

45
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Spiritual "Airways"
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Let us give to this work
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Let us give to this work comparatively at least as much energy, determination, desire, time, efforts as those which are given to establish airplane communications throughout the world.

EDITORIAL

Dear Readers,

The International Congress of Psychosynthesis in Giardini Naxos - Taormina has been an event that has sown, with the dialogue among the representatives of other paths in harmony with the Institute, a relational renewal in the perspective of integration.

*Further, during these days it was unanimously decided to establish the **World Day of Psychosynthesis** which will be celebrated every **September 20** with the intention to create a network of connections and energy exchange through the dissemination and implementation of **a common meditation**, each where he/she is, in the way he/she sees fit.*

*Inside the Magazine you will have the opportunity to explore the theme and this is the first big step. It corresponds also to my small wish that I trusted in the Editorial of the Magazine *Psicosintesi* Number 2 - October 2004 envisioning the spread of the Magazine as "Symbol rich of energy that shines and turns our planet into a large constellations of lights".*

It is a moment of lively book publishing expression by members who wish to both help us in continuing to deepen their reading of the psychosynthetic approach, as you can see in the Survey Books in the window, and with new and creative ideas that propose other ways of expressing ourselves.

I hope you enjoy reading even savoring the smiling wisdom of Roberto Assagioli interviewed by Diana Freund.

My warmest regards to all of you.

Patrizia Bonacina

81

TABLE OF CONTENTS

EDITORIAL	P. BONACINA	PAG. 81
MAY THE PASSWORD FOR ALL MEN BE: FORGIVENESS	R. ASSAGIOLI	PAG. 83
CONVERSATION WITH ROBERTO ASSAGIOLI	D. FREUND	PAG. 84
FROM THE NEW PARADIGM OF SCIENCE TO A NEW CONSCIENCE	M. T. MARRAFFA E S. GUARINO	PAG. 95
WORLD PSYCHOSYNTHESIS DAY: 20TH SEPTEMBER	L. RAMORINO E M. MALAGRECA	PAG. 98
TAORMINA 2016: INTERNATIONAL CONGRESS IMPRESSIONS	L. CERASARO	PAG. 100
HARMONY	S. BARTOLI	PAG. 102
LECTER TO THE DIRECTOR		PAG. 104

Meditation for Psychosynthesis in the World

This meditation is based on a work formulated by Roberto Assagioli to unite and link all the Psychosynthesis units and groups operating worldwide. Each stage is followed by a pause and silence, but keeping the meditation brief and dynamic. It would be desirable to do this meditation once a week, possibly every Wednesday, and on the occasion of the “**World Day of Psychosynthesis**”, to be celebrated yearly on September 20th.

Contact: Turn your attention within and make contact with your breathing.

Alignment: Align the physical, emotional and mental levels using the approach that works best for you.

Centering and contact with the Self: Raise to the center of conscience and contact with the Self, using the approach that works best for you.

Identification with the Self: Identified with the Self, say:

I am the Self, a Centre of Pure Self Awareness - I am the Self that wills and loves.

Unification in the Heart: With people here; with the groups you belong to; with all individuals and groups that function at different levels for the Psychosynthesis in the world; with all the people of goodwill, to the whole of the One Humanity.

Affirmation:

Humanity is one and I am one with humanity.

Reflexive Stage:

- Recognition of Psychosynthesis as a living idea and a growing thought-form.
- Recognition of its function to help human beings to realize their true nature and their highest possibilities and to prepare humanity for the future.
- Recognition of its broad and useful fields of application: in therapy, education, human relationships and inner growth.
- Recognition of its magnetic power to attracts those who, due to their affinity or inner orientation, will resonate with its message and will cooperate toward its mission.

Receptive Stage: Holding an attitude of receptive silence, observe any ideas, intuitions and reflections that might emerge.

Creative Stage:

- Visualize a radiating center at a transpersonal level pouring Light, Love and Transpersonal Will which, passing through “the Psychosynthesis Subjective Entity,” are spread out to all known or unknown Centers, Groups and Units working within the Psychosynthesis in the world, and to everyone participating and collaborating with Psychosynthesis in each continent and in all settings.
- Visualize them united: vertically with “the Psychosynthesis Entity,” and also horizontally, amongst themselves, so that they weave a magnetic and luminous web through which Light, Love and Transpersonal Will can flow, turning them into radiating and pulsating centers of service, attracting and illumining new collaborators.

Invocation and Concluding Blessing, applying the most appropriate formula, for example:

Love to all beings –
North, South, East and West, Above, Below.
Love to all beings.
Compassion to all beings –
North, South, East and West, Above, Below.
Compassion to all beings.
Joy to all beings –
North, South, East and West, Above, Below.
Joy to all beings.
Serenity to all beings –
North, South, East and West, Above, Below.
Serenity to all beings.