

# The Journal of Psychological Studies

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## Suicide, psychological escape

As contradictory as it may seem; when committing suicide, an individual may not want to die, but is trying to eliminate the pain. And facing the possibility of putting an end to their life, it can make the person consider suicide, as a solution. As the suffering becomes so overwhelming that they feel endless despair and a sensation of

notably more resistant than others when faced with the same triggers. For this reason, we cannot analyse the subject in depth without considering our spiritual reality and the implications of unsuccessful experiences from past lifetimes.

Clinical examination through Regression Psychotherapy, with dramatic stories described by pa-

frustration through hostile attitudes that show their difficulty in dealing with pain, therefore, opting for secondary gains. By awakening their conscience to the inexorable appeal of life, the immensity of their errors causes an irreparable feeling of guilt; so great that it may take the person many centuries to rebuild their happiness.

The spirit Maria Dolores, through the channelled writings of Chico Xavier, tells the story of Judas the betrayer, after his death by suicide:

Judas wandered alone and lonely in Calvary. He was tired of guilt and suffering and cried inconsolably. Then, a noble woman from the higher planes, with an aura of splendour, comes and pats the head of the unhappy spirit.

He is surprised, and she asks: "my son, why are you crying?". He replies, "Do you not know? I took the life of the Lord. I am now dead but I am alive, I killed myself, and I am still here. This is what my life is reduced to now."

"My son, I know that you are weeping and struggling, I know you feel remorse, but God is love and goodness everywhere and He never condemns."

"Why are you talking to me like that, when you know that I'm a traitor? Are you a divine woman radiating love, or a heavenly angel from whom I feel the light?"

She, looking at him face to face, answering simply: "I am Mary, the Mother of Jesus".

**Davidson Lemela**

**Neuropsychologist**



death while alive, the person is paradoxically, seeking to have some life in death.

The World Health Organization (WHO) reports that more than 850,000 people globally commit suicide every year, and in most cases, the person was suffering from a psychological mood disorder, mainly depression.

However, the causes are particularly complex when considered only from the point of view of traditional psychiatric and basic statistical data. Since some people seem

tients in treatment, shows that humans exhibit a marked tendency to repeat the negative behaviours of previous reincarnations. A "pattern of behaviour" or a "psychological escape" that has been perpetuating over many existences, becomes compelling, since it is based on both pride and selfishness. Therefore, we can observe key characteristics such as alcohol dependency, becoming addicted to drugs, to uncontrollable sex and suicide. The individual seeks to anesthetize their bitterness and



## Unconscious suicide

Life is a wonderful gift from God. Living it intensely, seizing all that is useful, is the best way to value it and to be grateful for the present. The greatest gratitude is to be able to give back to society in the form of higher values that can help its development and contribute to a better world. Besides the return of the present as a social good that produces, the Spirit must also carry out

we do, dedicated to what is useful and in search of personal and collective well-being. Outside of this, is to live absent from oneself, deceiving oneself. In order to find reason and meaning in life itself, it is necessary to enlarge our understanding of it, having a vision beyond the material dimension, perceiving oneself as an immortal Spirit.

Without this awareness, one



his own plan; the ultimate reason for his existence, without which life will have no meaning.

When a person decides to leave life, through suicide, they suffer painful consequences as the person shows their ingratitude to God. Whatever you do that makes life difficult, not valuing your potential or dedicating yourself to your personal and collective progress, will be going against life. An empty, self-centred life, lacking in achievements in terms of doing good, will fall short of what the Spirit can do to enhance it.

In the same way, when a person spends his time on frivolities, with vices and doing nothing for himself and for others, he will also be attacking life in an indirect way, thus leading to unconscious suicide. Life requires us to live it consciously, writing our own history with the work

usually wants to please God for immediate blessings without understanding that the great gift is life itself. Those who waste time, those who apply their energies to futilities, and those who keep what they have inherited materially and subjectively for their own benefits, are unconscious suicides. In order to combat the minimum symptoms of this subtle mode of suicide, the best way is to broaden one's disposition to live; not leave aside the projects of life that contemplate the use of time in the organization of their responsibilities, and to make the best use of their abilities to do good. Whoever loves life never fails to do good, becoming an important person for everyone.

**Adenáuer Novaes**

*Clinical Psychologist*

## Displeasure for life

On several occasions, in his profound allegories about life, Jesus exalted its beauty and grandeur. In one of them He spoke in a special way: *"You are the salt of the earth; now, if the salt turns out to be tasteless, how can you restore the taste?"*. Perhaps this is one of the great challenges that we face at this very troubled time for humanity, in which so many have become disinterested, appalled with life, to the point of giving up.

And what can we do to restore its "taste" when everything seems to conspire against this? Certainly, we cannot make the journey for others, but in fulfilling our own, we may inspire others along the way, who are pessimistic, helping them to reflect on some important existential points, such as:

- Remember that there is a purpose to all suffering; when we think in this way, we look for meaning in the pain and conflict that we are experiencing, which usually tends to give us more strength to face the natural obstacles of life;
- Stop trying to control life, which is not possible; but seek to control ourselves to live daily events in the best possible way. When we do this, life becomes lighter, without the burden we project when we idealize situations and people.

Moreover, we should never forget that life comes from God and, for this very reason, its purpose is divine, starting with the very human essence.

**Iris Sinoti**

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### Suicide and obsession

As a principle of natural law, reincarnation is the return of the Spirit to a new physical body, a repeated course of lessons necessary for the evolution of the immortal being, therefore Earth is a divine school.

Carnal existence is the opportunity for the improvement of latent virtues, through personal and non-transferable testimony, by constantly exercising and educating the will, according to the guidance of the Creator.

With respect to suicide, it is fundamental to repeat that God's work is that of love and goodness. We must recognize that if many spirits reincarnate with the temptation to die by suicide and commit crimes, it is because they are like a student who, having failed an exam on their course, returns to school the following year to study the same subject, until they master that subject, and learn to live with greater vigilance and responsibility.

The obsessive state comes from the inner being, externalizing itself in forms of physical, mental and emotional disturbances, which causes a person to go back to the moral misunderstandings of experiences from other existences, lived in the state of fascination.

Considering the complexity of the subject, we understand obsession as the negative energetic influence caused by a sick soul in relation to pride and selfishness; as an apprentice of life, resisting the experience of humbleness, resignation and obedience to God. In this way, the person becomes vulnerable to the negative self-suggestions and to the negative influence of other spirits.

God grants the same opportunities for ethical growth to all. The choice is individual, valuing life always, suicide is an illusion.

**Evanise M Zwirtes**

*Transpersonal Psychotherapist*



### Suicide in childhood and adolescence

In analytical psychology, when a problem affects children intensely, it is necessary to seek the root of the problem, in the parents. Since they are immersed in the family psyche, children and young people often reflect the mismatches experienced in their home. This occurs even more intensely in early childhood when the child lives in a state of *participation mystique*, which manifests as an almost total identification

help, but it will not solve a problem that is essentially rooted in the fact that their lives are heading in the wrong direction.

Among the various therapies that may help to change the sad situation in which we find ourselves, is an essential coming together of parents and children. There should be a regular space for healthy dialogue inside the home. Getting to know the emotional state of their



with the surrounding environment. With the ego in formation, the child absorbs everything that is projected onto them.

In this way, when we see problems that were previously almost exclusively restricted to adults, such as depression and suicide, happening at an earlier age, it is time to ask ourselves, who are mature in age (although sometimes without maturity), what are we doing or not doing, that has been affecting young people so intensely. Self-harm, the suicide game the "Blue Whale", and TV series exploring youth suicide among other recent examples, reflect the troubling stage we have reached.

In some cases, medication may

children better, their natural crises and insecurities, parents can heal pain and conflict at an early stage, preventing unnecessary problems from becoming a crisis, which could lead the child or young person to jeopardize their existence.

Religiousness is part of an excellent therapy, especially when noble principles are exercised in the home. The crisis we face is multifactorial, but the common point is the absence of love, a feeling that will always be an excellent solution to the conflicts of the human soul.

**Cláudio Sinoti**

*Terapeuta Junguiano*



### Prevention of suicide

Psychological theories based on Freud's studies state that the causes of suicide are in depressive processes, derived from emotional states of aggression, fear, guilt, frustration and revenge. Social theories seek the causes of suicide in the social and cultural pressures that fall on the individual.

In 1897, Emile Durkheim, the founder of sociology, published the book *Suicide*, based on research conducted in Europe, aiming to demonstrate that the cause of self-extermination lies in a social rather than any individual factor. It describes three types of suicide: egoistic, relates to the person being alone; anomic, originating from social pressures on the individual and from the belief that "all are against him"; and the altruist, loyal to a cause that deserves its own annihilation.

The sociologist Durkheim remains current; particular excerpts: "(...) in cases of economic disasters, a change in class takes place which abruptly throws some individuals into an inferior position compared to where they had been previously. (...) They must reduce their requirements, which limits their needs. (...) the prospect of this new life may seem intolerable to them, hence the suffering that disconnects them from an existence which appears to be inferior even before it has been experienced. (...) therefore, nothing satisfies them, and this agitation is prolonged, without leading to any peace."

In the present century, even in the face of social challenges and economic crises, alternatives are sought that do not always meet individual expectations. All sorts of addictions can come as options to calm tension, but as their futility is verified, the only way out is to stop suffering immediately. The idea of ending one's life arises, since there is no prospect of improvement in the short, medium or even long term.

There are examples of countries that have ceased because of wars and violence of all kinds and the social consequences they bring. In terms of the number of lives lost, suicide statistics are rarely tabulated since the loss of life due to other causes surpasses any other alternative.

However, despite the current situation where all hope seems lost as some would describe it, there are still things one can do that can change a pessimistic outlook. Allan Kardec, in the book *Genesis*, offers the opportunity to see life from a variety of angles. When we put ourselves at the bottom of a valley, we can only see what is around us; however, as we climb to the top of a hill, our vision grows and we can see much more.

This metaphor suggests broader worldviews with opportunities not yet explored that can bring immediate relief from suffering. However, faith is still the balsam that all should seek. The resource that must support any initiative,

faith in oneself and faith in a Higher Being who watches constantly over us all. Faith confers calm and inner tranquillity. Without the support of faith, any effort to restore peace will be useless which is so necessary for the continuity of existence

Jesus of Nazareth offered to all, ways to achieve peace. A complete being, wrongly classified by the churches as a religious myth, His truth is personal self-realization, and serenity when faced with existential challenges. Jesus was never surpassed, never equalled by anyone else, He waits for us to approach him. Therefore, following him, and being confident in his teachings, is the best and only alternative to achieve inner tranquillity, which will open the door to a better future.

**Sonia Theodoro da Silva**

**Philosopher**

