

A PSYCHOSYNTHETIC SUMMERTIME A PROGRAM FOR LIFE

In carrying this program out, we apply one of the main rules of the art of Living, we put on the norm our ability of catching the opportunities.

We must recognize how many opportunities we meet, that we don't perceive, we don't pick up, or we don't take the chance to appreciate.

Everyday, every hour, Life offers opportunities, gives us choices, it's up to us to recognize and utilize.

Summertime offers many opportunities we can make use of, having a great advantage.

Hereby some general directions.

First of all we have to think it over, to make a program.

The first Summer opportunity is to rest.

Obviously we have to be able to rest, so we have to learn it.

Rest, silence are not something passive or inactive.

The paradox is that the more we are tired the more it's difficult for us to sleep. It happens because of the neuropsychological tiredness.

We must rest actively, that means to do relaxing exercises: physical, emotional, mental, with rhythmic breaths, on a comfortable position.

At the beginning, when our tension falls, we are often more tired and we feel awful.

Second, the change of environment and habits on Summertime can make appear on the surface our potential Energies.

It is very important the contact with Nature. Unfortunately city life makes us far from, obliging us to go against nature conditions of life.

Physical activity is really important, even inside our limits and possibilities, so that it can produce a gradual strengthening.

Even in physical activities we can find a psychological side, as they can be used as an exercise of Will, they are opportunities to increase courage, patience, persistence.

More than to our physical contact we can also open ourselves to its beneficial influence: its Beauty and its

calm, quiet, cheering Rhythm. That sort of contact helps us to introduce ourselves towards the Cosmic Order, to get out of our narrow limits of personality, often wrongly separated from the Great Life.

We can absorb the healing and restoring forces of the Earth, Water, Sun, Air.

Each of these natural elements has a specific quality, a value. A special gift to give us.

Earth gives rest, support, security, confidence.

Water is fluid, it brushes up our hardness, gives a sense of expansion, helps to get far from ourselves, to relax, being rocked by the waves.

Air is the breath of Life, it enlivens, gives lightness, agility.

Sun radiates light and heat, it tones up, a symbol of Spiritual fire, love, ardour.

As for our specific individual needs, we can choose to which one of these elements it is better for us to open ourselves in order to obtain propitious influences.

Just to do that, we must let out worries, the usual ideas, we have to be renewed.

We can make use of our spare time to make the psychosynthetic exercises we don't have the time to do normally during the year.

We may start by an inspection inside ourselves, an inventory and a psycho-spiritual balance.

An inner Inventory, a conscious inspection of our experiences to draw out the juice, about our learning and the wisdom we got through.

We could admit our mistakes to take advice, to run again through our successes, our inner growth, our fulfilments compared with the past year ones, and to be grateful of.

It's useless to write it down, 'cause it allows to think, to fix and to coordinate the data in order to compare them year after year.

Summertime is a good time for reading.

We should choose constructive, formative, psychosynthetic readings, never leaving out or forgetting the amusing ones.

It is important the place we choose where to pass our holidays.

For many people vacancy means a period of complete dispersion and waste of time. As normally they feel their professional and familiar duties as oppressive, then, as a

compensation, they throw into unbridled entertainments, hard travels, rushed tourism and excitement, no rest, exhaustion.

Here is a very widespread mistake!

Journeys, or tours abroad, have beneficial psychological and spiritual effects. They give the opportunity to participate to conventions, concerts, performances.

We mention the famous Wagner Festival in Bayreuth, Germany.

For young people we suggest the camping and the work ground. Even to take part of social and humanitarian activities can be empathized. These are some positive opportunities for an interpersonal or social Psychosynthesis.

Even if we stay home we can make a little portion of this program: our inner attitude is the most important thing. Holidays are "a mood".

Even staying at home we can modify our habits, interests, hobbies, at least during some hours of the day only.

In Summertime it's up to us to get up earlier in the morning and go for a walk in the Nature.

Some hour spent choosing this option is more healthy than to go shopping by car or to stay in some crowded holiday resorts.

We can meditate at home, we can visit public libraries to read or write.

We can visit museums, go to concerts or watch pictures. Simple programs not always obvious.

Just where we live we can find so many opportunities to spend some enjoying and constructive hours.

Another opportunity during holidays is to make a charitable action towards other persons.

We can share our psychosynthetic ideas and experiences, growing the interest to know more, driving persons to readings or to attend Psychosynthetic Centres.

On holiday time we set out ourselves for intimacy. Talking with others about what gives us fulfilment can increase trust and enthusiasm.

There are only a few ways of how anyone can make use of Summertime and Holidays at the best, not only for a time of rest, but also to increase the knowledge of oneself, to grow up in Conscience and help others to do the same.

Roberto Assagioli

UMILITY

Humble is the one who does not judge, criticize, brag, despise, not exalts, not seeks his own glory, does not show off, recognizes and accepts his own limits and does not want to excel either inside, nor outside.

He is a modest person, without pride, does not consider himself better or more important than the others and his behavior is marked by awareness of his limits and detachment from any form of excessive pride and presumptuousness.

Humility is generally considered the positive value that crowns all qualities or, in other words, all virtues are considered defects unless they are crowned by it.

Even if it is the pedestal on which rest the other virtues, nevertheless there are several ways of understanding it. Often in the inner recesses of the psyche of many persons it assumes a different meaning. The word humility wears and fades in a mode of existence which denotes submission. For some it embodies the concept of a discharged person, with a low vital energy, that humiliates or is humiliated to the point that humility and humiliation are synonymic. Perhaps this is the reason why today it is a mostly forgotten property in social and working life, though, always and everywhere, it is emphatically stressed the imperative to be humble. On the other hand, to trample on it is related with its etymological root: "humus", earth. The one who is humble and gentle tends to be seen as weak and servile, a person who "lies on the ground".

On the other side, not in words but in facts, the proud person is considered a model from which we can take a starting point to act and move in the world.

The pride in showing his own work and knowledge is now essential to affirm to himself and to others to exist and to be somebody, not remembering that our pride distorts dialogue and prevents a real mutual exchange.

Living humbly is not a mode of life common to be found, even if many people support it - between the lines - when talking of their actions. Pride, that meanders everywhere and spreads in the air, envelops our psyche and makes that all our helplessness and alienation depresses us and humiliates us, by a feeling coming from the worst sense of the noun "humility".

We forget that humility in its positive value is the ability not to escape life's difficulties and hardships and therefore has a prominent role in the process of our psychological growth. Without it, the psyche is forced to deny and remove its deficiencies or weaknesses and lies about what it dislikes about itself. Psyche has a well-structured capacity to attribute its failure to others or build a world of pride and illusions to disguise its intimate problems. If humility vanishes, it is impossible facing his own inner journey. Lack of humility hinders a real self-knowledge and generates psychological disorders including: the loss of identity and the consequent urgent need of a false identification and subsequent masks.

Those who begin to know themselves and initiate a psychological process are firstly required to watch with the lens of humility their psychic components: the prevailing qualities will be revealed, the energy they have and the deficiencies they are plagued with.. Only in the light of humility it can be accomplished a real exercise of dis-identification through an impersonal observation of the physical, emotional, mental aspects. In absence, the proper implementation of the basic exercise of the Psychosynthesis can vanish. The constant reference to humility, as a quality to be cultivated in the evolutionary