

IMPRESSIONS NATIONAL CONGRESS VARESE 2018

Translation by Achille Cattaneo

This year the Congress of Psychosynthesis has made us meet again in Varese, inside the charming Villa Cagnola, with its beautiful park full of majestic and exotic trees, precious essences and with the beauty of a panoramic view that, alone, knew how to “open the breath”.

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After the usual introductory presentation - deep and engaging - we shared an intense moment, and I do not think I thought it only myself, with the feeling of being able to renew a hope, singing, all together, “Imagine” by John Lennon! We have tried to visualize a different future, in which also the utopia - considered by many useless and illusory - can have an important, propulsive role, a push towards dreams and visions able to give us the ability to make a necessary “change of course”.

How much energy does it take to find a model of renewal, a different way to go? How much time is needed to try to understand who we are, what is the point of our evolution, how important are for us harmony, beauty, freedom and what relationship do we have with our habits?

It is not easy to leave the known for the unknown, to cultivate dreams that can raise our conscience but which, too often, force us to overcome strong fears and seemingly impassable limits. Assagioli said: “*At the top there are no problems, below there are no solutions*” ... the difficulty is being able to get up!

We must start from ourselves to establish a new relationship with others, even if it is not easy to get rid of the “useless complexities”, the legacies that block us and know how to create an empty space to fill, because saturation prevents the introduction of the ‘new necessary’; It would be right to learn to turn our gaze to a new “being” and open ourselves to a crisis of authenticity that, while partially destabilizing us, can give us new visions.

To renew oneself also means to stop transferring one’s responsibilities to others or to continue with the role of the “*passive conservative*”, whether it be faith, culture, social problems and all that we abdicate too often. Looking only through the eyes of another (even considering his opinions to reflect) removes authenticity and desire to get involved. If identity evolves in the course of life, this also applies to the soul, our essence; one of the primary needs of man is to find his true humanity, a sense and a direction, to be able to enter, deeply, in the “path of growth”, to be himself with others (we always return to authenticity !), without losing individual consciousness and experiencing one’s true nature.

We should start in the educational field, from the school, integrating purely cognitive objectives with a creative and self-knowledge path, to help the child to discover his talents, to ask questions and not just to “know and repeat”.

So why not try to promote, together with the Montessorian and Steinerian methods, a school of Assagiolian approach, following the proposals made in the past by a man so open to children and young people?

Another question posed: “Is it possible to renew starting from the old, from paradigms that simplify things?” Surely a base of knowledge is needed, but you cannot keep everything, you have to “know how to empty” from certainties that do not exist, try to use new eyes to look and still learn to amaze us!

In this moment of identity crisis, of painful loss of self and recognition of the other that has failed, the only way to recover one’s inner life is to change habits, learn to live creatively, to avoid that “*the day always covers the colors of yesterday*”. Each of us has his own way, we are not “*existential replicators*”, and the road traveled is always behind us, with a future to be experienced before. Today we need new bridges, between individual and collective growth, between the inside and the outside, without forgetting to accept and rationalize our, inevitable sense of powerlessness and going beyond the “neoliberalism” of our age.

One of the tasks of Psychosynthesis is to help man “to inhabit” the world, to focus on his abilities and to strengthen them with will, awareness and responsibility but, itself, will have to continue to renew - as Assagioli wanted - to avoid becoming, as someone has claimed, a “historical archive”. It is necessary to keep up with the times but attentive to the quality and needs of people, to encourage the culture that, to be widespread, must be continually recreated ... In short, do not ever rest ... so I wish, once again, good work to all of us !!

Laura Cerasaro