

It is next to lovely comprehension; in that way we can forget ourselves to care for needs of the others, we can open to group interests, improving an exclusivity and distracting our attention from separatist and selfish aspects.

It is a tension which signifies a lovely and intelligent will, far away from complicated egocentric thoughts or mental prejudices.

It leads to love, without any request through the energy which finds its source in our heart.

The active heart produces the expansion of consciousness leading to the life in groups. Up on the altar of our heart the thought changes into wisdom.

It spreads out the importance for the wise man to set his thoughts inside his heart.

There we can find their home of thoughts and his wisdom "He who loves flowers is on the way of the heart... He who feels peremptory the peaks desire is on the way of the heart. He who has a pure thinking is on the way of the heart. He who is ready for the wholeness is on the way of the heart. He who knows about the supreme worlds is on the way of the heart.

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ACCEPTANCE, LISTENING AND COMMUNICATION

ABSTRACT

The quality of listening is an integral part of the communication. In order to be effective, presence, attention to words, acceptance, and understanding are a must. But just to make deeper listening and more complete communication, it is necessary empathizing with the experience that we are told, more than words, expression, gestures a whole range of emotional moods that are the not-verbal communication. Therefore, from the listener it is necessary an act of will in order to activate these capacities of acceptance and sensitivity.

How can we communicate with people living in a territory, such as the prison, where affectivity is almost denied? Within a structure as special as the prison, how inmates live their emotional world?

The separation from dear ones, the lack of space in which expressing own sexuality, the inability to express certain feelings and emotions, or to be able to tell them to someone who knows how to welcome with lo-

vingness... All this, along with countless other afflictive aspects typical of detention, is a source of suffering. The detainee inevitably feels himself incomplete; a part of him "vegetates" and, just not to die, is kept "alive" by his lymph called atrocious suffering.

In a study conducted in a prison, we wanted to explore the theme of affectivity of the prisoners, starting from the legislative aspects.

Current penitentiary Italian law recognizes the right to affectivity for prisoners, which then becomes an inviolable right as well as functional to the re-education scope of the sentence. The survey continued with interviews with detainees, to verify how -under the present conditions in prisons and detention- is applicable and actually welcomed and utilized this principle.

The result showed that in prisons we visited there is a serious lack at legislation level and still today have not found an approach that actually can combine punishment and rehabilitation of prisoners and their affective well-being.

The real re-education would become closer if there was not only the use of physical spaces appropriate to introduce into prison more affection, but also, and above all, of mental spaces open to the whole identity of the prisoner. Namely, it is necessary that the purpose of re-education of the penalty defined at legislation level is accompanied by concrete actions that are able how to understand, on the one hand, the introduction of concepts such as listening, sharing and communication, and -secondly- the investment of resources that enable their creation, such as prison officers more aware and trained in fostering all those precious concepts.

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