

where the surgery took place or were hospitalized. This experience of distance vision is often done by blinds and children.

We can prepare to die?

Dying is much more than a medical event, it refers to relations: with yourself first of all, do we fixed the practical things? And then with the other, do we said goodbye to the people we love, do we have been reconciled? Finally with God or the Spirit, or Nature according to our beliefs.

Dying is a sacred act, in the sense that leads to discover what is hidden, the ultimate meaning of existence.

If death is the permanent loss of all that we have built in our lives, relationships, things and situations, it could be argued that we must prepare to die well every day. How ? Getting used to:

- Grant the experience, do not dismissing anything
- Bring in the experience all over ourselves
- Be there here and now
- Do not wait to say or to do
- Cultivating an open mind to new and mystery
- Detaching

Helping posting is dis-identification as defined in psychosynthesis .

Below are briefly summarized, in addition, 4 points to ponder and internalize as an aid to consciously live and die well.

- Learn to live each day focused in the head, in other words, learn the intelligent management of emotions. Being able to deal with different situations no more emotionally , but with intelligence.
- Cultivating detachment from things and people.
- Use visualization techniques, concentration and meditation that carry the energies upward. In addition to this learn to relax and the correct breathing.
- Helping others lovingly , triggering a process of donation.

The quality of life determines the quality of death.

RECOVERY WAS BORN WITHIN US

*... Know yourself.
simply staying quiet ...
Peace is within.
You are that peace.*

H. W.L. Poonja

We are living in a special time, a time full of amazing opportunities and transformations. The sequence of events seems to take us quickly to a more and more shared desire of Truth and Love. The values of spirituality and inner growth seem to have emerged from the “narrow doors” of the mystic schools and the desire to understand and respond to the existential questions that have always questioned the human being, seem to have crossed the threshold of a new season. We are witnessing and contributing to a profound change of thought and collective consciousness.

As well as psychology and medicine have shared new discoveries in neurosciences and quantum physics, even the man in his scanning his life seems the carrier, sometimes unaware, of these new paradigms that see him involved and co-creator of the reality. Roberto Assagioli, one of the first Italian psychoanalysts, who later left psychoanalysis (like his colleague and friend C.G. Jung) to embrace a humanistic psychology said, “Man in his bio-psycho-spiritual structure could be compared to a musical chord composed of various notes ... “

We should leave just from this awareness in order to ensure a deep, integral and integrated look to the person who has a mental and physical state of disequilibrium; as a matter of fact we are talking of lack of balance, of a lost or never possessed harmony-integration. Until we consider the sick person by his symptom or syndrome or, more generally, his illness, we will not go very far! We will continue to try to cure the physical and mental illness, without being able to understand the discomfort as a whole and in its depth, as an expression of a whole

inner dissonance. “I have an emotional life, but I am not my emotions and my feelings”.

So said R. Assagioli, reminding us how should be appropriate dis-identifying. Similarly, I can not be my illness or my discomfort or my suffering.

I practice as psychotherapist for many years and from the beginning I have dealt almost exclusively of pathology. Now, in tune with my spiritual growth, I feel an urgent desire to combine in and out of me a paradigm that includes all aspects of the human being. It must always be understood in relationship with himself and with others, with the physical environment and the Universe. The “first” psychoanalysis had taught me to consider the pulsional side of the individual, after to focus on the relational aspect, revealed, thanks to studies on attachment theory, as the ability of the first baby, a very precocious ability, supported by an emerging Self that seeks the relationship with the external environment. (See Stern, D. N.)

Now, not only do I consider both of these aspects, but I usually caress the soul of the persons I meet, both in my studio, as a professional, both out of the studio as a person who lives his life. Then, not only disease, but mainly relations with the existential and spiritual aspect that distinguish us. I have understood how the individual can also get sick from lack of nourishment of his soul.

“I am the Self, I am the Soul that has a personality...

I am not a personality who has a soul somewhere in the sky, but I am, I recognize and affirm myself as Soul, with a personality more or less rebellious, more or less imperfect, more or less in conflict. “(R. Assagioli)

I believe that the disease, both physical and mental, is always a message that urges to be read with foresight and competence and that the affected organ is almost always an indicator, sometimes very precise, of the specific suffering of the individual. I have often been able to verify that what cares is the process of transformation that takes place inside the sick person. No one can cure anybody, we can only heal ourselves. And healing is born within us. Often we do not want to heal but delegate someone to remove the symptom. If we really do want

it to, we should look to and know ourselves. The famous exhortation know yourself engraved in the temple of the Oracle of Delphi becomes the principle of Knowledge.

R. Assagioli starting from the greek motto of Socrates thinks that are needed three stages to get the knowledge of our true nature, of our Self. He summarized the work by these three terms:

know yourself
have yourself
transform yourself.

And yet, referring to the model of Assagioli, the one who heals “leaves ample room for the evolutionary drive that is latent within each of us,” the one who gives space to the Task of his Destiny.

Divide et impera was said, this Latin phrase today seems to be worn out and obsolete, but in fact is very current. “... Political, sociological archetype, used for strategies to crush, control and dispose of the unit ...”. The duality divides the reality in which we live and returns us an incorrect and illusory perception, as a fact we are united and the opposites are complementary. It seems only right then to overcome the logic of the division-separation and turn our attention to a growth process, completely interior, as condition before returning to Unity. What cares is the urge toward integration and knowledge that leaves behind ignorance and divisions of our lives and not just on a psychological level, but also on the existential and spiritual one. We must re-ascend, even painfully, the darkness and everything is illusory within our cave, in order to get the Unity Consciousness and meet Ourselves and our unimaginable Beauty.

I often wonder how much manipulation and need for power and domination have affected our lives and continue to do so. Reclaiming Knowledge seems to be the first protection in order that, paraphrasing Isis, Osiris’s body recover it and returns to give life. And in this myth that has lent itself to many interpretations I think I can pick a hymn to integration and synthesis as the only possible condition to live in that health and fullness that belong to us, both as physical individuals and as pure spirits.

As long as we ignore this process we all will be “sick” and unable to look at ourselves and to others with genuine and profound kindness.