

“THE SOUL OF PSYCHOSYNTHESIS”.

“I wanted to write a book about the *soul* of Psychosynthesis, focused on Assagioli’s vision and research and which, at the same time, also presented my own insights, based on years of work experience in the context of personal and spiritual development. It seemed clear to me that Assagioli’s seven key concepts could be linked to seven development ways: Freedom, Presence, Power, Focus, Flow, Abundance and Love. These core concepts and developmental ways form constitute the main focus of this book “: thus in the introduction to the book the author presents the heart, or soul, of his research which highlights and enlivens the heart, or soul, of Psychosynthesis.

The pages slowly reveal the psychosynthetic treasure that embraces various psychological, philosophical and metaphysical perspectives: the richness, depth and inclusiveness of Roberto Assagioli’s vision are well reconstructed and are supported by the rich supply of quotes that allow you to “to reach out and touch ”The vibrant interiority and the bright intuitions of the founder of Psychosynthesis.

The concepts that the author defines as “the soul of Psychosynthesis”, indicated by Assagioli himself in a text shortly before death, are actually experiences. The peculiarity of these experiences is that everyone, in the laboratory of their own consciousness, can live them and learn from them, as well as the therapeutic benefits or personal integration: the process for self-awareness, in fact, starts with a spontaneous movement of the individual and the psychotherapist is the witness, the guide and the counsellor because, in the author’s words, he assumes the role of “authentic mirror for the client’s self-awareness and, in a broader sense, for the connection between the ego and the Soul “.

The seven key concepts of this “psychology with a soul” are disidentification, the personal self, the will: good, strong, skillful; the ideal model, synthesis, the superconscious and the transpersonal Self (even if in most cases it is not possible to have a complete experience of this last one).

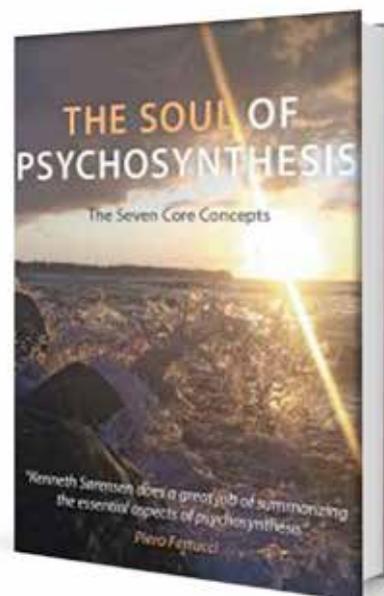
In the text, these concepts are widely outlined and each one is given a chapter that highlights not only the main

elements, but also the internal phases, techniques and methods; this capillary analysis work is accompanied by an accurate description of the psychosynthetic model of the personality and of the theory of development in Psychosynthesis; in the appendix to the text there is also a detailed biography of Assagioli, a bibliography and disidentification and meditation exercises.

All this rich and multifaceted material aims to illuminate what Assagioli has defined as the aim of all psychosynthetic techniques, that is, “Own yourself and transform yourself”, a method that allows the perfect integration of the ego and, above all, that culminates in that “synthesis” which, in Assagioli’s words, is “a luminous path of the heart”, as well as showing itself as a mirror of the harmony and unity towards which life tends through the evolution of consciousness.

Finally, the pages of the book are suffused with that light, an impalpable, ardent and penetrating light which is the very essence of Assagioli, and which follows one of his best known maxims “Illuminating to illuminate”.

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