

# ROBERTO ASSAGIOLI'S INTERIOR WORK DIARY

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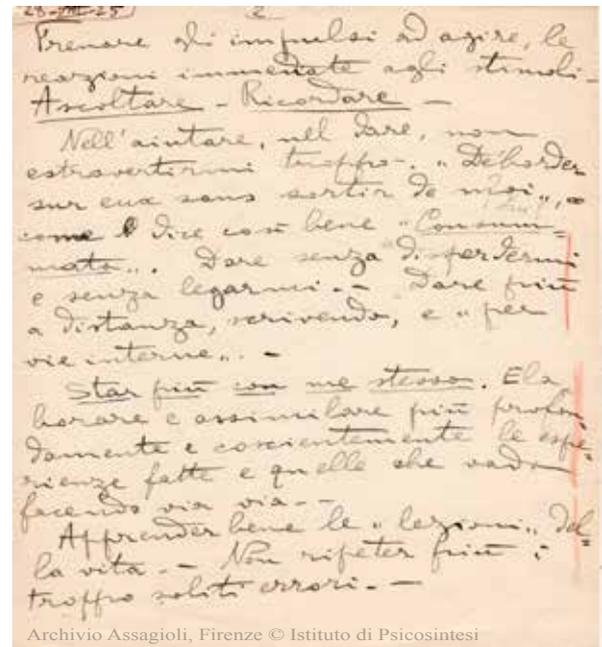
Assagioli's inner work, witnessed in these diary pages, which we are reporting in the various issues of the magazine, unfolds day by day and offers us the example of the slow pace of the process of inner growth, which occurs as in a continuum, by small steps, unnoticed, like grass growing... Discontinuous moments take the form of intuitive flashes and awareness, resolutions and small crises, with constant attention, almost a double awareness, that this work serves oneself but constantly reverberates on others...



Capolona 28th August 1925

After a good meditation I feel compelled to take up my diary again. In the “silence” I felt with renewed clarity and intensity how my state of chronic fatigue derives from “passive extroversion”, from allowing myself to be absorbed and dispersed by things, “forces” and people.

I felt again that the cure lies in concentration, vigilance, “active introversion”. Cultivate Peace, the sense of the Eternal; set myself well in the pole of Being - do not let myself be overwhelmed in “becoming” –



28th August 1925

I must curb my impulses to act, immediate reactions to stimuli - Listening - Remembering -

In helping, in giving, do not extrovert myself too much. “Déborder sur eux sans sortir de moi” as “Consummata” says so well. Giving without dispersing and without binding myself - Giving more at a distance, by writing, and “internally”. -

Be more with myself. To elaborate and assimilate more deeply and consciously the experiences made and those that I am doing gradually -

Learn the “lessons” of life well, - Do not repeat too many usual mistakes again. -

3

Capolona, 28 Agosto 1926.

Potere dinamico della fede -

Ne sono convinto, ma non lo uso - effettivamente.

« Ottimo art. in proposito: Ch. Fillmore, The Development of faith ("Unity", Sept. 1925). L'art. mette bene in rilievo la differenza fra fiducia (trust) e fede. È una differenza importante e generalmente inosservata.

Io ho molta "fiducia", aff. davanti abbandonato, ma finora ho avuta ~~una~~ poca fede.

4

La fiducia è passiva, la fede è positiva, dinamica. La fiducia è recettiva, la fede è creativa -

La fede verte l'attuazione; la fede afferma con potere irresistibile -

La fede è un potere magico, meraviglioso. -

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Capolona, 9 Settembre 1926

Da ieri, inizio di una nuova fase interiore. -

Senso di liberazione dai tre mondi, di serenità. Mi sento "serenely Lord". Mi sento avvicinare all'atteggiamento ~~sereno~~ "serenely Lord".

Capolona 28th August 1926  
 The dynamic power of faith; I am convinced of it, but I don't use it - in fact.  
 Excellent article on the subject: Ch. Fillmore, The development of faith ("Unity" Sept. 1925). F. clearly highlights the difference between trust and faith. It is an important and generally unnoticed difference. I have a lot of trust, of drive, but so far I have had little faith.

Trust is passive, faith is positive, dynamic. Trust is receptive, faith is creative.  
 Faith leads to implementation; faith affirms with irresistible power - Faith is a magical, wonderful power.  
 Capolona 9th September, 1926  
 Since yesterday, the beginning of a new inner phase. A sense of liberation from the three worlds - of serenity. I feel myself to be "serenely Lord". I feel myself approaching the state described

(5)

in Light on the Path, II,  
4e8. -

Senso di leggerezza,  
 di letizia, avendo lasciato  
 cadere il gravoso carico  
 della personalità con  
 le sue piccole stupide  
 preoccupazioni, con la folla  
 dei suoi pensieri vani,  
 con il suo continuo la-  
 sciarsi attrarre dalle im-  
 pressioni esteriori. -

Liberta! Liberta! Divi-  
na liberta!

Dolcezza indicibile di  
 questi risvegli - del ri-  
 trovarsi del ritornar  
 in contatto con la Realta  
 con la gloriosa, santa

in "Light on the Path" II 4e8.

A sense of lightness, of joy, having dropped the heavy burden of the personality with its stupid little worries, with its crowds of vain thoughts, with its constant letting itself be attracted by external impressions.

Freedom! Freedom! Divine freedom!

Unspeakable sweetness of these awakenings - of finding oneself again, of coming back into contact with Reality, with glorious, holy Reality.

(6)

Realta.

E quanta pietà per le  
 schiere innumerevoli di  
 anime velate, cieche,  
 assessionate!

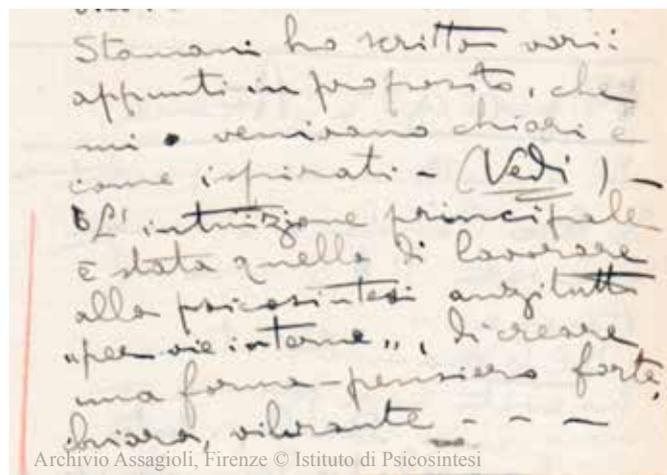
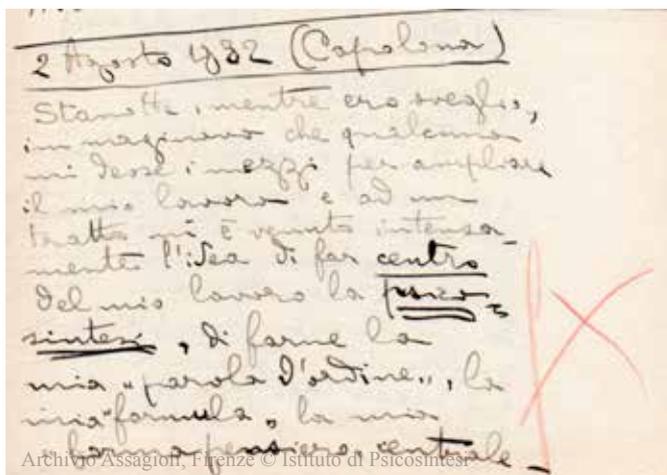
Liberaarsi per liberare.

Stabilirmi bene nella  
Liberta, nel Dominio,  
nel Distacco - poi poterò  
tanto più efficacemente  
aiutare, senza lasciarmi  
fin avvolgere dalle nebbie  
degli altri, né turbare  
dalle altrui preoccupazioni,  
dalle altrui agitazioni, dalle  
altrui pene.

And such pity for the countless hosts of veiled, blind, obsessed souls!

Freeing oneself to free.

Establish myself well in Freedom, in Dominion, in Detachment - then I will be able to help all the more effectively, without letting myself be enveloped by others 'mists, nor disturbed by others' worries, others 'agitations, others' pains.



68

2nd August, 1932 (Capolona)

Last night, while I was awake, I imagined that someone was giving me the means to expand my work, and all of a sudden, the idea came to me, very strongly, to make psychosynthesis the center of my work, to make it my "password", the central "thought form".

This morning I wrote several notes on the subject, which felt clear and inspired - (See) -

The main intuition was to work on psychosynthesis "internally", first of all, to create a strong, clear, vibrant thought form ---

Roberto Assagioli

# KINDNESS

*Kindness and nobility as a concert,  
harmony, synthesis of all the virtues*