

degree of dissatisfaction, resistance, negation, contrasts, value judgments, criticism, competence, discredit of colleagues, all of which are part of any process in its earliest stages, but that could, in the long run, produce division and disaggregation or encourage the development of one prevailing aspect over the others, or eclipse the voices and creativity of some emergent fields, therefore producing loss of motivation and the resultant contact among themselves and with the vital unitary core of Psychosynthesis.

It is thus essential that we make an effort to recognize the **need for a greater connection and a true reciprocal recognition** among all those who generate initiatives and work with them in its diverse lines and levels, regardless of the specific belonging to this or that center, institute, and group, or its focusing on therapy, education, the transpersonal, etc.

It is as if the moment is right to acquire more awareness of being part of a **greater energetic movement** initiated by Roberto Assagioli, to feel that as Psychosynthesis practitioners or friends we belong to **only one individuality** which expresses the intuition of Roberto Assagioli in many different ways, but the Oneness lies in its essence. In Psychosynthesis verbiage this could be the time to recognize each other and **identify with Psychosynthesis Itself**, wherefrom we can strengthen its multiple personality expressions through each of us.

It is out of these considerations that during the Taormina Conference (Psychosynthesis for the Future) we put forward the idea of establishing a **World Day of Psychosynthesis** to be celebrated by any person or group anywhere in the world on the 20th September, each year. We are also suggesting a meditation outline for use during that day. The aim is to create a network for linking energetically on different levels. Each of us can link to this network in the way you may think most appropriate for your context, individually or in a group, with the awareness that you are making your own contribution to a movement of convergence and unification, getting ready for a further convergence and unification in Humanity Itself, which will lead to the creation of a new world.

We all know that an idea in order to manifest itself needs to be loved and desired and nurtured throughout time. Consequently, its realization will depend on each of us...

Below is a handwritten piece by Assagioli that inspired the meditation outline.

Luce Ramorino and Mike Malagrecia

TAORMINA 2016 INTERNATIONAL CONGRESS IMPRESSIONS

Translation by Achille Cattaneo

I would not have missed this year's Congress of Psychosynthesis - a very important event for me! - which was held in Taormina: a truly wonderful choice in a natural setting, the Naxos Gardens, likely to make you lose sight of, even if only briefly, of the real purpose of the trip! Once again, this annual meeting has given me the opportunity to visit major sites: the trips to Taormina and Siracuse, the *Alceste* spectacle of Euripides to the Greek Theater were beautiful experiences of shared culture, in which there were moments of cheerful conviviality (which never hurt!) savoring dishes of local cuisine. Honestly, I realize that I have difficulty in expressing all the feelings and emotions I felt in those days, to describe the *wealth* that has stayed with me and the joy experienced in listening to many different voices from around the world, united by enthusiasm and the same desire to share experiences and to challenge themselves with a growth project.

It's amazing to think that all this has originated from the capacity of foresight and synthesis of Roberto Assagioli, a great man who was able to transmit over time this desire for research and improvement.

Unfortunately, the day before the start was marked by a very painful episode linked to a fatal accident on the highway. For us, coming from Malpensa and unaware of what had happened, the fact only resulted in a huge delay in the program, but for Carla Fani, president of SIPT, who got off the bus that was transporting her to the hotel to try to provide relief to the people involved, following her ethical sense as a doctor, she found herself struggling with the impotence at being unable to save a life. Her report, the following day, was not that which she had prepared for the intervention, but still allowed to emerge once more the strength of those who are able

through Psychosynthesis to convey the awareness and dignity of the cycle of existence, the acceptance of lack of certainties, without belittling the great human suffering. A subsequent intervention showed that our need to *help each other* is innate, from an early age. Some videos recorded by researchers reported reactions of small children who rushed to the aid of a distressed adult and have shown how intervention is instinctive. Growing up, we lose everything on the way,, we forget the history that we are in every cell and we end up by *distorting* our healthiest part.

All shared feelings create a common direction, although the cultural and psychological realities of the various countries and continents affect the way we see. Being able to really connect with different people also helps with our unconscious and its fragmentations: *recognizing ourselves in another helps us to reconnect with our inner child and to integrate.*

In addition to considering psychosynthetic methods as a tool for growth and search for our inner harmony their validity with regard to psychological suffering and diseases was also taken into consideration. They spoke about people with psychotic disorder, seemingly soulless, separated from the others, static. Too many people locked in a limbo where the external form seems not reflect an inner life. It is necessary to succeed in making contact with that soul, that still exists, to find a way to reconstruct the *fragmented psyche* and allow relief of the enormous pain by means of a human relationship, supported by *tools* that are able to transmit stimuli .

A Dutch psychologist helps cancer patients with painting, sculpture, dance and song (a great instrument of resonance and an energy transformer) and imagination. In this regard he has created what he calls a *toolbox* full of images, pictures, symbol cards to be used as a starting point to allow people to learn to visualize, to know and express themselves, to share and especially to find a safe place inside themselves, to get in touch with their *strong part* and strengthen it in the most difficult moments.

Neuroscience studies, which continue to advance, simply demonstrate how we are truly and deeply connected, interdependent. New experiments have shown that, among humans (but also with very close pets), empathy and the breath can lead to a synchronization of the heart rate and blood pressure! The discoveries and the genius of tomorrow will no longer be of the individual, but will manifest themselves through groups and co-creation, an enormous ability to recognize one another will be needed, tolerance and integration of all the various “Egos” . The group will be understood as a service unit, capable of carrying out the individual projects and of carrying on the values without sticking to the forms whilst of course maintaining respect for their peculiarities.

The Psychosynthesis of the future will be responsible for expanding communication, relationship, the importance of *being seen and recognized* and the ability to find meaning in our lives. Schools too, should, in addition to teaching and preparing for work, gather the effective elements that can facilitate the education and care of subjectivity, towards identifying the potentialities, through the habit of inner listening. Today we have access to lots of information and we are crushed by a thousand anxieties that surround us: it becomes difficult to bear the weight of the complexity if we have not inside us some strong points of reference, will and self-mastery, the ability to distinguish and a sort of inner peace. Unfortunately, our time, a slave to self-interest, to economy and power, has led us to focus on *deficiencies* and the fear of losing what we have. Certainly it is not easy to think that *everything is within us* and that we do not need to add, but to remove ... it will be a very long personal journey!

Combining the consciences for the common good, mankind will have to save itself and the world by connecting all human beings, and this will require a great authenticity in our inner searching, learning to embrace even our *shadow side*. The collective unconscious can only be changed within the individual, in the knowledge that we are always in a process of change, creation and integration between our opposites and those of others.

The hope that a new humanism might be born, in which economics and the use of money might be more human, in in which work is no longer a burden. It would involve large projects and much work to be done, but the atmosphere which I have breathed at this Congress, full of faith and the will to act, has left me with a great strength, and therefore, returning to the phrase spoken at the end of the Congress,

I too hope to become *a carrier of light and of synthesis*.
Who knows!