

# THE HEART AND THE PSYCHOENERGETIC VISION

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*“The most important function of psychology is to help us to know, to become aware of the human being and to understand him: first ourselves and then the others.”*  
(R. Assagioli)

To advance and educate us on the path of life, Assagioli opens, among others, the doors to Psychoenergetics, a psychology that investigates the forces existing in the universe and states: “Every entity from the grain of sand, to thought, to man, to the star, is a living, thinking, conscious energetic entity.” He adds: “One of the concepts that needs to be realized, not only intellectually, is that we ourselves, and the Universe outside of us, are mental in nature.”

Conscious Energy is a vital impulse that moves, that inspires, that ‘thinks’ and determines the evolution of all the entities of the universe, always and forever.

Only if we are aware of ‘conscious’ energy will we acquire visions closer to the reality of ourselves and the world. We will understand that because we are part of the One energy, we are in close affinity with the All that surrounds us in both the small and the large. We must, therefore, educate ourselves to be open to a new conception of ourselves and the environment, of which we are an integral part. There is a profound difference between contemplating a universe that is superior to us only in size and a universe superior to us in depth of consciousness and intelligence and for which we must educate ourselves to be collaborators.

We look, therefore, with Psychoenergetics, beyond the usual frontiers and try to acquire a grain of intuitive understanding.

Assagioli continues: *“Everything is Life and composed of living Entities. The Universe is a living entity. We can*

*say that Reality is composed of living energies of Lives or energetic Entities. This concept of the Universe has recently been increasingly adopted by scientists, who have recognized that matter does not actually exist; that it is an appearance produced by the exchange of currents of energy (...) The universe begins to look more like a great thought than a big machine.”*

Entering the reality of the energetic Whole generates new visions and new evaluations in understanding what happens in us and in our relationship with the world.

Vittorio Viglienghi writes: *“What then distinguishes the Fifth Force of psychology (Psychoenergetics) from those that precede it? Essentially to consider thoughts, affective states, perceptions in an objective and ‘concrete’ dimension, not simply as subjective psychological experience. For Psychoenergetics a thought, an impulse, a feeling are autonomous and self-consistent forces, while for classical psychology they are not very well defined expressions of the psychic structure of the individual and his experience. This psychological model develops a knowledge that unifies hitherto separate fields, in a single synthetic and multi-disciplinary body.”*

Psychoenergetics helps to develop the awareness of how the energy of our thoughts, emotions, attitudes, affects interpersonal relationships and the forces of the mineral and plant kingdom that surrounds us.

We are part of a broad energy system. A universe that has only physical dimensions, excludes us. Instead, a universe that is the manifestation of conscious, thinking energy, welcomes us, addresses us, dialogues with us, and, when we are included in something, the need arises to understand our relationship with those who welcome us.

To face this new vision, the willingness to suspend any closing judgment is required. Too often we neglect, ignore, we do not educate ourselves to see the relational treasures at our fingertips.

Psychoenergetics has the sure merit of not deviating, with arbitrary jumps, from the bed of the great river of the psychological path. Updating oneself today in psychology also means moving towards energy

horizons with a vision that is not static, but that changes and evolves in constant comparison with the sciences. Psychology does not divorce itself from the problems of other sciences, but faces the commitment of the enterprise to understand them in order to continue, enriching, on its own path. Often, we are content with thinking about the scientific future only from time to time, and then falling back into the concepts of the past. It is not enough to dedicate occasional thoughts to it, we must tune our consciousness to it. Let us free ideas from ties and chains. There is nothing static. Let the imagination be free to advance. Let us push our mental forces in the search for intellectual knowledge and, also, educate the forces of our heart to the energetic relationship with all human creatures, animals, plants, minerals, going beyond what the intellect proposes. The mind is certainly indispensable as a first approach, but only if, more and more, we educate ourselves to perceive the conscious and thinking energy produced by our heart, when we relate to the entities of any nature that surround us and, like us and towards us, emit energy of life and relationship.

We forget the substantial essence of what surrounds us; we perceive it, we define it, we know it, only as a reality that offers tactile, visual, olfactory sensations, etc. This knowledge is for us purely a mental fact. We do not consider it a living entity. We do not reflect on what Assagioli invites us to think, with somewhat occult words: *“Matter does not exist for itself; matter is nothing but objectified Spirit. It is because it is Spirit.”* Only by educating ourselves to work, perceiving the energy emitted by the heart, can we activate the force, which when brought out in us, leads to integration, inclusiveness, Unity with the Whole. To perceive and express it operationally, it is necessary to give the maximum of our energy in educating ourselves to repudiate separative thoughts with others, with the spider and with the neighbor. The heart does not fulfill its mission of energy relationship, if in the mind thoughts flow uncontrolled like flies on food.

The psychoenergetic vision requires, even more than previous psychological schools, the control of mental

tendencies and the heart to perceive the messages of the thinking and conscious energies of the environment. Nature vibrates energetically and has consciousness. The minerals themselves possess a consciousness albeit embryonic and remote from ours. Their energies act beyond the limits of our imagination. A crystal can rebalance our energy with its vibrations. The stones without our knowledge ‘call us’, or exert on us an attraction resulting from energetic resonances. Our heart, if we educate it to the relationship with the Whole, can learn to perceive them. If our heart has never felt a stone that ‘calls’ it, let’s enter a crystal shop and relate to it. Let’s not stop at visual and mental attention. Before evaluating the purity, perfection, commercial value, etc. of minerals, let us be absorbed with simplicity... with the relationship of our heart with those living entities waiting for the resonance with them to inspire in us ‘an energy of sympathy’. The choice of a mineral indicates that the psychic energy of our heart has desired it and vibrates in resonance with that conscious entity. Let’s trust our intuition! That is the mineral with which to activate a ‘friendly’ relationship!

The stone, accumulator of telluric and cosmic conscious energies, is a link between earth and sky. This psychoenergetic concept is obvious, well known, but let us ask ourselves if we have educated our heart to the energetic relationship with the stone or in us there is only a mind that describes its mineral characteristics. The stone vibrates like a musical instrument. Such knowledge was known already in ancient times. Gothic cathedrals are real books of stone, which pass on extraordinary knowledge. They are energetic harps tuned by the master builder and played by men to rejoin the music of the spheres. The same happens by entering nature and dialoguing with trees or flowers.

The psychic energy that we produce with thoughts, is never neutral, it is charged with high or low frequency vibrations that spread through space. Rage, anger, fear, create fields of low disturbing energy frequency, perceived by other entities - first by animals and plants, last by other human beings. This is obvious and well known, but we remember it only occasionally. Let us

educate ourselves, therefore, to the constant investigation of the energies that move within us. Let us ask ourselves if we owe a debt to the energy of the heart, an essential factor in existence.

Let us appropriate the exercise of dis-identification, but let us also appropriate the exercise of identification with the energies of our heart when we encounter other entities. Let us learn to recognize the messages that are generated and transmitted there. Listening to it, we will realize that we are enveloped by a myriad of manifestations that move energies in us, sensations that do not fit into the schemes of our usual materialistic vision.

Those who do not have the energetic vision and use only the physical heart, may be overloaded with knowledge, but remain without wings! The heart finds the elevating way between the labyrinths and contradictions of the mind. It shows us the winding line between what is valuable or insignificant. The heart measures and captures the energetic qualities present in us and in those around us. To proceed on the path of constructive encounter with the Whole, only the heart can lead us. It whispers the best advice.

It opens unknown paths and one day will make us dialogue with the cricket on the lawn, not only with Pinocchio's cricket. Let us not consider ourselves inhabitants of a remote celestial periphery. Geometry reminds us that in infinite space every point is at the center. Each of us is, therefore, at the center of the Universe, whether we are in Canicattì, in Varese, or traveling to Alcione. It is, therefore, very appropriate to know how to dialogue with whom we meet.

The techniques of meditation with the awareness of the energetic vision and the heart are roads that lead to the unitary and harmonious state with the Whole. Let's go through them and reflect on the meditative words proposed by Assagioli to find our place in the Universe. *“Let us gather in silence and let ourselves be pervaded by the infinite greatness of the Universe, by the breadth of its rhythms; let us feel like small particles in it, similar to myriads of other particles, one of the millions of*

*inhabitants of a small globe, itself one among millions of other globes. By entering into this meditation there will take place in us little by little, or sometimes suddenly, a “Copernican revolution” and true relations will be established between us and it. By a curious psychological paradox, instead of feeling diminished and humiliated, we will feel almost a sense of expansion, of a new dignity. And, losing our false sense of importance, the presumption of pride and personal merits, feel within us the value of the universe and the proper pride of being aware of it, that pride that makes Pascal say: “Man is a weak reed, but a reed that thinks”.*

Assagioli continues and advises: *“After this meditation let us return to the efforts of ordinary life, more serene, better, with the clearest vision also for practical problems. And may the echo remain in us and help us even in difficult and painful moments.”*