

# 1. PSYCHOSYNTHESIS

1.1.	Psychosynthesis	1	1
1.1.1.	What is different in Psychosynthesis	1	2
1.2.	Psychosynthesis self-realization	1	3
1.3.	Integration of man – papers on synthetic psychology	1	4
1.4.	The art of living	1	5
1.5.	Synthesis	1	6
1.6.	Evolution and Epigenesis	1	7
1.7.	Inner action – the inner worlds	2	1
1.8.	Spiritual gardening	2	2
1.9.	Psychosynthesis: techniques	2	3
1.9.1.	Training - exercises	2	4
1.9.1.1.	Training exercises: results	2	5
1.9.1.2.	Methods of realization: inner exercisis (18/1/1931)	2	6
1.10.	Lessons - methods	3	1
1.11.	Functions and structures of the psyche	3	2
1.12.	Psychosynthesis plan	3	3
1.13.	Psychosynthesis in other authors	3	4
1.14.	Psychosynthesis: bibliography	3	5

## 1. Personal Psychosynthesis

<b>2.1.</b>	<b>Biopsychosynthesis</b>	<b>3</b>	<b>6</b>
2.1.1.	Physical education	3	7
2.1.2.	Physical culture and character education	3	8
2.1.3.	Psychophysical culture of the woman	4	1
2.1.4.	Dietetics – Fast-therapy	4	2
2.1.5.	Water, air and sun baths	4	3
2.1.6.	Nutrition	4	4
2.1.7.	Y.M.C.A.: Psychological work	4	5
2.1.8.	Relaxation	4	6
<b>2.2.</b>	<b>Inventory</b>	<b>4</b>	<b>7</b>
2.2.1.	Existential situations	5	1
2.2.2.	The manifold psyche	5	2
2.2.2.1.	Psychological heredity – influences of the past	5	3
2.2.2.2.	Tendencies – impulsive energies – emotions - feelings	5	4
2.2.3.	The unconscious	5	5
2.2.3.1.	Complexes, mechanisms, structures	5	6
2.2.3.2.	Resistances	5	7
2.2.3.3.	Father complex	5	8
2.2.3.4.	Mother complex	6	1
2.2.3.5.	Compensation	6	2
2.2.3.6.	Obstacles and dangers – fractional analysis	6	3
2.2.4.	Questionnaire	6	4
2.2.5.	Writing: Diaries, autobiographies, memoirs	6	5
2.2.6.	Freehand drawing	6	6
2.2.7.	Dreams – their classification – their effects – their utilisation	6	7
2.2.7.1.	Dreams written and printed matter	7	1

2.2.7.2.	Activities of the differentiated subconscious akin to dreaming	7	2
2.2.7.3.	States akin to dreaming	7	3
2.2.7.4.	Utilization of subconscious activities during sleep	7	4
2.2.8.	Test	7	5
2.2.9.	Conflicts	7	6
2.2.9.1.	Conflicts with the external world and other people	7	7
<b>2.3.</b>	<b>Differential psychology</b>	<b>8</b>	<b>1</b>
2.3.1.	The seven qualitative types	8	2
2.3.1.1.	The artistic type	8	3
2.3.1.2.	The active type	8	4
2.3.1.3.	The intuitive type	8	5
2.3.1.4.	The idealistic type	8	6
2.3.1.5.	The organizing type	8	7
2.3.1.6.	The scientific type	8	8
2.3.1.7.	The love type	9	1
2.3.2.	The mental type	9	2
2.3.3.	Emotional types – “subjective”	9	3
2.3.4.	Emotional types – “objective”	9	4
2.3.5.	Direction of the vital interest - ...version	9	5
<b>2.4.</b>	<b>Individual psychology</b>	<b>9</b>	<b>6</b>
2.4.1.	Individual psychology - bibliography	9	7
<b>2.5.</b>	<b>The “I” or personal self</b>	<b>9</b>	<b>8</b>
<b>2.6.</b>	<b>Disidentification</b>	<b>10</b>	<b>1</b>
2.6.1.	Disidentification from the emotions	10	2
2.6.2.	Disidentification from the body	10	3
<b>2.7.</b>	<b>Will</b>	<b>10</b>	<b>4</b>
2.7.1.	Will – examples and reports	10	5
2.7.2.	The will: Historical survey	10	6
2.7.2.1.	The will: philosophers	10	7
2.7.2.1.1.	The will in Dante	11	1
2.7.2.2.	The will: psychologists	11	2
2.7.2.2.1.	William James and the will	11	3
2.7.2.2.2.	Rollo May	11	4
2.7.2.2.2.1.	The daimonic	11	5
2.7.3.	The will: semantics	11	6
2.7.4.	The will: quotations	11	7
2.7.5.	Enterprise, daring, courage, will to risk, acceptance of insecurity	11	8
2.7.6.	Power, strength, energy, tension (voltage), effort	12	1
2.7.6.1.	Power: quotations	12	2
2.7.6.2.	Power: bibliography	12	3
2.7.7.	Mastery and control	12	4
2.7.8.	Discipline	12	5
2.7.9.	Concentration - attention	12	6
2.7.10.	Determination – decisiveness – resoluteness - intent – promptness - rapidity	12	7
2.7.11.	Persistence - steadfastness	12	8
2.7.12.	The strong will	13	1
2.7.12.1.	“Useless” exercises	13	2
2.7.12.2.	Physical methods	13	3

2.7.12.3. Limitations, inhibition, resistance	13	4
2.7.12.4. Obstacles	13	5
2.7.12.5. Tension	13	6
2.7.13. The good will	13	7
2.7.13.1. Techniques for the development of the good will	13	8
2.7.13.2. The good will: elimination of obstacles	13	9
2.7.13.3. The good will: fields of application – written and printed matter	14	1
2.7.13.4. Will and love	14	2
2.7.14. The skilfull will	14	3
2.7.14.1. Analogy of the car	14	4
2.7.14.2. Will and desire	14	5
2.7.14.3. Cybernetics	14	6
2.7.14.4. Delegating	14	7
2.7.15. Purpose and motivation	14	8
2.7.15.1. Various goals – The will to...	15	1
2.7.16. Deliberation	15	2
2.7.17. Choice - decision	15	3
2.7.17.1. Professional choices	15	4
2.7.17.2. Techniques for immediate decisions	15	5
2.7.18. Affirmations	15	6
2.7.19. Planning - programming	15	7
2.7.20. Direction and execution	16	1
2.7.21. Will and Joy	16	2
2.7.22. Will and cheerfulness	16	3
2.7.23. Will and play	16	4
2.7.24. Will and... acceptance! Creativity, light, love, memory, sound, time	16	5
2.7.25. The will and meditation	16	6
2.7.26. The will in education	16	7
2.7.27. The will and parapsychology	16	8
2.7.28. Notes for the book	17	1
2.7.29. The will – vol. II	17	2
2.7.30. Will project	17	3
2.7.31. The will: bibliography	17	4
<b>2.8. Psychodynamics</b>	17	5
2.8.1. Vicious circles	17	6
2.8.2. Virtuous circles	17	7
<b>2.9. Psychoenergetics</b>	17	8
2.9.1. Psychoelectric and various analogies	18	1
<b>2.10. Transmutation and Sublimation</b>	18	2
2.10.1. Psychological Techniques (inner)	18	3
2.10.2. Expressive Techniques	18	4
2.10.3. Spiritual Techniques	18	5
2.10.4. Plasticity – transfers	18	6
2.10.5. Transformation of aggressive energies	18	7
2.10.5.1. Criticisme	19	1
2.10.5.2. Olympiads of the spirit	19	2
2.10.5.3. Irenology	19	3
2.10.5.4. Aggression, hostility, violence, nastiness, cowardness, war	19	4

2.10.6. Trasformation of sexual energies	19	5
2.10.7. Catharsis	19	6
2.10.8. Discharge, elimination, dissolution - devaluation	19	7
2.10.9. Pseudo-sublimations and partial sublimations	19	8
<b>2.11. Substitution - neutralization</b>	19	9
<b>2.12. Emphasis - importance</b>	20	1
<b>2.13. Imagination</b>	20	2
<b>2.14. Fantasy</b>	20	3
2.14.1. Fantasy and the subconscious – inspirations - creation	20	4
2.14.2. Fantasy and tendencies – feelings - sexuality	20	5
2.14.3. The forms of imaginative activity	20	6
2.14.4. Relations between fantasy and reality	20	7
2.14.5. Individual differences	20	8
2.14.6. Synthesis – tendencies towards unification	21	1
2.14.7. Methods of investigation - experiments	21	2
2.14.8. Images	21	3
2.14.9. Its nature (my conception)	21	4
<b>2.15. Plastic subconscious – power of mental images</b>	21	5
2.15.1. Use of external influences	21	6
2.15.2. Imaginative training	21	7
2.15.3. Psychological advertising	21	8
2.15.4. Ad hoc orders – elaboration of the unconscious – ‘gestation’	22	1
<b>2.16. Techniques of suggestion</b>	22	2
2.16.1. Psychotherapy by suggestion (action on the emotions)	22	3
2.16.2. Formulas for suggestion	22	4
2.16.3. Self-conditionings	22	5
2.16.4. Suggestion in education	22	6
<b>2.17. Bibliotherapy – effectiveness of books – “psycho-pharmaceutical cabinet”</b>	22	7
2.17.1. Reading and its psychagogic value	23	1
2.17.2. Service of books – the gift of books	23	2
2.17.3. Reading	23	3
2.17.4. Effectiveness of books, written and printed matter	23	4
2.17.5. Books to recommend	23	5
2.17.6. Books to recommend – by categories	23	6
2.17.7. Bibliotherapy - French	23	7
2.17.8. Bibliotherapy - Italian	23	8
2.17.9. Bibliotherapy - English	24	1
2.17.10. Bibliotherapy - German	24	2
2.17.11. Books for young girls and young women	24	3
2.17.12. Books for therapists and educators	24	4
2.17.13. Literature - fiction	24	5
2.17.14. General bibliography	24	6
<b>2.18. Music therapy</b>	25	1
2.18.1. Music therapy - technique	25	2
2.18.2. Individual music therapy	25	3
2.18.3. Psychophysical action of music	25	4
2.18.4. Music therapy – history, documents	25	5
2.18.5. Musical motifs, passages and pieces	25	6
2.18.6. Tranquillizing music	25	7

2.18.7. Stenic, dynamic, strengthening music	26	1
2.18.8. Music therapy – notes, applications	26	2
2.18.9. Music – harmful effects	26	3
2.18.10. Music therapy – Keyserling and Huber	26	4
2.18.11. Musica – composers	26	5
2.18.12. Harmony	26	6
2.18.13. Explanation of pieces	26	7
2.18.14. Programmatic and descriptive music	26	8
2.18.15. Music – “transformations”	27	1
2.18.16. Music therapy - bibliography	27	2
<b>2.19. Affirmation</b>	27	3
2.19.1. “Sparks”	27	4
<b>2.20. Graphotherapy</b>	27	5
<b>2.21. “As if”</b>	27	6
<b>2.22. Logos, meaning, understanding</b>	27	7
<b>2.23. Mental training</b>	27	8
2.23.1. Concentration	28	1
<b>2.24. Semantics</b>	28	2
<b>2.25. Memory</b>	28	3
<b>2.26. Polarity</b>	28	4
2.26.1. Balancing of the opposites	28	5
2.26.2. Synthesis of the opposites	28	6
<b>2.27. Acceptance</b>	29	1
2.27.1. Freedom in jail	29	2
2.27.2. The art of waiting	29	3
2.27.3. Spiritual lessons of the depression	29	4
2.27.4. Spiritual lessons of rationing	29	5
<b>2.28. Symbols</b>	29	6
2.28.1. Natural symbols	30	1
2.28.2. Human symbols	30	2
2.28.3. Abstract and geometric symbols – colors	30	3
2.28.4. Modern symbols	30	4
2.28.5. Various anagogic symbols (psychosynthetic) – symbols of the Self	30	5
2.28.6. Individual symbols	30	6
2.28.7. Images – A. static symbols	30	7
2.28.8. Images – B. Dynamic symbols	30	8
2.28.9. Preferred symbols	31	1
2.28.10. Choice of symbols	31	2
2.28.11. Bibliography and quotations	31	3
<b>2.29. Psychoshock</b>	31	4
<b>2.30. Repetition</b>	31	5

### 3. Transpersonal Psychosynthesis

<b>3.1. Height Psychology</b>	31	6
<b>3.2. Symbols of transpersonal experiences</b>	31	7
3.2.1. Ascent – psychological mountain climbing	32	1
3.2.2. Deepening - descent	32	2
3.2.3. Introversion	32	3

3.2.4. Expansion	32	4
3.2.5. Awakening	32	5
3.2.6. Development, evolution	32	6
3.2.7. Strengthening	32	7
3.2.8. Transmutation	32	8
3.2.9. Liberation	33	1
3.2.10. Return	33	2
3.2.11. Way, path, pilgrimage	33	3
3.2.12. Communion	33	4
3.2.13. Integration, synthesis, organisation	33	5
<b>3.3. Spiritual Psychosynthesis</b>	33	6
3.3.1. Psychosynthesis and spiritual life	33	7
3.3.2. Spiritual orientation and methods of inner development	34	1
<b>3.4. Exploration of the superconscious</b>	34	2
3.4.1. Levels of the superconscious	34	3
3.4.2. Scientific investigation of the superconscious	34	4
3.4.3. Creativity	34	5
3.4.4. Quality	34	6
3.4.4.1. Love	35	1
3.4.4.1.1. Heart	35	2
3.4.4.1.2. Justice and love	35	3
3.4.4.2. Goodness	35	4
3.4.4.3. Cheerfulness	35	5
3.4.4.4. Compassion	35	6
3.4.4.5. Efficiency	36	1
3.4.4.6. Joy	36	2
3.4.4.6.1. Joy: sources	36	3
3.4.4.6.2. Joy – joy as service – the duty of joy – advantages of joy apostolate of joy	36	4
3.4.4.6.3. Spiritual happiness (manuscript)	36	5
3.4.4.6.4. Joy and pain	36	6
3.4.4.6.5. Bliss and joy: bibliography	36	7
3.4.4.7. Play	36	8
3.4.4.7.1. Play and performance	37	1
3.4.4.7.2. Play: its nature - theories	37	2
3.4.4.7.3. Play: applications – education – psychotherapy	37	3
3.4.4.7.4. Play and sport	37	4
3.4.4.7.5. Play and ritual – “sacred game”	37	5
3.4.4.7.6. Joking	37	6
3.4.4.7.7. Quotations	37	7
3.4.4.7.8. Bibliography	37	8
3.4.4.8. Gratitude	38	1
3.4.4.9. Humour	38	2
3.4.4.9.1. Smiling wisdom – my notes	38	3
3.4.4.9.2. Smiling wisdom - psychological humour	38	4
3.4.4.9.3. Smiling wisdom - spiritual humour	38	5
3.4.4.9.4. Smiling wisdom - cassified	38	6
3.4.4.9.5. Smiling wisdom - quotations	39	1
3.4.4.9.6. Smiling wisdom – benefits, effects	39	2

3.4.4.9.7. Humour in therapy and education	39	3
3.4.4.9.8. Paradoxes – psychospiritual riddles	39	4
3.4.4.9.9. Humour – pictures, caricatures, cartoons	39	5
3.4.4.10. Freedom	39	6
3.4.4.11. The new	40	1
3.4.4.12. Optimisme	40	2
3.4.4.13. Peace	40	3
3.4.4.14. Purity and purification	40	4
3.4.4.15. Wisdom	40	5
3.4.4.16. Serenity	40	6
3.4.4.17. Truth and love of truth	40	7
3.4.4.18. Various qualities	40	8
3.4.4.19. Evocative words	40	9
<b>3.5. The Self</b>	<b>41</b>	<b>1</b>
3.5.1. The Self: semantics	41	2
3.5.2. Individuality and universality	41	3
3.5.3. Right conceptions	41	4
3.5.4. Theories...garbled	41	5
3.5.5. Jung	41	6
<b>3.6. Transpersonal will</b>	<b>42</b>	<b>1</b>
<b>3.7. Universal will</b>	<b>42</b>	<b>2</b>
3.7.1. Transpersonal will and universal will – techniques for their unification – renunciation – acceptance - wu wei	42	3
<b>3.8. The ways to the Self</b>	<b>42</b>	<b>4</b>
<b>3.9. The intuitive-illuminative way</b>	<b>42</b>	<b>5</b>
3.9.1. Meditation – contemplation - illumination	42	6
3.9.1.1. Meditation: uses and applications	42	7
3.9.1.2. Reflective meditation	42	8
3.9.1.3. Meditation: subjects - symbols	43	1
3.9.1.4. Receptive meditation	43	2
3.9.1.4.1. The practice of silence	43	3
3.9.1.4.2. Silence – my notes	43	4
3.9.1.4.3. Experiments in silence	43	5
3.9.1.4.4. Silence: centres of silence – retreats – “holy-days”	43	6
3.9.1.4.5. Silence: campaign for inner silence	43	7
3.9.1.4.6. Silence: bibliography, examples	43	8
3.9.1.5. Meditation in education	44	1
3.9.1.6. Foundation for the promotion of meditation	44	2
3.9.1.7. Meditation in TV	44	3
3.9.2. Light	44	4
3.9.3. Intuition	44	5
3.9.4. Contemplation	44	6
3.9.5. Inspiration	44	7
3.9.5.1. Obstacles to inspiration	44	8
3.9.6. Vertical telepathy - methods	45	1
3.9.7. Guidance	45	2
3.9.7.1. How to recognize the will of the Self	45	3
3.9.7.2. Guidance – answers – external indications	45	4
3.9.7.3. Will of God – written and printed matter, experiences, results,	45	5

lessons of life		
3.9.7.4. Guidance – prophetic and supernormal methods	45	6
3.9.7.5. Guidance – its research in cooperation (groups)	45	7
3.9.8. The way of wisdom and the way of love (Hans Ryner)	46	1
3.9.9. Knowledge	46	2
<b>3.10. The scientific way</b>	46	3
3.10.1. The scientific method	46	4
3.10.2. Analogy	46	5
3.10.3. Error	46	6
<b>3.11. The ritualistic way</b>	46	7
<b>3.12. The heroic way</b>	47	1
<b>3.13. The way of beauty</b>	47	2
3.13.1. Beauty – art	47	3
3.13.2. Nature	47	4
3.13.3. Limitations, dangers, cautions	47	5
<b>3.14. Karma Yoga – the way of action</b>	47	6
3.14.1. The ethical-regenerative way	47	7
3.14.2. Martha and Mary	47	8
<b>3.15. The mystic way</b>	48	1
3.15.1. Prayer	48	2
3.15.2. Sacrality	48	3
3.15.3. Mystical asceticism	48	4
3.15.4. The consecrated life	48	5
<b>3.16. Relations between the ways</b>	48	6
<b>3.17. The ideal model</b>	48	7
3.17.1. The ideal model as unifying centre	48	8
3.17.2. Examples	49	1
<b>3.18. Darkness – “dark night”</b>	49	2
3.18.1. “Weaning” crises	49	3
<b>3.19. Dante and psychosynthesis</b>	49	4
3.19.1. The divine Comedy: poem of psychosynthesis	49	5
3.19.2. Dantesque exercises	49	6
<b>3.20. The Grail</b>	49	7
<b>3.21. Spirituality of the 20th century</b>	49	8
<b>3.22. Service</b>	50	1
3.22.1. Spiritual help for others	50	2
3.22.2. Simple ways of serving	50	3
3.22.3. How to help	50	4
<b>3.23. Radiation</b>	50	5

## 4. Interpersonal Psychosynthesis

<b>4.1. Interindividual Psychosynthesis</b>	50	6
4.1.1. Interindividual Psychosynthesis - techniques	50	7
4.1.2. Interindividual Psychosynthesis - results, examples	51	1
4.1.3. Interindividual Psychosynthesis - obstacles	51	2
4.1.4. Interindividual Psychosynthesis – quotations and bibliography	51	3
<b>4.2. Right relations</b>	51	4
4.2.1. Right relations – quotations and bibliography	51	5

<b>4.3.</b>	<b>Loving understanding</b>	<b>51</b>	6
<b>4.4.</b>	<b>Friendship</b>	<b>51</b>	7
<b>4.5.</b>	<b>Cooperation</b>	<b>51</b>	8
<b>4.6.</b>	<b>Communication</b>	<b>52</b>	1
<b>4.7.</b>	<b>Identification</b>	<b>52</b>	2
<b>4.8.</b>	<b>Psychosynthesis of the couple</b>	<b>52</b>	3
4.8.1.	Psychosynthesis of the sexes: conflicts and harmony	<b>52</b>	4
4.8.2.	Sex, love and marriage	<b>52</b>	5
<b>4.9.</b>	<b>Psychosynthesis of the ages</b>	<b>52</b>	6
4.10.	The couple: master-disciple, teacher-pupil, doctor-patient	<b>52</b>	7
4.11.	Solitude and its overcoming	<b>53</b>	1

## 5. Social Psychosynthesis

<b>5.1.</b>	<b>Parents</b>	<b>53</b>	2
<b>5.2.</b>	<b>The family group</b>	<b>53</b>	3
<b>5.3.</b>	<b>What is a group</b>	<b>53</b>	4
5.3.1.	Birth of groups	<b>53</b>	5
5.3.2.	Growth of groups	<b>53</b>	6
5.3.3.	Functioning of groups	<b>53</b>	7
5.3.4.	Propagation of groups	<b>53</b>	8
5.3.5.	The process of group Psychosynthesis	<b>54</b>	1
5.3.6.	The end/completion of groups	<b>54</b>	2
5.3.7.	Grouping of groups	<b>54</b>	3
5.3.8.	Relations between groups	<b>54</b>	4
5.3.9.	The technique of group psychosynthesis	<b>54</b>	5
5.3.10.	Various types of groups	<b>54</b>	6
5.3.11.	Multiple group relations	<b>54</b>	7
5.3.12.	New spiritual groups	<b>54</b>	8
5.3.13.	Group unification, synthesis	<b>55</b>	1
5.3.14.	Social groups	<b>55</b>	2
5.3.15.	Social structure	<b>55</b>	3
5.3.16.	Spiritual aristocracy	<b>55</b>	4
5.3.17.	Social organisations – the classes – the State	<b>55</b>	5

## 6. Educational Psychosynthesis

<b>6.1.</b>	<b>Education</b>	<b>55</b>	6
<b>6.2.</b>	<b>To educate better</b>	<b>56</b>	1
<b>6.3.</b>	<b>Education of educators</b>	<b>56</b>	2
<b>6.4.</b>	<b>Education of adults</b>	<b>56</b>	3
<b>6.5.</b>	<b>Material for psychosynthetic education</b>	<b>56</b>	4
<b>6.6.</b>	<b>1-Frank words with adults 2.visualisation experiments</b>	<b>56</b>	5
<b>6.7.</b>	<b>Spiritual education</b>	<b>56</b>	6
<b>6.8.</b>	<b>Inner communion in education</b>	<b>56</b>	7
<b>6.9.</b>	<b>The school of life</b>	<b>57</b>	1
<b>6.10.</b>	<b>Education in schools</b>	<b>57</b>	2
<b>6.11.</b>	<b>Psychology helps to pass examinations and...</b>	<b>57</b>	3
<b>6.12.</b>	<b>Differential education</b>	<b>57</b>	4

6.12.1. Problems in education – individual types	57	5
6.12.2. Individual education – psychological and individual “direction”	57	6
<b>6.13. The Montessori method</b>	57	7
6.13.1. Montessori institute “Il Focolare”	57	8
<b>6.14. Family education – psychology of the child</b>	58	1
<b>6.15. Youth</b>	58	2
6.15.1. Youth in trouble	58	3
<b>6.16. Female education</b>	58	4
<b>6.17. Sexual education</b>	58	5
6.17.1. Sexuality and infantile affection	58	6
<b>6.18. The supergifted</b>	58	7
6.18.1. Education of the supergifted	59	1
6.18.2. “Centre” for the supergifted “Pino” Rotary	59	2
6.18.3. Inaugural speech	59	3
6.18.4. Implementation of the program	59	4
6.18.5. Holiday camps, “Colonia”	59	5
<b>6.19. Languages</b>	59	6
<b>6.20. Summer school (Ascona)</b>	59	7
<b>6.21. Prenatal education</b>	60	1
<b>6.22. Formation of the differentiated subconscious</b>	60	2
<b>6.23. Art and music in education</b>	60	3
<b>6.24. Education - bibliography</b>	60	4

## 7. Therapeutic Psychosynthesis

<b>7.1. Therapeutic psychosynthesis</b>	60	5
<b>7.2. Therapeutic psychosynthesis – clinical cases</b>	60	6
<b>7.3. The therapist</b>	60	7
<b>7.4. Psychotherapy – doctors and nurses</b>	60	8
<b>7.5. Spiritual psychotherapy</b>	61	1
<b>7.6. The foundations of psychic and spiritual therapy</b>	61	2
<b>7.7. Psychotherapy – cautions, errors to avoid</b>	61	3
<b>7.8. Psychotherapy – ignorance, errors, faults</b>	61	4
<b>7.9. Psychotherapy – studies, researches, experiments</b>	61	5
<b>7.10. Psychotherapeutic images</b>	61	6
<b>7.11. Psychopathology – facts and written and printed matter</b>	61	7
7.11.1. Depressive states (melancholia), manic and cyclothymic states	61	8
7.11.2. Dissociation	62	1
7.11.3. Fear	62	2
7.11.4. Anxiety	62	3
7.11.5. Suicide	62	4
7.11.5.1. Institute for the prevention of suicide	62	5
7.11.6. Various psychopathies	62	6
7.11.7. Special Psychotherapy – psychoastenic symptoms	62	7
<b>7.12. Psychosomatic medicine</b>	63	1
7.12.1. The action of the moral on the physical constitution and psychotherapy	63	2
7.12.2. Psychogenesis – the nervous system	63	3
7.12.3. Psychogenesis – circulation	63	4

7.12.4. Psychogenesis – various diseases	63	5
7.12.5. Psychogenesis – menstruation, pregnancy, birth	63	6
7.12.6. Psychogenesis – secretions	63	7
7.12.7. Psychogenesis – digestive apparatus	64	1
7.12.8. Psychogenesis – the skin	64	2
7.12.9. Psychogenesis – respiratory apparatus	64	3
7.12.10. Psychogenesis – bibliography	64	4
7.12.11. Special psychotherapy – epilepsy	64	5
7.12.12. Special Psychotherapy – insomnia	64	6
7.12.13. Special Psychotherapy – organic diseases	64	7
7.12.14. Special Psychotherapy – constipation	64	8
<b>7.13. Various Psychotherapies</b>	<b>65</b>	<b>1</b>
7.13.1. The method of Adler, Rank and Bezzola	65	2
7.13.2. Hypnosis – Hypnoidization	65	3
7.13.3. Exercises – re-education – training - occupation	65	4
7.13.4. Emotional shock – “reflex therapy”	65	5
7.13.5. Collective psychotherapy – Couè, Moreno	65	6
7.13.6. Persuasion	65	7
7.13.7. Groupe Psychotherapy	66	1
7.13.8. Counseling Centre	66	2
7.13.9. Psychotherapy – environmental influences	66	3
<b>7.14. The therapeutic group</b>	<b>66</b>	<b>4</b>
7.14.1. The healing group	66	5
<b>7.15. Mysticism and medicine</b>	<b>66</b>	<b>6</b>
7.15.1. Spiritual therapy: healers	66	7
7.15.2. Spiritual therapy: written and printed matter	66	8
7.15.3. Spiritual therapy: quotations	67	1
7.15.4. Spiritual therapy: “fluides”	67	2
7.15.5. Spiritual therapy: Healing centres	67	3
7.15.6. New thought – “Unity” – Curtis	67	4
7.15.7. Spiritual therapy - bibliography	67	5
<b>7.16. Psychotherapeutic program for a clinic</b>	<b>67</b>	<b>6</b>

## 8. International and planetary Psychosynthesis

<b>8.1. National Psychosynthesis</b>	<b>67</b>	<b>7</b>
<b>8.2. Psychology of peoples – general principles</b>	<b>68</b>	<b>1</b>
8.2.1. Americans – North and South America	68	2
8.2.2. Austrians	68	3
8.2.3. Chinese	68	4
8.2.4. Israelis	68	5
8.2.5. French	68	6
8.2.6. Japanese	68	7
8.2.7. English	68	8
8.2.8. Indians	69	1
8.2.9. Italians	69	2
8.2.9.1. The tasks and missions of Italy	69	3
8.2.10. Orientals	69	4
8.2.11. Poles	69	5

8.2.12. Russians	69	6
8.2.13. Spaniards	69	7
8.2.14. Germans	69	8
8.2.15. Various peoples and nations	70	1
<b>8.3. Continental Psychosynthesis</b>	70	2
<b>8.4. United Nations Organization 24 October 1950</b>	70	3
<b>8.5. International and planetary Psychosynthesis – East and West</b>	70	4
8.5.1. Orient and Occident	70	5
<b>8.6. “Internazionale dello Spirito”</b>	70	6
<b>8.7. Psychology of the peoples - bibliography</b>	71	1

## 9. Cosmic Psychosynthesis

9.1. Cosmic Psychosynthesis	71	2
9.2. Grandeur of the universe	71	3

## 10. Psychologists and currents of contemporary psychology

<b>10.1. Freud</b>	71	4
10.1.1. Psychoanalysis	71	5
10.1.2. Exploration of the subconscious – origine and development of psychoanalysis	71	6
10.1.3. Sexual theories	71	7
10.1.4. Transference	71	8
10.1.5. Clinical psychoanalysis	72	1
10.1.6. Conversion of physical symptoms	72	2
10.1.7. Complexes	72	3
10.1.8. Discharge, catharsis	72	4
10.1.9. Therapy	72	5
10.1.10. History of the movement	72	6
10.1.11. Examples and written and printed matter	72	7
10.1.12. Psychosynthesis and Psychoanalysis	72	8
10.1.13. Psychoanalysis: others	73	1
10.1.14. Psychoanalysis: bibliography	73	2
10.1.15. Psychoanalysis: critiques and discussions	73	3
<b>10.2. Jung</b>	73	4
10.2.1. Jung: therapy, goal, stages, individualization, integration	73	5
10.2.2. Spirituality – religion	73	6
10.2.3. Differences	73	7
10.2.4. A conversation with C.G.Jung	73	8
<b>10.3. Adler</b>	74	1
<b>10.4. Frankl and logotherapy</b>	74	2
<b>10.5. Desoille</b>	74	3
<b>10.6. Existential psychology</b>	74	4
<b>10.7. Psychological terminology</b>	74	5
<b>10.8. Courses in psychology</b>	74	6
10.8.1. General psychology	74	7
10.8.2. Synthetic psychology	75	1
10.8.3. The crisis in modern psychology	75	2

<b>10.9. Psychology in the year 2000 (Utopia or prophecy?)</b>	<b>75</b>	<b>3</b>
<b>10.10. Affective psychology</b>	<b>75</b>	<b>4</b>

## 11. Psychosynthesis and parapsychology

<b>11.1. Parapsychology</b>	<b>75</b>	<b>5</b>
<b>11.2. The supernormal psychic faculties and their development</b>	<b>75</b>	<b>6</b>
<b>11.3. The development of parapsychological faculties</b>	<b>75</b>	<b>7</b>
<b>11.4. Parapsychological faculties and nervous disturbances</b>	<b>75</b>	<b>8</b>
<b>11.5. “Sensitives”</b>	<b>76</b>	<b>1</b>
<b>11.6. Telepathy</b>	<b>76</b>	<b>2</b>
<b>11.7. Experiments, general and various instructions</b>	<b>76</b>	<b>3</b>
11.7.1. Experiments in magnetic radiation	<b>76</b>	<b>4</b>
11.7.2. Experiments in mummification	<b>76</b>	<b>5</b>
11.7.3. Experiments in psychometry	<b>76</b>	<b>6</b>
<b>11.8. Parapsychology and spiritualism</b>	<b>76</b>	<b>7</b>
<b>11.9. Psychosynthesis and parapsychology</b>	<b>76</b>	<b>8</b>
<b>11.10. Parapsychology and medicine</b>	<b>77</b>	<b>1</b>
<b>11.11. Art and parapsychology</b>	<b>77</b>	<b>2</b>
11.11.1. Abstract art and parapsychology	<b>77</b>	<b>3</b>
<b>11.12. Italian Society of Parapsychology</b>	<b>77</b>	<b>4</b>
11.12.1. The Florence Centre	<b>77</b>	<b>5</b>
<b>11.13. “Le dimensioni” (7 April 1954)</b>	<b>77</b>	<b>6</b>
<b>11.14. Psychology and the training of “sensitives” (26 April 1952)</b>	<b>77</b>	<b>7</b>
<b>11.15. Preface of the book “Metapsichica moderna” by W. Mackenzie</b>	<b>77</b>	<b>8</b>

## 12. Various thinkers and philosophical currents

<b>12.1. Keyserling</b>	<b>78</b>	<b>1</b>
12.1.1. Keyserling and America	<b>78</b>	<b>2</b>
<b>12.2. Tagore and the woman</b>	<b>78</b>	<b>3</b>
<b>12.3. Goethe</b>	<b>78</b>	<b>4</b>
<b>12.4. Buber</b>	<b>78</b>	<b>5</b>
<b>12.5. Gandhi</b>	<b>78</b>	<b>6</b>
<b>12.6. Meister Eckhart</b>	<b>78</b>	<b>7</b>
<b>12.7. Prolegomenon to Indian philosophy</b>	<b>79</b>	<b>1</b>
<b>12.8. New Thought</b>	<b>79</b>	<b>2</b>
<b>12.9. Rationalisme – idealisme</b>	<b>79</b>	<b>3</b>
<b>12.10. Philosophy</b>	<b>79</b>	<b>4</b>

## 13. Art

<b>13.1. Sculpture</b>	<b>79</b>	<b>5</b>
13.1.1. Michelangelo	<b>79</b>	<b>6</b>
<b>13.2. Painting</b>	<b>79</b>	<b>7</b>
13.2.1. Leonardo	<b>79</b>	<b>8</b>
13.2.2. Raphael	<b>80</b>	<b>1</b>
13.2.3. Reproductions	<b>80</b>	<b>2</b>
<b>13.3. Missing!</b>	<b>80</b>	<b>3</b>

<b>13.4. Poetry and philosophy</b>	<b>80</b>	4
13.4.1. Philosophical and spiritual poetry	80	5
13.4.2. Poetry – Philosophy - Spirituality	80	6
13.4.2.1. Poets- philosophers, poets- mystics	80	7
13.4.3. Francesco Chiesa	80	8
13.4.4. Ryner	81	1
<b>13.5. Correspondences between the arts</b>	<b>81</b>	2
<b>13.6. Artist spectator</b>	<b>81</b>	3
<b>13.7. Spirituality in Italian art</b>	<b>81</b>	4
13.7.1. Savonarola	81	5
<b>13.8. The spiritual significante of Italian art</b>	<b>81</b>	6
<b>13.9. Architecture</b>	<b>81</b>	7
<b>13.10. Bibliography</b>	<b>81</b>	

## 14. Various

<b>14.1. Affinity</b>	<b>81</b>	8
<b>14.2. Cinema</b>	<b>82</b>	1
<b>14.3. Quotations</b>	<b>82</b>	2
<b>14.4. Complexity</b>	<b>82</b>	3
<b>14.5. Money</b>	<b>82</b>	4
<b>14.6. Pain</b>	<b>82</b>	5
<b>14.7. Elisabetta della Trinità</b>	<b>82</b>	6
<b>14.8. Ford</b>	<b>82</b>	7
<b>14.9. I Ching</b>	<b>82</b>	8
<b>14.10. Letters</b>	<b>83</b>	1
<b>14.11. Language and style</b>	<b>83</b>	2
<b>14.12. Magic</b>	<b>83</b>	3
<b>14.13. Death</b>	<b>83</b>	4
<b>14.14. Reconstructionism</b>	<b>83</b>	5
<b>14.15. Psychological relativity</b>	<b>83</b>	6
<b>14.16. Writing</b>	<b>83</b>	7
<b>14.17. Statistics</b>	<b>83</b>	8
<b>14.18. Translation of the book – additions and modifications</b>	<b>84</b>	1
<b>14.19. Man and the machine</b>	<b>84</b>	2
<b>14.20. “La Voce”</b>	<b>84</b>	3
<b>14.21. Yoga</b>	<b>84</b>	4
14.21.1. Hatha Yoga	84	5
14.21.1.1. Yoga – second meeting (4 March 1962)	84	6
14.21.2. Pratyahara	84	7
14.21.3. Yoga: bibliography	84	8