

DIARIES OF THE INTERNAL WORK

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Here are some pages taken from the diary of 1931 in which Assagioli's experiences and experiences are reported during the morning meditation during a retreat at the Franciscan Hermitage which he assiduously attended, or stimulated by reading a Hindu spiritual text.

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They represent one of the many important testimonies of his continuous inner work, of his persistent search for spiritual elevation, of his patient action of harmonization of his own personality and of his empathy for the human condition, elements that constantly emerge from his intimate manuscripts. Happy reading and happy reflection ...

October 6th, 1931 at the Franciscan Hermitage

During and after the meditation, I felt strongly that I must strive above all to maintain alignment, continuous internal contact, during all activities and experiences. Do not identify with the personality, do not give all my attention to the countless voices that try to attract it, to the thousand impressions that come from outside or from within. Stay above them; "Do not all descend" - maintain observer consciousness; always feel and reaffirm that you are a Soul, a center of spiritual consciousness.

Continuously maintaining a double consciousness: being the actor and the spectator simultaneously. Learn to "do two things at the same time" that is to function consciously in two different planes at the same time. This is the step I must take now, on which many, if not all further progress, depends.

Therefore, to work – Do a "special examination" in this regard.

Read Vivekachudamani around 6 o'clock. I had already woken up well disposed inside. - after reading I experienced the realization of the Reality of the Supreme, of Brahman and His infinite Glories (Viveka-chud v.139) - Sense of identification with it "I am That" - From this sense of freedom, of detachment - I felt disidentified, freed from things, events, people, activities, from my own body - (What a relief!) –

I felt how one can act by remaining "free", superior; how can you be sufficient for everything. Realized the "misery" of the many "attachments" that bind and torment poor human beings. I determine to always turn silently to the deep soul of each person I come in contact with, to the soul behind the mask.

Continued to read Viveka-chudamani early in the morning. It is of great spiritual help to me. It elevates me directly and quickly to the realm of reality, calls me back, awakens me - It is one of the paradoxes of the spiritual life – that disidentification from the world, from the body, from the "actor" in me - it gives me a way to act more and better - it does so by eliminating dispersion, passive extroversion, numbness and releasing higher energies.

Roberto Assagioli

Note:

The Vivekacūḍamaṇi (lit. The Great Jewel of Discernment) is a famous literary work attributed to Śaṅkara, an ancient Indian philosopher, one of the main exponents of the Hindu school of non-duality.