

100 YEARS OF PSYCHOSYNTHESIS WHAT'S NEXT?

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On May 4, 1926, Assagioli inaugurated the Institute of Culture and Psychic Therapy in Rome, where he lived at the time with his wife. In 1933, it would take the name of the Institute of Psychosynthesis and be moved to Florence.

According to Article 2 of its Statute, the Institute aimed to “*contribute to the physical, moral and spiritual renewal of the individual and the lineage, promoting a better and more effective expression of interior energies and carrying out a work of prevention and psychological care against the ailments that threaten physical and moral health*”. (Cited in: *The Venetian Master, the novel of the life of the founder of Psychosynthesis**, by S. Guarino, Balzano ed., 2024.)

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The centenary offers us the opportunity to take stock of the situation, evaluate the work done, and project ourselves into a present-future, along guidelines considering the current needs of humanity and the world. Over the past 100 years, thousands upon thousands of people have attended Psychosynthesis courses, learning to understand themselves, becoming more aware of themselves and their place in the world, and better managing their personalities and relationships. They have brought the values of Psychosynthesis into their professional and family lives, explicitly or implicitly. We receive countless testimonials.

I believe that for all of us who are part of the Institute of Psychosynthesis, our encounter with it, often through astonishing synchronicities, as if we had been called, represented the beginning of a major turning point in our lives. It provided answers to a more or less conscious inner search, to multiple questions about our existence, the meaning and value of our lives, and the practical ways to live and bring harmony to ourselves and our relationships. It opened us to broader, spiritual visions that go beyond the ordinariness of our personalities.

And today? Is Psychosynthesis still relevant? Let's ask ourselves what the world needs today. There are universal and perennial needs to which Psychosynthesis can provide an answer: the need for peace, for harmony

within oneself and in relationships, mutual respect and respect for the environment, loving understanding and respect for differences, interconnection with others and with nature; giving meaning and value to one's own life and that of others, responsibility towards oneself, others, and the ecosystem.

Let us think about what has recently mobilized millions of people of all ages, who have filled the streets to demonstrate for peace, justice, the environment, and a life of dignity; about the acts of generosity and love that people are capable of, which are often hidden by news reports of violence, hatred, and conflict.

There is an ever-increasing need to develop those higher qualities that Assagioli called psychic medications: love, compassion, gratitude, joy, kindness, attentiveness, a sense of beauty, etc. which can create coherence and elevate the Earth's energy field.



The ancient Delphic invitation, of Socratic memory, to know oneself, one's authenticity, one's true Self, is always relevant. This way, one no longer needs to hide behind masks of fictitious narcissistic omnipotence, but instead feels a sense of belonging to the Universe and the sacredness of life and of the human being.

The world today seems dominated by Power and Profit, to which, as neurobiologist Daniel Siegel says, we must counterpose Relationship, Reciprocity, Responsibility, Redistribution.

Psychosynthesis provides excellent answers to this need and practical ways to proceed in this direction, a practice for living better.

More and more often, people are coming to Psychosynthesis courses motivated not only by personal, relational, or existential challenges, but also by spiritual exploration. These professionals already work in the health and healing fields and see Psychosynthesis as an additional opportunity, a broader and more elevated vision.

Furthermore, since the Covid era, like many other schools and institutions, we have had to update and adapt with technological means, promoting online courses, which have been appreciated and have made it possible to reach distant people, for whom would have been prohibitive to travel.

As for the future, I believe that joint and shared reflection among the various Psychosynthesis centres can lead to proposals. For example, strengthening social media outreach, increasing youth involvement and

empowerment, and establishing an institutional presence in various educational, social, rehabilitative, and personal care settings — although much is already being accomplished through the initiative and widespread efforts of those trained and working in these areas — reviewing the Institute’s structure to move from an obsolete, top-down model to a new one where roles and responsibilities are divided and rotated.

I believe that Assagioli’s definition of Psychosynthesis in the educational field is more relevant than ever: *“Psychosynthesis is a method of self-training and psycho-spiritual realization for all those who do not want to accept remaining slaves to their internal ghosts and external influences, to passively undergo the play of psychic forces that takes place within them, but want to become the masters of their own internal realm”*.

The world today desperately needs this to build true peace and harmony among people, and Psychosynthesis can provide an answer to this need.

