

(The more consciousness there is, the I-Self, manifests and takes control of the subsystems of the personality, thoughts, emotions and body ,the more it can conform them and adapt with our own plan, our own way, receiving from the plans of the suprasystems - to which it is subject).

The more consciousness there is, the I-Self, manifests and assumes control of the subsystems of the personality, of the thoughts, the emotions and of the body, the more it is able to alter them and adapt them to its own level, its own purpose, which it receives from the higher levels to which it is subject.

The first task is to know yourself, know your personality. Then you may know the I - Self. When this step is completed, other seals of the book of life may be opened. Having known the I-Self and its expression, for he who is seeking his very self, the door opens to that from which it receives its purpose, which it is its task to reveal to the personality.

The evolutionary path has no end. It dominates the effort for a long time, through disidentification, in order to establish our true identity as guided by the Self.

But the journey continues and we enter a new disorientation: searching for the root that nourishes the Self. The research continues endlessly and you must be careful not to make the mistake of those climbers who seek footholds higher up without resting their feet firmly on the level at which they are located; for them, a disastrous fall is unavoidable.

THE INSPIRED LIFE

Translation by Achille Cattaneo

I would like to begin our dialogue by immediately offering a little exercise. Close your eyes and try to relax just when you are seated, relax every muscle, every nerve, ... become emotionally quietened.. and leave your thoughts in the background of your mind, do not focus on any thought, ... breathe deeply a few times.

Now bring your attention to all the sounds around you, the distant sound of traffic, a scooter, a dog barking...

Now distinguish between feeling and Consciousness that thanks to the attention and intention becomes aware of these feelings. Now bring your attention to all the tactile perceptions, kinesthetic, of coolness or heat. The contact with your chair, the floor, inside the parts of your body. Again, distinguish between the Consciousness that with a little effort of attention perceives these sensations and feelings in themselves. Now bring our attention to our emotional state, our emotion at this time. Probably you perceive an undefined feeling, a mixture of curiosity, perplexity or more, but we always have an emotional state. Still let us try to distinguish this emotion and the Consciousness that perceives it. Try to do the same with the thoughts that constantly run through our mind ... well, now gradually reconnect with the sense of your body and open your eyes.

79

I have suggested this exercise because today I want to talk about quantum physics. Some physicists have passed a single photon through two small holes. The spectrum that was extracted in the receiving device behind the holes showed that the photon had passed through the two holes at the same time acting as a wave function. But when the same physicists wanted to observe the electron passing through the holes, this behaved like a particle passing through only one of two holes and reflecting a spectrum corresponding to the passage through a single hole. With this exercise quantum physics began to demonstrate that the viewer

participates in the creation of the reality. Even in the small exercise that a short while ago I proposed to you when I asked you to bring attention to your physical and emotional perceptions you have created some feelings of which there was no trace a moment before, and which disappeared even now that you have paid attention to my words. Some of you will say that the feelings always are present and that we are simply not aware of them, that they are at a subconscious level, but really it is not like that. As a matter of fact what comes are "information", electric impulses, vibrations, but this is what we are, the Consciousness, to make the perception what it is, to create it with our attention and intention. The truth is that to us just come electromagnetic vibrations of various types and us - as Consciousness - transform them in the colors of the nature, in music, in a speech, in a pain, in a pleasure. It is our Consciousness that creates the world or at least to co-creates it, to make it as we know it. This is what not only the modern physics but also modern psychology tells us.

Coming back to quantum physics, another very interesting study, the study "Aspect", shown that two identical particles with the same origin that go in different directions have an immediate interaction even millions of kilometers away. In other words, if I intervene on one of the two leading to a variation of its motion (for example spin), the same will occur for the other particle, even if at that time it is located on the other side of the Universe. This phenomenon called "entanglement" by quantum physicists, is defined as non-local, that is not altered by the distance, it describes a non-mediated communication because there is not an apparent agent that connects the two particles, absolute because the particles appear to be linked in an absolute and unconditional way and finally immediate because this connection is not local, that is, not physically mediated, occurs immediately, whatever the distance between the two particles.

The Aspect study has been repeatedly demonstrated by several experiments. Another headache for common sense is the quantum "jump". In chemistry we studied that an electron to which we give some energy passes

from an orbit to another one. Quantum physics tells us that is not the case, the electron disappears from its orbit and reappears in the higher orbit. Another particular phenomenon is the spread in the vacuum of the electromagnetic waves. The waves are the propagation of a displacement, this displacement presupposes the existence of matter, it can not take place through a real vacuum. Yet this is what happens, to the extent that from Houston they communicate with the astronauts. This shows that what we call empty in reality is not such, is "something" even though not perceived by our senses and our instruments. The time too is now proven does not exist in absolute terms, but relative to gravity and thus to matter. As for the famous Big Bang it seems there is no longer any doubt that it happened because its sound still persists in the space.

Therefore, the entire Universe was born from a puntiform reality at an unimaginable density (itself mysteriously born by something we call empty), which exploding gave origin to it. From this we deduce that from the Big Bang all particles that gave birth to the Universe have a unique origin; therefore, according to the Aspect study connected in a non-local way, that is intimately connected beyond a physical connection. In other words, quantum physics leads us to infer that the Universe is a unity and that every particle that constitutes it is connected and constantly influenced by the totality of the particles of the Universe itself. In other words, the Universe is an organism.

The problem is that even if everything I have said is scientifically proven, we (and even many scientists) continue to see reality conditioned by the mechanistic view and therefore materialistic, inherited from the science of the last century, while the natural postulate of these last findings is that believing in intuition, in subtle perceptions, in synchronicity, in a present influenced both by the past and the future and in a subtle reality that underlies and governs the normal appearance of things is much more "scientific" than the mechanistic view still prevailing.

The quantum world is the world of energy, of subatomic particles that in the form of "packages" or "trains" of information, in the form of waves come to our senses and these translate as feelings. All this information becomes, for our consciousness, the universe as we know it. But the amount of vibration that our senses can translate into information is only an infinitesimal part of the immense range of undulatory reality.

We can say that the universe we know is only a tiny subset of undulatory reality; this being a part of something in turn far larger and not perceived by us even with the help of the most powerful instruments but as an "emptiness"; but as we have said, it is not a true vacuum but something pervasive that quantum

physicists call “zero point field”.

Moreover, the latest researches reveal that would be a big mistake to assume the laws of quantum as something confined to the “extremely small”. In fact, thanks to it, today we begin to explain macroscopic phenomena as the movements of flocks of birds or shoals of fishes. These groups of animals, sometimes also formed of thousands of individuals, move in unison in an immediate way, and this phenomenon until now had been a headache for those who were studying it. The quantum that informs us of the possibility of non-mediated and immediate communication makes the phenomenon plausible, exactly as it explains the real functioning of mirror cells, telepathy and intuition.

Today we know that even the very theory of evolution itself it is not acceptable as conceived by Darwin, because it has been demonstrated that if evolution was caused only by natural selection it would be a thousand times slower, and it can be explained in terms similar to “quantum leap”.

In fact, the latest researches show that the experience of the individual provokes subatomic changes to the DNA. The accumulation of these modifications allows to a certain point and in a rapid way, the transformation of one species into another more fitting which replaces it.

In this regard a very interesting experiment was conducted by a Russian researcher, Balayev. This man began to breed and thus to let live in captivity some silver foxes. Already at the second generation these foxes showed profound differences from their “grandparents”. Particularly surprising was the fact that they no longer had their silvery and uniform fur that was instead replaced by a fur with spots that considerably marked different individuals. This evolution certainly not caused by any selection proves instead the intelligence inherent in nature. The foxes that before were fed by someone (the mother) that recognized them through smell did not need to differentiate themselves in visual terms, but when feeding them was a somebody who especially used sight (man), they began to differ only after two generations, varying the color of the fur.

Evolution could be saltatory, a phenomenon similar to the quantum leap: at first the energy in the electron accumulates without causing noticeable changes, but above a certain threshold, a little as with earthquakes, the old electron disappears and another one appears another in a higher orbit.

This explains why we have never found connecting links, simply because they never existed. The evolution is not a continuum of random transformations that sometimes form themselves because they allow a better chance of survival, as proposed by Darwin, but an intelligent synchronization between the changes of the

environment and the creatures that live there.

In fact quantum physics compels us to overcome something as deeply rooted in our minds as the particle vision of cause and effect law, replacing it with a synchronic vision, where the whole Universe cooperates to make everything as it is.

We must also replace our vision of the world as raw material to replace it with a vision of the world as an energy that only our senses translate into matter, a reality much less rigid and more plastic, which responds to the wishes and intentions of the beings who inhabit it.

It is a real shift of paradigm as when the Copernican system replaced the Ptolemaic system and Illuminism replaced the “ipse dixit” of Aristotle, a new vision, which, by overcoming the materialistic and analytical perception of the reality offers us a Universe integrated as a living organism pervading the same beings that live beyond the distances of space and time, that there are different dimensions of reality connected to the endless possibilities of vibration and resonance. A Universe, let me say, that looks awfully like the descriptions of the Hindu mystics of the Vedas and Upanishad..

From our side, we have the task to open ourselves to a wider and creative perception of reality just as happened with the overcoming of geo-centrism. This will allow us to change ourselves and our existence to make it closer to our desires.

Speaking in psychosyntetic terms , it is our lower unconscious, then, that is nothing but the unconscious influence of our previous experiences, personal and ancestral, to impose a narrow and conditioning vision of reality, and it is the existence of a higher unconscious that helps us find our way through the possibility of a contact with a deeper and more subtle reality in ourselves, to give space to our desires for change, creativity and full self-expression.

The miracle is only this: perceiving the consent of the Universe to our desire. If the Universe is a synchronic reality it is natural that it should respond to our desires and intentions, as well as our fears and worries, even unconscious.

We must also be open to a different perception of life, become sensitive to vibrations of places and people, to feel the atmosphere of the environments, notice the meaningful coincidences, believe in intuition, know how to evoke the right inspiration.

I want close with a poem by Hildegard of Bingen, who, as a good mystic, still in the Middle Ages had it all figured out:

*I am the blazing light of the divine wisdom
I light the beauty of plants
I make water bubbling
I give fire to the sun, the moon and the stars.
Wisely I dispose all things,
I adorn the earth
I am the breeze that nurtures plants
I am the rain born from the dew
that makes the grass laugh with the joy of life.
I call to collect the tears
aroma of sacred work.
I am the desire of the good.*

82

Sergio Guarino

PSYCHOSYNTHESIS FOR THE FUTURE

Translation by Kylie Drew

I found a grand affinity with Assagioli's passion for the etymology of words: to return to the exact root, to the real significance of a word is always a joy and a breath of freshness, that takes off the veil of grey dust from the habit of use, often not even contemplated properly.

So, concerning the subject of our congress I immediately felt something more in the term *future*: in the suffix –ur- there is not only the value of imminence but also the value of predestination: but how can we accept this significance if we don't move away from the undeniable point of free will, to arrive rather close to

that *insch'allah* that deprives us of our own personal liberty? When Assagioli affirms that "all is as it should be", he certainly doesn't say it with the intent of pushing us towards passivity, to renounce our right/duty to act, to decide—on the contrary: how could he do this, someone who has based all of his teachings on the concept of *will*?

I have tried to put together this original concept of predestination with that of the will, and I feel that I have succeeded.

Certainly everything is as it should be, every action has in itself the germs of other actions, in a logical fluent chain: so we cannot hide behind the comfortable justification of fate, destiny etc. : we are the artifice of our destiny, as the ancient races well understood, even without having read Assagioli. But if the psychosynthetic will must and wants to construct the future, how can it insert itself in this process?

Let's look at our present: there is little that is acceptable, that is sharable, we are surrounded by problems often of very difficult solution; we are forced to see important people who certainly do not act like statesmen who program the benefits of future generations, but rather like politicians, who only see the immediate – not even tomorrow but only today; international relationships are conflictual, hypocritical, incapable of resolving their discrepancies by sitting around a table—and equally incapable of the radical, but deplorable solution of using arms; in this situation, how can a single person even hypothesize to change something? And even more, with only spiritual strength?

It is here that psychosynthesis helps us, that Assagioli would have liked to see spread through the various populations, universal proliferation, a unifying and coagulating factor like a religion: this international congress is already the first step towards the future of what we are speaking about: it is already a demonstration that there are men of good will, that are ready to speak and organize themselves, to search for common paths. Science has already had to admit that the spirit has a strength that up till now had remained unknown (and will have to be rethought again many times, from our point of view): science must realize the strength of the spirit, of thought, of prayer, verifying that they have had many concrete results, at different levels also incredibly, on a physical and health level: therefore we have in our hands an almost infinite force; if all participants with the same idea were to agree to concentrate at the same moment, they would surely obtain unimaginable results. What future do we want for generations to come? Maybe despite our good intentions we will not be able to see a real change in the near future, but we know that the moment is difficult and dangerous for the whole of humanity, so the effort has to be total: we have to play with our imagination in order to invent a different and better world, we have to use our thoughts, to invent practical ways to realize a dream, we have to