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IMPERFECT LOVE

Translation by Achille Cattaneo

When it comes to love, to imperfect relationships, the difficulties of couple's relationships can immediately come to mind. Nowadays, we are used to consulting the internet as if we were addressing a fortune teller, rather than a form of knowledge, for a sort of bulimic curiosity ready to satisfy, immediately, our cognitive voracity. Curiosity is, yes, the antechamber of knowledge, but we must see where we direct it.

That said, opening a web page on "imperfect love", in addition to books, courses and images, the latter alone offers photos of angry, sulky couples. Generally speaking, therefore, we are talking about partners in crisis; in this regard, I recall a lesson by R. Assagioli, entitled "The Human Couple", of 1965, which presents two important distinctions, one, on the problems OF marriage and another on problems IN marriage. Of course, it is a bit dated in terms of language and examples, but it still presents interesting and current ideas. The lesson can be found not only as a number of the Institute, also in the book, edited by Alberto Alberti, Roberto Assagioli "Dalla coppia all'Umanità", Editions L'Uomo, Florence, 2011, where other writings related to the interpersonal and social reports are collected.

This time I want to explore this theme from a different point of view because of the "love sickness", in all its facets; we have been dealing with it for years in our Psychosynthesis meetings, in conferences, courses, seminars. I wonder, why do we always come back to this topic? Even myself, in the past, I have dealt with Love denied, rediscovered and conquered, coming to the consideration that love is a personal, intra-individual conquest; it is of little use to recriminate for what we have not received, or was given to us in the wrong way, with respect to our real needs.

What is certain is that primary affective relationships, with parents usually, represent the visiting card of our future interpersonal relationships. This we have now

understood even without studying psychology. But the reflection that I propose is to realize that that little boy or girl of yesterday, is the adult of today, with ranges of possibilities different from the time of childhood. As adults, we can take responsibility for our lives, giving us nourishment, support, self-esteem, recognition, respect, and kindness towards ourselves, despite the past of our childhood. This means being adults! To become ourselves parents of ourselves, to fill the gaps left to us, for ignorance, lack of possibilities (economic, cultural, environmental, social), educational tools that those who raised us did not have.

In the last month's meeting at the Center of Florence, on "L'infanzia negata", held by the young colleague Federica Gagliano, I intervened recalling a nice phrase borrowed from Enzo Liguori, who reads: "It's never too late to have a happy childhood".

In fact, it is easy to say that, but the job of living is a tiring job because on the shoulders of our daily life weigh so many disillusionments, so much bitterness, fears, but despite these, I would like to get out of this vicious circle. The emotional imprinting received from our parents, yes, is important but that is the background; there are cases of people who had a fantastic childhood, good parents, but then something happened and their life was turned upside down, so how do we explain it? I would therefore like to consider the question differently. Popular sayings contain ancient wisdom and simple teachings: "There is no use crying over spilt milk". This sentence is very psychosynthetic, respects the thought and the vision of Roberto Assagioli; he often urged, when dealing with a negative experience, a traumatic event, something that had hurt us, and asked the following question: "What kind of attitude can I take on this occasion? What do I build?".

So, first of all, I do not deny it, I recognize it, in such way giving it dignity; I take a right time to understand, to elaborate it, but then, in the end, I try to get out of the temptation of self-pity and I choose, I choose to put to use this painful, meaningful, important experience and make it a constituent of my being. You accuse the blow, maybe you lower your head, then slowly, we turn our gaze to Heaven, we roll up our sleeves and respond to the call of living, saying to ourselves: "I'm there", even with this pain, with this wound.

I remember the recent publication in Italian of Roberto Assagioli "Libertà in prigione", (edited by Catherine Ann Lombard, Ed. Istituto Psychosynthesi, Florence 2018), where admirably, talking about his experience in

prison, he draws a deep experience, testifying in the first person, the above sentence: "What can I make of it?"

We all want to be in this band of Existence, we all want to travel in a comfortable and easy way, but life shakes us up, it jumps out of our schemes and our naive programs: "If you want to make God laugh make a plan ..."
"Another nice saying.

And then here is the cue or provocation, which I propose: Is it possible, instead, that Love must be imperfect?

Let us now follow the steps of the mental path that led me to this consideration.

It is curious how this year at the Center of Psychosynthesis in Florence you can breathe air, in the various courses and seminars proposed, of TO BE ABLE TO MAKE MISTAKES, to BE VULNERABLE. Perhaps among the rights of the Soul (the theme that inspired the program, in memory of Massimo Rosselli) could we include that of being imperfect? The Soul is originally perfect but makes us imperfect, unfinished, just to re-appropriate, through Nostalgia, of its ancient Origin, "perfect", in fact. We speak of nostalgia and not loss, because our Essence is always in us, what we have lost is the memory. Nostalgia, Massimo Rosselli reminded us, is the pain of our origin, it is nous, spiritual.

Is this perhaps the purpose of our existence? To become what we are, to return to being what we were already, before conception, of the call to Birth. What a journey, what a business, what an adventure.

So, in our very beautiful human form, in our incorporation, as Massimo Rosselli would say, personality, an instrument of expression and manifestation in the world, makes us experience, precisely through lack, absence, the desire to return to what we originally were, perfect. Only by being imperfect, we are forced to realize it, and already being aware of it is a gift. From this lack comes the drive to investigate, to find, to recover our origin, becoming unceasing and never satisfied explorers. Here is the task and the journey of the Soul.

It is a question of understanding that discomfort, so-called existential crises, but also psychic disorders, pathological manifestations, physical illnesses themselves, are often signs, messages that the Soul sends us in order to shake us from inertia, from the habitual personality cage. Consciousness shakes us, it wakes us up, it agitates us, it does not give us peace, it pushes us to understand, to know, because ... why did it happen to me? An illness, a loss, a betrayal, an accident. Is it a punishment? Have I been bad, am I wrong? My life was flowing quietly and then ... got I sick, or she / he left me, I lost my job. Sometimes life shakes us just when we least expect it. It is hard to understand that this shaking from the old forms ("Desperately sticking to the old declining identity is useless." R. Assagioli) that both troubles us, in reality it is an invitation, an invitation

from the soul to go beyond what we believe to be or we think we know about ourselves. There is a kind of laziness in us, we are content with what little we have, and that seems so much, while instead we possess huge treasures, without being aware of it. Sometimes we live in our misery, denying the presence of our resources to which we draw only in moments of crisis, another nice saying: “The little need makes the old lady trot along”. How many people have said, overcoming a difficult moment: “I do not know who gave me the strength, I do not how I did it!”

This wonder, incredulous, as if it were not our work, must instead make us reflect and understand how little we know, especially in terms of resources and must stimulate us to seek our qualities, our strengths: how? By studying, for example, the psychological type to which we tend mostly by integrating it with other types, developing the deficient psychic functions harmonizing them with each other, and pushing us at any moment and act of our life to give the best of ourselves; M.L.King reminds us: “If you can not be a main road, be a path. If you can not be the sun, be a star. Be always the best of what you are. “This is the work of Psychosynthesis.

You can not rest on your laurels ... that's why LOVE is IMPERFECT, because otherwise we would be content, presumptuously, deluding ourselves to be ok so, perfect. We all wink at the perfectionism nurturing of our Ego, thus lengthening the distance between our true Being and our Soul. One thing is to do our best, otherwise to pretend it; this attitude closes the heart instead of opening it.

In the paper left by Roberto Assagioli a few months before his death on earth, “Notes dictated in English, on training in psychosynthesis” May 1974, he reminds us that, “... the best attitude to get rapid progress in training and even the most realistic, the most honest and effective is to carry out a merger of HUMILITY, PATIENCE and EXPERIMENTATION”.

All three words are very close to a deep, serene and never predictable acceptance of our human nature, imperfect but perfectible, and exhort us to become co-creators of ourselves.

Once again in the carousel of Life, we go up and we come down, but it's a game, if we stumble, do not get discouraged, go back up and ready for the next ride!”