

## SILENCE

*Translation by Gordon Leonard Symons*

I'll say something about silence. It's paradoxical to speak of silence, but one can talk about it and then, better keep quiet!

Silence is not in fashion! What our civilization lacks most is silence. And not only external silence, which can sometimes be obtained by retreating to the countryside, but internal silence is needed. It is continually threatened: radio, television, newspapers, provoke a psychic turmoil and especially emotional turmoil; therefore we must create "walls of silence". We put "doors" there so that we can, when we want, open ourselves to the voices of the world, but we must be able to close them and settle in the inner sanctuary where there is the silence of emotions and of the mind, where we can hear the voice of God through our soul.

After all, the basis, reality is silence. From silence the creative word of God arises, and the worlds are created; but when the manifestation has fulfilled its function, God absorbs everything in his sacred silence.

One of our musicians, Malipiero, who had this intuition and called his suite of symphonies "Pause nel Silence", that is, the basis is silence, and it is from the silence that the music momentarily rises. Just as with the music of the spheres, the manifestation is born from the cosmic silence, thus, in the collected silence does the music arise. And music has its intervals, its pauses, that is, there are sounds that fall into the fabric of silence, which overlap, so to speak, the reality of silence.

## ROBERTO ASSAGIOLI'S INTERIOR WORK DIARY

*Translation by Gordon Leonard Symons*

*In these small fragments from his diary from the year 1933, Roberto Assagioli, then aged forty-five, gave a multifaceted testimony of his inner turmoil, his insights, his research on practical methods of enhancing inner growth for himself and for others, whilst clearly expressing the features of his personality types: the conflict that precedes synthesis, a theme which particularly resonated with him, and love-wisdom, the presence of which can be detected behind his every word and motivation.*

*The notes of particular interest are those that describe his deep inner feeling, which he debated within himself for a long time, of being between Marta and Maria, between active love and contemplative love, two opposites, two symbols taken from the Gospel and which he loved dearly, to which he dedicated a long and detailed article that is also present in the text "Lo Sviluppo Transpersonale" (Transpersonal Development), as well as those that can be attributed to the snares which kept him enmeshed in worldly phantasmagoria and that urged him to underline the importance of disidentification.*

*These are intense and useful pages indeed for those who wish to follow his example and are working and searching for an increasingly persistent contact with their own soul, in order to manifest it through their actions in every day life.*

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