Will: Condition for Evolution

The evolution follows a long course until the conquest of consciousness. Driven by the forces of life, the divine laws compel us to conquer ourselves. When the "click" of consciousness happens, our conscious efforts must sum up to the orchestra of life. In her psychological analysis, Joanna de Ângelis notes that from the level of consciousness of "sleep with dreams", when we begin the awakening, "the will plays an important role, driving the being to new accomplishments and fulfilling conquests that enrich the psychological armoury..."

But often the desires and instinctual impulses merge themselves with the will, leading to a change in the direction of the psychic energy. The illusion of the ego, so well represented by the goddess "Maia" in Buddhism, or via the "song of the mermaids" from the Greek mythology, continues to attract the unwary on their journey through the sea of life. Beyond the illusions and desires, the will is also compromised when we remain withheld in past sorrows, lamentation, complaints and grievances that lead us to the state of paralysis, where no one grows.

When maturity makes us realize that life brings back the results of our own actions, which the Spiritist Doctrine explains through the law of action and reaction, the will becomes better targeted, and we in-

vest our talents in search of life's high achievements.

Odysseus found a safe way to pass the island of mermaids. After the sorceress Circe warned him, he asked the crew to put wax in their ears, whilst he remained tied to the mast. When he heard the alluring



singing, even when struggling inside, he managed to follow his odyssey, aided by the crew that continued paddling until reaching a safe haven. As such we should also "paddle" through the will, even if the singing of the illusions of the ego is present trying to distract our attention. Tied to higher consciousness, our "mast" of the Self, our will is going to make us move mountains, in the broad course of the spiritual evolution that awaits us.

**Iris Sinoti**

**Jungian Therapist**

## Psychic Therapy

The physical body demands to be known, its integrity to be maintained, to be looked after so that it has its maximum longevity. For such, the medical science has developed and shows results that guarantee the gradual increase of its lifetime. If the body requires so much, which sort of care must be taken with the mind that rules it? To answer this question, one must first understand what the mind is. From the point of view of Spiritism, the mind is the main organ of communication with the reality that surrounds the Spirit and the vehicle of expression of its identity. With the mind, the Spirit is aware of its individuality. Its dynamics are associated with the operation of the perispirit, a complex system that performs multiple functions for the Spirit. In the mind, we have Consciousness and the Unconscious as two large fields in which every experience of the Spirit in its various incarnations are processed. The *ego*, the representation of individuality, is the lord of Consciousness and responsible for the absorption of the experiences' contents that will be integrated to the Spirit. It is the *ego* that by associating the contents of Consciousness and

integrating them to the Unconscious updates life and promotes evolution. The Unconscious, the field in which the experiences that do not have enough energy to reach Consciousness are found, but that influence the decisions of the *ego*, also contains the basic structures of the human thought. Such structures, with different functions, are known as archetypes, responsible for behavioral tendencies. There is a whole intense psychic



activity that promotes inter-relationships among the contents of the Unconscious and Consciousness in the service of inner balance and the evolution of the Spirit. To have the greatest possible care with the contents of the Unconscious, dealing in a balanced manner with the probable abrupt invasions in the Consciousness without the *ego* control, is guarantee of a general psychic stability. The quality of ideas and what they aim for become important factors for a healthy and balanced mind. Meditative practices, prayer, noble goals, altruistic ideas as well as intentions focused in the good, render the mind healthy for great achievements. The best therapy you can do to yourself begins with the awareness that you are an immortal spirit and with small doses of anonymous generosity. The Spirit, working with its *ego*, in touch with the reality that surrounds it, integrates the paradigms of God's laws in every experience that it goes through. To look after the mind is to know its operating mechanisms, seeking to integrate skills and expertise to deal with the challenges that the evolution introduces. Besides this care, we must learn to live with attention to the acquisition of ethical values that provide the inner harmony in each one, as well as our awareness to contribute to the common good. Taking care of oneself does not preclude attention to the collective good and happiness of all. The best psychological therapy includes the perception that the Spirit, despite its individuality, has a forged dimension in the relations with others, therefore it is also a collective being. What it needs to integrate the most, for its evolution, is the ability to love.

**Adenáuer Novaes**

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