

TABLE OF CONTENTS

THE STORY OF A BOOK: “ROBERTO ASSAGIOLI, PSYCHOSYNTHESIS AND TUSCANY. THE ROOTS OF A UNIVERSAL THOUGHT”

ELENA MORBIDELLI PAG 9

A narrative account of a book's genesis. This is how Elena Morbielli introduces the creation of a new book on Assagioli's life in relation to Tuscany, which welcomed him and saw him play an active part in Florentine life, from his contributions to the magazines Leonardo and La Voce in the 1920s, right up to his final days in Capolona.

Alessandro Berti, a well-known scholar of Assagioli's biography, and Lucia Bassignana contributed to this work. The book can be requested free of charge from Regione Toscana by following this link: <https://www.consiglio.regione.toscana.it/frame?page=richieda/pubblicazioni>

PSYCHOSYNTHESIS TOWARDS THE FUTURE

ANDREA BOCCONI PAG 11

Every anniversary celebrates the past and invites us to look toward the future. Andrea Bocconi's speech – delivered at the centenary celebrations of Psychosynthesis in Varese – is highly interesting, as it sets out the future prospects for Psychosynthesis. Perhaps the story of the Venetian psychotherapist – who had made Florence his home – and the anecdotes about him, so dear and familiar to all those fond of psychosynthesis, will no longer be told; but Psychosynthesis will be found in new and different fields and areas of expertise than usual. Andrea talks about it at length and with genuine engagement.

SOME CLARIFICATIONS ON SELF-DIRECTED PSYCHOSYNTHESIS

SERGIO BARTOLI PAG 16

We have chosen this text, taken from the proceedings of the 1976 Psychosynthesis conference organised by Sergio Bartoli, and recently recommended by Elena Morbidelli in a different context, to introduce the main theme of this issue: self-training.

Bartoli highlights five essential requirements for the self-training path, the first of which is a joyful and optimistic attitude towards life. We leave the subsequent points for you to read, bearing in mind that the centre of joy lies within us and must be nurtured with persistence and consistency throughout our lives.

BRIEF NOTES ON TRAINING IN PSYCHOSYNTHESIS

ALDO SCARPULLA PAG 19

Training in Psychosynthesis addresses the needs for knowledge and personal growth that awakened consciences feel from the very moment they emerge.

Aldo Scarpulla takes us on a journey through Psychosynthesis, an odyssey traversing the seven stages that define it: from disidentification to the experience of the Higher Self.

RECOGNIZING ONE OTHER AMONG THE PARTS, KIND WITNESSES TO A GAME THAT IS TAKEN SERIOUSLY

SERENA ZALDINI PAG 22

Serena Zaldini shares her experience of the Self-Training Course (CdA, formerly CTA), first as a participant and then as a trainer.

Through her sensitivity, we come to realise – and are reminded – that we need a gentle and respectful gaze in order to reveal ourselves to others, but first and foremost to ourselves.

She tells us that she has embraced Assagioli's vision of “life as a game and a theatrical performance, through physical practices and games that can spontaneously bring to the surface a more balanced and light-hearted view of our inner parliament”. And so, she

introduces us to one of the exercises she is particularly fond of and which she sets for her groups: an exercise that manages to summarise, with great immediacy and simplicity, the key stages of encountering one's own subpersonalities. The exercise is called: Say-Do-Kiss-Letter-Testament.

SHAPING OURSELVES – SELF-FORMATION IN PSYCHOSYNTHESIS AS A LIFE PATH

MARGHERITA FIORE PAG 26

Margherita Fiore also writes in her dual capacity as both a participant and a trainer for the self-training course. Through her discussion, she reveals her profile as a psychosynthesist, favouring an experiential approach over a theoretical one, whilst acknowledging the importance of the latter. "... It is important to explore the guiding principles on which the practice is based. The apparent simplicity of Psychosynthesis is revealed gradually: one must allow time for it, reflect on it, and be able to include rather than exclude..."

THE HUMAN JOURNEY

ALBERTO ALBERTI PAG 28

"... A fundamental aspect of being human is movement. We can regard man as a presence, a being that exists – that is to say, a form of existence – a living subject who moves, who proceeds, who follows a path": the "divenessere – a blend of 'divenire' (becoming) and 'essere' (being)".

Alberti continues by saying that "... The ultimate goal of the human journey is humanity itself, human fulfilment, its very essence, and the completion and realisation of its humanity. It is a process of identity development which does not end with adulthood and the period of so-called maturity, but continues throughout one's life and beyond".

Enjoy the read!

FLYING TO DISCOVER OURSELVES

SERENA VISCONTI PAG 33

I hope you'll be swept away by the author's enthusiasm as she presents a fully realised example of applied Psychosynthesis: a very special theatre workshop for children and young teenagers. Reading reveals, step by step, what can be done beyond the walls of the centres, the institute, the homes: life, solidarity, understanding, friendship explodes.

With a sense of awareness on the part of the young people that is both moving and gives cause for hope.

Good things – the will for the Good – sometimes manifest in the most surprising guises.

BETWEEN EXPERIENCE AND REPRESENTATION IN THE DIGITAL AGE

STEFANIA SOMMA PAG 38

It is with great pleasure and interest that we welcome Stefania Francesca Somma, author and researcher.

The digital age is highly topical, and we believe it raises many questions to which Psychosynthesis could provide answers.

It also prompts us to reflect on certain diagrams and ideograms used in Psychosynthesis, which could be expanded upon and reinterpreted in the light of these new functions. How might we interpret the star of functions in the context of the digital age? How might we continue to explore the interactions between human will and artificial intelligence?

A thought-provoking reading.

INTERVIEW WITH ANDREA BONACCHI

EDITORIAL TEAM

PAG 42

We engaged Andrea Bonacchi in an open conversation that touched on his life, his career as a physician and psychotherapist, and his involvement in the psychosynthesis community. We spoke about his book “Diventa il regista della tua vita” (Become the Director of Your Own Life), published last April 2026, which is now well known and has been read by many of us.

Andrea introduces new developments in the study of subpersonalities, which we will come to recognise as dominant, supporting and even archetypal, linked to the various stages of life. It is important the time set aside for exercises that enable us to transform learning into real-life experiences.

AT THE ORIGINS OF PHYSIO-SYNTHESIS: WHERE ROBERTO ASSAGIOLI MEETS AMY COCHRAN

ELENA GRAZIADEI

PAG 47

As it happened, two areas of expertise and knowledge resided in the same person: Rolfing and Psychosynthesis. In her study, Elena Graziadei identified the “synthesis” assonance between Physiosynthesis and Psychosynthesis. And from that point – and from an ‘assagiolino’ found in the Assagioli archive – she began to weave together a picture that gradually took shape as the research she had undertaken began to yield results and discoveries. A surprise!

THE IDEAL MODEL OF PSYCHOSYNTHESIS FOR BUILDING A SHARED VISION OF THE FUTURE OF ORGANIZATIONS

FRANCESCO ZACCARO PAG 52

Francesco Zaccaro is, amongst other things, a life coach, and he tells us about a coaching experience using the ‘ideal model’ technique.

Coaching – which can be translated as training, education, practice, and so on – can be said to be an activity that already exists within psychosynthetic training. So, coaching as a spin-off from CdA? In other words, the separation of a technique developed and applied in social, corporate, and collective contexts?

It is nonetheless interesting to follow the author through the steps involving a group of officers and to discover their participatory attitude both before and after the training sessions.

BEING A GARDENER. THE GARDEN AND INNER WORK

LUISA BERTOLATTI

PAG 56

Right from the very first lines, an almost fairy-tale atmosphere is created: we step into a garden, taking in its scents – of flowers, plants and earth.

At every turn, it is as though we were walking along a cobbled path, entering a hidden corner of the garden – near the lawn or close to a small grove – and encountering the wildlife that lives there.

The garden as a metaphor for our inner world.

A landscape described and painted with great sensitivity and introspection by the author, who concludes with a call for patience, for finding one’s own rhythm, and with the words of Roberto Assagioli: “... growth should not be forced, but rather requires care, awareness, understanding, choice and wise action”.

FORGIVENESS AS AN INSTRUMENT OF PEACE _____ **A. M. LA VECCHIA** **PAG 60**

An insight arising from a health issue that inevitably led the author to ask herself existential questions and face existential challenges.

Forgiveness becomes synonymous with liberation, with an act of love – and more besides.

Forgiveness is also a subject of great interest to science, psychology and psychotherapy in relation to a person's well-being: it is almost a therapeutic tool.

Forgiving is beneficial!

BIO-PSYCHO-SPIRITUAL ALCHEMY AND PSYCHOSYNTHESIS OF HUMANITY – SECOND PART _____ **P. G. NOCELLI** **PAG 64**

Here is the second part of the lengthy article by Petra Guggisberg Nocelli – for the first part, please refer to the previous issue of the magazine, No. 45, from April – which continues with an in-depth exploration of the current frontiers of scientific research, drawing connections with the psychosynthetic perspective.

It delves into the heart of energy transformations and articulates their possible directions in truly fascinating terms.

The conclusions propose a method which complements transformative approaches: that of neutralisation. He draws on a quote by Assagioli that concludes with these words: "... The Self is both individual and universal ... It is therefore the most powerful energy for creating communion amongst human beings: the Psychosynthesis of Humanity".

REVIEW OF THE BOOK :THE ART AND SCIENCE OF PSYCHOTHERAPY IN SEARCH OF INNER FREEDOM, BY PIERO FERRUCCI _____ **JAN TAAL** **PAG 69**

Abbiamo ricevuto e pubblichiamo con molto piacere questa lunga recensione che analizza ed esalta il corposo lavoro di Ferrucci che vede adesso la versione inglese, dopo quella italiana pubblicata nel 2022.

JanTaal manifesta una profonda stima e ammirazione per Ferrucci, che riconosce non solo come autore, filosofo, psicoterapeuta, ricercatore e studioso, ma anche come amico.

VALLOMBROSA: A SHARED JOURNEY OF TRAINING AND AWARENESS – MASSIMO PEDICONE _____ **MASSIMO PEDICONE** **PAG 74**

For many years now, at the end of August, the trainers from the Institute of Psychosynthesis – and now also the course leaders and centre directors – have been gathering in Vallombrosa to meet, exchange experiences and discuss topics relating to the psychosynthetic self-training course and other matters.

The organisation of this event has been entrusted to a group which, as of this year, is headed by Livia Chieregato – Director of the centre in Venice. Livia works alongside some valued friends whom we would like to thank for their excellent work and whom we list here in no particular order: Marcello Aragona, Cinzia Ghidini, Paolo di Giandomenico, Lara Morgantini, Barbara Garzone, Patrizia Bonacina, Carmelo Percipalle and Massimo Pedicone, who is the author of this year's feature article.

NOTICE BOARD _____ **PAG 77**

CENTERS _____ **PAG 78**