

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.