

HARMONY

Harmony does not refer, obviously, only to the music, is the essence of all the arts and of life itself. It finds expression in singing, painting, sculpture, architecture and, above all, in relationships, in nature and in ourselves. In psychological work is, therefore, appropriate to ask how to make it grow in our own intimate. Its presence refines the personality. Each tribute afforded to it increases the balance in us and, as a result, in the planet. The ones who own it into their being and activity, offer it not only to themselves but to all that surround them.

Life is conditioned and managed by many influences and the ability to live in harmony, to offer harmony and to spread harmony is a faculty which is not always considered with due attention, nor we take on with clear awareness to develop it. This carelessness makes us forget that it is above the everyday chores and tasks, and that its absence attorneys imbalances in the personality. The ones who forget it, forget to have direct responsibility towards their own psychological journey. In this eventuality the subject is usually dispersed among nebulous and contradictory abstractions and, if by chance, he or she meets those who live in harmony, looks at them with disinterest or judges them as anachronistic and prisoners of a state of good-natured infantilism! Many, even among those esteemed by the world, reject it and abhor the idea of researching harmonic synthesis in their judgments or while collaborating with others as if it could be a sign of weakness and lack of personality. If we look with a little attention to those attack and fight the ideas of those seeking harmonic synthesis between opposing or conflicting camps, it will not be difficult to see that they have inadequate mental and developmental faculties and maturity even if rich in culture, knowledge and power. Unfortunately, many conceive harmony as an abstraction to appreciate but not to acquire!

Assagioli raises the need to develop harmony, talk about it and gives relief as a prerequisite for achieving significant existential results. Getting lost in relationships and daily chores without seeking it is in essence a mode of being disharmonic that produces incongruous consequences. If the commitment is not appropriate to im-

prove relationships, the union, the common good, the constructive cooperation, the chain of actions is meaningless, if not unworthy. The psychic evolution takes place only if it proves to comply with the quality that can be seen in the transpersonal space where harmony reigns. A well-tuned 'psychological tool' fits in with the harmonies of the higher spheres. Either we advance, clearly demonstrating to immerse ourselves in the harmonic current of the Self, rising to ever greater levels of mental tension or life bogs down. Living adhering to the fundamental principles of the Self requires, as a support platform, the presence of harmony in us, toward anyone else and nature. When we proceed on the psychological side to nourish and purify the thought its manifestation and expansion is required, as a support. If we speak of goodness, of beauty, of rightful we talk about harmony that sustains and validates them. It is then right to look within ourselves for the specific conditions and operating plans to achieve it by acting as artists who create always new harmonics forms. It must be sought in ourselves, in our own thoughts, in our evaluations and our reports.

If we come across adverse events and we are prey of anxiety states, of resentment or anger, it is because psychic harmonic modalities to deal with the events are absent. If we appropriate the idea that harmony may also arise from the conflict of opposing instances, we do not rebel to events, but take possession of what they bring to reach higher synthesis. Do not slight, therefore, the great thought of harmony and, above all, one that comes from having synthesized opposing ideas, conflicts, black and white, east and west. Let us apply this attitude to all aspects of life: anyone can acquire it if referring to the Self. Those who cultivate the art of achieving the transpersonal ideas, makes its own. We often indulge in the pursuit of artificial means for the welfare, happiness and tranquillity and discard the ways that expand consciousness to the territories where the fundamental laws of Nature dwell and we can trace the reasons for serenity without artificial systems. Harmony refines the personality and brings it into everything that is thinner and higher. Harmony, what a great concept! But the human being looks for it outside and neglects it in dealing with events, unable even to think about it. He or she forgets that it is a fundamental law: the gates of existence are opened by the power of transpersonal ideas, not by outward appearances.

Some make the mistake of thinking that their value should be judged according to deeds that generate attention and praise. They often stand on a social level for the glory of their activities, their role, their fluent speech, but in ordinary life they behave like very different people. It has to be observed how we are in the work routine, in the neighbourhood life, in common relationships, where assessing the true personality. Human beings re-

veal themselves in everyday life. How do they expect harmony without attention and commitment to change or eradicate small vices, petty squabbles, small disputes? After reading all the books on psychology, we could remain ignorant, sometimes even regress. We need to understand what has been assimilated with the reading and what the useful applications in life are. It is necessary to verify such negative habits have really driven off from our own behaviour. It is useful to rewrite the passages from the texts that most have hardened mind inserting it into the law of harmony. To level up we need to understand the imbalance state of our behaviours and the harmony that should heal them. The mental processes need to be monitored and we must be pleased when we notice harmony in them. Harmonizing the thought is composing “music” that spreads into the ether.

Daily life hides a lot of contradictory circumstances and we should track down the psychic processes that elevate the internal and relational harmony. The dignity of the personality is forged in the whirlwind of life. Be, therefore, pleased when we add harmony stones to the building of our existence. This awareness makes permanent the gains. This evolutionary search makes earthly adversities bearable and solvable. When job, relationships and life are harmonic, we are firmly on the path of evolution, we improve ourselves and we find new strength to overcome the difficulties. It is therefore to be appreciated, in particular, the harmony achieved in daily events context. That harmony is reached not through what we know in abstract, but because how we are and how we act. This procedure settles into the psyche layers of quality that do not evaporate at the first difficulty, indeed procure new knowledge that lay the foundations of an ever wider harmony fit to support the journey of life. Any opposition to these principles leads regressions. “Only when we found the link between the Christ and the grass of the meadows, only then we understood the greatness of earthly work that falls to us in harmony “ (Agni).

Happiness appears when work and life are in harmony, in which case it is not necessary to refuse anything. We will then say: “If the difficulties are a blessing, why should we avoid the difficulties?” We should remember that the more we ride with the evolution, the more we

encounter obstacles, but we get them with a constructive attitude. We are not overwhelmed by despair, but we pass adverse waves firmly. The journey is not easy, rather it is more difficult than the routine life, but the transpersonal pours energy that helps, does not let us loose powers, rather rejuvenates and enriches and coordinates them. Evolution is not produced by the opposition, but the incessant desire for harmony. Any conflict that arises, and remains unresolved in our mind, it is a sign of psychic disorder

The meaning of the word “harmony” is frequently distorted. In this concept something passive was introduced, something of withered flower, it would be better, without any frills, to replace that pasted bloom idea with another idea, more full of life and energy, “sensitivity and cooperation to the order of Everything “. Why do not increase it in ourselves and learn to perceive it in Cosmos? In limitless harmony there is the creative work. Only it reveals the higher levels of existence and the chain of evolutionary aspirations.

Visualize, as in exercise of the ideal model, everyday life in harmony. Energize it with the desire and implement it.

Characteristics of a 4th ray mental body

constructive

synthesis of opposites couples
absence of partisanship
tolerant comprehension
Inner and external harmony
Peace in environment
Will of loving

Destructive

Interior mental conflict
Antagonisms
Prejudice
Inner and external discord
Problems with the environment
Imposition of personal will