

# 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where every breath dozes, where there is no fire, vibration, new life, but only repetition, stereotypes, conventions, outdated traditions, decaying forms...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 ...

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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.”**