

EDITED BY LUCE RAMORINO

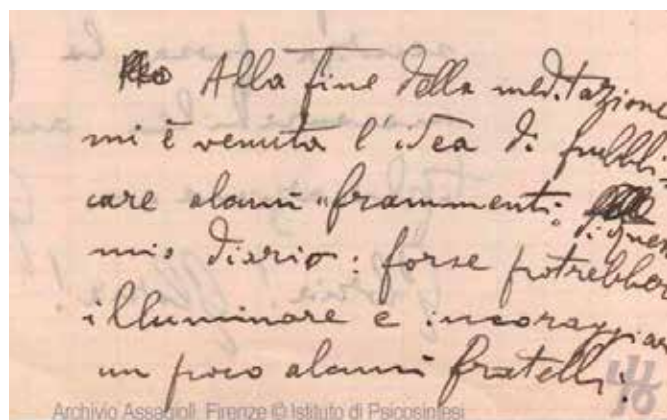
DIARIES OF THE INTERNAL WORK

Translation by Gordon Symons

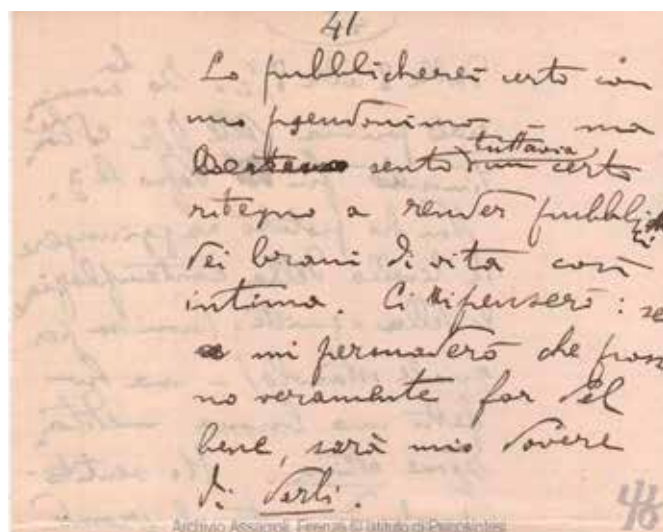
76 Already many of us, members and frequenters of the Institute in Florence, have been able to see in person how valuable material, consisting predominantly of manuscripts, rich in energy, wisdom and stimuli, has already been over time, collected, catalogued, distributed in various rooms dedicated to the archive and made usable for the consultation on site and Internet starting from 2006 by the group to the sources; however, not everyone knows that there is still a wealth of manuscripts, crammed in the various drawers and furniture of Casa Assagioli, slips of paper, loose, or collected in small packages, which contain insights, reflections, quotes, suggestions for inner work, a true mine to be explored (as well as order...) That arouses excitement, interest, “magnetic” attraction in those who come in contact, as if in front of a treasure chest full of treasures... In the days when you work in a group in the archive, it often happens that you are startled by someone exclaiming: “Look what I have found!”

It was so one day when a small booklet called “Diary of Inner Work – 1929” came into our hands.

This immediately aroused intense emotion in the group; it was an opportunity to enter into a deep and subtle contact with the consciousness of our founder, which made us shy and reluctant at the beginning, with a kind of awe and respect in being able to read such intimate notes... Many others followed that first find; Currently there are diaries related to many years, stored as confidential material and not consultable, given the delicacy of the content. Many pages are missing as if they had been appropriately overlaid, perhaps by Assagioli himself; The perplexity about what to do is diminished when, in the oldest diary of 19-20, we read the following page:



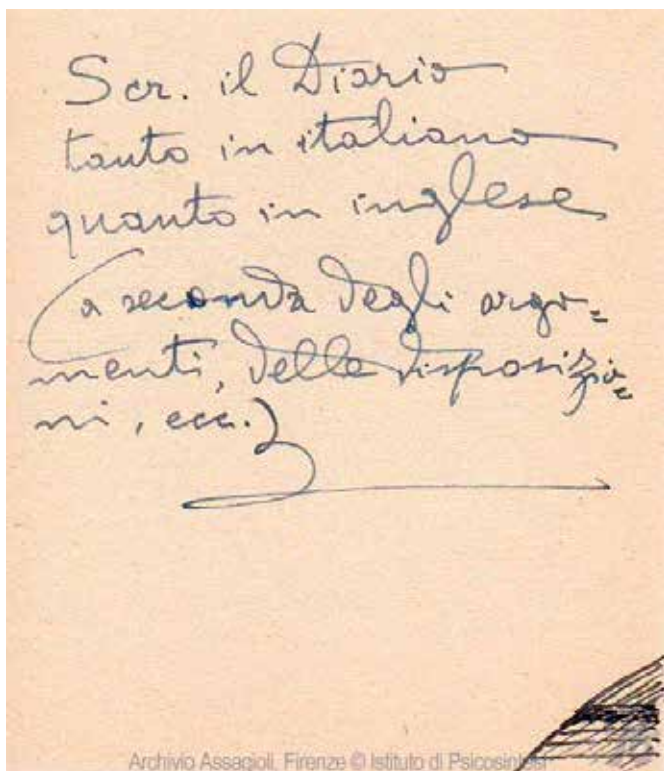
“At the end of the meditation I came up with the idea of publishing some “fragments” of this Diary of mine: Perhaps they could enlighten and encourage some brothers a little.



I would publish it certainly with a pseudonym – but I still feel some restraint to render public pieces of life which are so intimate. I will think again: if I persuade myself that they can truly do good, it is my duty to give them”.

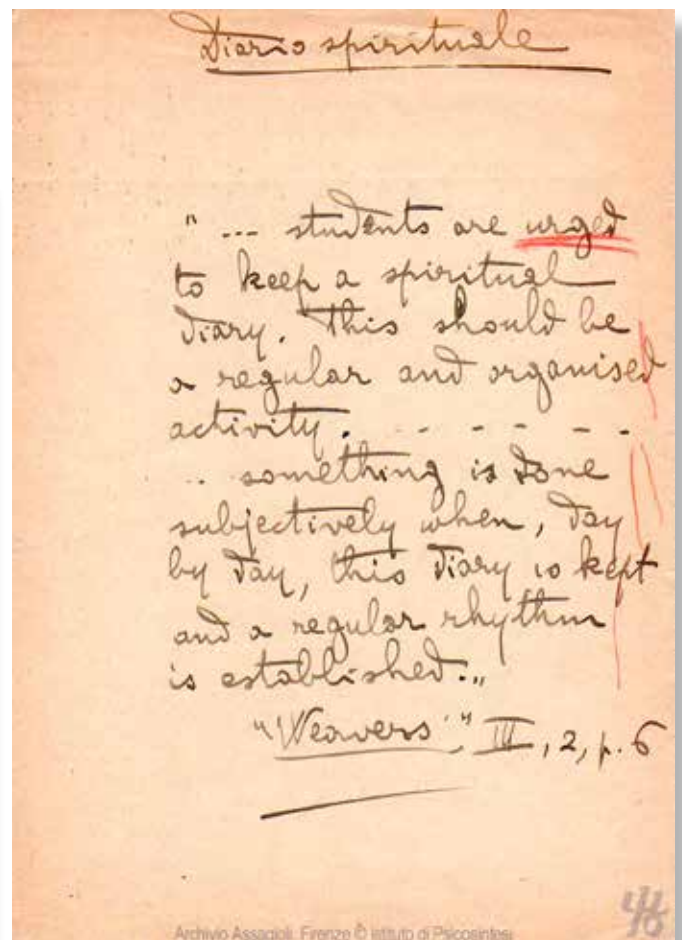
From here came the idea of creating an organic work from this material, (which will take time) an organic work out of this precious material, and in the meantime to publish periodically in our magazine some meaningful pages that can be a stimulus for those engaged in a Path of Growth and spiritual research, as it was the intention of our dear Assagioli.

In this issue are published undated scattered sheets, related to the mode and value of keeping a diary of inner work. There are terms belonging to the model of spiritual research followed by Assagioli, not to be considered decisive for understanding his message.



Scr. il Diario
tanto in italiano
quanto in inglese
(a seconda degli argo-
menti, delle disposizio-
ni, ecc.)

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Diario spirituale

"... students are urged
to keep a spiritual
diary. This should be
a regular and organised
activity.
.. something is done
subjectively when, day
by day, this diary is kept
and a regular rhythm
is established.."

"Weavers", III, 2, p. 6

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Write the diary in Italian as well as in English (depending on the topics, the provisions, etc.)

"....students are urged to keep a spiritual diary. This should be a regular and organised activity...something is done subjectively when, day by day, this diary is kept and a regular rhythm is established."
"Weavers", III,2,p.6

Segnare nel Diario:

- 1 Desirable experiences (Higher Psychic)
- 2 Undesirable experiences (Lower Psychic)
- 3 Comments upon the Meditation Work
- 4 Results of Meditation upon Harmlessness
- 5 Comments upon the Breathing Exercises
- 6 Questions

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Segnare nel Diario:

- thoughts
- Impressions + Service accomplished
- Illuminations
- Lucidity of thought
- the sudden solution of a problem
- Indications as to lines of service
- Information received at night and recalled on awakening
- Dramatisation of the soul through dreams and previsions

Report of books read ecc.

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Segnare nel Diario:

1. Desiderable experiences (Higher Psychic)
2. Undesirable experiences (Lower Psychic)
3. Comments upon the Meditation Work
4. Results of Meditation upon Harmlessness
5. Comments upon the Breathing Exercises
6. Questions

Segnare nel Diario:

- Thoughts
- Impressions
- Illuminations
- Lucidity of thought
- The sudden solution of a problem
- Indications as to lines of service
- Information received at night and recalled on awakening
- Dramatisation of the soul through dreams and previsions
- +Service accomplished
- Report of books read ecc.

Seguare
 nel Diario:
 osservazioni
 di psicoterapia
 e di psicagogia

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Sviluppare il Diario, in
 modo che diventi via via qual
 cosa come "Der Weg zur Voll
 endung".....
 "almost a personal letter
 to [my] circle of friends, thus
 creating a field of living
 tradition" (K. Creative Underst., X)
 Mettersi (oltre a ciò che con-
 siglia il T.): commenti agli
 avvenimenti, agli incontri, alle
 letture, mostrando il signifi-
 cato, e quindi l'atteggiamento
 da prendere ed il compito da
 attuare.

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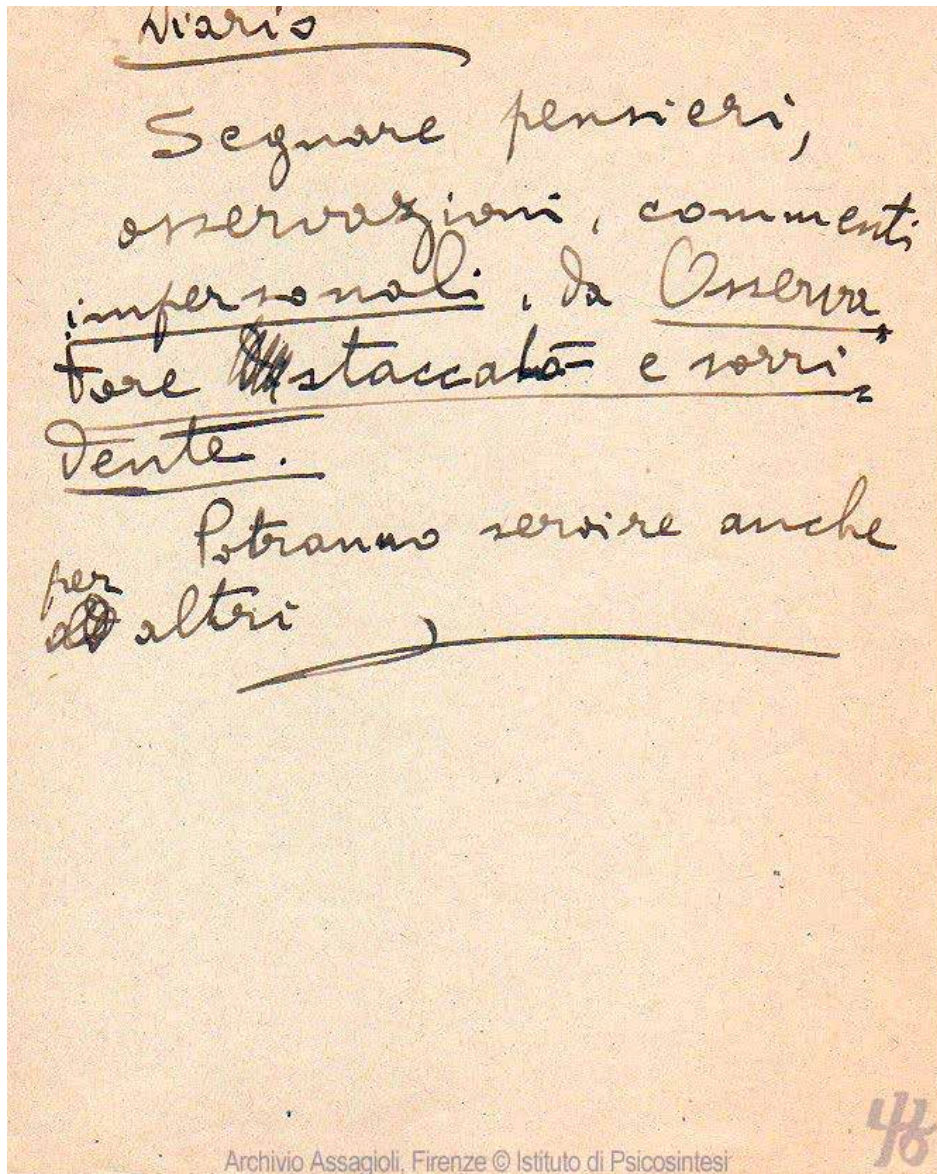
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Develop the diary, so that it becomes away something like "Der Weg zur Voll Endung"...

"Almost a personal letter to (my) circle of friends, thus creating a field of living tradition" "nearly a personal letter to the (my) circle of friends, creating a field of living tradition" (K. Creative underst., X)

Put yourself in it (beyond what T recommends): Comments to events, meetings, readings, showing the meaning, and then the attitude to be taken and the task to be implemented.

Mark in the diary:
 Observations of Psychotherapy and Psychagogy



Diary
Mark thoughts, comments, impersonal comments:
from detached and smiling Observer
They can also serve others