

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”.

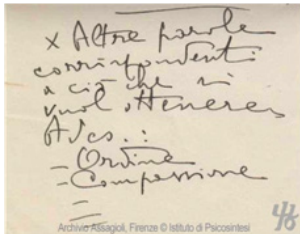
A phrase that captures the fundamental goal of the human being: transform the lower aspects and unify - purified - to the center of being; ... underlining, with that “we must undertake”, that such work cannot be avoided.

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

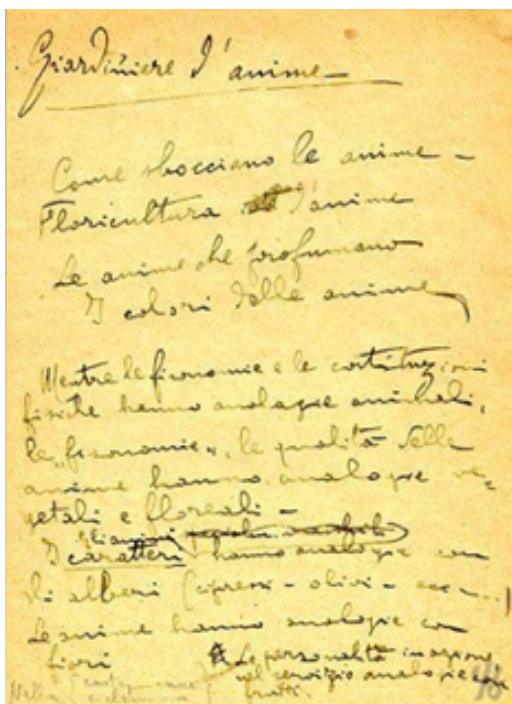
Now I will talk about the first item in the synthesis, **the flower**, whose therapeutic properties stem from flowers therapy, the treatment method with flowers designed by Edward Bach, an English physician, a great intuitive and contemporary of Assagioli. His sensitivity led him to discover the healing 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.

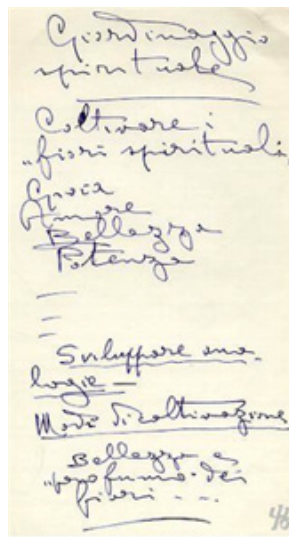


GARDENER OF SOULS

- 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**.

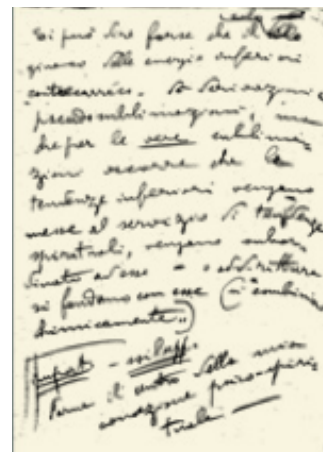
It is a poem, and at the same time is an exact scientific process.

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:

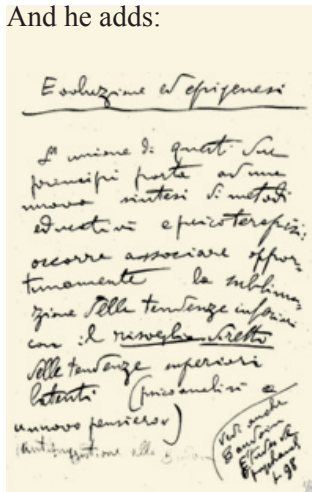


PRINCIPLE OF EPIGENESIS

“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”.

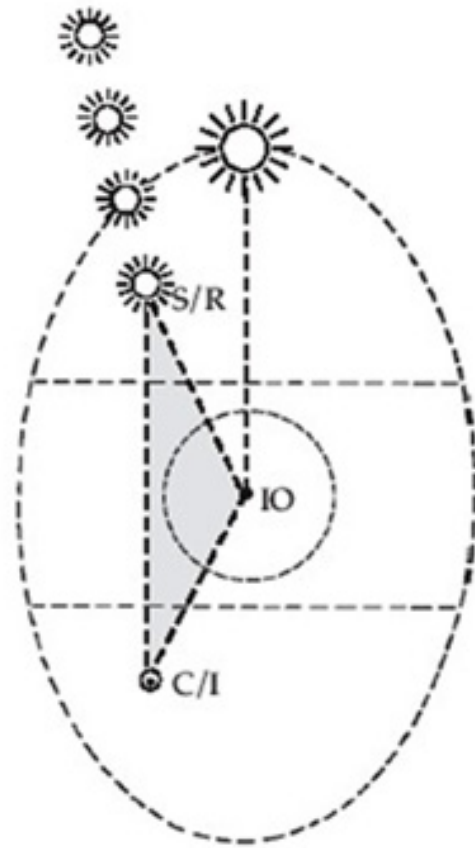
And he adds:



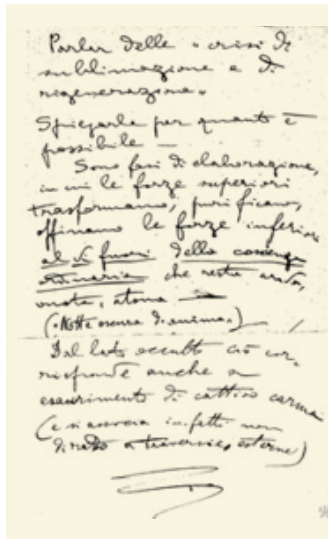
Evolution and epigenesis

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*