

Consummata, exclaim: “La souffrance a perdu son aiguillon!”

“Suffering has lost its sting!”

Let us learn to live in peace and hence to give, to irradiate peace around us everywhere we go. We would all like to give Peace, but in order to do this, we have first to be in peace, to live in the great Peace, to become PEACE. We may look for the help of those who came before us, those who totally realized it, as they are Peace, they live in the Eternal, in a whole communion with the Supreme, and especially of the SPIRIT of PEACE willing to give liberally of ITS PEACE, whether or not we want to receive it.

This kind of peace produces a transformation not only in ourselves, but also in all human and social relationships, and only thus, from the heights to the depths, from the internal to the external, is it possible to create deep changes, to eliminate wars, to avoid dangers and threats which darken the path of humanity. Let us always remember that problems are not solved through agreements, ingenious arrangements and violent struggles on the same level. They have to be brought higher, where they can be resolved by themselves, or, even better, they disappear, they automatically vanish, they cease to exist.

And it is so with the issue of Peace, in a collective way, in order to eliminate war in the world of men.

Let us move the problem to a higher level, towards other levels of life, or even, the same concept, to bring to bear a powerful Spiritual Strength: the SPIRIT of PEACE. That is the difference between the right and the wrong peace: the wrong peace is an apparent peace, the true peace realizes and expresses its spirit.

Let us welcome the Spirit of Peace, let us be pervaded and regenerated with it. Let us seek to become spreaders of PEACE!

Let us watch carefully within ourselves in our search for Peace, lest we allow our selfishness to hide there, as it can lead us into a channel of incomprehension, of hard-heartedness, of harm and insult to others: this is a false peace.

Let us look with true wisdom for the true peace.

Some people may be helped along by the image of a big Angel, with white wings, which emanates streams of peace, spreading waves of Peace throughout ourselves, our country, the whole Earth, the human race.

In the Peace of the Eternal I rest and am restored

Fruitful, dynamic, vital, constructive Peace

The Angel of Peace wraps the whole world in its big white wings.

The Great Harmony of celestial spheres lives in you too. Be silent, listen to it: you will hear it rising soft and powerful from the mysterious depths of your being.

We must believe in Peace. How can we attain it? On the moral and religious sphere we always believe in what we possess. In order to believe in Peace we must be enlivened by the Spirit of the Prince of Peace.

I give you my Peace.

Spirit of Peace, descend to the hearts of all human beings.

Roberto Assagioli

DENIED LOVE, RECOVERED LOVE, CONQUERED LOVE

Translation by Achille Cattaneo

I decided to reflect on the theme of Love, this existential magnet always investigated, because every year when I finish a thematic course, I have observed that when you get to the final evening, reckoning on what emerged, a shared sense of EMPTINESS always comes up, an inner emptiness linked to the feeling of not having been loved, or having been badly loved ; from this comes a

profound sense of SOLITUDE, and if we think about it, is not the search for love tied to the deep need to fill that void? That solitude, That chills the belly?

And beyond the responsibility of those who gave us life, raised, educated, who do not always correspond to those who truly loved us ... for example, a mother can generate but not love, the same, a father can educate but not love; sometimes, on the contrary, a grandparent, an aunt, a brother, even a stranger to the family group, as a teacher, in some cases becomes the only affective reference of which we will always carry the memory with emotion and gratitude.

Beyond these situations, at a certain moment of growth, starts the compensatory and consolatory searching, (more or less conscious) of ANYONE who loves us as we were not and we would have liked. The desire to be loved is physiological, otherwise the human race would not exist, but for some persons, it may hide a trap, a trap in which, sooner or later, will wreck all the romantic loves that so remained, because they are limited to touch only the surface of the Planet love. To explore love in depth, we have to deal first of all with ourselves; immersing ourselves in the darkest parts of our personality, in our fears, in our obsessions, our selfishness, and more importantly, being aware of our human weakness and imperfection. On the other hand, how many times is a relationship based on demonstrating to the other who is the stronger of the two, who is the most powerful, who has more economic, social or cultural power; there are many faces of oppression, but afterwards we come out as losers, both the winner and the loser, to lick our injuries alone.

A timeless piece of E.Fromm in his historic, "The Art of Loving", says this: "... any attempt to love is doomed to fail if you do not try to more actively to develop your personality; (...) the satisfaction in individual love can not be achieved without the ability to love others with humility, faith and courage. Without these virtues it is impossible to truly love."

So, although at the start of our life the cards dealt to us have not been adequate to our needs, desires,

expectations, however, that weak nourishment received has enabled us to remain viable, maybe a little. But sometimes also on a barren rock a tree can grow (often we can see them in high mountains, where in spite of the roughness of the ground, poised, crooked, still incredibly perched on the ground).

This point is important because clarifies a delicate interior dynamic, which is very common. That little nourishment received, little by little, becomes something essential and valuable, exclusive; we protect it, administer almost greedily. We have so little of this love which can subconsciously trigger the thought: "I keep it all for myself". Rather, the goal is to look for it again, and again, in a spasmodic way. So much that to collect reserves of love in order to no more feel those ancient emotional pangs of hunger, fear, loneliness. In this way the selfishness was born, insane, childish, because we remain helpless children for life, and dependent on someone or something external. It 's a long run of many expectations, destined to remain unmet. No partner to satisfy us, no one can fill that deep EMPTYNESS. We leave a partner, and we search for a new love, a new flame that heats, but then dies, and the ice returns, the cold inside. So what then? Taken up by our psychic survival, administering our little inner treasure, we distance ourselves more and more from others who become objects, from whom we only ask, without giving anything, or a little of us. Indeed, we take a cold inner accounting: if I give this much, this much I have to receive back, maybe even more.

Now let's see these three facets of Love, denied Love, recovered Love Found, conquered Love. A cousin of mine, like me, passionate about these issues, asked me: "Is it perhaps the title of a book?" I answered her: "No, not as far as I know!" But anything can be. In fact these three words, denied, recovered and conquered, have a very specific meaning. Let me see if I can share it with you.

These three aspects refer to 3 experiences of Love. You know that in Psychosynthesis we always talk about subjective, concrete and real experiences. Roberto

Assagioli was a doctor, a psychiatrist and also his spiritual philosophical and theosophical interests were affected by the rigor of scientific research: he was a scientist of the Soul; because of this every step of the psychosynthetic way is based on experiences (just to mention a few, the will, the ideal model, synthesis...). But let's come back to those three experiences of Love: denied, recovered and conquered.

On the poster of presentation of the thematic course, the program of the Center this year, I wrote a sentence that sounds a bit cryptic, hermetic, contradictory. (and it is for this reason that I liked it). I found this phrase while reading some book reviews and I was impressed because it sounds paradoxical and provocative. "HEALING FROM LOVE SICKNESS IS THE MOST TERRIBLE DISEASE".

Then, at the end of my reflections, we will see if this sentence makes sense or not !

For each of these three experiences I propose three hypotheses as food for thought.

DENIED LOVE

- First hypothesis. Let's say that from birth and even before we were not greeted, much less loved ... for various reasons; we have been denied the love, that very emotional nourishment that roots us in life. This can give rise to serious consequences, which we can not deal with here. But, among these, one is particularly painful and it will be precisely that, one day, we will deny love in our turn.

- Second hypothesis. Our entry into life was peaceful, fulfilling, but growing up we had some negative affective relationships. At school, in the group of friends, we were refused, excluded, for some reason. The feeling of being wrong is born, inappropriate, denied being loved away from the safe cocoon of the family.

- Third hypothesis. Even more disturbing, because despite our good social relations, there is a person who we just can not accept and love: OURSELVES! There lurks somewhere within us an image of us that rules and crushes all other aspects of the personality.

For each of these cases there is a path of knowledge and understanding to be travelled, but the first beginning is, after the desire to do it, the will to implement it...

THE RECOVERED LOVE

- First hypothesis. The entrance of our life did not provide us with a cozy nest, the emotional nourishment was scarce, our parents, the family unit, however, gave what they could give. This consideration, seemingly trivial, is instead an important step of acceptance, of what has been possible for us. It gives the opportunity to recognize that even a small affective foothold can afford, like the tree on the mountain, to cling to life and develop other existential strategies. In this way recovering, love and the taste for life.

- Another hypothesis. We have been hurt, humiliated, betrayed by someone we gave our heart to, a friend, a relative, a partner. Is it possible to find again the lost mutual understanding ? Meeting again? Even after so many years? Sometimes, it can happen, but only if there is in us the genuine desire to understand what really happened, and not continue acting in the mind our usual version of the facts. Our heart is like an antenna, powerful; if we stop conveying anger, resentment, we can transform anger into good, benevolence. It must be a project, but we can accomplish it. Being bio radiating, as Roberto Assagioli said repeatedly, our intent for peace will come to the other, with the right timing, and at the appropriate time. Sometimes it is more important to find peace within ourselves, than for others are to be ready to accept it.

- Third hypothesis. However, It happens that it is easier to make peace with others, than with ourselves... Accepting all our facets of personality, from the brightest to the darkest, the pettiest, we operate a healthy operation for our mental life, always in movement, dynamic, putting at the focus of our personality the desire to be there as we are, but at the same time always in the process of self-improvement, with serenity and joy.

Finding ourselves, a friend, a family member, it is like regaining a vital part of our body that had been crippled. We come back full in our complexity, and re-skilled. Capable to accept what life gives us as teaching, and put it to good use.

CONQUERED LOVE

- First hypothesis. That is the biggest challenge, to conquer the world of our past, with all that entails. It is an inner hard conquest, but not impossible. We have to be well equipped and have a guide. We all own it, we just need to search for it. It is the guidance of our superior Self, for this reason meditation in the psychosyntetic practice is so important. We need to create silence inside us in order to listen to the voice of our inner wisdom.

- Second hypothesis. Conquering the relational world. Sometimes the interior searching and the spiritual quest can hide a form of selfishness and isolation from others. Having, and cultivating good social relationships, it is a symptom of true inner harmony and wellbeing.

- Third hypothesis. Perhaps the most important: the achievement of our individual VALUE, no more hunger for external recognition, slaves of the judgments of others, aware of our own ability and limitations, but also of the ability to overcome the narrow barriers of the dependence of others. I AM MYSELF!!!

Therefore these three experiences of love, from the denied one, but later recovered, to finally come to the conquered one, represent three interior stages of knowledge, self-possession and processing, which are also the path of self-awareness indicated by Psychosynthesis.

Finally, at the conclusion of this investigation, we can then take that Particular phrase: "Healing the pain of love is the most terrible disease." Often healing from some diseases depends on having understood the message, including the root causes that provoked it. But caring is something other than healing; maybe taking care of ourselves sometimes is more important than healing itself.

I believe that the task of each individual is to learn from Life, to live, to constantly learn, with joy and enthusiasm, from all that the existence offers us, to learn to get up when we have fallen, and to re-educate to hope and confidence. Why? Because already the act of being born is a miracle and, beyond those cards we were given at birth, is a gift to be able to play with them.

In other words, being and honoring life, giving the best of us, first of all to ourselves !! Healing the pain of love can paradoxically become a terrible disease because it is likely to remain helpless, passive in the face of signs of our hearts! A person with cold heart is already as if dead. Life is heat !!!

Finally, but is it not our heart that every moment marks the quality of our life? A grip to the heart, an anxiety, a feeling of heaviness, sadness, melancholy, quick palpitations, joy, heart in throat, fear, terror. Our heart faithfully accompanies us from the first moments of our life in the womb to the last beat, that sometimes suddenly resumes then surrenders. The heart marks our emotions and our feelings, registers in our memory the history of our life.

We do not have to heal the pain of love if this beat makes us feel alive, and it is like a sentinel of our actions. Often, when we behaved badly towards someone, or to ourselves, we have a heavy heart, but when we apologize our heart becomes light.

From the denied Love to the discovered one, only conquered Love, and conquered several times, is the most desired goal, a never-ending journey.

Final task, this is a psychosyntetic practice, for those who want to continue working on a particular theme. Write in a journal, or wherever you like, "The history of my heart", what you remember of your beat, beats that have marked some moments of your life, from early childhood to this day: a hug, a gift, a sorrow, a fear, a surprise; at first, what comes spontaneously, and then you can add anything, at a later time. So you will mark out the PSYCHOCARDIOGRAM of your heart, and maybe you will get some valuable pointers.

I wish you Good Work!