

SPECIAL EVENT HUNDRED YEARS OF PSYCHOSYNTHESIS

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Roundtable with Annalisa Gemma Gasperi, Elena Gualandi, Margherita Fiore, and Lina Malfiore (from left to right)

In 2026, the Institute of Psychosynthesis celebrates its centenary. To mark this milestone, the Varese Centre brought together long-time members, early supporters, and younger generations for a day interweaving history, memories, experiences, and future perspectives.

After revisiting the figure of Roberto Assagioli and the history of the Institute through the testimonies we heard—introduced by images and narratives on Psychosynthesis—we meet four women—Annalisa, Elena, Lina, and Margherita—who have transformed their lives through Psychosynthesis. Their stories reveal a psychosynthetic path developed over time, offering a sense of direction. Their voices also create an intergenerational ideal bridge connecting the past, present, and future of Psychosynthesis.

The event takes place in the beautiful wedding hall of the Municipality of Varese. Facing our guests is an audience of around fifty people, intrigued by the celebration of this important anniversary. With a deeply personal narrative, each of them shares her story.

Each has a different background, a precise moment when Psychosynthesis entered her life: how that encounter took place, and what she was seeking at that time.

Elena - I encountered Psychosynthesis at the age of 16, in 1986. At that time there was no internet, nor the many opportunities for personal growth and development available today. Despite this, I strongly believe that my encounter with Psychosynthesis was not by chance, and that even among many alternatives, it was the right one for me at that moment—something that resonated deeply and would later change my life.

The messenger was my father, who brought home, along with my schoolbooks, a leaflet announcing three introductory lectures titled “*Know Yourself, Master Yourself, Transform Yourself.*”

That evening, as I listened to the speaker, I felt a deep resonance with the psychosynthetic vision: an incredible clarity and certainty echoed in my mind— “I want to do what this woman is doing (Luce Ramorino), I want to

dedicate myself to Psychosynthesis.” It was a karmic, soul-level encounter. And so it was.

Lina - It was 1996, thirty years ago. A friend suggested I attend a lecture by Enzo Liguori titled “*Where There’s a Will, There’s a Way*.” I was 41 and had been attending an esoteric school—ARDA—for a year, in search of the Soul. The lecture fascinated me: I quickly recognized a resonance with what I was studying. I approached Psychosynthesis not out of inner distress, but out of curiosity and a desire to find answers about life and the human being.

Margherita - It was 1991. I had been separated for a year and was searching for answers. I was 32 and had two young daughters. A friend told me about a Bio-psychosynthesis course in San Fermo, and I thought it was a form of physical exercise. I went to the Centre, realized it was not what I had expected, but decided to stay. I discovered that the Director was Piermaria Bonacina,

who had nourished my inner life years before. It was like those moments in a creative process when you search for one thing and end up finding something else.

Annalisa - It was 2003. I had been a mother for three years and was living in a place that had welcomed me for ten years. I was searching for a way to pass on roots and traditions to my daughter. Walking through Bolzano, I was drawn to the Psychosynthesis logo on a doorway. The director, Ulderico Micocci, welcomed me and during our conversation I spoke of my desire to “reorganize my inner cellars.” I will never forget his smile and his words: “You are in the right place!”

A question about the present arises: what brought you here today, to share your story with all of us?

Lina - For me, being here means honoring a commitment I made many years ago with Psychosynthesis: the commitment to share and spread it.



Event: 100 Years of Psychosynthesis – Wedding Hall – Varese Town Hall

Margherita - I have remained faithful to a purpose, like an inner marriage that takes outer form: carrying forward a project like this and spreading Psychosynthesis.

After that first encounter, the journey continued. Each of you deepened and integrated Psychosynthesis over time.

Elena - It all unfolded from that initial intuition. Alongside my academic studies, I continued my training in Psychosynthesis. Around the age of 27, I moved from student to teacher: I began giving my first lectures and courses, eventually becoming a trainer. It was precisely in preparing to teach that my inner work deepened further.

Lina - I first attended the introductory course, then the self-training course. Later, I began collaborating with the center, initially speaking about fairy tales and their symbolic meanings, and then addressing Psychosynthesis themes through lectures and courses.

Margherita - Like in a relationship, there was a phase of falling in love and discovery—the “emerging state”—when I immersed myself in courses, seminars, everything that was offered. I was hungry for knowledge.

Annalisa - At various stages, my path brought me the desire to share and give back what I had received: from the method itself, from the relationships that grew, and from experiencing life as it unfolds. Alongside the self-training course, I attended workshops, seminars, and every activity offered by the Center. My “hunger” to reorient my life was strong.

Perhaps the deepest question: what does Psychosynthesis concretely transform in those who practice it?

Margherita - After 35 years of practice, what I can share is the ability to pause, observe oneself, and ask questions. It may seem paradoxical: I used to seek answers; now I have learned to live with questions, knowing that each answer is a starting point for further exploration. Transformation may take a long time to develop and then occur in an instant. Psychosynthesis

has taught me attentiveness—the ability to devote time and care without forcing outcomes.

Elena - I experienced this especially through disidentification. Assagioli said that “problems are not solved, they disappear.” This seemed enigmatic until I understood that a problem often dissolves when we stop seeing it as an insurmountable obstacle and accept it as part of reality. We can manage and master what we disidentify from.

Lina - First came intellectual understanding and study, then practice, which allowed Psychosynthesis to penetrate so deeply that by the time I realized I was changing, I was already fully engaged. It gave me a method for inner work. Observation is the foundation of awareness: there can be no awareness without learning to observe oneself with detachment, as Assagioli would say.

Psychosynthesis is not only theory—it is above all practice, a daily exercise. What does it teach in concrete terms?

Elena - It teaches us to connect with our own Truth, to understand that we are more than a physical body, more than emotions and thoughts. It shows that there is a state of awareness that precedes thought—this is what must be sought and contacted. It is that “eternal, immortal, perfect point of fire” described by Assagioli.

Lina - I would summarize its teaching as “being present to myself,” which means being self-identified in the “I.” This is the basis for self-governance. If there is a directing center—the “I”—then there is the possibility of choice, and therefore a chance to move beyond conditioning and automatic patterns.

Margherita - If I had to summarize it in one word: Observation, Direction, Meaning—reflected in the motto: *Know, Master, Transform*. I initially turned to Psychosynthesis out of need, to solve my problems using simple techniques. But when I moved from practice to an inner path, crises emerged. By then, however, I had

developed the trust that obstacles are part of the journey. **Annalisa** – Psychosynthesis has taught me to give space and time to myself, to change my perspective on life events. I have learned to embrace my more fragile parts and welcome difficulty as a resource. This comes from observing myself, asking clear questions without expecting immediate answers, moving from “why?” to “how?”, and holding together “both/and.” Within the group, I felt welcomed—it became easier to open up and recognize even uncomfortable parts of myself in others.

Psychosynthesis has not remained confined to centers. Each of them has brought it into life, work, and community.

Elena - It is within me: I use it in daily life and with my clients, often silently, seeking a deeper connection with the other person’s Soul through an inner attitude that a sensitive heart can perceive.

Lina - Over the years I have taught Psychosynthesis in associations in Lombardy, Italian-speaking Switzerland, and at UNI3. I have also written books on the symbolism of fairy tales and myths from a psychosynthetic perspective.

Margherita - Especially this year, I have been invited to libraries and community centers that promote paths aligned with Psychosynthesis. It is a new dimension of my journey and I find this experience both stimulating and meaningful for its dissemination.

Annalisa - Together with colleagues, we have organized workshops in nursing homes, high schools, and with migrant women to support social inclusion. Psychosynthesis can be brought wherever there is fertile ground.

A fundamental question: was Psychosynthesis a chance encounter or a conscious choice?

Elena - As I said, it was not by chance. It brought together my need for psychological understanding with deeper spiritual dimensions. One of the best definitions I know describes it as “a psychological translation of a

great spiritual vision of life.” It presents the human being as a bio-psycho-spiritual entity—an innovative view at the time, and one that resonated with my experience.

Lina - I arrived at that lecture almost by chance, but then chose to stay, like someone in love who cannot let go. Psychosynthesis is a psychology with a Soul, and the psychology of the future. It proposes a harmonious synthesis of the human being around a center and the expression of our highest potential: the conscious union with the Self or Soul and its manifestation in life.

Margherita - Its completeness and freedom of experimentation. Self-training activates our specific resources. We are not the end goal—we are the means to give back to the world the best part of ourselves. It is a passage from self-training to self-realization: as Daniele De Paolis says, “we become real.”

Annalisa – Psychosynthesis leads me to discover inner spaces of freedom, to live and express with trust and respect. It is a complete path that begins from within and brings forth talents and resources, enabling more authentic relationships.

To conclude: if you were to name your encounter with Psychosynthesis, what would you choose? Is there an image or symbol that represents it?

Elena - I would call it “Love at first sight.” The symbols I associate with it are three flowers: the Rose, the Lotus, and the Dandelion. The Rose symbolizes the Self blooming into the world. The Lotus represents transformation—“no mud, no lotus,” as Thich Nhat Hanh said. The Dandelion symbolizes the strength of gentleness and rebirth, capable of spreading its seeds far and wide—just as we hope Psychosynthesis will continue to do.

Annalisa - My symbol is the Ouroboros: the ancient image of a serpent biting its tail, forming a circle. It represents eternity, infinity, cyclicity, regeneration, and the union of opposites—a circle that always returns to itself, yet never truly closes.

We thank Annalisa, Elena, Margherita, and Lina for their sincere, open, and generous participation.

Through their words, we have touched on many of the formative and transformative aspects of Psychosynthesis, confirming something well known to those who practice it: it is, above all, an experiential path, lived on a daily basis. One of the strongest teachings that emerges is that

growth does not come from seeking answers, but from learning to ask the right questions. It is a subtle yet profound shift from the more common tendency to seek constant confirmation. Leaving a Psychosynthesis meeting with one more doubt, something unresolved, not entirely satisfied—this is often a sign that something has begun to shift.

Psychosynthesis does not promise definitive answers. It offers something more valuable: the search for meaning. And there, a glimpse of light appears.

