

“Know, Love, Transform yourself”

FOREWORD TO THE ENGLISH EDITION by Piero Ferrucci

Petra Guggisberg Nocelli has managed to include all or almost all the psychosynthetic knowledge in a book of about 500 pages, with more than 1000 bibliographical notes, and diagrams, techniques, tables, questionnaires.

This is one of those books that once seen, one cannot do without: Psychosynthesis students, counsellors, educators, psychotherapists, coaches, and any reader engaged in a personal search, eager for self development, will find ample material for inspiration. Beginners and experts alike.

This book has lots of technical indications that can immediately be put into practice. Do you know the exercise of mental proliferation? The spider visualisation? The technique of the heart? The disidentification from the oppressor? The hot-air balloon? The garden of beauty? The motif of mirrors? You will find them here, along with many others. Years' worth of work. Petra, former author of *The way of psychosynthesis*, documents all its various aspects, including the historical one. A very welcome contribution, given that Psychosynthesis is more than a century old, and that its founder, Roberto Assagioli, had the unique advantage of participating in first person to three fundamental revolutions in psychology: first Psychoanalysis, then Humanistic and Transpersonal psychology.

This book not only describes the exercises created by Assagioli, but also those developed by several of his students. Here we understand how Psychosynthesis is not the production of a single individual, but the result of a collaboration among thousands of people all over the world: an approach strengthened by empirical evidence, deep reflection and deliberate practice.

This English translation has a welcome bonus: a rich array of writings by practitioners from many countries and various fields of application.

A tradition that just transmits the teachings of the founder is already dead. Assagioli clearly stated that there is no orthodoxy in Psychosynthesis, and nobody can proclaim himself or herself the one and only true leader or representative. That is why he did not leave us a finished product. He left us seeds to be carefully nurtured and cultivated. Psychosynthesis not only offers useful ideas and tools, but the possibility to work out new solutions and variations. This characteristic of Psychosynthesis has the advantage of transforming you, the recipient, from passive vessel into co-creator.

From our perspective, this is a must: the uniqueness of each individual is one of our guiding themes, so that instead of unchangeable instruments we have methods that can continually be adapted to specific situations and cultures. For this reason, Psychosynthesis is alive and vibrant, and has the potential more than ever to reach and benefit many people in their own inner work and outer service to the community. And this is precisely what the book is about.

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