

maintains such attitude in the conversion stage, tolerance becomes a grinding for change. If psychic parties infringe the principles of the Ego, it is right that he reacts asking for respect. Everything is based on reacting in a balanced way of course... and this is not always the case, indeed!

Pier Maria Bonacina

ROBERTO ASSAGIOLI: NOTES AND PERSONAL MEMORIES

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(Translation by Kylie Drew)
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Assagioli was at the same time “big and small”, he had the capacity to express things that were big and profound in a small language, in a simple sense that was accessible to everyone. In fact, truth is always something simple, not a mental complication. His greatness and his profoundness were in his simplicity.

He had the correct proportional sense. He was not a charismatic “guru”, but above all a “Man” with his limits and potentialities. He was fundamentally a “scientist”, who examined the facts of life with neutrality, and reasoned calmly over them, at their significance, their causes and effects, and above all he posed the problem of the use of those facts and experiences, and the responsibility they had on man.

His serenity always struck me, his capacity of “presence” and at the same time his “detachment”, his orientation towards the positive, his knowing how to draw out the best from each person, his capacity to see every single thing from above in a spiritual sense, even the most mundane. One could say he replied from above to questions that came from below. He replied with soul to questions without soul (and this is also the correct method to be a “therapist”).

He did not judge, but understood, he did not allow

himself to be provoked, but always replied with love and mildness, and at the same time with strength and intelligence to aggressiveness and criticisms, often using his sense of humour. In short, he always spoke with the best part of himself, directed to the best part of others.

He was simple and profoundly wise. His principal qualities were therefore wisdom, serenity, detachment together with participation, the capacity to see problems from above, and above all the “joyfulness”. Everything was minimized with joy, nothing was judged. There was comprehension and acceptance of human imperfections and weaknesses. Everything was always lifted or at least seen in its totality.

Assagioli once said to me “Psychosynthesis is completion”. That is, it signifies that everything has, can and must, find the right place. And this means not only for every element and psychological content in the psyche in general, but also for every single individual human being, also for every living entity (including inorganic matter that appears non-living) in the world and in the universe. Since everything is alive, everything is part of life, everything has a soul.

Another important characteristic of Assagioli was that of drawing from direct experience. He did not like giving conceptual definitions but always tried to use an example taken from his experience. For example, when I asked him “What is the Self?”, he replied “The Self isn’t a theoretical concept but an existential experience from which one draws a direct experience if we use techniques that are adequate for that experience. If one wants to really know what is the Self, one needs to go and find it in his own home”.

I remember to have asked him often for advice, for his willingness to act as my “father” always and forever. Assagioli, after having read my autobiography, told me that I had “the complex of freedom”. The simplicity of his reply struck me, and the solution to my problem. “You are free”. I realized by this affirmation that freedom is a deep natural condition of mankind. I understood that there doesn’t exist a problem of freedom, but the

possibility of a direct experience of freedom. It is the experience of “feeling free” because in fact we are deeply “already free”.

Being free doesn't signify fighting or breaking down barriers, because he who escapes from a prison can be imprisoned again (because he continues to carry with him the binomial oppressed-oppressor). The escaped prisoner is not a free man, but only a fugitive from a prison: the prison remains present in his conscience. A man really free is outside and beyond such binomial: that is, he is a man who moves and acts as though prisons don't exist (and neither prisoners nor prison guards). A free man moves in a different dimension of conscience independent of barriers, heedless of them.

I remember another episode regarding my rapport with Assagioli. Once, while we were walking up the stairs to get to his apartment on the first floor in Via San Domenico, he indicated to me, high above at the top of the stairs, the white wall and said to me “Look above! You can see anything. You are free to imagine whatever you wish”. This was for me a direct and immediate experience of a breath of freedom, the freedom of creativity and imagination.

Another important event to which I assisted was his death in Capolona. One felt “a sacred atmosphere” that night, during which I and other pupils watched over him. Assagioli was leaving us in the precise moment in which he had conscientiously taught us, but above all the seeds that had been sown into our unconsciousness and would have to wait many years to germinate.

Despite the sadness of that moment I felt the sensation that something deep inside had occurred and that each of the pupils present carried within himself that potentiality, each one in his own way, representing “a promise of continuity” of that project, of that “blossoming” in which Assagioli had been example and testimony, “terrain and gardener”. Now perhaps the times are beginning to be mature....

Alberto Alberti

AN INVITATION TO COMPLETION

EXTRACT FROM WORK ON HUMANITY ONE

(Translation by Mike Malagrega)

Completion means to complete, then it connects to the theme of the end, and consequently to starting, symbolically, to the issue of birth and death. Completing is to achieve the purpose implicit in the beginning.

We can say that everything we initiate must be accomplished, starting is to give life, so what is not accomplished wanders unfinished in the space, and its presence can become disturbing; and in any case sooner or later asks to be completed. This applies to any plan and for anything. Everything can “abort” for example: studies, works, relationships, activities, ideas, thoughts, forms... The results are important considerations that first empower us as to what we intend to begin. Starting, as we said, is to initiate a cycle and each cycle is “a living entity”, has its stages, its rhythm, its pulse, it is moving energies, engaging energies giving appointments on subtler planes; to complete all means use those energies which are set in motion by the original act and make them convergent and integrated on the goal.

The value of the end must be recognized and taken into account from the very beginning, otherwise there can be no renewal and evolution. Further, also it is never a good thing to take away value to something before it comes to fruition, “you can not be born to the new if you are not completely already dead”. The value emerges at the final completion; before you cannot evaluate it but only have faith, which is a foretaste of the completion, implicit from the very beginning.

The beginning of the creative process belongs to the world of causes, it is formless; in accomplishing, the idea takes shape on another level, in all its details, aspects, relationships. The cycle is closed, but never completely on itself, and enters in another cycle (such as the beginning and the end of the seasons, discontinuous and continuous time together), according to a spiral pattern.