

EDITORIAL

Dear readers,

Do you agree with me that Psychosynthesis is an inexhaustible treasure chest?

Let me give you some tips:

- A few months ago some old recordings of interviews with Roberto Assagioli preserved in the United States were delivered to the Institute, and some writings and correspondence with sages of his time focused on the good of human beings, came to light in the archives.*
- The Alle Fonti group through the Assagioli Archive, published some signed Evocative Words with thoughts of the founder, which, packaged in an envelope, should almost be sent to the four corners of the globe.*
- Interesting articles arrive at the Editor's desk, expressions of the path of each contributor.*
- Our members have maintained the intention to give energy to new titles and requests are coming from abroad are coming from abroad for translations into the national languages of psychosynthesis publications.*
- The documentary film Roberto Assagioli, the scientist of the spirit of the directors Maraghini - Pacileo is interesting and is touching many viewers.*

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And all this is just the top of the iceberg!

I wish you a good read,

Patrizia Bonacina

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THE TECHNIQUE OF EVOCATIVE WORDS

(Archivio Assagioli - Firenze)

Translation by Roberto Assagioli

There are numerous techniques that permit us to act on our psyche (and on that of others) in order to modify and even transform it.

One of them is simple, easy in apply, and at the same time very effective. It involves the use of evocative words and is based on well-substantiated facts about the psyche. The fundamental fact upon which this technique is based is the receptivity, plasticity, or malleability of one's psyche, which can be compared to a practically limitless series of unexposed photographic frames that are continually being impressed by internal and external stimuli. For the present, let us concern ourselves with the effects of external stimuli. The impressions that reach us from the environment exert a strong influence on the psyche. They modify it and continually condition it, very often in a harmful way. We live in a septic psychic climate or atmosphere by which we are constantly being contaminated. No special demonstration of this is necessary; present-day life offers clear and often dramatic proof of it. And yet, we expose ourselves and others to these influences with a careless disregard and nonchalance which a future civilization will deem inconceivable, and symptomatic of our psychological "stone age."

But effective and easily applied means exist both for safeguarding us from these harmful influences and for neutralizing their effects. One of them consists in consciously exposing ourselves to beneficent and constructive stimuli and influences.

THE EFFECTIVENESS OF WORDS

That words have their effects on our mood and ideas does not require demonstration. Words are symbols that not only indicate or point out objects or psychic facts, but that also possess the power of stimulating and arousing activity associated with them. They "evoke" and make

operative the meanings and *idées-forces* that they signify. This process follows certain laws of which the principal ones are:

- 1) Every idea or image tends to produce the state of mind, the physical state, and the acts that correspond to it.
- 2) Attention and repetition reinforce the effectiveness of the idea or image.
- 3) The effects of the idea or image, i.e., the activation of that which it signifies, are produced without our being aware of them.

METHODS OF USING WORDS

The first step for using a word-concept to modify behavior or attitudes is to choose a word that expresses the quality we want to evoke and develop. We then put a card with that word printed on it in a place where it will be easily noticed and where the eye will readily fall upon it: at the bedside, on a desk, on a table, or on a wall. Even if we do not consciously notice it, the visual image produces an impression on our psyche, or more precisely on our receptive unconscious, and it works on it. A stronger effect is obtained by positioning several cards with the same word in many places and rooms, thus creating what might be called a "beneficent obsession".

Bringing conscious attention to bear on the word provides an even more effective method.

This can be done in various ways:

- a) Assume a state of relaxation and then observe the word attentively for a period of one or two minutes. If ideas and images associated with the word emerge from the unconscious, let them come and then record them.
- b) Reflect on the meaning of the word, and then record the results.

Try to feel the psychological quality that the word embodies, letting it permeate oneself to the point of identification with it.

Subsidiary methods of reinforcement:

- a) While observing the word, say it aloud or murmur it.
- b) Write the word many times.

These methods combine visual, auditory, and motor images, and thereby increase the effectiveness of the exercises.

DIFFERENT METHODS OF APPLICATION

1. CHOICE OF WHICH WORD TO USE

CAN BE MADE IN EITHER OF TWO WAYS:

- a) By deliberately choosing a word that corresponds to the quality that one desires to arouse and develop.
- b) By drawing a card at random from a group of cards and adopting its word as the “password” for the day, or for the period decided upon.

2. RHYTHM TO BE ADOPTED

- a) Either continuous use of the same word for a certain time: a week, a month, or more - followed by its repetition after an interval.
- b) Or rapid rotation, i.e., the use of a different word in the series every day.

The preference to be given to one or the other of these different methods depends upon the psychological type of the individual using the technique and his objectives. It is advisable to experiment with all of them, and then adopt the one that is most attuned to one’s own constitution, or that seems most rewarding.

3. FIELDS OF APPLICATION

1) Individual use

When used by an individual, the application may be termed psychagogic or psychosynthetic. It serves the purpose of evolving and enhancing qualities which are insufficiently developed, thereby fostering a harmonious and integral self-actualization and realization (psychosynthesis).

2) Educational uses

Evocative words can be employed with advantage within the family as well as in school. At home, parents may profitably participate in the exercise with

their children. This assists in the formation of the family psychosynthesis. In school, the method, when appropriately presented, has been welcomed particularly by elementary school children. And good results are obtainable in secondary schools as well. Teachers as well could find their use helpful. For instance, the words PATIENCE and UNDERSTANDING come readily to mind as qualities that teachers may want or need to develop.

3) As *foci* for concentration

The use of the Words can be a valuable preparation for meditation. Even a brief but attentive observation of the word corresponding to the meditation theme will help to concentrate attention on the chosen topic and set in motion the mental activity associated with it.

4) Psychological conditioning

In a general way, the Words can create a favorable psychological condition before facing the kind of situations that arouse nervousness or fear: examinations, competitions, concert performances, challenging sporting events, etc.

This technique also serves as a good introduction to the Imaginative Training and Ideal Model exercises of psychosynthesis.

5) Psychotherapeutic applications

The medical field offers opportunities for the extensive application of the Technique of Evocative Words:

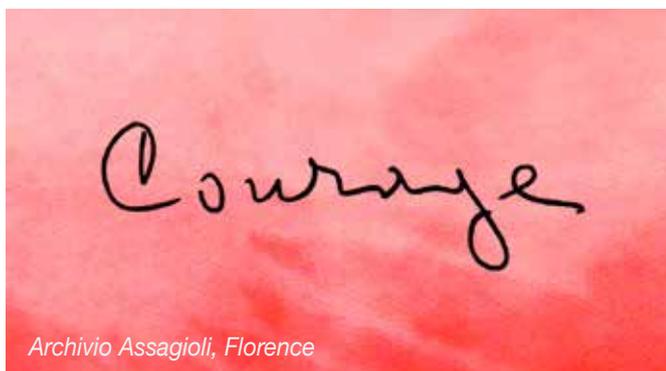
a) General use

Sick people appreciate cards printed with words which are particularly suited to their condition (Patience—Confidence—Courage, etc.). The necessity of staying in bed presents a favorable opportunity for pondering them at length.

They are already in use in a number of clinics and hospital wards in Italy, in some cases as a result of patients’ initiative. They can also be recommended for nurses.

b) Specific uses

Some of the Words, especially those just mentioned, can be used advantageously in the psychological preparation for all surgical operations. One special use that has been found particularly effective has been in the preparation of expectant mothers.



c) *Inter-personal and social relations*

The Words can exercise a beneficial influence in various circumstances of community life. They can be displayed in offices and workshops and they can be especially useful in meetings.

In moments of emotional heat, when tempers are mounting, the chairman may have the word CALM projected onto a screen where all present cannot fail to see it!

MODIFICATIONS AND DEVELOPMENTS

The use of the Words represents the simplest and most elementary application of a general method whereby psychological influences are employed to modify states of mind and to condition human conduct. This is the method of suggestion, or, as it is at present more often euphemistically called, “persuasion”. It has been adopted on a vast scale and used skillfully in all forms of advertising.

A few of these techniques are:

- 1) Displays and posters of large size: Advertisers spend huge sums on full-page spreads in newspapers, confident of their bringing a substantial return.
- 2) Suggestive phrases, slogans, etc.
- 3) “Persuasive” and fascinating pictures.
- 4) Persistent repetitions, hammering of a trade name, theme, or slogan.
- 5) Musical themes or extracts that are associated with related words or phrases.
- 6) Rhythmic movements, gestures, and dances that are associated with a message.

These techniques, so widely and effectively used for commercial ends, can and should be systematically

employed for higher and helpful purposes in the various fields mentioned above. It is indeed humiliating to acknowledge how little this is done.

And yet, the organization and execution of widespread and intensive eupsychic publicity campaigns directed towards the individual and collective improvement and the uplifting of humanity should present little difficulty.

Roberto Assagioli

A STAGE OF “KNOW YOURSELF”

Translation by Silvia Trolli

Man is a biological, psychological, relational, transpersonal entity. Man is in search of his own identity, role, meaning, future and evolution. He displays his evolution playing new roles, assuming new ideas, new and more inclusive outlooks on life which come alive through the question: “Who really am I ?” “ Do I know myself ?” “ What am I really expecting of my life ?” and through the more and more profound answers he receives.

The answer to the “Know yourself” and the “Who am I ?” is not very easy, even though we always live in the company of ourselves. A wise man reminds us: it happened the only time he showed hesitation and was forced to keep silent. It happened when he had been asked: “Who are you?”. This concept is allied with the memento *Know yourself*, the Greek insignia on the Delphi temple. It unites all human beings of all the times, it encourages them to a careful and deep reflection about one’s own nature and the many biological, psychological, relational, transpersonal realities.

The rise of this question in our psyche denotes the activation of a process of Evolution which evokes fleeting and relative answers, which seem temporarily, acceptable and *final*. To this we owe a connection with *the divine dissatisfaction, in search of oneself* . It drove

The “will to risk”.
The acceptance of insecurity.

the reader of these lines to approach Psychosynthesis and to go deeper into Assagioli's thinking.

To read, to study, to participate in self-centering groups or in definite subjects are meaningful pegs in order to solve, as best we can, the puzzle of the *Know yourself*, pointed out by Assagioli as the primary task.

"Our first task is to analyse deeply and to know ourselves in order to perceive all our inner parts from the lowest to the higher levels".

Therefore *Know yourself* is the first great admonishment: a long process is required to continue advancing towards the attainment of the knowledge of our inner elements: instincts, sub-personalities, personality, the Ego, the Self. The Consciousness at the centre of the Egg Diagram symbolises the field we aim to enrich and increase with various events on our path of development .

It is important that we commit to disidentifying ourselves from our body, emotions, thoughts, roles, allowing our field of Consciousness, supported by our Ego, to observe all these parts from a higher point of view, not contaminated or involved or embroiled in the twisted and restless inner dynamics.

Little by little the Consciousness frees itself from the meanderings of the personality and, thanks to much effort and rethinking, affirms its real identity.

So a new peg on the puzzle comes into sight. Proceeding on the path of disidentification from the three worlds of personality the Consciousness and the awareness feel disoriented once more.

Systems Theory pushes them to search for the root that brings nourishment to the Ego-Self, so that it could nourish the personality.

Systems Theory asserts that each upper level (Self) includes lower systems (personality etc.) but, at the time, it is held in wider systems.

Each system aiming to survive and develop has to interact by adjusting itself to the principles of the over-system it is inserted in, connected with and on which it depends.

Just as it descends from system to system from the body

to the cell to the electron, in the same way does it rise from system to system, from the cells to the organs, to the body, the emotions, the mind, to the Ego-Self and so on...?

A fish talking to another fish said: "Above our sea there is another sea, where other creatures live and swim, exactly as we live here". The second fish replied: "That is nonsense. You know that any being that left our sea even by a little bit, would surely die. Where are your proofs about other seas and other realities?". And many other fishes echoed his words.

The more the Consciousness, the Ego-Self reveals itself and takes the control of the under-systems of personality, thoughts, emotions, body, the more it can shape and adapt them to its plan, to the purpose it has received from the purposes of the upper-systems it is subject to.

To know yourself, know your personality is the first commitment.

Then we have the *Know your Ego-Self* . After we undertake this second step, we have to open another seal on our book of life.

Having encountered our *Ego-Self* and its expression, for he who is searching for Self, we can perceive a door opening towards that from which the Consciousness receives the purpose it has the duty to reveal to personality.

The path of self-development has no end. For a long time the effort handles the situation, through disidentification to establish our *real identity* as entities guided by the Self.

But the path goes on and we enter a new disorientation: to search for the root that nourishes the Self. The search goes on infinitely.

Yet we have to pay attention not to make the mistake of the mountain-climbers looking for higher holds, instead of having strong points of support for their feet on the level where they are. Then the ruinous fall is bound to happen.

THE RIGHT TO EXIST

Translation by Achille Cattaneo

The title of this intervention arises from an exclamation that came out of me in a moment of great fatigue. I deliberately use the word “fatigue”, because we often abuse the term stress, almost amplifying everything that this word carries with it. Saying that I am tired instead of stressed, in my opinion, honors the labors of the mind and the body and also the physiology of our lives, often at the limit of our energies.

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So, one day I was very tired, I felt weighed down by too many tasks, physical, mental, which, like ballast dragged me into a kind of depressive slime. It was not the first time that this feeling had overtaken me. Suddenly, from the depth of my stomach, going towards my throat, this exclamation came out: **But I too have a right to exist!**... Almost angrily; as if someone, or something, obliged me to follow a way of life which is not mine!

This was accompanied by a sense of “inner sulking” and I reflected on this expression, “a right to exist.” The anger turned into a crescendo of anger and helplessness. Why impotence? In reality no one forced me to do what I was doing..., no compulsion. Why I forced myself to act in a certain way without anyone, in fact, (except myself) asking it of me? The helplessness that I felt was born inside me; I was powerless to govern some of my parts, at the mercy of senses of guilt of duty and, maybe, deep down, still an insinuating desire, a craving, a search for affection and approval.. **still?**

And yes! Personal psychosynthesis never ceases, and just when it seems to have finished a carousel ride within our own personality, if you lose your grip, you are likely to take a good tumble. Some parts I had already recognized, encountered, but these were still not well integrated with each other, and demanded more care and understanding. So, the important thing is to get up, see where we

stumbled, take ourselves in hand, and do another round of the “carousel” within us... to meet ourselves once again, and again and again.

But there had to be something good in that exclamation of mine. **The Right To Exist.** And here is the reason why I decided to share these reflections “out loud”, which mark a kind of *continuum with the theme that I investigated last year, about the three forms of love: denied love, rediscovered love and conquered love*, which in this context I cannot return to, but which for a greater disclosure, you can find published in the Psychosynthesis Institute Magazine, April 2016, n ° 25, to which I send my contributions.

I just restart from the form of “conquered love”, which is related to the perception of personal value, not only in terms of self-esteem or rather, of how much “I value myself”, how much is my value, how much I am worth (as when you estimate precious objects, art, archaeological finds) but value in itself, because **I exist**. And yet, the awareness of our own weight in the world is not an achievement that lasts forever. It has to be renewed, refined, activated in every moment of our existence, just as the right to exist. We could say that every day we are called to Life from Life, then living becomes an act of awareness, of presence. Let’s look at the etymology of these two words: RIGHT and EXISTING, as is usual in the homes of Psychosynthesis. The term “right” comes from the Latin “rectus” – “directing”, and I need say no more. In the dictionary we find various meanings, the first one is the one that most interests us: **direction**, which calls to mind the vision of psychosynthetic Will.

Let’s see the second, more normative, legislative, those involved in the jurisprudence know this well, public, private, administrative law...

The third meaning, i.e. the possibility to assume a certain behavior within the society: protection of civil rights... in the opposite direction are also Duties.

We take into consideration, for our research, the meaning of direction... **right**, just as the direction, in part linked to the act of the will, but also, in particular, to the meaning, the purpose of our life: what direction has my life taken? And about the existential theme also let’s seek the

etymology of **existing**.

Existing, also derives from the Latin, and means being in the reality. It consists of the two components **ex** which means outside and **sistere**, staying; literally staying outside. The word from which it derives is also interesting: Existence, that is “total possibility of concrete relations with the spiritual or material reality”, which is well linked to the philosophical movement of Existentialism, which also is part Psychosynthesis. Existentialism in fact starts from the analysis of existence and clarifies the relationship between man and being (meaning society and the world).

After this brief etymological research let us turn to the following question:

“How aware are we of existing, how is the quality of our existence, how are we in touch with the reality of Life? Do we shy away, do we fear it, are we passive or actors on the stage of Life? “

We pause and return to the right to exist, which as you may have already understood, largely depends on our willingness to be in the flow of our life, to stand in our life (*sistere*) even if this occasionally shakes us, strikes, throws us out of the saddle, to use the metaphor of “riding life,” and every time we go up, willy-nilly, without having fully understood, however, the reason for our fall. (Curious expression “unwillingly”... a bit out of use, but that means that it is contrary to the will, not willing. So there is always a will even if it is “not willing”). The falls are the opportunities to understand that the direction taken is not the right one, in line with our own, intimate and unique, evolutionary project, but the opportunities of the life are only waiting to be accepted, understood, and we resume our “race”.

Sometimes it happens that we ask others for the Right to exist, and not only in terms of approval or search of affection, but above all, we require to legitimize our being alive, almost apologizing for existing. In therapy, with some people, I have just coined the name of a specific sub-personality: “Sorry if I exist”. As to ask for permission to live, a justification; I give all of myself so that you may recognize my right to exist. I live because I am useful to you, because I help you, because you love me, because I love you... and so on. Beggars of love, unable to justify, in the first person, the right to be alive, present, close to

reality. Why do I stress these terms? Because often we are living ghosts, absent in life: existential upholstery. Perhaps do you feel a pang? Do not worry, it means that you are still sensitive and alive. When there is gangrene, necrosis of the cells, we are already dead. Pain tells us that we are alive and that we can cure ourselves, take care of ourselves, and how?

I understand that it is not easy to get back on top when we find ourselves in the abyss of loneliness, loss, abandonment, despair, so the merchants of happiness try to rule us, with the use and abuse of drugs, of any kind, psycho medicines, lotteries, attractive and stunning TV programs, and more. What do we do in those moments of books, fine words of great sages, conferences, fast-food courses on self-esteem... but even the very techniques of psychosynthesis itself... we are in a sort of blender and we feel lost; we are in pain and that's it !

Let us pause a moment. Now this is the time to not run away from ourselves, even if the temptation is strong and the escape routes are so many; know how to stay, creating a moment of silence, inner silence, of mind, heart, body. Silence, and only in silence listening before to the beating of our heart that reminds us of Life, that we are alive, and then in the silence, slowly, feeling the friendly presence, calm, quiet, of our BREATH. If we can stop, staying in us, listening to us, through the silence, but in the company of our breathing and the beating of our hearts... partially we are already turning towards a glimmer of light, we feel that the engine of life turns on and through a quiet action, gently, we feel a rising sense of confidence that encourages us, step by step to come back to Life, with a new awareness.

Released from these swamps, we do better if we are provided with a **toolbox**, as a person said at the end of the Course Self-Training, we are more able, with a psychosynthetic kit, to choose what is right for us, for our typology, our temperament. This requires a self-knowledge, a reconnaissance about our personality, because we are often just unknown to ourselves, we come

across in our usual images that we drag up from childhood, or adolescence, which are outdated and obscure our true potential.

In fact, there is a major misunderstanding; when you embark on a personal path, both of psychotherapy, or personal growth; there comes a time when you think you have already understood all, or nearly so; we would like to freeze it like in a picture, that specific moment, that state almost of grace, hoping that everything remains unchanged. The wisdom of Assagioli's words instead remind us that "the illusion is the pursuit of stability, security, harmony or static peace. They cannot exist in human life, which by its essence is fluid, dynamic, ever-changing, as it is the cosmic life in all its manifestations. Stability, security, peace, exist and we can find them, but only in a higher sphere of reality, in the transcendent, where is our being, the Transpersonal Self. But it is an illusion seeking that stability and peace in our personal lives, which includes the different relationships with others. The spiritual Self lives in a sphere of reality that has laws and essence quite different from the sphere of becoming, of change, of evolution.

The personal human life is essentially the development, growth, implementation of latent energies, of superior abilities; it is fight and win and then necessarily involves conflicts, tensions, excesses (...), alternation of joy and suffering.⁽¹⁾

Often we truly are victims of ourselves, we forget that in reality we are better than we think, we get lost behind some tyrannical sub-personality instead of welcoming all our small hearts, some injured or lost, and bringing them back to the root of our being, where harmony is possible, thanks to the work of our inner center that directs and governs everything. But to do this, we need to gain knowledge of ourselves, without concealment or alibis. And then it can happen that we discover potential often ignored or not used. The right to exist, to adhere to the reality of life, invites us to take full possession of our talents, often overshadowed by the conflicts of the personality, or by ignorance, in the sense of ignoring. We have our wings bound by invisible and illusory threads, created just by ourselves.

All of us are fascinated by the idea of knowing that we

are **souls** inside our **bodies**, but how long is this fleeting awareness, how much time passes so that the weight of personality with all the thoughts, emotions, feelings, ambivalences, conflicts, become again sovereign and make us to forget the Reality of the Soul. The right to exist is one of the rights of the Soul, because otherwise the unique and unrepeatable project for each of us, would have no reason to be. The Soul demands allegiance from the personality and if this deviates, our life can really become a hurdle-race. I want to bring to your attention the term Loyalty because being faithful, staying loyal to ourselves, it is a theme that is close to my heart. On the contrary, too often we fail ourselves, we lose ourselves, lose the direction of what we want and what we are, we virtually sell ourselves in exchange for a few crumbs of affection or recognition. Beggars indeed, with false masks of "It's okay so".

The Right to exist, to stand out in our life, close to reality, ultimately depends only on us. Only we can allocate, legitimize, validate. It is located in the bowels of our being, as a precious treasure. The troubled parts of our personality often hide it, but it is present, is already within us; there we find our value, the spiritual essence of our true authentic identity, our identity as the transpersonal Self. The right to exist was born from the stomach cry, the beating of the heart, the expression of us and from making manifest our life plan, to which humbly, but not vanquished, we must come to an understanding.

Here, we have an expression to be taken into account: "being in accordance", in accordance with our life, in harmony, from the personal self to the transpersonal Self, this is the work of Psychosynthesis.

UTOPIA

Translation by Damiano Pagani

I am Utopia, I am the nonplace, the thin mirage that collects the dreams of visionary men who project themselves into a future beyond their horizon. Some will slander me for considering myself unrealistically non-existent, impossible, not useful, an opium for humanity, not concrete, intangible, visible only to stupid deluded dreamers, my feet well off the ground.

In fact I put to the test those who welcome me with courage and nourish me in their heart and act with no expectations to meet and realize me, because it is true, I am unreachable and unattainable, and as soon as I am touched by some strong-willed bold person, I move further away to keep myself elusive ... but I have a gift for those who cultivate me into consciousness: I offer the power of proceeding, I offer the rhythmic sound of a unison calling and not giving up, I offer the lure of the qualities that speak to the human essence hidden in the depths, I offer the enthusiasm of marching on a street of Beauty, Truth, Peace, Wholeness, Harmony, Unity, Synthesis ...

But how would a world without utopias and utopists be? Without the magnetic and driving power of dreams and visions? Without the insight of the potential and the feasible, beyond the passing present time and the daily horizon?

Human beings are used to living in their small cages made of a narrow materialistic “here and now”, not everlasting, not expanding, a kind of protective shelter where every breath dozes, where there is no fire, vibration, new life, but only repetition, stereotypes, conventions, outdated traditions, decaying forms... The need for security is the builder of human prisons and few manage to escape and to resist the pull of the usual, yet each has the key to get out. Freedom is scary, opens all doors, opens all the cages, but then what?

Capacity of discernment and willing, here is what to develop. I am not for everyone, I am for mature individuals, not

unrealistic, those who know themselves and are aware of their limitations and their resources, who are ready to face obstacles and frustrations, who are trained in patience and determination. I am for sailors who know when to hoist the sails to proceed quickly and when to lower them and welcome the calm without considering it stagnation, I am for those who have learned to discern and discriminate flashes of Reality, deeply investigating their own inner world, for those who have thrown themselves beyond themselves and their small individual horizon, for those who have sensed a distant goal, who have given themselves a direction and have become lookouts for humanity. I am for those that respond to their dreams to see the regenerated world and want to be co-creators of the Future. Pioneers of humanity, my shores await you and are waiting for the stamp of your feet, although the Promised Land will always be beyond ... Make me present, living in your vision, love me, I will make you fertile, send signs and quench in small sips your unquenchable thirst ...

Luce Ramorino

THE TRANSPERSONAL EXPERIENCE

Translation by Greta Bianchi

“If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.” (From the Gospel of Thomas)

Today we will talk about the Transpersonal Experience, about how this experience, normally accidental and independent from our will, can become a wanted and planned experience, and about how we can bring our normal level of consciousness closer to this possibility.

To embark on the journey towards the transpersonal means to embark on a journey to become more deeply

human. The ancient Greeks said: “What a wonderful thing when a man is a man”. This is because a man is not fully born as such. At his birth, the man has not completed his evolution yet, yet he does not possess his own psyche in the way he possesses his body. He still has to bring out his latencies and become fully himself, and becoming fully ourselves is the adventure of our lives.

This is actually the meaning of many ancient myths: a journey through thousand adversities that turns a man into a hero. Typically, this path does not begin with a happy experience but rather with great sufferings. This occurs because the transpersonal Experience is normally preceded by a profound crisis: the individual experiences it after having perceived life and its values without a real meaning, after seeing existence as blank and unreal. When this happens, it is essential not to reject the feeling, not to deny it, but to fully live it. If we have the courage to understand its profound message, instead of fleeing with fear, it will be a great blessing for us. The dis-identification from what we used to base our existence on will make us understand that we are not made out of our beliefs, our ideas or our ideologies, that we are not our emotional ties and our emotions, nor our body and its sensations, but that we are essentially pure consciousness. From this experience we will grow the ability to distinguish what is essential, the capability to give value to what we decide should have a value, and the complete freedom and creativity which derive from this all.

The transpersonal experience is the experience of the vacuum, but not of the nothingness. This vacuum is a vacuum that is, a vacuum that is as such because it is free from the acknowledged. From it, a higher sense of existence derives, which allows us to “recreate” ourselves based on values that we feel alive for ourselves, for the evolution of ourselves and of the humanity, beyond conventions and conformity.

Therein lies the “Awakening”, namely the ability to be guided by what is essential in ourselves rather than from what is peripheral, such as customs, habits, old ideas of ourselves and everything that makes us remain, to paraphrase Reich, little men.

However, if it is true that the first encounter with this experience is apparently accidental and preceded by the crisis of old values, we can make sure that this “contact” becomes a repeatable experience, able to increasingly affect our life. Assuming that it comes from the deep intuition of the unreality of what till then had represented the meaning of our life, we can understand that going back to the ‘center’ of our being, the identification with the pure consciousness, will be a way to the repeatability of the experience. Therefore, this is not about obtaining, gaining or understanding something, but rather about removing, taking off what is not essential, becoming aware of and bringing out something that is already in us, something we already are, but of which we are not fully aware.

This is well clarified by Assagioli in the following dialogue with Caldironi.

Caldironi: *Should the man become a center of self-consciousness?*

Assagioli: *As a matter of fact, both essentially and theoretically the center already exists, and therefore it does not grow, it does not develop, it is what it is. On the other side, It is what one might call the conscious personality that develops and evolves, but the center of consciousness is the fulcrum. Do not confuse the being with the becoming: the being is fixed, stable, ontological, while the becoming is dynamic reality. The center is stable, while our self-consciousness tends to gradually expand around it in order to understand -and to express -it always better.*

At this point, we found a first technique: not to center our identity on what is peripheral but to try to identify with what is essential, the self-consciousness. For this, the exercises of dis-identification and self-identification can be extremely helpful. Another characteristic of the transpersonal experience is that it makes us feel more deeply alive and totally in the present, it makes us feel at one with life. Eastern philosophies and Buddhism in particular teach different techniques with the aim of focusing our attention to the present, such as mindful eating, walking, breathing, and at last of paying attention to everything we do, in order to develop a continuous

sense of presence and thoughtfulness in the present. Knowing how to enjoy beauty, flavors, all that we have, taking care of people, animals, plants, loving the silence (and also looking for the mental one), the abandonment to simple reality, the acceptance of reality are all ways to live in the present, and they bring us closer to the Being, the not-manifested.

This is well described by Eckhart Toll: *“Are we worried? We often think ‘What if it happens to me that...’? We are identifying ourselves with the mind that projects itself in an imaginary situation which creates fear. There is no way of dealing with such a situation because it simply does not exist. We can stop this madness that corrodes health by focusing on the present. All we have to manage in real life is this moment. Are we used to waiting? Waiting for the children to grow up, for a significant relationship, for success, wealth, for becoming important, for becoming enlightened? It is not unusual to spend the entire life waiting to start living.”*

Another understanding that derives from the transpersonal contact is the intrinsic value of life, meaning that life has value as such. Therefore, feeling that we are giving a value to our lives is already a way to approach the Transpersonal. Assagioli refers to this technique as “the establishment of an External Unifying Center”. The creation of a higher ideal to which we can commit produces this external unifying center that, precisely because of its inspiring values, will facilitate our contact with the contents of the supra-conscious and will also facilitate the reception of energies and insights from the Self without the risk that the energies are excessive and disturbances might result. This is a key point because it is very practical and indicates perhaps the easiest and most accessible way to proceed for most of the people.

Setting a high ideal and work hard for it is not extremely difficult and will allow us to have more solid foundations for an increasingly challenging work of elevation of consciousness. Gurdjieff also talked about this calling it “permanent center of gravity”. Ouspensky, Gurdjieff’s student, said: *“The idea of centre of gravity can be interpreted in many different ways. It is a more*

or less permanent aim and the realization of the relative importance of things in connection with this aim. This means that certain interests become more important than anything else: one acquires a permanent direction; one does not go one day in one direction and another day in another; one goes in one direction and one knows the direction. The stronger your centre of gravity, the more you are free from accident.”

The permanent center of gravity as the external unifying center is an aim inspired by a series of super-conscious values that form a philosophy of life and a purpose of the life itself. In this way, we give value and significance to our life, giving it a higher meaning. Gurdjieff continues: *“You have to have an ideal. Create an ideal for yourself. This will preserve you from automatic attachments. Think about it consciously and it will automatically grow and form a center of gravity in you.”*

If we think about it, this constitution of the permanent or unifying external center of gravity can also go together with the ideal of making ourselves better, and this is connected to the technique of Ideal Model of Assagioli. The technique of the ideal model is an exercise that, if well executed, allows a rapid evolution in the desired direction. Visually representing ourselves in the most detailed way possible in what might be our natural evolution, as the model we most feel as genuinely ours, we make our evolution easier. In fact, if we had to develop all the highest qualities one by one, our work would be almost endless. Instead, representing to ourselves an image of a more advanced and more capable self, in a direction that is consistent with us, we encourage a movement of the whole personality towards the desired direction.

Another condition coming from the transpersonal experience is the sense of identity with the whole of humanity, which brings us to the technique of Service. The Service is to work for something that is bigger than us in the most disinterested way possible, conceiving it not as a duty or occasional volunteering but as a necessary expression of our most intimate reality, and therefore of our deepest creativity. The Service comes from a sense of identity with humanity, or at least we approach this sense through the Service. It is a need of

the Soul, which is identified with the whole humanity rather than with individual personalities. To be able to create it in us means to give a meaning to life, to say yes to our existence. To connect again to what we said before, it helps us to identify ourselves with life itself and to adhere to it, to the present.

Another important thing to remember is that the reason why we do something gives quality to what we do. What I achieve will have a different value if I do it for the good of humanity rather than for the good of my family or even unwillingly. Not only the quality of what we produce will be different, but also the energy that we draw from it, which will be at our disposal during the work. During the Service, our work will have an intrinsic value. It will draw no justification from external realities such as personal gain or admiration of others: it will find justification in itself, in the incarnation of the values on which the Service is based in the individual. All this gives meaning to self-transcendence.

I would conclude this with the words of Victor Frankl. Frankl, who was imprisoned in Nazi concentration camps, found the strength to survive thanks to the very commitment that let us transcend ourselves: “Only to the extent that we donate ourselves, that we put ourselves at the disposal of the world, of the tasks and requirements that challenge us in our lives, only to the extent we give values and achieve a meaning, only to this extent we will fulfill and realize ourselves. In one word, the essence of human existence lies in its self-transcendence. And for self-transcendence I mean that being a man means to be fundamentally oriented toward something that goes beyond us. As a consequence, a man is himself to the extent that he can overcome himself and forget about it.”

The only way to realize ourselves is to forget about ourselves.

FLOWERS-STELLAR PSYCOSYNTHESIS: A NEW EXPRESSION OF SYNTHESIS

Translation by Achille Cattaneo

I thank you for this space because it gives me the opportunity to make known the work that for twenty years I have been bringing into manifestation. The title of my speech is the concrete result of the Project SINTESI, which has as its primary objective the development of flower remedies granted to the energy frequencies of the 12 constellations of the Zodiac.

The Flowers of Synthesis, Which is the name of the remedies that I prepare, are the *condensed expression of an energy synthesis of flowers and stars*, made with a special method of preparation, and represent an experiment in progress of Applied Psychoenergetics, according to the subject treated by Assagioli in the chapter 14 of his book “Transpersonal Development”, called Science of Applied Purification.

Here’s how Roberto Assagioli introduces the subject:

“Now we will discuss the work of purification that we must undertake to transform the lower elements and unify our being”.

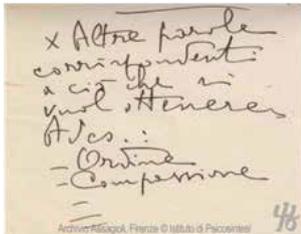
A phrase that captures the fundamental goal of the human being: transform the lower aspects and unify - purified - to the center of being; ... underlining, with that “we must undertake”, that such work cannot be avoided.

Then Roberto Assagioli enters the theme and says:

“This purification has been rightly called a science. It is a very broad subject because it has different aspects, different fields of application and a numerous techniques”.

And he continues:

“... In fact, if we have turned our inner eyes to the light, we have already begun to take the path that leads to liberation from slavery; ... We have already applied to some extent, consciously or not, the science of purification.”



WORDS CORRESPONDING

To what we want to get

In the System of Flowers to each S/Remedy have been associated three Qualities and related statements, that identify the stages of the *path of consciousness* of which the S/Remedy is the promoter. Here is the example of Beech Synthesis, the Flowers of the for the man with a critical and separative mind.

70 *Note that to create coincidence between the statements and moments of assumptions creates a dynamic interaction between <the user's consciousness> and <the energy of the remedy>, which thus become unified usefully cooperating in the direction of the goal.*

PSYCODYNAMIC ANSWERS ACTIVATED BY BEECH SYNTHESIS.

ENERGETIC ACTION:

Identification in the Positive State

PSYCHIC QUALITY:

Identification in the positive State

EVOCATED PRINCIPLE:

Identification in the Positive State

INCLUSIVITY

I accept and mentally include all diversities.

INNOCUITY

Development of comprehension and innocuity towards my fellows

WISDOM

I recognize the excellence of all paths and make my way to the path of wisdom

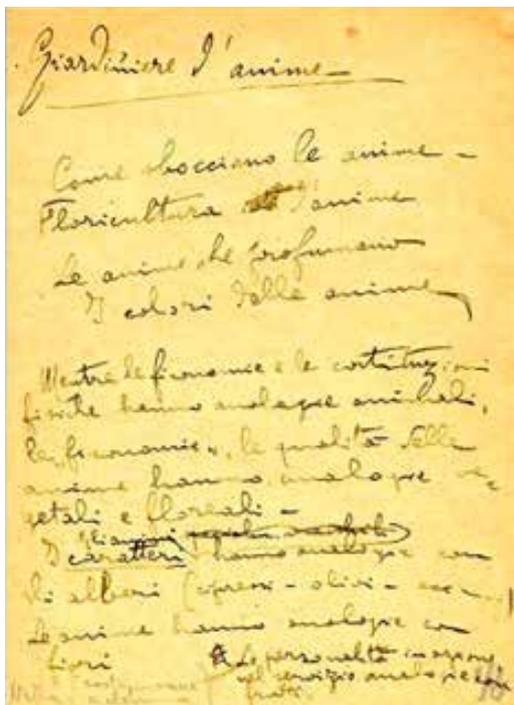
Now I will talk about the first item in the synthesis, **the flower**, whose therapeutic properties stem from flowers therapy, the treatment method with flowers designed by Edward Bach, an English physician, a great intuitive and contemporary of Assagioli. His sensitivity led him to discover the healing potential of 38 botanical species, driven to this by 'signatures' present in the plant (like the color of the petals, the shape, the structure). One morning at dawn, watching a flower covered with dew, he realized the preparation model by which the properties of the flower can be transferred to the water, and by appropriate steps to become a therapeutic tool to privileged action on the unconscious levels of the psyche. Each floral species, through subtle vibrations spread from the flowers in the magical time of flowering, transmits its gift in the space, its highest radiance whose symbol is the "fragrance", which coming into contact with the psyche evokes responses in relation to the **qualities** of which those flowers are messengers.

The expression of the **flower** is the most beautiful and perfect of the most advanced kingdom on earth, the Plant. From this energy matrix that shows harmony and beauty, hence the modus operandi of the remedy which acts by promoting similar "beauty" in the inner man. And I add that, yet possessing all species identified by Bach its own **therapeutic quality**, all flowers - as part of the largest plant family - resonate along the energy line of HARMONY and LOVE which is characteristic of the kingdom, in which It expresses all their specific actions; this explains why man, to find inner peace, always seeks contact with the green and nature, and why all the *flower remedies*, although they vary in their message to the psyche, stimulate in man a so-called harmonization process, just as psychosynthesis promotes through conscious work.

The above highlights the unique property inherent in bloom, to foster the dialogue between *conscious and unconscious*, with an *evocative effect on consciousness*; a property that, for each remedy, active progressive resonance in those areas, and psychic contents, which are related - positive or negative - with the "essential principle" of the flower (...that to the man can talk about Patience, Joy, Love, Humility). From the intra-psyche

dialogue between conscious and unconscious it evolves a process that gradually moves towards the transformation of darkness into light, defects into qualities.

In the Archives of Florence I found some writings that bear the thought of Roberto Assagioli about flowers, which he already expressed in choosing *the rose* as a living symbol to promote the opening of the “inner flower.” His words are flashes of intuition but also practical suggestions for each ‘gardener of the soul’ .. all of us ... and add value to what was said.



GARDENER OF SOULS

- How souls bloom
- Soul Floriculture
- The fragrance of souls
- The colors of souls

- The qualities souls have
- Vegetal and floral similarities

- Souls have similarities with flowers



SPIRITUAL GARDENING

- Cultivate “spiritual flowers”
- Joy
- Love
- Beauty
- Power

- Develop analogies
- Cultivation ways
- Beauty and “smell” of the flowers

I turn now to the second element of synthesis, **the stars**; specifically the 12 constellations that make up the zodiacal horizon, the receipt of which each preparation of the Synthesis is oriented.

According to the theory of the Seven Rays transmitted by Alice Bailey texts, each constellation carries a unique combination of energies, the disclosure of which - in the solar system and the earth - the sun and the planets are mediators; an energetic influence to direct impact on the human mind, but that affects every kingdom and life form.

The astrological view according to the key of understanding of the Rays, called “soul astrology” to distinguish it from the current one, suggests thinking about the constellations not only as sources of energy, but as great **Lights of Consciousness**. Tuning into them may promote beneficial changes in humans, and might aid the inner ascent. So, starting from the focal point of the Ego, the man gradually ascends in consciousness merging with the Self, and through him with every other Self, ... human, planetary and cosmic,... establishing relationships of universal brotherhood that will lead him one day to *consciously* experience the unity with the whole of which it is part.

About this reality Assagioli speaks in chapter 10 of the book *The Act of Will*, when he describes the possibility for humans to relate - through the individual will - to

the *Universal Will*, “..by tuning to the rhythms of the Great Life of the Universe and taking part voluntarily. An aspiration - he says - which is the highest need, while not recognized, of humanity. “

How to foster this **evolutionary path of the Will** that already lives in us as an aspiration?

The FOS represent an additional suggestion, since being harmonized with the zodiac frequencies are simultaneously mediators of one aspect of the energy that *all the constellations bear in their hearts*, which they received from distant stellar sources: an energy that has a name ... WILL.

By virtue of these Sources, in the periodic energy supply from the sun constellations are present *values of will*, that the sun makes its own and introduces in the solar system together with the zodiacal forces, ..and in heart are expected by the consciousness of the trainer, who guides the energies to flow in the water capsule in which are present the freshly picked flowers.

Lights of flowers and stars meet, exchange and blend. ... Not just flowers, ... not only stars, but the fruit of the union: an energy information in which the star power and the flower love gave birth to a **new expression of synthesis**.

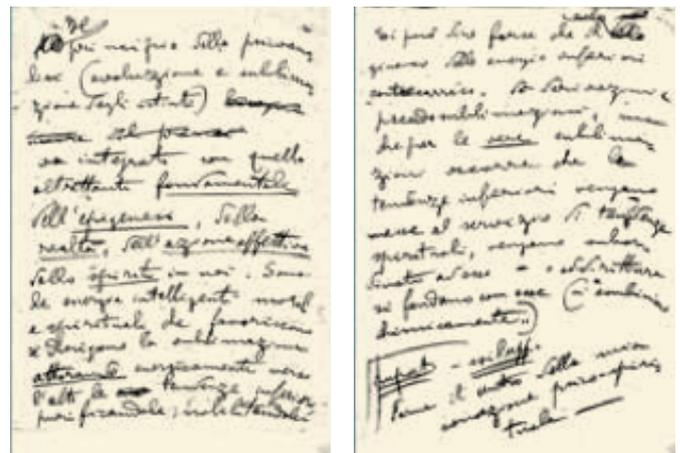
It is a poem, and at the same time is an exact scientific process.

The harmonic note of which is the FOS messenger can then talk to the smart and educated individual as well as to the unconscious child and to the simple-minded man, through their psyche as a beneficial wind of balanced dynamic power; able, by laws of magnetic resonance, to harmonize to the level of consciousness and of user's needs, safeguarding the freedom of the EGO by constraints that he is not willing, even unconsciously, to support.

The above seems to outline an innovative therapeutic action, which uses newly developed flower remedies as activators of the peak areas of consciousness, in which superconscious spaces reside “in a nutshell” the higher psychic values.

From this activation of Flowers/Stellar order comes the unfolding of a therapeutic process that, while it feeds the dynamic encounter between the upper and lower elements of the psyche, the other provides the *ego* with supplementary forces to address it, supporting it in steps needed for the work of purification and transformation. A process which takes place according to a Principle of which Assagioli emphasized the importance, according to which “*It is the higher energies that produce and direct the sublimation, attracting the lower tendencies upwards, purifying them*”. It is the principle of “epigenesis” of which Roberto Assagioli speaks in a paper linking it to that of “psychoanalysis.”

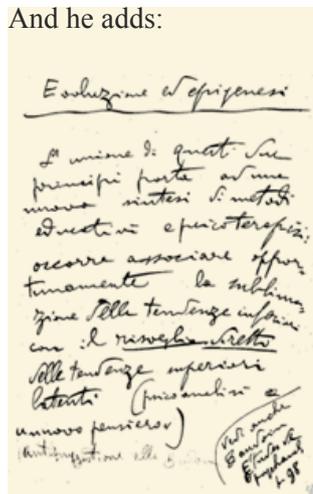
These are his words:



PRINCIPLE OF EPIGENESIS

“The principle of psychoanalysis (evolution and sublimation of the instincts) must be integrated with the equally fundamental principle of epigenesis, of the reality, of the effective action of the spirit in us. It is the moral and spiritual energies that foster and direct the sublimation, attracting energetically upwards the lower tendencies, purifying them, ennobling them It is necessary that the two tendencies ... should actually meld together ... (chemically combine).
Important - Develop. Make it the center of my psycho-spiritual conception”.

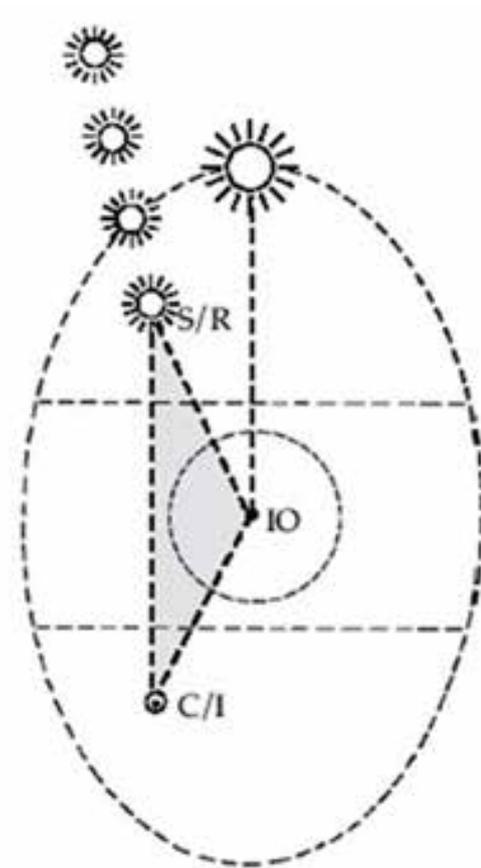
And he adds:



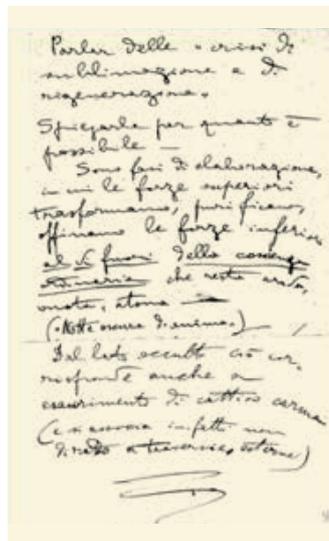
Evolution and epigenesis

The union of these two principles leads to a new synthesis of educational and psychotherapeutic methods: it needs to associate suitably the sublimation of lower tendencies with the direct awakening of the upper latent tendencies...

The “crisis” effect through the flowers of synthesis. momentum of opposites



Finally Roberto Assagioli describes and comments that the “action-of-the-superior produces:



“CRISIS OF SUBLIMATION AND REGENERATION”

Talking of Crisis of Sublimation and Regeneration. Explaining to what extent it is possible. They are phases of Processing, in which the higher forces transform, purify, refine the lower forces outside the ordinary consciousness...

Description: The four little suns are the drops of S/ Remedy (S/R) which act by activating the psychic substance of the superconscious and the emerging of quality in resonance with the qualitative principle of FOS. The vibrations, spreading within the psyche, “awaken” the psychic content (C/I) which are opposed to the qualitative value transmitted, creating meeting and *Crisis* between what is superior and what is inferior. At the same time, fed by flowers/ stellar values, the ego and the will are strengthened in their mediating and integrating function and gain dynamism in precipitating a new expressive synthesis, the result of “Flowers of Synthesis” Page 129

Now I compare the information contained in the writings of Roberto Assagioli (recently found in the Archives of Florence) with the image that opens the section of my book called ‘The Crisis Effect with The Flowers of Synthesis – A Momentum of Opposites “... where at the time I described, as a result of the assumption by the S / Remedy, the same process dynamic described by Assagioli in relation to the principle of epigenesis.

I see in all this, that I have only mentioned, an opportunity of research to be accomplished! ..which I cannot implement alone but in collaboration with other minds interested in the subject.

Hence an appeal that I launch in the psychic space of this Congress to all psychosynthesists, particularly aimed to those who have roles in the therapeutic field, in order that they might be willing to approach without preconditions, not so much the theoretical formulation of FOS since the objective verification of the involved assumptions .

The possibility offered by the FOS is not an abstraction but a concrete reality which needs to be studied in the more qualified environment to verify, in the effects of remedies thus conceived, the presence of a *significant energizing action on the sphere of the will and the ego*.

In the year 2000, at the Congress of Bologna, I inserted the nascent research with the Flowers of Synthesis in the “PROJECT WILL” of Assagioli, and now - sixteen years later - I want to reclaim the attention in a more advanced and mature phase, so that is considered the idea to form a group interested to experimentally explore the themes treated. The goal is not only the ‘quest for truth’ regarding the foregoing assumption but even more motivated by not wanting to overlook something that might be useful to promote that **apprenticeship of the will** that is the liberating destiny of every man, and identifies the core purpose enclosed in the Project that Assagioli assigned to his successors, as a page to be written in the infinite book of Psychosynthesis.

FROM NUTRITION TO NOURISHMENT: BREAKFAST “À LA PSYCHOSYNTHESIS”

Translation by Donatella Randazzo

Breakfast “à la psychosynthesis”

Shall we try a new kind of breakfast? I am not referring to trying some exotic food, but to creating new attitudes. Should we like the new breakfast, we can repeat this experience, bearing in mind that eating is composed of habits – with some being particularly ingrained – and that in order to bring novelties into this area, we need to resort, as usual, to the use of the will: to weaken the grip of those psychophysical elements we want to get rid of, and acquire the new behaviour we have chosen and that better represent us.

However, if we do not like this new type of breakfast, we can always make up for it at lunch or dinner!

In the morning, get up fifteen minutes earlier than usual. Give your body its priorities (more or less urgent). Make sure you are in your entirety, and be grateful to life for this simple, yet essential reason (it is also a quick test to check if your heart is already “on”).

Make a choice: you want to have a great breakfast because ... (pick one: it is right for you / you deserve it / you give yourself permission to / you do not oppose it / other) and enlist a minimum of three good reasons why your breakfast will be a marvelous way to start your day. Lay the table with care, adding some beauty to it; avoid using the chipped cup or the discolored table mat; most important, position yourself in the centre of your consciousness circle (see egg diagram), so as to be present to yourself and to what you are doing.

While eating, avoid leaving the magic circle to navigate other areas: try your best not to think about your future schedule, or last night’s events: live your “*here and*

now”, trying to taste what you are eating and appreciate its qualities. Feel the food with all your senses: when taste, odour and the sight of a beautifully laid table, together with – if you are in good company – touch and hearing, lead you towards some sense of satisfaction and enjoyment, inevitably your emotions will be pleasant too, as they tend to align to what your body is feeling. This way, your mind will be facilitated in creating quality thoughts and, with the help of your awakened heart, breakfast can be concluded with some psychic climbing towards the area 3 of the egg: a quick trip to perceive the elation of joy, gratitude and – why not? – even love.

We have added a new nutrient to today’s breakfast: awareness. It has a deep impact on our body-psyche structure: when we are present, we take part in the flow of life.

If we are present while we eat, we contribute to the optimal functioning of our metabolism, by inducing the initial phase of digestion, known as “cephalic”. When our senses perceive that some food is arriving (by registering odours, colours, sounds and other stimuli linked to eating), they send signals to the brain, which starts the digestive processes via the vagus nerve: for instance, watering of the mouth, which is induced as soon as we think about the food we like, is due to this physiological response, as well as the release of other digestive enzymes and neuropeptides, the afflux of blood to the digestive organs, the rhythmic contractions of the stomach and intestine, the concentration of electrolytes: these are all natural responses occurring when we are on the verge of eating. According to scientific research, 30 to 40% of our digestion takes place during this time.

However, if we are absent-minded during the initial phase of our meal and thus our brain fails to receive signals related to eating, we will metabolize our food at a reduced efficiency rate of 60-70% . What will the result be? Incomplete digestion, heaviness, lethargy.

And even worse: if during our meal we resort to our “automatic pilot”, we run the risk of creating conflict in our body, as we might eat until we feel some discomfort coming from our excessively stretched stomach, while feeling still hungry. How can this happen?

The cephalic digestion phase that we have skipped because of our lack of awareness, is an essential step for our brain: if it fails to register odour, taste and noise related to feeding, it remains “famished”. The feeling of satiety which makes us stop eating is caused by both the stomach and the brain; but if the latter does not send any signal as, from its point of view, we have not yet started our meal, the stimuli coming from the stomach alone might not suffice to make us want to finish our meal (with the consequences that can be easily imagined).

It is even worse when we sit at the dinner table feeling very stressed and unaware of it: as in “Lunch at mother’s” (see last issue), our body reacts to the heavy thoughts and emotions produced during the meal, by entering the “fight or flight” state and blocking the normal digestive processes. It is a useful physiological response, which takes places in the animal world: in the savanna, the leopard facing a predator, ready to attack it or run away in the opposite direction, has plenty of adrenalin in circulation, its muscles are contracted and its heartbeat is fast: it definitely does not stop to have something to eat! Although we have the same physiological response of the leopard, on the contrary, we sit down and eat!

There is still a lot to say about awareness at the dinner table, but today we end here.

**TO BE IN HARMONY WITH YOURSELF,
OTHERS AND THE WORLD**
(first edition 1999) by Ewa Bialek

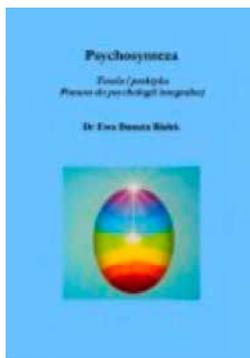


Guide of self-education by descriptions and specific exercises. The author shows signs to how to be in harmony with oneself, others and the world, which allows you to build healthy relationships with them. Without inner harmony, we can only create “sick families and sick relationships” and thus to implant and strengthen the existence of the physical symptoms of disease, described as “psychosomatic.” So in order to live a healthy and happy life, you need to start with yourself. You can change you and yourself only, and it radiates to others and the world around us. Recommended for all with no exceptions. Available as e-book.



**LECTER
TO THE DIRECTOR**

**PSYCHOSYNTHESIS. THEORY
AND PRACTICE.**
Bridge to Integral Psychology
by Ewa Bialek



The book is a summary of nearly 8 years of workshops. It includes the basic theory about psychosynthesis and more over opinions of participants (mainly teachers, psychologists, pedagogs and doctors) in workshops preparing to become a coach/educator of psychosynthesis. Plenty of valuable descriptions of individual experience and life wisdom, “discovered” by the participants during classes. Recommended to all who wish to know psychosynthesis and to personal and spiritual development, in order to balance both dimensions. A very practical book which is a description of methods/techniques of individual working, with oneself and a group, according to the principles of psychosynthesis. Extremely simple techniques lead to the sensational discovery of own abilities / potentials, understanding oneself, as described on nearly 180 pages. Recommended for psychologists, teachers of health education. The evaluation was made by teachers participating in the activities of the “Education for health in the family, school and the world” program, conducted by the Association “Education for the Future” in 1997-2004.

THERAPY OF CHILDREN AND ADOLESCENTS
Methods and techniques in psychopedagogy assistance
Edited by Iwona Dabrowska-Jablonska



In this book, edited by Iwona Dabrowska-Jablonska, 4 authors present their approach to the treatment of children and adolescents. Among them there is a chapter by Ewa Bialek “Psychosynthesis approach to the treatment of children and adolescents.” It is unique by having overall look at health, but not through the disease, so the child and the young person is seen as one inseparable individual (including spiritual part). The uniqueness of this approach, above all, emphasizes the preparation of the teacher - his own psychosynthesis - to understand what psychosynthesis and health seen as a whole means. Indeed, he must be alone integrated, and it involves own psychosynthesis and a new way of teacher training - by being an authority, being what he teaches.

FEATURED BOOKS

The Istituto di Psicosintesi and Gruppo alle Fonti are happy to announce the publication of “Freedom in Jail”, the first book in the new series Quaderni dell’Archivio Assagioli (Archivio Assagioli Notebooks).

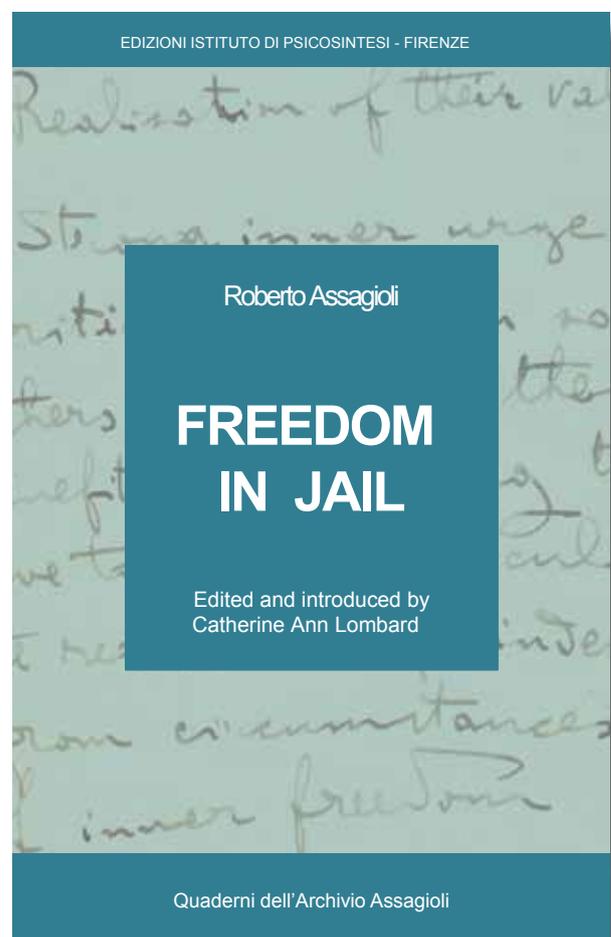
Roberto Assagioli intended that his “prison diary” might become an autobiographical account of the time he spent in Regina Coeli prison under the fascist regime in 1940. Now held in the Archivio Assagioli in Florence and curated by Gruppo alle Fonti, the manuscript was never completed.

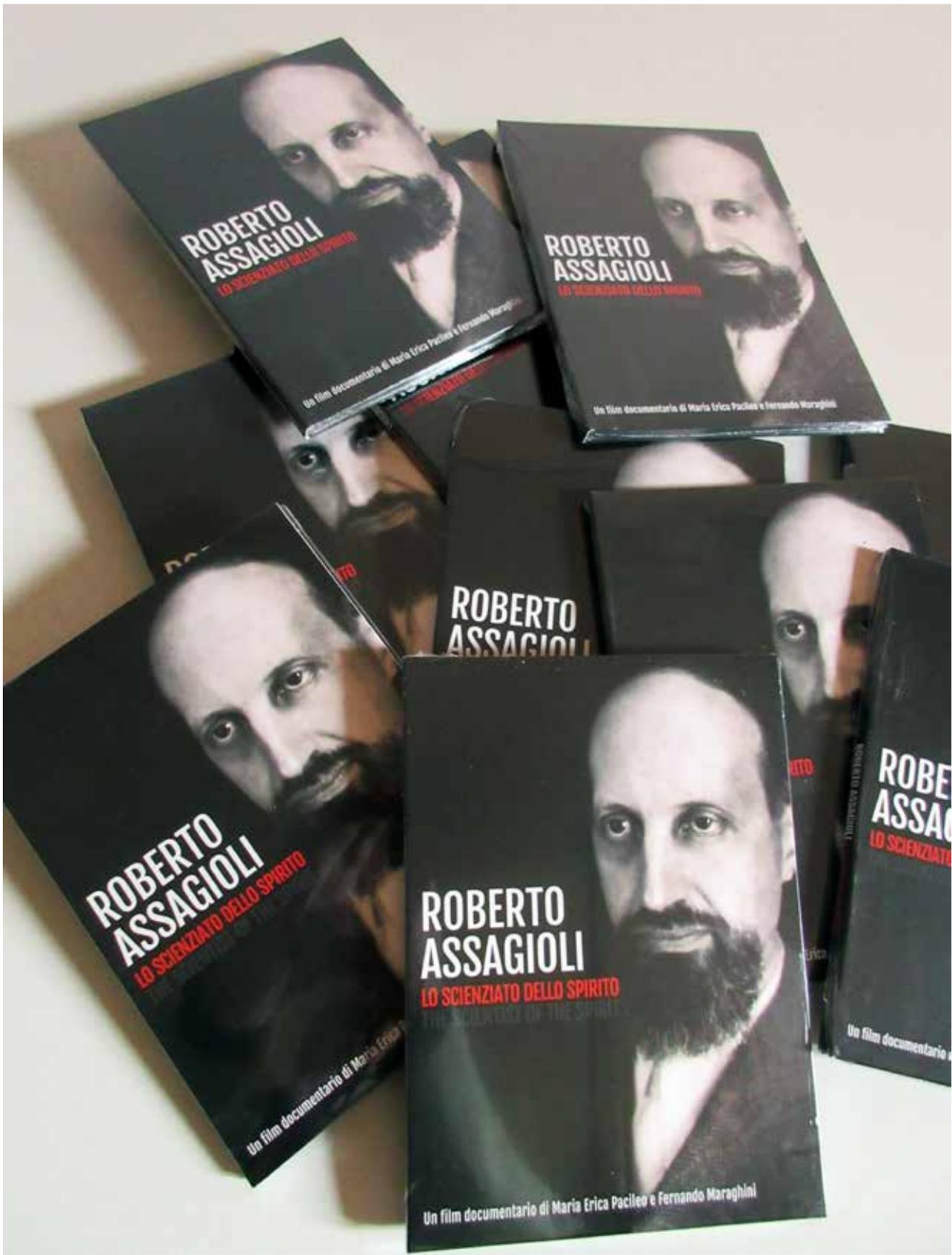
Nevertheless, Freedom in Jail offers a vivid picture of Assagioli’s experience through multiple lenses – from the raw concreteness of everyday events to his interior world. Throughout his testimony, Assagioli offers a personal example of how to use difficult life events as an opportunity to develop one’s personal and spiritual psychosynthesis.

Freedom in Jail also provides - for the first time - an intimate look at Assagioli’s own trials and profound insights as he uses his psychosynthesis concepts and techniques towards personal transformation and self-realization.

This book is a priceless testimony for anyone wanting to learn the process through which Roberto Assagioli realized “inner freedom, pure freedom... attained rising above the fetters, a sense of expansion...”

Edited, annotated and introduced by Catherine Ann Lombard, Freedom in Jail is now available in English, the original language of Assagioli’s manuscript.





Roberto Assagioli the scientist of the spirit
documentary film of the directors Maria Erica Pacileo and Fernando Maraghini