

12TH INTERNATIONAL MEETING AT CASA ASSAGIOLI



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Casa Assagioli Experience, 18-21/9/2025

I don't quite know where to begin in telling my experience at Casa Assagioli. I'll try in alphabetical order, to give some kind of structure to the mare magnum of thoughts, feelings, and impressions I brought back home.

Raffaella Disavio

Accettazione – Acceptance

An immediate sense of welcome and freedom to be as one is.

Bellezza – Beauty

Tuscany, the hills, Florence, the light, the sky, the elegance of palaces and houses. And of course, the beauty of Assagioli's home, which exudes his presence.

Centro – Center

The renewed, deep, indestructible awareness that what really matters is the Center. To use Gurdjieff's words: "Remember yourself."

Dedizione – Dedication

The care with which the Alle Fonti group and the collaborators dedicate themselves to the house, the objects, the texts, the people, has immense value. It is Service, in its highest sense.

Energia – Energy

Streams of light and warmth, images, sensations, emotions, a continuous flow. "It is neither created nor destroyed, but transformed."

Fiori – Flowers

Flowers at the center, the white rose, flowers in mandalas, flowers in the garden. To remind us that we are nature. And that we live in impermanence.

Generosità – Generosity

The choice to open the doors, to make available to everyone the precious materials. The courageous decision to let anyone touch, smell, leaf through Assagioli's writings, his books, his spaces.

Humour

Laughing together is wonderful. And healthy, light, intelligent humour is truly a miracle of communion.

“Imagine”

Dancing together in the garden. *“I hope someday you’ll join us and the world will live as one”*

Lettere – Letters

And then books, journals, notes, notebooks, “assagiolini”, newspapers, random slips of paper. Full, rich, dense words. Words that open, that stimulate, that connect to other words. The search for meaning, intuitions, connections. New understandings.

Meditazione – Meditation

Being able to sit at Assagioli’s desk, and to lead for EPA (European Psychosynthesis Association) the morning meditation for World Psychosynthesis Day, in connection with so many people from around the world. A privilege I never imagined I could experience, and for which I will always be deeply grateful.

Nutrimento – Nourishment

Food for the body: vegetarian, abundant, delicious. The maternal care with which we were looked after. Food for the emotions. Food for the mind, food for the soul. A sense of fullness, recharge, deep satisfaction. The desire to give back, in some way, what I have received.

Ombre – Shadows

I also clearly saw some of my own shadows: the inner judge, the tendency to separate, projection, insecurity. Work to be done, as always.

Party

The last evening’s party, which I did not attend, must have been truly epic. Next time I’ll pace my energy better.

Quantità (di esperienze) - Quantity (of experiences)

Circle, poems, rituals, chalks, buses, sheets, candles, sharing, glances, dances, stones, lives, lunches, dinners,

meetings, heat, stairs, research, Florence, accents, mandalas, friars, hills, pastry, cloister, silences, body, soul, chatter, water, gardens, sun, writing, words, network, human, insights, slowness, listening, stamps, photographs, messages, smiles, tears.

Too much? Let it settle, distill.

Ritornare – Return

It felt a bit like coming home. To the Sources, precisely. To the roots. The pebble remained there, in the heart of Psychosynthesis. I am sure we will meet again.

Silenzio – Silence

The word with which I began and ended. A clear message.

Tenerezza – Tenderness

Some encounters, some contacts, some stories opened a passage. An inexpressible tenderness for human fragility.

Unità (nella diversità) - Unity (in diversity)

A heterogeneous set of lives, experiences, ages, nationalities. Some wonderful young people, different continents, an unlikely and diverse humanity that, as in a perfect manual of the psychosynthetic process, eventually revealed itself to be united and deeply in contact.

Humanity. Communion. Connections. I use this word with caution, but it was there: love.

Vanità – Vanity

My vain subpersonality received various stylistic compliments. She will be satisfied for a while.

Zanzare – Mosquitos

Many, aggressive, inevitable. They ate me alive despite all the protection.

Yet, unlike how I would usually react, the temporary annoyance appeared to me for what it is: temporary, indeed.