

JOY

(Translation by Achille Cattaneo)

For psychosynthesis the Joy is a real existential “prescription” to use and recommend as a rule of life. It is that special wisdom that lights the fire of enthusiasm for the future and discovers the beauty of distant worlds in the boundless horizon of man. It is the proclamation that all should adhere to in order to live happy and full of gratitude in the human community.

Strangely, the experience of Joy starts neglect to be conquered. Starts in the joyful overcoming of old habits to find the new; appears in the joyful certainty of knowing how to manage and contain ourselves, freeing us from the constraints and regressive impulses; manifests itself in adhering with enthusiasm to the ideal of the common good, detaching ourselves from expectations and personal privileges.

Therefore, the Joy is a quality to teach to young people by linking them to the love for the new. It is in fact linked to the realization of all that belongs to the evolution, which sometimes may seem far away, but if accepted and understood warms us so deeply that we can deal with strength and serenity the storms of life.

The road to happiness is built gradually and patiently through the knowledge of the “existential phenomenon”, and then only a strong desire to understand pushes the man towards that path. Once the goal of life is placed in the understanding, sooner or later it is inevitable the experience of Joy. This, once received, must be retained and accumulated, because is it still so rare on earth to represent a valuable mineral to be extracted and preserved with great care.

The illusion that the Joy derives from idleness or from material achievements is absolutely illogical because everything in nature is ever changing and nothing is inactive and static. The life of any plant, of any animal, and why not, of any man is enough to prove it. This is why the Joy is never tied to the past but is always combined

Sergio Bartoli (1929-2009), Roman physician and psychotherapist was a student and close associate of Roberto Assagioli. Having sensed the ability to work with educational groups and organizational skills, Assagioli strongly pushes him to open in Rome in 1968, the first *Center of Psychosynthesis* in Italy. Bartoli maintains the position of director for more than twenty years, in those years contributing significantly to the spread of psychosynthesis. After serving for several years in the executive offices of the Institute of Psychosynthesis, Bartoli founded in the early seventies with the other students SIPT (Italian Society of Psychosynthesis Psychotherapy), where will be a teacher for many years and president for the first three mandates. In the early eighties, Bartoli matures willingness to abandon the therapeutic practice and move steadily to Umbria to totally devote himself to the spiritual quest. Shortly creates at Città della Pieve (PG) to the community of *Poggio del Fuoco*, residential center oriented to the study and dissemination of the transpersonal appearance of psychosynthesis. We can find here now, as a cornerstone, the teaching of Creative Meditation, and a new ideal model of life inspired by some Principles and fundamental Laws of the Aquarian Age. At the end of the nineties, the Community takes on the new name still maintained today of *Community of Living Ethics of Città della Pieve*. The vision of Bartoli always oriented to the future is realized over the years with the constitution at Poggio del Fuoco of various schools of education - *Types human, Creative Meditation, Education, Service, Focusing* - that, even after his death, continue the activity he began

with the fire of courage for the “human adventure”, adventure that inevitably makes us detached from what is already acquired and transient.

Nor is it to be confused and searched in the pleasure, because it is just after passing a few obstacles that sometimes the Joy begins to appear. It is then easy to see how a joyful attitude in dealing with the inevitable hardships of life represents a real workout to Joy. Taking responsibility to exist and striving to the development of its own human model is a quest that gives Joy because is the inevitable fate of our event.

It can happen sometimes that Joy has a stern face, and this is because, by giving the correct assessment of the circumstances, we are committed to the most demanding task that awaits us. We said that the Joy is linked to the world of possibilities, and while noting that it is easier to deny everything that comes out of the ordinary rather than look at it, it is in the commitment to achieve the unusual that we must seek the source of Joy.

Then there is a natural “nursery” of Joy that is represented by each manifestation of beauty. From the beauty of the light to the beauty of every leaf awakens to life, you pull a “heartbeat” of Joy, which shall distil within us if we will modify from sluggish consumers to shrewd collectors of the treasure of the beauty of nature.

The experience of Joy is still essential because it is the only one that binds us to our future. It should therefore be sought and gained, but not in pain and neurosis or intoxication of a daily life without meaning but, as we have already said, in the treasures of the beauty that nature provides us anyway. Although it is true that the world today is mostly a dry well that can not quench, it is equally true that there are still sources of upland able to refresh and regenerate anyone who comes near.

It has been said that Joy is in self-sacrifice and then it is right to join the cause and effect in our consciousness to build the bridge of our improvement that will lead us to the absolute Joy of the infinite.

If we carefully reflect, only secular habits deprive men of the experience of Joy holding them in ignorance and fear of existence.

It is essential to learn how to sow Joy because as pain calls pain, so joy renews itself and spreads to others. This Joy that begins with toil and danger, once conquered dissolves barriers and glows with its radiance those who has it.

I remember it was just a gleam of Joy perceived in the eyes of Roberto Assagioli to seize me, years ago, the full value of a successful life. It seemed to me then that I discovered the Joy of renunciation of the ancient

religions and old philosophies, the true Joy that flows along the thin line that separates the self satisfaction from work for humanity.

Knowledge, as it realized, requires more and more complete responsibility, and these have to be lived with growing Joy. It is the Joy of fighting without help and to resist the attacks of the adverse elements with the sheer force of our own understanding and will. It is the Joy of the work that best represents the flame of the spirit, which lights up with the escalation of commitment and activity. That is why working with Joy facilitates success, because it frees a special form of “energy” that amplifies the results.

It is also important to remember that the Joy is not in the conclusion but in starting, because as the beginning corresponds to the motion, so the continuity is generated by the inertia.

This is how destroying sometimes becomes a creative act, when has in itself the consciousness of the future. Then it is often necessary to break down the static nature of human constructions to release the energy held in it and use it to create the new. Currently there is much talk everywhere and it is hoped a renewal of man and world, but it is certain that this will never arise from inactivity and the existential crystallization of the individuals. It is essential to demonstrate movement both in thought and in action, and even if the search of the renewal is long and difficult, once undertaken allows us to use our forces in the conquest of the future, and every step in that direction it is a Joy. At first it is as if we are called to cross a chasm that separates the new from the old, but even this hypothetical danger produces Joy because what is “unspoken” magically lights up the light on the Infinite.