

The search for the understanding of the nature of reality, that is, the foundations that determine what reality is, goes back a long way. We can infer that there was a paradigm shift in the relationship between the humankind and the environment from the moment that the humans went from being a mere collector to become a producer, whether it is food or utensils. In some respect, we can also infer that this new paradigm would correspond to the emergence of self-consciousness, recognizing themselves as an integral part of the environment, being able to, intentionally, interact and modify it.

This integrative view persists up to this date, however, due to the exacerbated selfishness of modern times, it has turned into a predominantly extractive relationship, which may cause irreparable damage when human action endures. The main question we need to answer is whether the planet Earth will remain fertile and abundant in life with the continuity of the humankind existence. We know that, without the human action, the planet flourishes; it could be observed in the short period of time in which there was a decrease in human mobility due to the pandemic of COVID-19.

Thus, in the most fundamental aspect of scientific research, there have always been researchers who have promoted the advancement of knowledge. The focus of the researcher/scientist is what is not known, while everything that is already known to him serves as a tool to unravel what he does not know. At the same time, it is necessary to verify whether what considers to be true is in agreement with new discoveries. It is, therefore, a dynamic process.

For those who are engaged in studying the Spiritist Doctrine, it is necessary to maintain the same approach and investigative procedure, especially because the high complexity of the teachings. Thus, the attention should always be to deepen and improve the understanding of those teachings. It is necessary to remember that, in our current stage, we are capable of understanding only the "tip of the iceberg".

The Nuclear Information Center of the Brazilian National Nuclear Energy Commission released on its social network a scheme in which briefly describes the scientific research procedure. It says that "Many people think that researchers only use the scientific method to answer questions related to science. In fact, you can apply the scientific method to almost any problem. The key is to use the elements (steps) to reduce bias and help come up with a solution to the problem. The scientific method is the standard in the lab, but don't be fooled by the name. It is also used to solve everyday problems"[1]. We can add that this same procedure should be applied to spiritist studies.

Still in the same scheme [1], it is shown the steps to be followed by the researcher:

1. Elaborate the question: What do you want to learn?
2. Do the bibliographic research: Search as much as possible on the subject;
3. Hypothesis construction: Predict an answer to the problem;
4. Test the experiment: Plan an experiment to confirm if the hypothesis is correct;
5. Check if the experiment worked: Record what happened during the experiment;
6. If the procedure in item 5 did not work: There are problems, then you need to check all the previous steps carefully;
7. If the procedure in item 5 has worked: Analyze the data to verify that the hypothesis is correct;
8. Write the survey.

It is important to emphasize that, by experiment, one can understand a diversity of means, such as reports and even the mere observation of occurrences with the oneself or with others.

The Spiritist Doctrine is multidisciplinary, that is, it requires, on the part of the scholar or free thinker, knowledge in various fields, otherwise, there is a risk of performing biased analysis of the facts and, as a consequence, unilateral and limited conclusions. The Spiritist Doctrine is not the only one with this characteristic; nuclear science, for example, is also multidisciplinary, and researchers from various fields, such as engineering, physics and chemistry, among others, are needed to carry out the research projects.

In terms of duration of a research work, a Master-level dissertation, which is considered relatively simple, requires from two to three years, including the disciplines period, to be finalized and ready to be presented for evaluation. A PhD-level thesis, much more complex, requires from four to five years, also including the period of disciplines, to be finalized and ready to be presented for evaluation. Both the dissertation and thesis are evaluated by four to six PhD degree researchers in the field of interest to be approved. Thus, when considering a new study, one should think about working from two to four years, depending on its complexity.

Thus, the scholar or free thinker should keep those guidances in mind whenever wishes to conduct evaluation on any topic related do Spiritism, thus avoiding hasty and shallow conclusions, without verification. We must remember our responsibility whenever spreading this Doctrine which has been elaborated with such care by both incarnate and non-incarnated spirits. Kardec was extremely careful to present the information appropriately and his decision for a code format demonstrates his concern. This format makes it easier for generations to come to conduct their studies.

Our condition of spirits is the foundation of the reality we experience, even in the material condition of our bodies and the environment itself, so, the nature of reality begins in us.

References:

[1] CIN/CNEN;

<https://www.facebook.com/cnen.cin/photos/a.517510825003906/2180848528670119/?type=3&theater>