

## TOWARDS A REFLOURISHING SEASON

### SYMBOLS OF THE MONTH OF MAY

*Translation by Achille Cattaneo / Gordon Leonard Symons*

The period of the year immediately following Easter is commonly considered to be one of the most beautiful and full of energies, in which nature gives its best with luxuriant vegetation and explosions of blooms and which strengthens, more than in other seasons, the loving partnership between man and nature, as well as maintaining the promise of summer.

The queen of the flowers of the month of May is the Rose. This enchanting flower is associated in the Christian world with the cult of the Madonna, with the practice of the daily recitation of the Rosary throughout the Marian month. In Christianity, Mary, one of the representations of the Archetype of the Great Mother, personifies the creative force of the universe but also the sense of compassion. In the month of May there also occurs in the Catholic world the feast of Santa Rita da Cascia (1381-1457), also known for being the *saint of roses* and in many churches the blessing of this royal flower, carried by the believers, is practiced in this period. In this month the secular holiday of the Mother is also repeated, and in the Buddhist world the Feast of Wesak (the month of April-May of the Hindu calendar), which usually celebrates at the “Taurus of Full Moon” the birth, the enlightenment and Parinirvana of Gautama Buddha: historical personage but also archetypal figure of the Love-Wisdom principle.

The *Rose*, which in the East has the *Lotus Flower* as its corresponding allegory, is a symbol of trusting openness to life, of unconditional welcome, of love, of beauty; but also of homage and joy.

The *Blossoming Rose*, in particular, according to Roberto Assagioli, is the dynamic symbol of liberation from the tangles constituted by the conditioning of the physical body, the emotional and the concrete mental level. It perfectly represents the process of self-realization and the manifestation of the Self, not as an egoic and separative instance, but rather a transpersonal one and therefore with unitive characteristics.

Even more effective and realistic is the image of the whole plant and then of a *Rose Garden*, in which buds that are about to open coexist with others that have fully blossomed and still others that are fading: it is the identification with the pulse of life, with its rhythms, spirals and more varied and unavoidable aspects.

We take the opportunity to report below, especially to the attention of those who have never read or practiced it, the famous exercise of visualization of the *Blossoming of a rose* described by Roberto Assagioli.

## EXERCISE OF THE BLOSSOMING OF THE ROSE

*Let's imagine a closed rosebud. Let's visualize the stem, the leaves and, at the top of the stem, the bud. This appears green because the sepals are closed; then at the very top you see a pink dot appear. Let's try to visualize it vividly, keeping the image at the center of our consciousness ...*

*As we observe it, we see that little by little a slow movement is beginning; the sepals begin to spread apart, to turn their tips outwards, thus letting you see the pink, closed petals ... The sepals spread more and more ... you can clearly see the beautiful pale pink of bud of the petals .. Now the petals too begin to expand ... the bud continues to slowly open ... until the rose reveals itself in all its beauty, which we admire with joy.*

*At this point, let's try to smell, by inhaling, the scent of the rose, the well-known characteristic scent ... soft, sweet, pleasant ... we smell it with pleasure ... Even the symbolism of perfume has often been used in religious and mystical language (the "odor of sanctity"), as well as the use of perfumes in rites (incense, etc.).*

*Then let's visualize the whole plant and imagine the life force that rises from the roots to the flower producing this development ... remain in reverent contemplation of this miracle of nature.*

*Now, let us identify with the rose, or, more exactly, "introject" the rose into us ... We are, symbolically, a flower, a rose; the same Life that animates the universe, which produced the miracle of the rose, is producing in us the same, indeed greater, miracle: the development, the opening, the irradiation of our spiritual being ... And we can cooperate consciously with our inner flowering.*