

ON THE NOTES OF BATTISTI

How can a rock stem the sea; although I do not want it, I am already going back to fly...

By chance one night, after seeing a special titled "Emozioni" on TV, I get emotional.

The notes of the song of Battisti resonate within me, and for a while I lose my track of time.

I see myself girl, locked in my room with the record player on the floor, putting the same disc again and again and again... I see the scene so clear in my mind: the wallpaper with pink roses on a gray ground, the blue and white bedcover with geometric designs...

My dreams of a teenager in a city that is not my city... my mood swinging between joy and melancholy, which then melts as snow in the sun grace to a smile, a word, a compliment... abruptly I come back to reality, almost forty years have gone in a flash, and the time seems to have made me a joke, a bad joke.

Sometimes I see my body differently, and even I admit it: is it possible that lately I watched it so shortly to miss this transformation, or all was so sudden and not gradual?

I still feel myself the teenager who listens to Lucio Battisti, who gets excited for his music, which intimately vibrates in and dreams, and that time seems to me so close.

Who do am I? It is not easy to accept every day to put myself aside a little bit more, accept to remain silent, to "make room" to younger people, when I feel still young! In my family background of that time, young people were not the center of the stage, adults were authoritative, elders wise and young people had only to learn from them.

Now things have changed, younger people "know" everything and you just have to listen to, how anyway I have always done, but sometimes stories are false, based on nothing, on hearsay, fragile and trivial stories.

Incredulous I find myself having no longer live ahead,

but much of it behind me and I echo the words of my mother "I am no longer the protagonist". Help!... I'm getting old.

It is hard to deal with the limitations of back pains, increased slowness, lack of concentration, a greater need for rest, in short, I am fifty-3 years and no more fifteen even though I am still capable of being fifteen when I get excited, and always more often I am no longer at the center of the scene but in a corner.

However, this side has an interesting perspective, I do not have the dark before me but I can see lights and shadows and the shadows do not make me more afraid, I find them appealing and full of mystery.

And then, "I return to fly", moving away slowly, with my heart... excited.

Margherita Fiore

GIRO PER LA TERRA

Every individual takes part into the big circle of Existence more or less consciously and gives his/her own contribution to the development of the human history. Everyone contributes to the stream of Life with his/her own personal life, influencing balances and processes that inevitably reflect themselves on the environmental and socio-cultural ecosystem.

The Mother Earth, a unique vital organism, according to the Native Americans and to lots of spiritual traditions, needs the respect and wise actions of each one of its inhabitants... Nowadays we need this global civil consciousness more than ever, especially considering the whirling winds of change of our times and the deep interdependence among all the inhabitants of the unique Global Village.

The Centres of Psycho-synthesis are aware of this and for more than twenty years the centre in Ancona has been working to spread the culture of the undertaking of individual responsibility; but how can a small group of people become visible and leading for the majority, in a reality where everything makes you think a little and always in a rush? Surely the public conferences and the several working seminars are a valid means, but the wish for reaching a larger audience, with a warm, lively and joyful message has pushed the partners to get out from their seats and leave their traditional routine activities to "occupy" the central square in Ancona.

On Saturday October 8th 2011 something unusual, intense and involving happened, an event that created a very, very special place of inner listening, in the chaotic

heart of a distracted town: a circle of people expressing wishes – public or personal, intimate or “political” – for themselves or for the planet and multiplying their own energy altogether. The title of this peculiar event was: “A tour around the Earth”.

This event caught the attention of the people passing by, who, little by little, started getting involved into the action taking place into the square and into the participation of the scientist Franco Rustichelli, professor of applied Physics for the environment, the cultural heritage, biology and medicine at the Polytechnic University of Marche.

The Action

The participants got into the circuit, outlined in three concentric circles, choosing to run or march, or walk slowly, or stop in front of the evocative words of Roberto Assagioli, located around the central flowerbed. Before getting into the path, everyone expressed anonymously what and who he/she was going to turn around for and start his/her energy for. Their desires were projected on a maxi screen, so that everyone turning around could read and support them in order to give energy to a stranger’s desire, like being part of a big empathic fly-wheel of generosity and solidarity.

Therefore the event was a moment of energetic supporting and sharing of desires, dreams and expectations of individual existences and lots of groups on the territory. To keep everything in rhythm there was also the participation of the young group of “Tamburi di Offagna” (Offagna Drums) that highlighted the joyfully energetic atmosphere of the performance.

At the end of the itinerary every participant stated how many laps he/she did and his/her action converted in kilometres and summed up with that of all the other participants, ended up with the amazing result of over 120km!

However, the most well-accepted surprise was to see how concentrated were all the people, of all ages, participating to this square ritual: in the middle, in front of the evocative words children, old and young people, men, women with their prams, occasional pedestrians or people gathered for the event....stopped to meditate in

an inner silence that can be told only by the images (shot and published on [youtu.be GIRO PER LA TERRA ANCONA](http://youtu.be/GIRO_PER_LA_TERRA_ANCONA) <http://youtu.be/avZ4SeNqIWg>) or maybe by the reflections the participants of all ages entrust the Power of the Circle....

The participants

Here they are, in circle, sitting on white chairs, some with their pets, some just on their own: men in a explorative attitude, reflexive women, unusually calm young people, absorbed children....they all seem to take the task very seriously. They are there, concentrated, in front of words such as FORGIVENESS, PEACE, BROTHERWOOD, DISCIPLINE, SILENCE, JOY, LOVE...., to activate a special connection with “BEYOND”. They think, grasp, empty themselves of the confusion, write in block letters on pieces of paper (maybe to let themselves understood) or in italic, with huge or shy plain script, words ordered on the sides, or filling up all the sheet; they scribble, draw stick figures or smiles, flood the paper with correct or broken Italian, or even in Arab (what do they mean? We would like to know...), or they “honor” the sheet with just one word, which embodies in itself a whole world of emotions and meanings.... then they stand up, put their thoughts in the baskets at the entrance of the circle, they carry on walking, running, speaking, laughing, switching on their mobiles and they go away.... back to their usual strolls in the centre.

The Thoughts

“I love my friends and my family”, “I look for order and harmony”.... The themes in the basket become eco. Lots of notes wish for Silence, defined as a “chest”, and there is someone who asks him/herself “to be quieter”, because he/she feels too chatty! Lots speak about Peace, Serenity, places where Words acquire more value. Someone hopes “prejudices will disappear”; there is someone else who prays for diversity and recall to “brotherhood among Human Beings”; there is also someone who wishes “let’s hope the world will go back to life”. There is someone who expresses important aims, perhaps seed for an Act of Will, “I’d like to have the willingness to do something I DON’T like”; there is someone who wants to be “good at school with an average of 8/9 or

10 out of 10”; someone else who asks “to understand the teacher better”.... And others state with determination and anxiety “I WANT A JOB!”. Several people ask for Strength, Will, Courage and there is someone who is aware that “this originates and increases not by denying, but recognising and overcoming the fears”.... Someone hopes “to destroy a monster into a cave and throw it down a gorge”, is it a metaphor to describe the inner shadows and the desire for change and evolution?

Others reflect about Creativity, such as Emanuel and his friend, who declare proudly they invented miniature snakes!

The notes talk about LOVE: people wish for knowing it for real, recognising it when it comes, and increasing it! There is still someone who finds the courage to propose himself/herself after listening to his/her own heart. Loads of people admit the Beauty of the planet, others enter into the merits of this by saying that “the True Beauty is the inner one” (probably is this what the person who wrote “I’m pretty but I don’t care” meant). There is also someone who doesn’t resist and says: “I’m too good-looking!”, why not? Self-esteem is important, even if someone doubts “I think I’m civilized, but I don’t know if God agrees”. Someone gives us useful advices: Chiara for example informs us that “to be strong we need to eat fruits and vegetables”!

There are people who express GRATITUDE for what they have, and hope to be always able to appreciate what they have been given; following this path we end up with people who want to give without receiving anything back, Someone else thanks Psychosynthesis for the serenity he/she has acquired And we are happy about this!

.... And a word to end this interesting excursus, a term we take to share with all the readers of this article: “VIGILANCE”. Let’s be awake and pay attention to our beliefs and actions: the world is, in other words, what we do day by day. Giving room to the consciousness of the creative power of our thoughts can be a great encouragement to become promoters of meaningful actions, also through a simple and powerful ritual such as the TOUR AROUND THE EARTH...

Why don’t we do it altogether again?

The Future

The proposal is for September 21st 2013 and it will provide the realisation of a circle with different groups of psychosynthesis, where we will repeat the simple choreography.

The public performance in Ancona was great (and also demanding), but the structure of the action is very simple and it can be done in a quick and essential way, even in a yard or a gymnasium.

The most important thing is to share the meaning and to coordinate the action in order to be together virtually and powerfully, and to create a virtuous circle of personal and transpersonal desires. Anyone who wants to participate to the Tour around the Earth on September 21st 2013 please contact ancona@psicosintesi.it for further information and detailed instructions...