

But there is a still more serious and significant fact, and it is that during periods of general economic recovery far more wars occur than in those with depression.

All this proves that ownership and any increase in power in the material field, while offering many good possibilities, present on the other hand, both for individuals and for peoples, severe temptations and dangers that can be avoided only with an adequate ethical and spiritual preparation.

But unfortunately the vast majority of humanity lacks such preparation, does not have the inner maturity necessary to make constructive use of all material goods.

### **The benefits of crisis**

Conversely significant economic hardship bear important benefits to human being, as he or she may be reluctant to admit it.

Even only from the standpoint of activity and practical efficiency, it can be seen how the economic need could shake people out of laziness, of lounging in existing conditions and motivate them to exert all their inventive faculties, their ingenuity and abilities of all kinds.

This impulse of improvement has been and is intensively used with great success in the technical field by one of the ablest practical men of our age: Henry Ford.

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Whenever the sales of his cars tend to decrease because of lower purchasing power of the market, he does not seek to increase them by increasing advertising, creating a new model or with other means, more or less artificial and forced. Here's how he explains his approach:

“Our method is to reduce the price, extend the operations and improve the article. Please note that the reduction of the price comes first. We never considered our production accounts as immutable. So our first thought is to reduce the price at that point that we believe could facilitate more sales. Then we get to work and try to manufacture the item for that price ... The method generally used is to add up the costs and then determine the price, and although this method may be scientific in the strict sense of the word, it is not scientific in a broader sense. Because of what use can be knowing the cost, if it tells you that you can fabricate the item to a price at which it can not be sold? But even more compelling is the fact that although we can calculate the cost of a thing... nobody knows how much that cost should be.

One way to find out what should be the cost of an object is to aim at a price so low that it forces everyone in the company to the maximum enhancement of his or her efficiency ... we make more discoveries about the industry and the disposal under the constraint of our system, than under any other method of comfortable investigation. “ But the material hardship, the “poverty”, gives other lessons that have more human and spiritual value. It induces

and often lead to making life easier, to eliminate many alleged needs, many complications and superstructures that people seemed to can not renounce. And then we discover with pleased surprise that real needs are much smaller than it has been thought, that, for example, a simpler and sober diet is beneficial for the body and the spirit. We learn to appreciate more and to enhance what we already have, and we find that it is much more than we thought, when we scorned it or forgot it to pursue with unhealthy greed always new and more possessions.

We learn to find a worthy and ample compensation for the particular goods that are denied to us with the more precious ones, which are the heritage of everybody and from which we can all benefit without taking anything away one from each other. These are the stunning natural beauties, the clear dawns, the fiery sunsets, the blossoming of a flower, these are the treasures of art available at museums, galleries, churches.

These are the pure joys of the inner life, of peaceful meditations, of the fervent ascents of spiritual heights, the passionate investigations of the fascinating mystery.

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Roberto Assagioli

## **PSYCHOSYNTHESIS AS A WAY TO PLANETARY CONSCIOUSNESS**

The forerunners of new science and education, have had an intuitional need to create a natural connection between an everyday life and a world of quantum physics, especially in regards to a human consciousness. This deep view leads to a fuller picture of the universe, which holds a human being as an integral part. Thanks to them, for a purpose of achieving a balanced development, it becomes clear that an influence of a state of mind and calmness of heart starts to be a main subject not only of ecological actions, but also educational, and more importantly a scientific research.

Roberto Assagioli, wrote that human being is included in a web of individual and social connections, within a wholeness of a flowing and happening life. Therefore every goal, and individual way of thinking should be in harmony of an universal goal of life.

Mainly because of this notion, psychosynthesis deals with education, handling, in a direction of an integral human development and holistic health.

R.Assagioli put pressure on a human body, as an ecosystem, maybe even the highest importance in defining human relations with other ecosystems of the Universe.

The urgency of a current situation in the world requires all philosophy to be included in the synthesis (synergy) – in “a big transformation” of consciousness.

Science, and especially physics teaches that in a world of happenings every element is connected and interdependent, and that an event or an individual part exists only in a reference to the whole. This kind of thinking requires “digging deep into primary consciousness” of a community, which is living in people from a beginning of their existence.

Assagioli underlined that psychospiritual path is a preparation to connect with a Higher Self, but also for becoming an instrument of an act for the good in the world and for the world.

In the same words, however called synthesis is a way and an evolutionary direction of a human and a world development, and a growth is a natural consequences of life and a realization of self as a human being and a member of a community and the world.

Integration of experiences of generations and fusing discoveries, and insights in nature of a human and the world, becomes a regard for an input of every individual, and respecting one’s presence in the wholeness.

The above reflections make it necessary to create a new order for union, starting from an individual person and supporting one’s development and health, through bringing up on all levels of education, and in the same time in a family, social and health systems, communities, and the whole nation – seen as one organism, searching for interconnections, co-participation, creativity – new ways of cognition, learning, teaching or taking care in health and sickness.

R. Assagioli, underlined a huge role of education as a global way to heal the world. Education or rather reeducation of self was supposed to become a source of a renewable energy for the whole Planet. In the same sense, a psychoenergetic nature of human being becomes a part of electromagnetic fields of nature.

Science, from time to time, reaches boundaries asking about a human existence and the creation of the world, and again, it has to find new research tools to be still credible. Currently, such a challenge for science is the confrontation of a quantum or a spiritual nature of a human being and the world. In the world of total threats it is a necessity for a moral regeneration, for survival of humans and preserving the Planet.

In his systems philosophy, displaying an evolution of a human being and the world, E.Laszlo states that nonlinear systems, (includes a human), can extend their complexity, therefore becoming more energetic. He explains that current problems of the mankind are derived from inner limitations, or even atrophy of imaginations and visions of social systems.

Astrophysicist, E. Chaisson, basing on his theory of cosmic evolution, thinks that the mankind goes to Era of Life, in a direction of an ordering of chaos.

In the opinion of a biologist, B. Lipton every space of biological regulation is being influenced by invisible electromagnetic field. Following this logic, it is a spiritual nature and not biology that governs molecules.

A similar opinion had R. Assagioli, for whom the priority was both an exploration of depths and peaks of higher unconsciousness (Higher Self).

A human may obtain universal and the highest values and an uniting consciousness. This connection leads to a relation with Only Reality, Universal Self, and this represents Transpersonal Will.

When developing as individuals, we are broadening our potential by new capabilities that we start to express in the world. Thanks to this we begin to understand the evolution not only in an individual sense but also in a global, cosmic sense and the laws which govern it, which becomes our responsibility for the world’s state.

Therefore the essential goal of a human becomes broadening of consciousness for next actions, achieving an internal balance and by supporting one’s health and in the same time influencing the nearest surroundings.

Ethical values and actions become a priority of a human activity, “dignifying oneself”, building a more satisfying and a better life for oneself and others.

The destiny of a human being, in the opinion of Teilhard de Chardin, is getting to the consciousness, which he called noosphere, which leads to “mega synthesis”, reaching the higher consciousness, that he called “Omega Point.”The mankind is in a cosmic process of the evolution. This process starts from ego level in a direction to Higher Self, from which Omega Point comes out.

Therefore mankind, through individuals, rises in a direction of a cosmic consciousness, for finding the real self, becoming closer to the Universal Mind.

In this way, a process of convergence happens, through unifying, integration of self (psycho-synthesis). The mind (self), cannot become without an inner (individual) and an outer (collective) synthesis.

It is worth to mention Polish scientist, biologist, catholic priest, professor of Catholic University, the creator of polish school of bioelectronics (electromagnetic theory of life, author of the book HOMO ELECTRONICUS – 1980) W. Sedlak. He saw a human being as a “manifestation of life, who is a planetary fact” as a part of earth’s evolution in a macrocosmic scale. The essence of life seems to have its roots in electronic quantum processes, which are tightly conjugated with a biochemical metabolism, and psychoenergetics plays there a role, as articulated also by Assagioli, and it is both individual and collective.

Following W. Sedlak, my student of psychosynthesis J. Wyle\_alek Ph.D. mentioned that the measure of essence of life is a level of an individual consciousness, and growth possibilities are created by psychosynthetic work done on its development.

According to Polish physician – Professor A. Brodziak “speaking to the heart” seems to be the best cure for problems of the world, rising up one’s vibrations (psychoenergetics), enabling the connection with the Absolute Consciousness.

I mention here also works of the Institute of HeartMath about heart coherence; also M. Planck, who explain role of light and a length of a wave, then a rising of a human to the higher nature (Higher Self) may realize itself in an electromagnetic consciousness, because the consciousness is the light.

This is again in accordance with what is displayed in psychosynthesis where the growth of self-consciousness and a collective consciousness, is an illumination of the way that one takes and it reminds a similar process to the one of photosynthesis in plants.

According F. Capra a quantum field could be described as a set of influences, both molecules and quanta, present or disappearing in all the space.

Using a language of psychosynthesis, the shift in a human thinking, leading to an increase in consciousness may be displayed as a transformation on all its levels of an existence.

As reported by Wyle\_alek, if consciousness developed evolutionally, then these characteristics are determined by a single psychoenergetic level – so they are recorded in every cell of a body, also in genes. When we get synchronized with an individual cell information (also through psychosynthesis: integrating personality via the personal centre), we transfer information from Higher Self through the thinking processes directly to the physical body, similarly as we are able to rise our awareness, through transcendency, to the higher levels, leading to more growth.

Similarly, in J. Wyle\_alek’s opinion an interdependence between psychoenergetics and biochemistry, which are the measure of a mankind’s development becomes bioelectronic in its structure. This level, due to Wyle\_alek, is being regulated in the psychoenergetic / psychosynthetic process, hence human, thanks to his free will, has an ability to steer these processes.

The psychoenergetic work creates a bridge between a human biochemistry and a bioelectronics, giving a beginning of new stage of an evolutionary development of a human being.

In the same way, the quantum physics, molecular biology, genetics and biochemistry have common spaces to accommodate. Through the psychoenergetic work one may get to a physical void, where only information exists, to rise an individual awareness to be able to direct physical processes.

The psychoenergetic work leads to an increase of a state of consciousness of an individual (so called “new consciousness”), so a return to the universal values, the source of identity, an individual pattern, or a blueprint.

I am calling here for right choices and become the co-creators of change leading to higher level of evolution and creating a new card of history.

It is a human right, but also his responsibility, to choose one’s own path leading to what one wants to realize in life (self-fulfillment), then this choice will become also a future of a Planet. Everyone has one’s own will, which can be used for the good of the mankind and the Universe. Now it is great chance to do something, being a part of a global movement for conscious evolution, for expl. Shift Movement.

Meanwhile, only through changing oneself, many visions of “a better world” will come true, leading the mankind to a higher level of the evolution, to the planetary civilization