

VALLOMBROSA: A SHARED JOURNEY OF TRAINING AND AWARENESS

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From Individual Training to Group Awareness

Every year, Vallombrosa offers the Institute of Psychosynthesis a special opportunity: to pause, come together and rediscover, in each other's presence, the meaning of a shared journey.

From 27 to 30 August 2026, trainers, facilitators and directors of Psychosynthesis centres gathered to explore the theme 'Towards Human Fulfilment in the Light of Psychosynthesis'.

Beyond the content and the numerous experiences on offer, what emerged most clearly was the value of the gathering itself: the opportunity to get to know one another, listen to one another, share experiences and recognise oneself as part of a wider reality.

Vallombrosa has thus confirmed itself not only as a place of training, but as a space for regeneration, connection and the growth of consciousness.



Training for transformation

From the perspective of Psychosynthesis, training cannot be reduced to the transmission of knowledge or techniques. To know also means to transform oneself.

All genuine learning involves the whole person: thought, emotions, body, will and the transpersonal dimension. For this reason, the training of the Trainer requires, even before the transmission of a method, a continuous work on oneself.

During the meeting, the need to make training increasingly *experiential* emerged strongly, integrating knowledge with doing and, above all, with being.

Hence the need to complement theoretical exploration with physical, practical and creative experiences, as well as those in contact with nature. The body, movement and the natural environment can, in fact, become pathways to dimensions of the person that rational reflection alone does not always manage to reach.

Training thus becomes a living experience: not something we simply learn, but something we go through and which transforms us.

Relationships as a space for growth

One of the most recurring themes to emerge from the Vallombrosa experience was the desire for a more authentic understanding between people and between the various centres.

In an age in which many relationships unfold through screens and remote connections, coming together physically takes on a special significance. Looking at one another, listening to one another and sharing an experience creates a quality of presence that is difficult to replace.

In Psychosynthesis, the relationship is not merely a means of being together: it can become a space of consciousness.

In our encounter with the other, we are called upon to recognise our own relational patterns, identifications and resistances, and, at the same time, the possibility of moving beyond them. The other thus becomes an opportunity for self-knowledge.

From this perspective, developing greater group awareness does not mean standardising individualities, but creating the conditions for differences to enter into relationship and become a resource.

Supervision, intervention and responsibility

Another key point that emerged from the meeting concerns the need to ensure continuity in supervision and intervention.

The transmission of Psychosynthesis, in fact, requires responsibility and awareness. It is not enough to know the exercises or to master certain techniques: one must continually question the way in which they are presented, the experience they generate and the quality of the relationship with those receiving them.

Supervision can provide a space for observation and deeper exploration; intervention, on the other hand, allows for the sharing of experiences, questions and expertise.

Together, they can foster a culture of training based not on the certainty of *already knowing*, but on a willingness to continue learning.

A Psychosynthesis open to the world

Over the course of the conference, experiences and contributions also emerged that fostered a dialogue between Psychosynthesis and other fields: from scientific research to psychology, from writing to music, from care to our relationship with nature.

This openness seems to point in an important direction: preserving the identity of Psychosynthesis without turning it into a closed system.

Assagioli conceived of Psychosynthesis as a broad and inclusive approach, capable of embracing different levels of human experience. Engagement with other disciplines can therefore become an opportunity to renew the language of the discipline, deepen research and address the questions of contemporary humanity.

From this perspective, dialogue with the academic world, with other related fields and with new generations can also help to keep the method alive.

From training to service

From a psychosynthetic perspective, training also means taking on a responsibility.

The knowledge and qualities developed through one's personal journey are not merely tools for one's own growth. They can become resources to be made available to others.

The Trainer, the Facilitator and every person committed to spreading Psychosynthesis are called upon to transform their own inner journey into a presence capable of generating value.

Training thus becomes a movement that proceeds from the inside out: from self-knowledge to relationships, from relationships to the group, and from the group to the community.

What grows within the individual can become nourishment for the community.

Nature as a teacher

Among the suggestions that have emerged for the future is also the desire to experience nature more fully.

This is not simply a matter of moving some activities outdoors. Nature can be regarded as a genuine formative dimension, capable of bringing us back to a more essential rhythm and fostering a sense of interconnectedness.

Walking in the woods, breathing, observing and listening to the silence can become simple yet profound experiences of presence.

In this sense, the theme of nature is intertwined with that of education: both invite us to move beyond a fragmented view of the human being and to rediscover a broader relationship with ourselves, with others and with the world.

Towards a shared blossoming

The theme of human blossoming ran through the days at Vallombrosa as an image capable of uniting the individual and collective dimensions.

To blossom means to develop what is already present

within us, to allow our potential to take shape and find direction. But no flower exists in isolation: every blossom belongs to a larger garden.

In the same way, a person's growth can contribute to the growth of the group, and the group's growth can create conditions conducive to the growth of individuals.

Perhaps this is precisely one of the deepest insights to emerge from Vallombrosa 2026:

Psychosynthesis is not merely a path towards the integration of the individual, but also an opportunity to build more mindful relationships and more humane communities.

The journey continues. And the challenge for the future will be to hold these dimensions together: the depth of personal experience, the quality of relationships, ongoing training and service to the world.

Vallombrosa can thus be not merely an annual gathering, but a permanent laboratory of consciousness: a real and symbolic place in which to meet, learn, transform and, together, contribute to the flourishing of humanity.

This approach, in my view, shifts the focus from a report on the event to its psychosynthetic significance. The specific activities — willpower, humour, writing, self-compassion, nature, supervision, and the reorganisation of the Board of Directors — can then be included as concrete experiences that embody the main themes, rather than being presented as a mere list of activities.