

KNOTTING THE THREADS THE PSYCHOSYNTHESIS NETWORK IN THE WORLD

Translation by Donatella Randazzo

Last October our farewell was the project of building a Google map of Psychosynthesis in the world. The proposal was to draw, all together, a symbol to represent the living organism consisting of the centers active in the teaching and dissemination of Assagioli's theory and practice.

The map initially included only the Italian Centers affiliated with the Institute and, as an example of centers abroad, the three Europeans whose initiatives were discussed in the same article.

The first result is that about twenty requests for insertion have been received, mostly from European centers, but also from more distant organizations in Latin America, the United States and Australia.

The joy I felt in making contact with our psychosynthetic community was great, and I am pleased to express it on this page. The friendly words and the enthusiasm of those who responded to the project were indicators of the fact that the map mirrors our common belonging to a network, located much deeper than is visible in a simple physical map of the territory.

There are many other psychosynthesis centers in the world, which operate in different areas - interpersonal, social, therapeutic, educational - using a variety of methods of dissemination and teaching, some issuing qualifications that can be spent in the educational, legal, medical and caring professions. Ideally, the construction of the map should arise not as an automatic response to the call, but through a contact with the representatives of the centers, upon the activation of their "will" to be part of it, with the awareness of sharing the same purpose and objectives and, above all, the same spirit. Such a wealth of forms could, always symbolically, represent our attempt to achieve unity in diversity.

The map is an initiative of the Institute, with the contribution of Laura Ferrea, webmaster and head of the As-

saggioli Archives. Laura advertised the initiative on the website, and thought of representing each center on the map with its logo copied on the blue "pin" that marks the corresponding geographical area.

Who should be on the map? At first I thought the Centers where psychosynthesis is practiced and spread - probably because this is how my training in psychosynthesis took place. But one of my first exchange of e-mails with those who responded to the initiative, led me to review this general criterion, which had seemed obvious to me, thus broadening my horizons.

An example is the case of "The Irish Psychosynthesis Network": a group of psychosynthesis operators, mostly therapists, active since 2010 in Belfast and Dublin, and belonging to the EFPP. Having a specific identity and mission, they were included even not being a Center with physical headquarters.

Another case, that of organizations that teach and spread psychosynthesis without being Centers, or even devoid of the term "psychosynthesis" in their name. This was the case of the Swedish company Humanova, with whom I had an interesting exchange and of which I would like to report a few initiatives in the future. Originally a center (founded about 25 years ago), today it is a company that includes three centers (in Gothenburg, Lund, Stockholm) and is managed by a group of professionals who teach psychosynthesis, along with disciplines of similar orientation.

As it often happens, I happened to see a paper by Assagioli, entitled "Psychosynthesis in the world: problems and perspectives", in which he extends the meaning of the term "center"

for simplicity, I use the word centers to indicate all foundations, institutes and centers.

and where he also mentions the main function performed by them, enlarging our perspective.

The primary function and the main concern of each Center must also be to work as intensely as possible in its own geographical or specific area (therapeutic,

educational, cultural), of “cultivar son jardin”, to quote Montaigne.

Started in the last issue of *Perle nel filo* as a map of the Centers, today we can certainly extend it to other organizations which, by working through group psychosynthesis activities, contribute to its diffusion in the world.

What do you think about it? I believe that at this particular time, it is good to be as inclusive as possible, and not run the risk of leaving someone out.

In any case, the map should be understood as an absolutely material and transitory reality, because the true importance of group work lies on a more subtle level, and to this purpose the words of Assagioli at the end of the same document are quite relevant.

110 *The mutual exchange of information and cooperation between all the Centers is, of course, extremely desirable and should be carried out to an ever greater extent [...]*

But since the cultural, psychological, legal and material conditions are enormously different in the various countries, it is advisable, indeed almost indispensable, that each Center work in full autonomy and freedom [...]

If we and those who will gradually take our place in the future remain faithful to these principles and guidelines, we can hope to make a valid contribution to the spiritual, psychological and external integration of humanity. This integration represents its urgent need and only thanks to it can we counter the dangers that currently threaten it and encourage the emergence of a new and authentic culture and civilization of man, a new way of life.

Before moving on to another topic, I wish to renew my invitation to take an active part in this project, participating and publicizing it among the various psychosynthetic organizations and centers, in Italy and elsewhere.

Since the first months of 2020, the majority of us have been affected by the unexpected changes imposed by the containment strategies of the COVID-19 virus.

Already in mid-February the media had been reporting the increasing diffusion of the virus, but it was in March, with the worsening of infections and intensive care admissions, that Italy underwent a lockdown period, with the closure of almost all commercial activities, except those related to food and health.

Distant from the outside world, many were overwhelmed

by the avalanche operated by the media: a tower of Babel of news, hypotheses, truths, theories by academics, researchers, experts in the sector, but also non-experts, who on the official media, social and chats - ultimately wherever there existed a tiny space of visibility - they each affirmed their own “truth”.

How has the psychosynthetic community behaved in this situation? At a time of sudden difficulty, of unforeseen events to face and contain, have we been up to the situation? Have we been able to put the psychosynthetic model into practice, in our reality and in that of our associates and friends?

In Italy, already in the early days of the lockdown, which imposed the closure of the Centers, an exchange of ideas began by email among the trainers of the Institute, activated by Paola Marinelli from Casa Assagioli in Florence.

This is a time when it is necessary to “collaborate with the inevitable”. It’s clear.

As psychosyntheticists we have a formidable tool at our disposal, which we have already tested over time: the awareness that from a constricting situation, such as the one we are in today, we can discover new opportunities, teachings, occasions.

The first exchange of emails perhaps helped trainers reinforce connection, as the crisis evoked and intensified the psychosynthetic spirit that sometimes, dragged by the routine of organizing events and meetings, is at risk of being almost “unfelt”.

Proposals and initiatives by most of the Italian centers of the Institute immediately flocked: some of them are reported here as examples, but this list is certainly not exhaustive.

Dear friends, as you know our activities and our secretariat have been suspended, like so many things in this period. However, though distant, here we are.

We all feel fear and worry these days. Psychologists explain that fear and pre-occupation (dealing in advance

with a possible danger so you can plan the steps to take and master it better) are useful. They serve to mobilize all forces necessary to fight the danger, and in our specific case to safeguard our health, and to protect ourselves and our loved ones, friends, colleagues, and fellow citizens.

(Mariella Pittertschatscher, Weekly newsletter for associates of the Bolzano and Trento Center).

I propose to update [the Institute's website], ... by posting some passages by Assagioli or other contributions, ... to maintain a "live" contact with members and other interested parties. Otherwise there is a risk of inaction which contrasts with the dynamism of our psychic life;

I think it would be appropriate for the directors of the Centers, as some are already doing, to maintain contact with the members of their Centers, through newsletters, proposing forms of virtual activities that may already be on the calendar but have been postponed. It is an opportunity for Psychosynthesis to live right human relationships to the full, to open up to social reality, also and above all in this dramatic moment. Post on the website a variety of techniques suitable for this situation: imaginative ones, "as if" acting, sensory evocation, meditation, bibliotherapy, use of the diary, drawing, etc.
(Elena Morbidelli, Florence Center)

We are publishing simple exercises / visualizations on qualities / evocative words; if you think they can be useful, you are welcome to use them

We send them by email to members and friends and we also post them on the facebook page of the Center. Now I'm also thinking of making audio files.
(Laura Rodighiero, Padua Center)

UNITED IN LOVE

9.15 pm - Every evening Dr. Enzo Liguori, director of the Center for Psychosynthesis in Milan, will conduct a short meditation that unites us, in a great energy of love, to support all those who are on the front line to save lives in Hospital.

Share freely with anyone who may be interested.
(Milan Center)

"Virtue-ally together", weekly meetings for members also open to their friends, to discuss useful qualities in this period: Trust, Healing, Rhythm, Harmlessness, Cooperation, Renewal. Summary of the meetings published on the Facebook page
(Palermo and Trapani Center)

Let us share a thought, a photo, a poem, a reflection, a drawing ... about how we are living this time in the light of Psychosynthesis, a great tool for transformation.
(Paola Marinelli, Casa Assagioli)

If any of you would like to make short videos to post on Facebook as "pills of wisdom", they would help those who are currently counting on us for support. It could be be guided meditations, psychosynthetic exercises, poems, short passages from Assagioli's writings, everything you think can be useful in this time.

If you have already done so, on youtube or on Facebook, please let me know the link, so that I can post this material on the page of the Bologna Center. I believe it is important to consolidate our network of contacts and share these pills of wisdom among all the Centers.
(Marco Moretti, Bologna Center)



I recorded a video conference for the center of Varese last week ...

(Luce Ramorino, Varese Center)

And out of Italy?

It was not possible to carry out a detailed survey, however abroad the proposals from psychosynthesis centers and groups were numerous, and aimed at restoring balance and harmony within the emotional chaos generated by the fear of contagion.

The spirit of this time is well summarized by Diana Whitmore in her blog available on the website of Psychosynthesis Trust.

I offer this blog as food for thought and, of course, the highest value of psychosynthesis is "this is not the truth". Each of us must find our own way to welcome and respond to the reality of the coronavirus and I am sure there is no right way. But let's put together our psycho-spiritual acceptance of this existential moment, our undeniable and inescapable interconnectedness, our place in the larger whole, and the power of our response to the global situation.

I conclude by reporting how some centers responded to the emergency.

The Synthesis Center of S. Francisco and Casa Assagioli, in cooperation, have launched an initiative entitled *WHAT MATTERS: Being present in difficult times*, with a dedicated youtube channel, offering multilingual videos with short meditations dedicated to the evocation of qualities (calm, trust), visualization of one's inner center, disidentification and much more.

A short online search brought out a couple of videos by Ewa Bialek from the Center for Psychosynthesis in Warsaw, in Polish and dedicated to appropriate qualities to be developed, including gratitude.

Kenneth Sorensen, an independent psychosynthesist, gave insights on the psycho-spiritual perspective of the virus infection.

In England, among the resources of the Psychosynthesis Trust website, is the text of a visualization by Petra Guggisberg Nocelli entitled "The Pandemic: an

opportunity to develop a vision", which is accompanied by a video of a guided meditation to encourage planetary interconnection.

It would be interesting to receive communication from other centers or groups, of initiatives they have experienced in the past period. Even in the worst situations, we know that there are positive aspects: covid was - and still is - an opportunity to project and verify new ways of diffusing psychosynthesis. Furthermore, the crisis has constituted a further incentive to put together various types of resources, to invent new ones, to create synergies and exchanges among centers.

The virus has began to spread again in September, let's see how the situation will evolve. The important thing, I believe, is to keep ourselves open to the possibilities of collaboration and exchange, and above all to cultivate and maintain unity in order to face together the uncertainties of the future.