

to copy. At that time (the early sixties) I really, really, really was not aware of the responsibility we (and therefore also I) have: to manage with care and attention the processes that express as words. I was not aware in the least that once we invest our attention in them they do have power. And of course the more I would chatter around, the less would I be able to recognize their mighty power—and the less would I listen to what I was told! Yes I loved to talk! It gave me a good feeling, mostly because it would attract the attention of others, and that energized me!

Our attention turns life purpose into life endeavor! The choice of direction and emphasis is ours.

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The whole subject of transference of psychic energy warrants further study. Assagioli called it the Fifth Force in psychology: psychoenergetics. It is an extraordinary subject. To approach it in a sound manner, one must be able to stand in “spiritual being”—for psychoenergetics is the science of the Soul, therefore heart Qualities—and be in perfect harmony with all. Remember: Assagioli’s motto was “IN TUTTO ARMONIA.” That discloses his Life Purpose, which is what his method is all about!

## AH, HOW I DESIRE POWER!

*Translation by Achille Cattaneo/Gordon Leonard Symons*

It is a phrase that is rarely heard expressed aloud, and if it were said in front of us, it would certainly provoke in us a reaction of disapproval: but how is it that not only do we feel such an unworthy desire, but we actually say it, too!

Our imagination would immediately run to some murky example of a power struggle: the assassination of Caesar ... the plots of Cardinal Richelieu ... the abuses of power that we still see today ...

But it is a phrase that we lodge within us, even if we do not dare to express it even to ourselves. Except that, trying to ignore this “insane” desire we deprive ourselves of the possibility of understanding more deeply what it expresses.

For example, we deprive ourselves of the awareness of often feeling helpless.

Impotence is an unpleasant sensation: to want to do something, to be different from what we are, to set events in motion, and not to succeed is at the very least frustrating, if not despairing.

We spend a good part of our life feeling helpless, without telling ourselves it or at the most, complaining about it, and we’re often even ashamed of this condition.

But in this way we are not recognising something important: the situation of Impotence is a conflictual situation between the perception of something that would be worth doing and the impossibility of carrying it out. Which means that although we painfully feel our inability to act, we do not feel as keenly the fact that this happens because we have goals, goals that attract us.

Objectives and goals that call us beyond our usual abilities, push us to overcome our current, narrow limits.

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They are desires of all kinds, conscious and unconscious, and they are aspirations, more or less vague: we would like to change ourselves, become better, more efficient, safer, more loved, more revered ... we would like to improve the world (“if I were the head of the government, I would ... “), we would like to change others to live as it suits us ...

The fact that the objectives are more or less evolved does not take away from them their most significant characteristic by far, which consists in our projecting ourselves into a dimension “bigger than us”.

Paradoxically, the painful condition of Impotence therefore marks an important step in our growth as human beings: it is the signal that we are beginning to perceive that we have greater potential, that we are no longer satisfied with the narrowness in which we find ourselves, that we begin to range, albeit ungraciously and without clarity, towards wider horizons.

Horizons that are not external to us, although we often confuse our internal possibilities with material objects or situations, which are only a simulacrum.

This is in fact the illusory way in which we tend to solve our problem of impotence: we seek power in its roughest forms, creating a compensation instead of a real realization. Each in his own way: someone becoming despotic and authoritarian when they can; someone doing emotional blackmail or seducing; someone accumulating material wealth; someone even becoming destructive; someone refusing themselves to others; someone joining the group to use its strength; someone using their role to dominate.

They are all palliatives to a state of dissatisfaction that does not subside. Although we have goals, we feel that we lack the strength and the tools to achieve them. Our internal energies are tangled in a Gordian knot, linked to fears, attachments, complexes ...

I believe that in this period of the late twentieth century, a large part of humanity feels the feeling of Impotence, since in some fields our ability to operate has become so

wide as to make us feel more how limited we are, as humans, both individually and collectively.

We now perceive the possibility, and we live it as a moral duty, to manage ourselves in more civilized and advanced ways, but we continually collide with the difficulty of implementing them.

For those who are not crushed by the frustration of Impotence and are looking for ways to get out of it, it is possible to discover that once the Gordian knot of our internal blocks has been untied, our unconscious is a great reserve of energy.

The path of self-knowledge in fact produces a release of that vital energy that had been hitherto blocked and creates an opening of the vital sources within us. We then reach a point where we find a surprising amount of energy in our hands.

Let's begin to live our lives in our power, able to apply ourselves to tasks that until now have seemed to us beyond our capacities. We can make internal transformations, control our psychic world in an increasingly satisfying way; externally it even becomes pleasing to measure ourselves in operations and responsibilities that cost us commitment, but which we feel we can fulfill.

Beyond the fact that this Power has always been present in us or is acquired through a long path of research, the important thing is that it allows us to feel that the vital energies are available to us, and that in fact they are demanding to be used.

Commitment, effort and even fatigue become a component of our way of life: as much as in the phase of Impotence they had shied away as unbearable and devoid of apparent meaning, they are now the necessary gym in which to engage energies that cannot fail to be expressed .

Power is expressed through the emergence of personal talents: they are simply the specific way in which vital energy is manifested, organized, in each of us. This is one of the reasons why talents must be brought to fruition: it is an internal imperative that forces us to use ourselves as tools to let energy flow, an energy that is ours and that at the same time does not belong to us. Not using talents is equivalent to blocking a powerful energy,

which is nothing if not the universal energy within us. But the feeling of Power can also easily be a conflict situation. We are called to commit ourselves, we become more active, drawing satisfaction from the commitment, but we risk getting bogged down in the activity, which can be dispersive, remain an end in itself, and above all remain tied to the achievement of material or selfish objectives.

Not only that, but the experience of the Power itself gives us the perception that it is possible to go further, to further overcome the boundaries towards other horizons, which must however have a substantially different quality.

It is in the realizing of our aspirations, in fact, that we see that Power alone is not enough. We find ourselves with the goals, with the energy to implement them and we still lack something, we find ourselves powerless again.

It is only when we take the step of putting our energy at the disposal of “the greatest in us” that we access what allows the Potency to transform into Power.

Only by putting it at the disposal of ends that we “have not chosen”, but which something superior forcefully asks us to carry out, that is, by adhering to our existential project with a profound act of surrender, only then do we become the best instruments of divine Power. That is the difficult task that each of us is called to face, in an absolutely unique way despite its extreme simplicity and universality.

It is difficult to detach ourselves from the satisfying results of our Power, distinguishing ourselves from them, and difficult to adhere to a higher will, now that ours is so efficient.

But when we succeed, then our energy moves in the same direction as the evolutionary energy of the universe, finds the best tools to actually operate and finds the riverbed in which to flow, the bridge between aspiration and realization.

The Power can then fully operate with a clear finalization, with the methods suitable for the situation, with a clear vision of the possible results, while succeeding regardless of the immediate results.

We become able to carry out internal and external transformations by acting on the inner plane of ourselves and

things, no longer on the peripheral one; we go from acting on effects to acting on causes.

But it is important that the full “instrumentation” for acting should be the result of the synthesis made between our individual and universal energy. We can engage in the task of freeing our vital energy from the envelopes in which it is held, we must train and educate it in order to be really efficient, because by developing Power we build the channel that allows Power to take action. But finally, we have to donate the Power to become truly effective. Only by giving it do we open that channel through which Power can act.

Realizing that the Power is all the more powerful the less it belongs to us, the power as we usually consider it then appears to us as a very small and ephemeral thing. Just think of the great men who served humanity, expressing a great power of transformation of consciousness, and therefore of the reality of the planet, such as Christ, Buddha, Confucius, or closer to us Gandhi, St. Francis, and so on: making themselves available in service they brought about those wonderful effects that they would never have achieved if they had sought the smaller worldly power.

What’s more, we understand that trying to acquire power regardless of the directionality towards the Good is an act of pure illusion. You can conquer the tools of power in their formal aspect, but the results of working are ephemeral, as the energy set in motion is not in harmony with the evolutionary one, but becomes as unstable as it is conflicting.

In the direction of Good, Power is sharing in the divine capacity to create the Cosmos, in that of Evil, it is simply self-destruction.

At this point, having left the swamp of Impotence and having passed over the hills of Potency, we know the peaks of Power, no longer confusing it with the illusory images that we encountered along the way.

And then, without being ashamed, but in full consciousness, we will be able to say to ourselves: “Ah, how I desire Power!”.