

WORLD DAY OF PSYCHOSYNTHESIS

by The Swedish Psykosyntesföreningen and Psykosyntesförbundet



REFLECTIONS ON THE MESSAGE AND NATURE OF PSYCHOSYNTHESIS IN TIMES OF THE PANDEMIC

By
Petra Guggisberg Nocelli

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THE WAY OF PSYCHOSYNTHESIS

*A complete guide to origins, concepts,
and the fundamental experiences
with a biography of Roberto Assagioli*



Petra Guggisberg Nocelli is a member of the *Swiss Association of Psychotherapists (ASP)*, of the *Italian Society of Therapeutic Psychosynthesis (SIPT)* and trainer of the *Institute of Psychosynthesis*. In 2011 she published in Italian *The Way of Psychosynthesis* (Xenia), available also in English (2018) and French (2020). In 2016 she released in Italian *Know, Master, and Transform Yourself* (Xenia).

Website: <https://www.psicosintesi.ch/en/home/>

REFLECTIONS ON THE MESSAGE AND NATURE OF PSYCHOSYNTHESIS IN TIMES OF THE PANDEMIC



20 SETTEMBRE
GIORNATA MONDIALE DELLA PSICOSINTESI

45
It is urgent to establish
"Spiritual Airways"
~~across~~ between nations,
institutions, movements,
and across the continents.

Let us give to this work
as energetically
at least as much energy,
determination, desire, time,
effort as those which are
given to establish airplane
communications through-
out the world.

20-IX-37
Archivio Assagioli, Firenze © Istituto di Psicointesi

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Diamo a questo lavoro
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determinazione, desiderio,
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vengono dati allo stabilire
comunicazioni aeree in tutto
il mondo.

Roberto Assagioli

20-IX-37

20 settembre 2019

The World Day of Psychosynthesis wants “to symbolize the **unity of purpose of all** the centers, groups and individuals of the world **that resonate with the message of Psychosynthesis**”.

THE WORLD DAY OF PSYCHOSYNTHESIS

The proposal was created with the intention of **promoting**:

- a **greater awareness of belonging** to a vast energy movement
- a **greater connection, a mutual recognition and a synthesis** between the different groups and units of Psychosynthesis
- **reflection, meditation** on how each of us can contribute to this work

PROGRAM

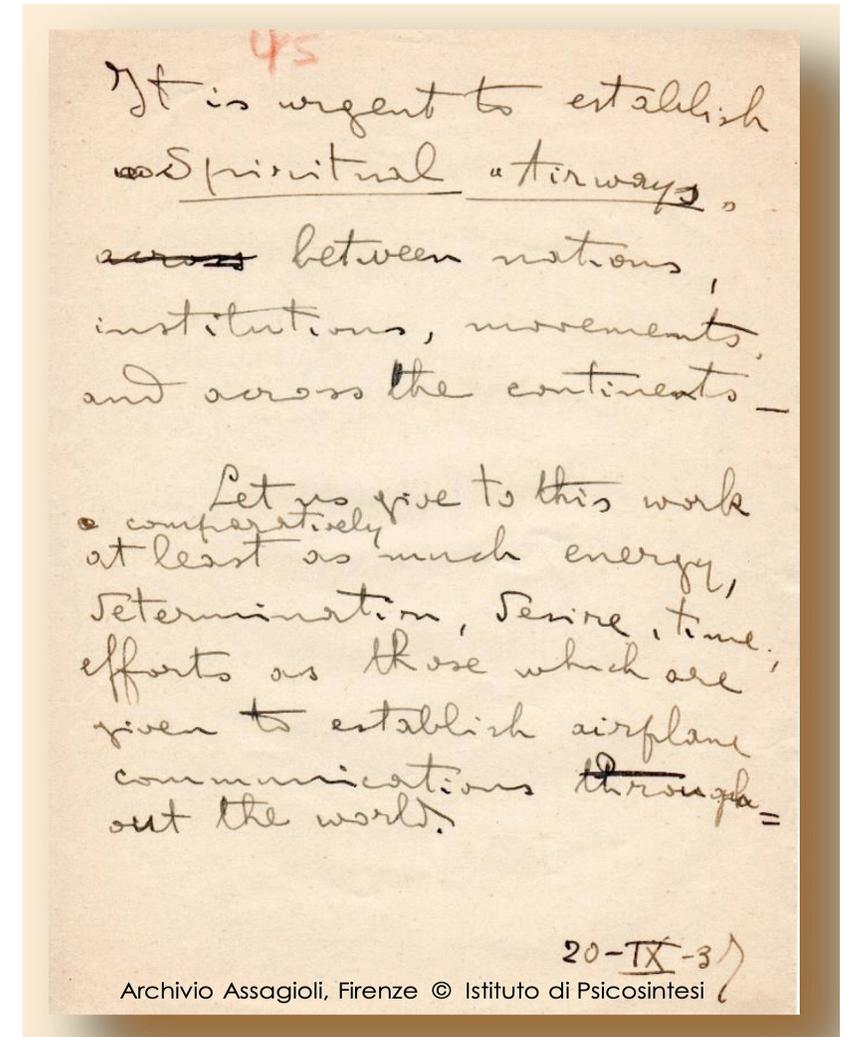
- **Lecture** - Part 1 (25 min)
- Imaginative exercise (5-10 min)
- **Lecture** - Part 2 (15 min)
- Break (10 min)
- Group sharing and reflection (15 min)
- **Meditation for Psychosynthesis in the World** (20 min)
- Final sharing



THE HEART OF THE PSYCHOSYNTHETIC MESSAGE

A real vocation

- to **establish relationships**, to connect different parts / entities in order to create new realities
- to **recognize the profound interconnections** that already characterize our world
- to **act** in harmony with this reality
- develop awareness of **the drives to isolation and closure**, and commit ourselves to contain and transform them



A TIME OF TRANSITION

We are living in an era of transition, characterized by the profound changes that the unstoppable process of globalization brings with it.

It is about **the good and health** of the entire human group, and **of all the living beings** who inhabit this planet.

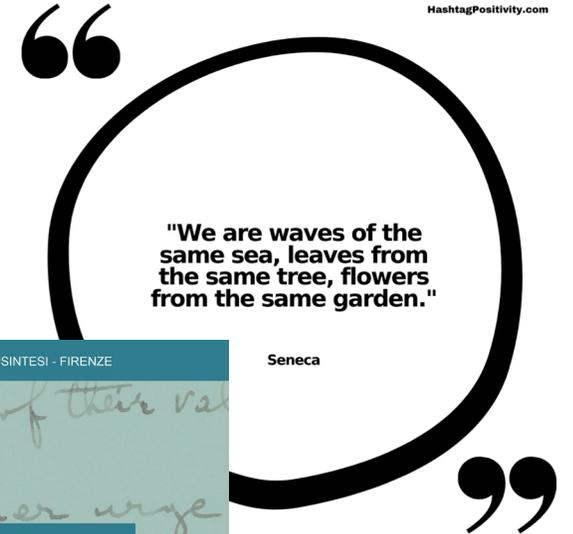
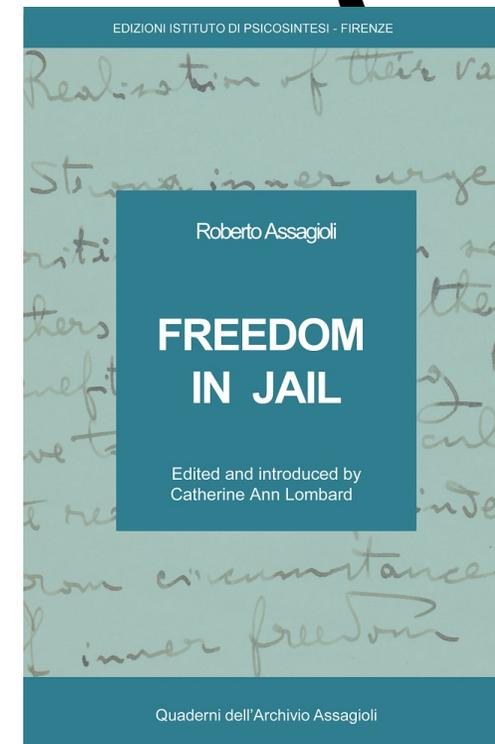
The message of Psychosynthesis reveals today its extreme topicality, its being a **precious gift**.



THE PANDEMIC: GLOBALIZATION, RESPONSIBILITY AND MULTIPLICITY OF RESPONSES

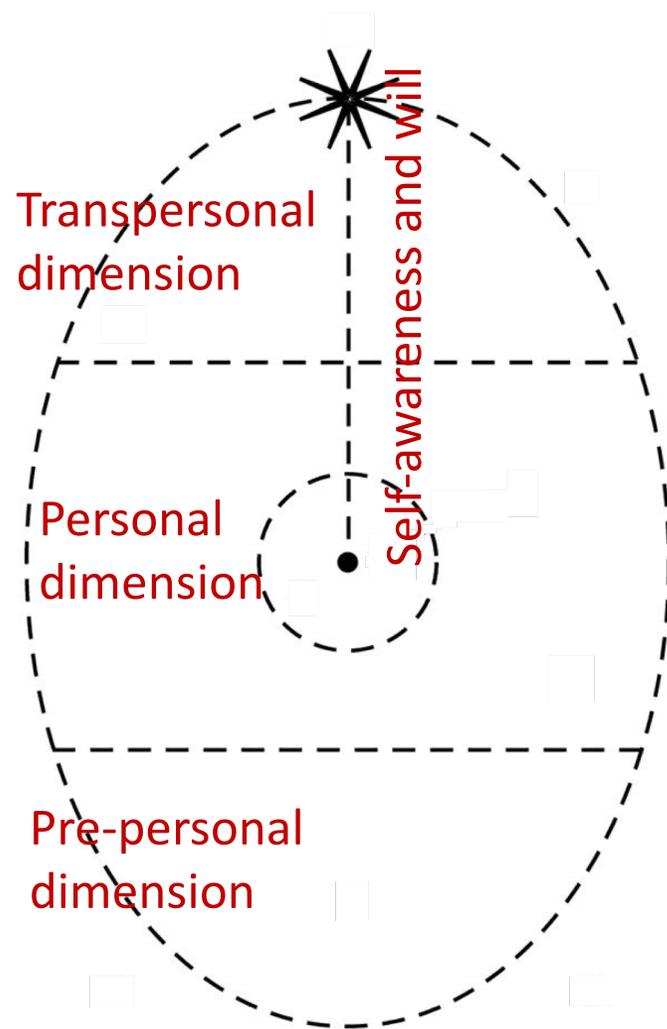
The Covid-19 pandemic:

1. **globalization** and the strong and progressive **increase in the interconnection** that characterizes it
2. the **power and responsibility** that each of us was called upon **to assume** in this scenario
3. the **multiplicity of responses**



“Freedom:

*I realized that **I was free to take** one or another **attitude** towards this situation, **to give** one or another **value** to it, **to utilize it** or not in one or another way. (Self-awareness and will)*



*I could **rebel** internally and **curse**; or I could **submit** passively vegetating; or I could **indulge** in an unhealthy pleasure of **self-pity** and assume the martyr's role; (Pre-personal dimension)*

*or I could take the situation in a **sporting way** and with a **sense of humor**, considering it as an interesting experience. I could make of it **a rest cure**; or **a period of intense thinking** either **about personal matters**, reviewing my past life and pondering on it, (Personal dimension)*

*or **about scientific and philosophical problems**; or I could take advantage of the condition in order to submit myself to a definite **training of psychological faculties**; or finally as a **spiritual retreat**. (Trans-personal dimension)*

*I had the clear sure perception that this was entirely my own affair and that **I was free to choose** any or several of these attitudes and activities; that this choice would have definite and unavoidable **effects**, which I could foresee and for which I was fully responsible. There was no doubt in my mind about this essential freedom and **power** and the inherent privileges and responsibility: a **responsibility** toward myself, toward my fellow mankind, and towards life itself or God.” (Self-awareness and will)*

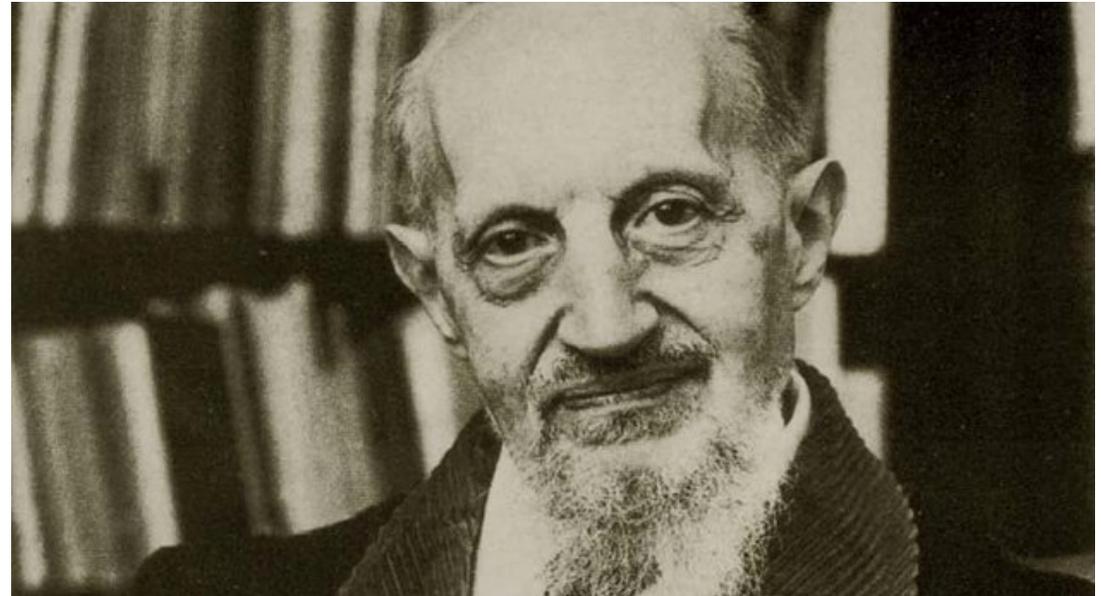
THE POWER OF A BROAD, CLEAR AND INSPIRING VISION

Who are those who, in critical life situations, **are able to access the freedom to choose** and to activate the most mature, creative and adaptive responses?

Those who are supported and guided by a broad, clear and inspiring vision.

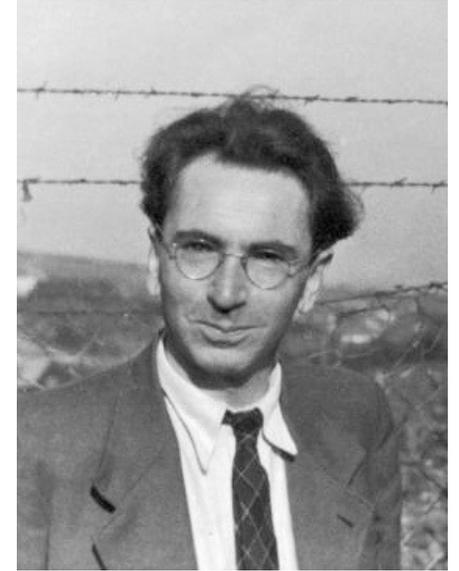
"When there is no vision people perish."

Ralph Waldo Emerson



THE POWER OF A BROAD, CLEAR AND INSPIRING VISION

Those who have a bold vision of the human being and of life, have a **better chance of surviving and/or experiencing positively** even very intense crises.



VISIONS ARE POWERFUL



... because **their language is symbolic.**

Visions are able to set in motion **intense creative and transformative processes** in the unconscious.

... because **they know how to guide us “beyond”.**

VISIONS ARE LIKE THE STARS FOR SAILORS

Will we be able **to distil the precious gift** that the pandemic is able to offer us?

.. to derive a positive, bold and courageous vision from it?

.. to choose the most mature and creative responses?

This is the urgent challenge that awaits us.



THE GIFT OF PSYCHOSYNTHESIS: A BOLD VISION FULL OF MEANING

A systemic and complex vision of life and of the human being which are considered in all their aspects and, above all, in the **relationships** between these different aspects.



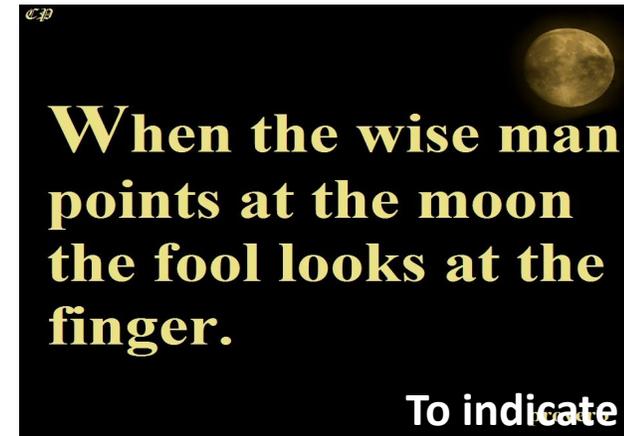
THE GUIDING PRINCIPLE OF ALL
PSYCHOSYNTHESIS:

**ORGANIZATION, INTEGRATION
AND SYNTHESIS**

(which expresses itself at various levels: theoretical and practical; individual, inter-individual, social and planetary)

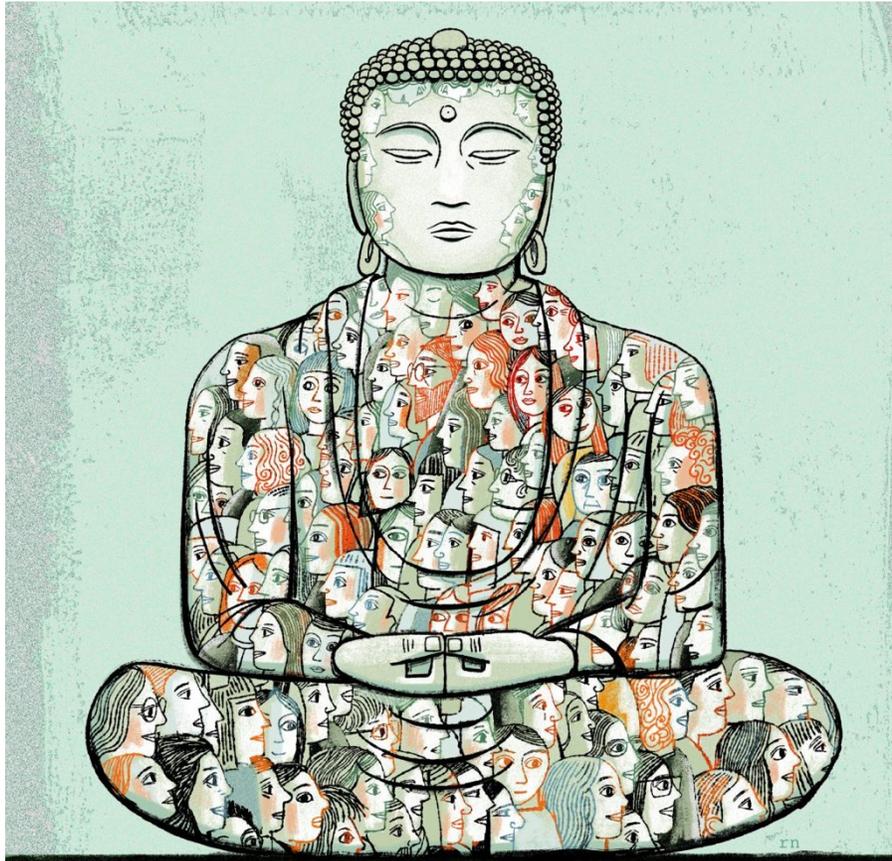
1. PSYCHOSYNTHESIS AS A LIVING IDEA AND A VITAL SUBJECT

«*Psychosynthesis can be **indicated** (and not **defined** because all definitions are limited and limiting)..» R. Assagioli*



We can define **objects**,
subjects can only be indicated.

1. PSYCHOSYNTHESIS AS A LIVING IDEA AND A VITAL SUBJECT



In the vision of the human being offered by Psychosynthesis, a **very central aspect** is...

the distinction, **the disidentification of the subject**, (the Self that we are, the consciousness that contains and experiences objects),

from the objects (the subpersonalities, the parts, the various psychic contents).

A SHORT IMAGINATIVE EXERCISE

An image that could represent the message and nature of Psychosynthesis.



IMAGINATIVE EXERCISE – some notes

- The **image** that symbolically represents Psychosynthesis for you
- Its **characteristics**
- The **environment** or **landscape**
- Any **activity** in which it is engaged
- How this activity takes place



AN EVOCATIVE IMAGE: THE WEAVER



THE PURPOSE OF THE WORK WEAVING

- an ever fuller **realization of our authentic Self**
- the deepening of the **experience of the substantial interrelation of all that is**

The shift of attention from the "**parts**" to the "**relations between the parts**", clarifies our vision of the **Common Good** and develops our capacity **to act accordingly**.

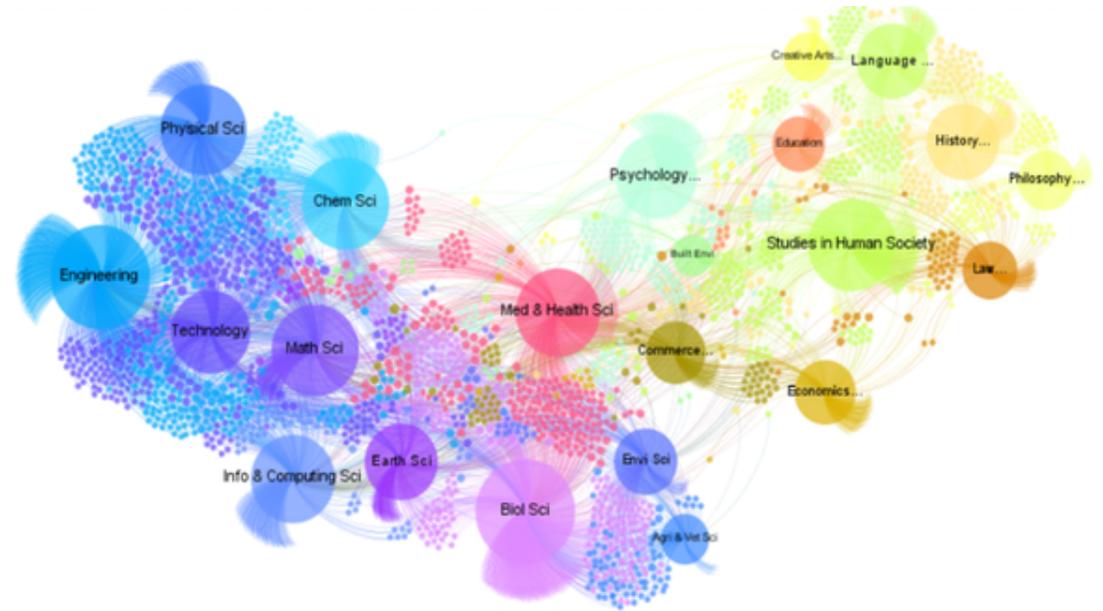


2. INTERDISCIPLINARY OPENNESS

"We can indicate Psychosynthesis above all as..

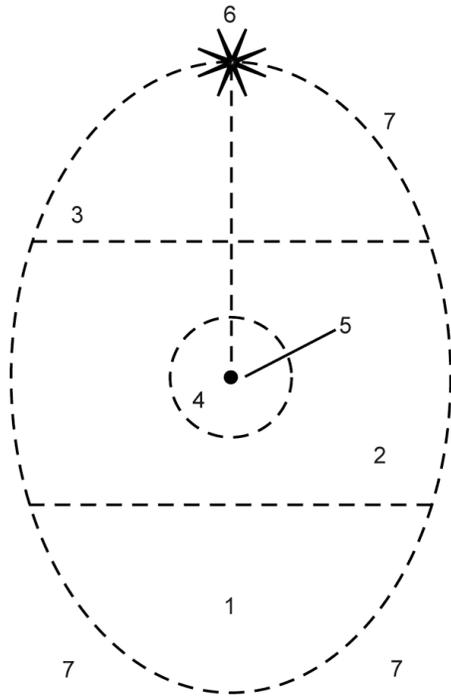
..a **movement**, a **tendency**, a **goal**
which translates into an **attitude** and a
slow conquest towards (organization),
integration and synthesis in every field:

➤ *«first of all, in the vast field of human knowledge to foster the integration of psychology with other sciences, and with philosophy, religion and art» R. Assagioli*

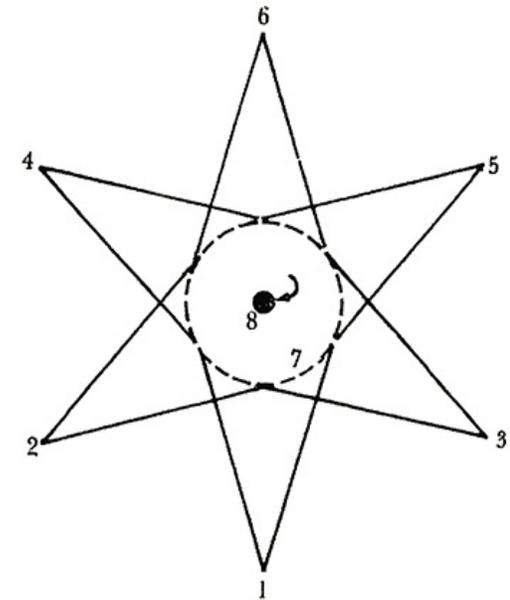


4. THE ORIGINAL AND CENTRAL CORE OF PSYCHOSYNTHESIS

THE SEVEN FUNDAMENTAL EXPERIENCES:



- Disidentification
- I, or personal self
 - Will
- Ideal model
- Synthesis
- Superconscious
- Transpersonal or Higher Self



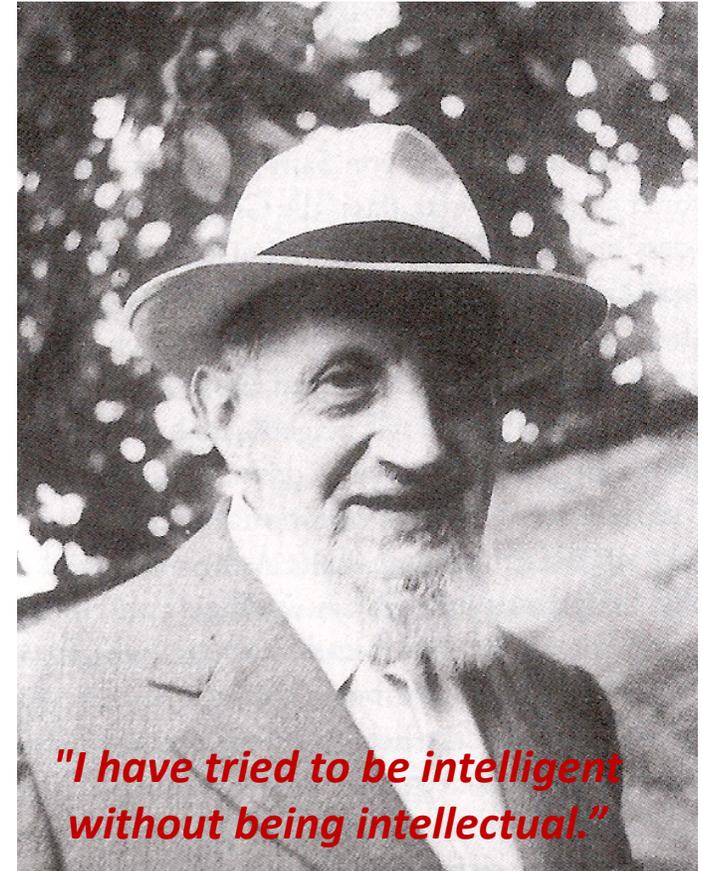
5. EXISTENTIAL EXPERIENCE AND THEORETICAL REFLECTION

Intellectual knowledge must always be **in the service of a direct existential experience.**

A “life praxis”!

Psychosynthesis is most interested in what is potentially able to **unite all human beings.**

One of the most specific objects of study in Psychosynthesis: **the universal and archetypal dimension of human experience.**



6. THE QUESTION OF LANGUAGE

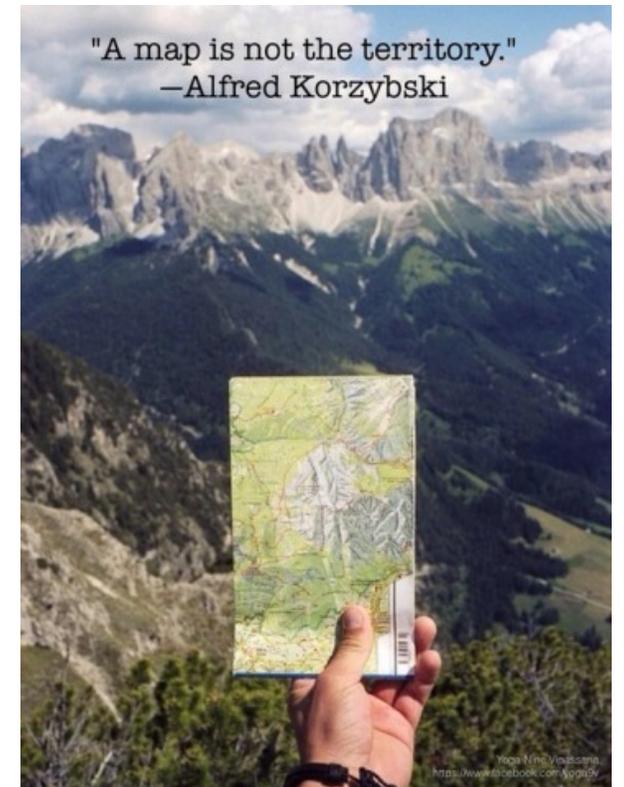
What kind of language?

- **distinguish** the **maps** from the **territory**
- choose those words that best respect **the criterion of universality** (when you work on maps)

*“We must be psychologically and spiritually polyglot,
we must learn to be skilled translators...(..)”*

R. Assagioli

Assagioli proposed the **language of science** as the official language of Psychosynthesis: the most suitable **to create a common ground of understanding** and **to support the universal vocation of Psychosynthesis.**



7. TRIFOCAL VISION

Will

3 fields of action:

- 1 Outer world
- 2 One's inner world
- 3 The inner world of others

(See: Lutoslawski
Volonte et Liberte'
H 97 - 110)

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Visions lead us to experience,
on an individual level, **the abyss that exists**
between what we continue to do and what
we should do,
and on a collective level, between **what**
matters to those who decide and what is
truly important. (Z. Bauman)

An authentic vision is rooted in the here
and now. It leads, it induces action.
Otherwise it is just a daydream.

7. TRIFOCAL VISION

It is necessary:

*«to see and keep in mind the distant goal, **the purpose**;*

*then have a vision of **the intermediate stages** that go from the point of departure to the point of arrival;*

*finally, the immediate perception of **the next step to take**». R. Assagioli*



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- G. Dattilo, P. Ferrucci, V. Reid Ferrucci, *Roberto Assagioli in his own words*, Recorded by E. Smith, Ed. Istituto di Psicosintesi, 2019

In my website you will find in-depth articles... and more: <https://www.psicosintesi.ch/en/home/>

- P. Guggisberg Nocelli, *The Pandemic: an opportunity to cultivate a bold vision*, <https://www.psicosintesi.ch/en/the-pandemic-an-opportunity-to-cultivate-a-bold-vision/>
- P. Guggisberg Nocelli, *The Wall of Silence as creator of bridges*, <https://www.psicosintesi.ch/en/the-wall-of-silence-as-creator-of-bridges/>
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THANK YOU!

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GROUP SHARING



IMAGINATIVE EXERCISE:

The **image** of Psychosynthesis; its **characteristics**; the **environment** or **landscape**; any **activity** in which it is engaged; how this activity takes place; ...

1. Psychosynthesis as a living Idea
2. Interdisciplinary openness
3. Integrative vision, intercultural and international exchanges
4. The original and central core of Psychosynthesis (diagrams and funfamental experiences)
5. Existential experience and Theories
6. The question of language
7. A trifocal vision

MEDITATION FOR PSYCHOSYNTHESIS IN THE WORLD

- Contact and Alignment
- Centring, Contact and Identification
with the Self
- Unification in the Heart and Affirmation
- Reflexive Stage
- Receptive Stage
- Creative Stage
- Invocation and Concluding Blessing



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MEDITATION FOR PSYCHOSYNTHESIS IN THE WORLD – some notes

- **REFLEXIVE STAGE:** the **conditions** necessary for Psychosynthesis to grow and develop; its **function** of helping as many human beings as possible to realize their most authentic nature (and creating a propitious future); its **applications** in the various fields; how to **reach** those who are in tune with the psychosynthetic message **and** then to **cooperate** together
- **RECEPTIVE STAGE:** ideas, intuitions, images, feelings, desires, sensations...
- **CREATIVE STAGE:** my **long-term** contribution (values, purposes); my **medium-term** contribution (decisions, initiatives, projects and objectives); my **short-term** contribution (a small step to take by today or tomorrow)



SEND AN EMAIL...

If you want, send an email with your reflections and resonances.

Write to: info@psykosyntesforeningen.se

Please specify: **World Day of Psychosynthesis**

THANK YOU!