

SILENCE AND WORDS

EXPERIENCES AND EDUCATIONAL PERSPECTIVES IN PSYCHOSYNTHESIS



From the 2025 Training Meeting in Vallombrosa (FI) - Italy

Introduction

The training meeting held in Vallombrosa from 28 to 31 August 2025, entitled “Silence and Words – The Art of Finding One’s Way in Life”, provided a space for experiential deepening and theoretical reflection on the role of silence and words as tools for knowledge, relationship, and transformation, intertwining artistic practices, bodily meditation, and theoretical contemplation. This article offers a summary of the contributions presented and the reflections that emerged, highlighting the need to integrate artistic, bodily, and spiritual dimensions with the scientific and methodological updating of trainers. Psychosynthesis is configured as a dynamic approach to education and personal growth.

The Programme

The meeting opened with remarks from the president, Sergio Guarino, who reported an increase in the number of members and a stable financial situation, reassuring everyone about the Institute’s future. Vice president

Annalisa Gasperi presented the report on the Self-Training Course, which was held nationally (mainly online and in person at the Institute’s headquarters). Together with Lucia Bassignana, a trainer at the Institute, she also shared an account of the recent training intervention organised in Budapest.

The days alternated between sessions of theoretical-experiential and reflective character, summarised in the speakers’ contributions.

Lucia Bassignana and **Sabrina Mezzaqui** opened proceedings with **Sacre Conversazioni** (Sacred Conversations), a collective ritual where the silence of images and the synthesis of words fostered the distillation of inner meaning. The images, drawn from contemporary artworks, on paper and some projected on the big screen, created the right atmosphere. Here is a summary of the experience: *Remaining silent in front of the image, Narrating the encounter, Distilling the experience into a word.*

Barbara Garzone, in the space dedicated to morning meditations, proposed psychocorporeal practices of deep listening, **Con le mani, con i piedi, con il cuore** (With hands, with feet, with the heart), aimed at reactivating communication with one’s deepest self. *The experience can be described as a journey of listening and awakening of the body, through physical contact and sensory memory, leading to an opening of the heart and connection with the Universe.*

Giovanna Baranzoni, with her contribution, **Dal Silenzio nasce il Suono** (From Silence Comes Sound), guided a path on awareness of the present moment, in dialogue with Assagioli’s teaching on the connection between silence and creative speech. Being present and self-aware, using silence and breath to fully live the moment.

Agata Motta, in **La via del silenzio** (The Way of Silence), reflected on the value of silence as a space of authenticity and truth, enriching the experience with meditative and literary exercises. Here is the trainer’s comment: *“The meeting followed the thread of Silence, understood as a constitutive condition of being and*

not only as the ability to refrain from speaking or daydreaming.”

Anna Zampieri presented the biological implications of gentle communication, emphasising the transformative value of empathetic speech: **La Parola Gentile come espressione** (The Kind Word as Expression). Here is a summary of her speech in her own words: *“Kindness born in the heart is the soul going towards the other with gentleness. It is the ability to give unconditionally and lovingly. But one must know how to listen to be kind. Every kind word is a step towards a better world. Kindness is to exist: now, with love, for love, in love.”*

74 **Carmelo Percipalle** and **Suzane Sturmer**, with **Dare voce a noi stessi** (Giving Voice to Ourselves), combined poetry and music, showing the evocative power of voice and sound. In these two sessions, participants were guided on a journey to self-discovery through poetry in music, allowing them first to hear the sound of their own voice in order to open up to others. The aim was realised in rediscovering the simplicity and pleasure of

everyday life. Music in poetry can help one feel LIFE that is already within oneself. The power of music as an evoker of poetic inspiration was explored.

Elena Morbidelli presented **L’inventario della personalità** (The Personality Inventory) as a tool for self-knowledge, useful in self-training paths and other educational contexts. *“It represents a valuable map for beginning to know oneself, explaining how and when to use it during the workshop.”*

Francesco Lamioni, through **La via dei fiori** (The Way of Flowers), presented the art of Ikebana as a metaphor for psychosynthetic life. In his workshop, Francesco recalled that *“Assagioli considers living as a true art, the greatest of all. In traditional Eastern arts, such as the Japanese art of Ikebana, we find not only the pursuit of aesthetics but above all a spiritual path aimed at achieving a harmonious and meaningful life. Thus, practising Ikebana becomes an exercise that can stimulate and contribute to fostering the art of living, in tune with the psychosynthetic perspective.”*





The event concluded with a contribution from **Piero Ferrucci**. Joining online, he offered participants a psychosynthetic visualisation that allowed them to explore the transpersonal dimension.

Participation

The most significant quantitative data concerns the increase in participation: 40 trainers attended out of 110 entitled, an increase of about 65% compared to the previous year (in 2024 there were 25 participants). Nevertheless, in some areas, there remains a perception of weak community belonging and training interventions that are not always incisive. The future challenge is therefore to strengthen the sense of collective identity, promoting motivation, a spirit of service, and stronger intergenerational interconnection.

Some Comments from Participants

As always after these meetings, I am left with the impression of having dreamt. I still feel surrounded by

the atmosphere of the place, the woods, the charming but antiquated hotel, with its more than century-old lift... tomorrow it will close, and I think of one of the works presented by Sabrina: what do the rooms do when the visitors leave... a feeling of peace, of love, the awareness of now being part of a special group. I thank everyone, those who organised, those who prepared the sessions, those who lovingly arranged our "journey" to and from Florence. See you soon! Daniela from Messina

A glance, a smile, a hug, care and networking (man is not an island... and this is a very important aspect to convey as facilitators, trainers, directors) learning to be hollow vessels (as Francesco said) making Soul... these are the foundations, then the content follows. Once home... I thought about you all a lot. A hug to everyone. Lara

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An Analysis of the Training Experiences

Participants provided feedback on the training sessions via a Google Forms survey. This made it possible to collect very useful information, which will be used for organising the next edition.

The qualitative responses highlighted the main concepts learned during the sessions, including the importance of listening, the value of silence, inner awareness, and the centrality of relationships. Participants described the sessions as intense, nourishing, and well organised, suggesting to strengthen the role of the organising group and to better balance the programme.

Looking to the future, proposals for 2026 include maintaining the current format, with the introduction of sharing spaces and linking the event to the centenary of Psychosynthesis. Among the suggested themes for future sessions are key words such as love, nourishment, psychosynthesis, future vision, and the treasure of human being.

These results and suggestions offer a solid basis for further improving future editions of the training sessions, ensuring ongoing development and enrichment for participants.

The Role of the Trainer

President Sergio Guarino led the interventions on the final day, which was devoted to reflection on the role of the trainer and facilitator within the Institute. Some fundamental guidelines emerged:

- the need for constant updating, also in dialogue with neuroscience, quantum physics and epigenetics;
- reorganisation of training times, with shorter sessions and targeted in-depth spaces;
- enhancement of active trainers in Centres and accompaniment of new trainers through supervision and peer review;
- exploration of new teaching methodologies, such as co-facilitation and the use of artistic tools (with differing views on theatre).

Conclusions and Prospects

The Vallombrosa 2025 meeting emphasised the importance of trainers and facilitators not only as transmitters of knowledge, but also as models of service, gratitude, and shared responsibility. Psychosynthesis, in its theoretical and practical dimension, is confirmed as a dynamic paradigm, capable of integrating heterogeneous knowledge and serving as a tool for the growth of individual and collective consciousness: the fundamental and indispensable knowledge and skills, developed through the main disciplinary content, are preparatory to the promotion of competences.

This year's meeting reiterated that silence and words are not only communicative tools, but true vehicles of individual and collective transformation. Psychosynthetic training, to remain vital, must continue to be nourished by a dual movement: openness to scientific and technological innovation and rooting in practices that cultivate interiority, relationships, and a spirit of service.

The next meeting is scheduled for 27-30 August 2026. The topic and programme will be defined later, based on the proposals of the Institute's trainers and facilitators.

During these training days, topics and experiences emerged that touched mind, heart, and relationships. We worked on the personality inventory, on meditations, on kindness, on the integration of body, emotions, and thought. At the same time, the dimension of the group was strengthened, thanks to deep listening, free and creative sharing, conviviality, and mutual respect. The value of Us over I was clearly seen: the willingness to be of service, the humility to start over, the ability to adapt and be surprised, the joy of sharing. These days reminded everyone of the importance of change and openness to new possibilities, giving a glimpse of a future full of educational experiences to live and build together.

An opportunity to continue the path of integration and renewal, reaffirming the vocation of psychosynthesis to be a place of dialogue between science, spirituality and human education, between tradition and new paradigms of knowledge.

Massimo Pedicone
_____ on behalf of the Organising Committee