

PHASE OF KNOW YOURSELF

Translation by Achille Cattaneo

Man is a biological, psychological, relational and transpersonal entity searching for his own identity, role, meaning, future and evolution. Evolution is expressed in him with the assumption of existential new roles, new ideas and more inclusive visions that arise from asking the questions: “Who am I really?” “Do I know myself?” “What do I truly expect from my existence?” and from the more and more in-depth answers to these questions.

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Finding the answers to “*know yourself*” and “*who am I*” is not easy while living throughout the day in the company of ourselves.

A wise man remembers that once he hesitated and was silenced. It was when he was asked “Who are you?”. The concept is taken from the memento Know yourself engraved on the temple of Delphi, a reminder that unites men of all times, and invites them to a careful and thorough reflection on their nature and multiple biological, psychological, interpersonal and transpersonal realities.

The rising in the psyche of this question indicates the activation of an evolutionary process that stimulates the psyche to provide transient and relative responses, albeit momentarily acceptable and “final”. To this must be the divine dissatisfaction in search of ourselves that has led, inter alia, those who read these lines, to approach Psychosynthesis and deepen the thought of Assagioli. The reading, the study, the participation in groups of self-centering or on specific topics, are all significant blocks to compose as the best possible the puzzle of “know yourself” that Assagioli points out is the first task.

“The first task is to study and know ourselves in order to become aware of all that there is in us from the lower levels to higher ones ...” *Know yourself*, then, is the first great exhortation that requires a long process to get an

understanding of what we consist of: from the instincts, the sub-personalities, the personality, to the “I” and the Self.

The field of consciousness, which we find at the center of the ovoid (Egg Diagram), is the territory that we seek during the evolutionary path, with ups and downs, to enrich and broaden with the aspects that compose us. The effort required to disidentify ourselves from the body was and is considerable: from the emotions, thoughts and from the roles to ensure that our field of awareness, with the help of the “I”, might observe them from a higher point free from the clouding and entanglement of the dynamics that prevail there.

As the consciousness is freed from its imprisonment in the depths of the personality and, with effort and reflection, establishes its true identity.

This, however, brings up a new piece of the puzzle. As a continuation of the process of disidentification from the three worlds of the personality, consciousness, and with it the awareness, confusion returns.

Systems theory leads them to having to look for what is the root that supports nutrition and substance to the I - Self in order that it can then feed the personality.

Systems theory states that each higher level (Self) contains lower level systems (personality, etc.), but, in turn, is contained in other larger systems. Each system must interact in order to survive and evolve, adapting to the principles of supra-systems in which it is inserted and to which it belongs and from which it depends. As you descend from system to system from the body to the cell to the electron, so you rise from system to system from the cell to the organs, to the body, emotions, mind and personality, I - Self, to ... etc.

Said one fish to another: “Above our sea there is another one, where other creatures swim and live, as we live here.” The other fish replied: “Nonsense! You know that whatever comes out from our sea even an inch, will die. What evidence do you have of other seas and other realities?” And many other fishes echoed him.

(The more consciousness there is, the I-Self, manifests and takes control of the subsystems of the personality, thoughts, emotions and body, the more it can conform them and adapt with our own plan, our own way, receiving from the plans of the suprasystems - to which it is subject).

The more consciousness there is, the I-Self, manifests and assumes control of the subsystems of the personality, of the thoughts, the emotions and of the body, the more it is able to alter them and adapt them to its own level, its own purpose, which it receives from the higher levels to which it is subject.

The first task is to know yourself, know your personality. Then you may know the I - Self. When this step is completed, other seals of the book of life may be opened. Having known the I-Self and its expression, for he who is seeking his very self, the door opens to that from which it receives its purpose, which it is its task to reveal to the personality.

The evolutionary path has no end. It dominates the effort for a long time, through disidentification, in order to establish our true identity as guided by the Self.

But the journey continues and we enter a new disorientation: searching for the root that nourishes the Self. The research continues endlessly and you must be careful not to make the mistake of those climbers who seek footholds higher up without resting their feet firmly on the level at which they are located; for them, a disastrous fall is unavoidable.

THE INSPIRED LIFE

Translation by Achille Cattaneo

I would like to begin our dialogue by immediately offering a little exercise. Close your eyes and try to relax just when you are seated, relax every muscle, every nerve, ... become emotionally quietened.. and leave your thoughts in the background of your mind, do not focus on any thought, ... breathe deeply a few times.

Now bring your attention to all the sounds around you, the distant sound of traffic, a scooter, a dog barking...

Now distinguish between feeling and Consciousness that thanks to the attention and intention becomes aware of these feelings. Now bring your attention to all the tactile perceptions, kinesthetic, of coolness or heat. The contact with your chair, the floor, inside the parts of your body. Again, distinguish between the Consciousness that with a little effort of attention perceives these sensations and feelings in themselves. Now bring our attention to our emotional state, our emotion at this time. Probably you perceive an undefined feeling, a mixture of curiosity, perplexity or more, but we always have an emotional state. Still let us try to distinguish this emotion and the Consciousness that perceives it. Try to do the same with the thoughts that constantly run through our mind ... well, now gradually reconnect with the sense of your body and open your eyes.

I have suggested this exercise because today I want to talk about quantum physics. Some physicists have passed a single photon through two small holes. The spectrum that was extracted in the receiving device behind the holes showed that the photon had passed through the two holes at the same time acting as a wave function. But when the same physicists wanted to observe the electron passing through the holes, this behaved like a particle passing through only one of two holes and reflecting a spectrum corresponding to the passage through a single hole. With this exercise quantum physics began to demonstrate that the viewer