



Online



PsychosynthesisTrust

Know, Love, Transform Yourself

Meet the author

Petra Guggisberg Nocelli

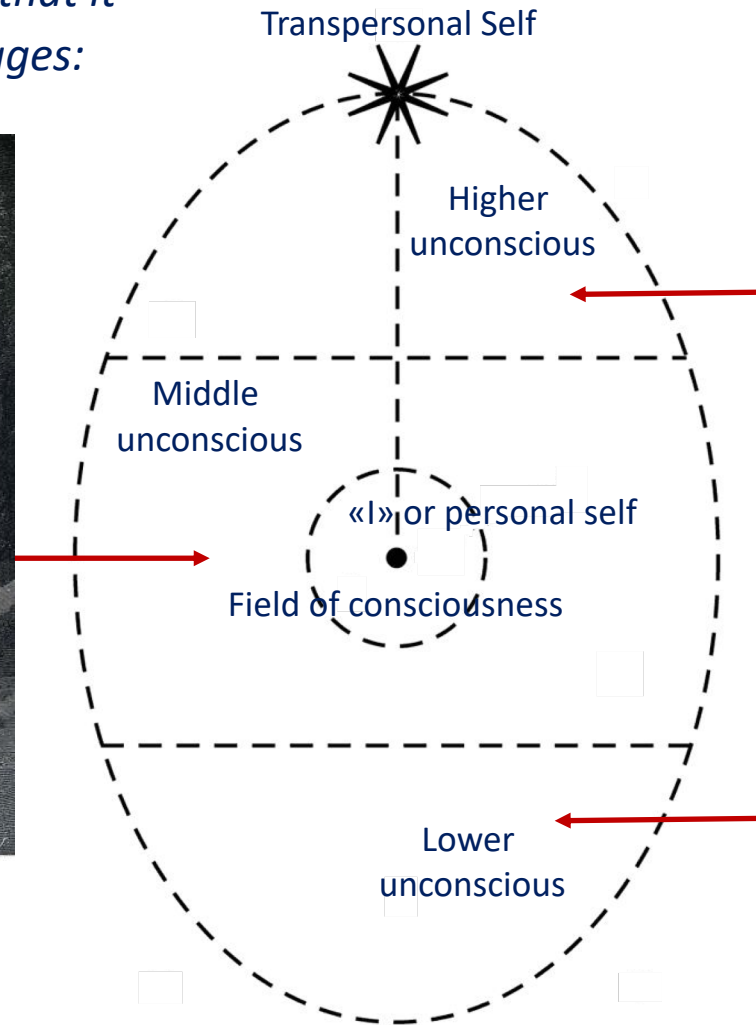


PSYKOSYNTE
AKADEMIN

Roberto Assagioli: “*The Divine Comedy* may be considered the poem of Psychosynthesis in that it describes its three broad stages:



2. Next the climb to *Purgatory* (personal psychosynthesis)



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3. Finally *Paradise* (transpersonal psychosynthesis and Self-realisation)



1. First the descent into *Hell* (analytical phase)

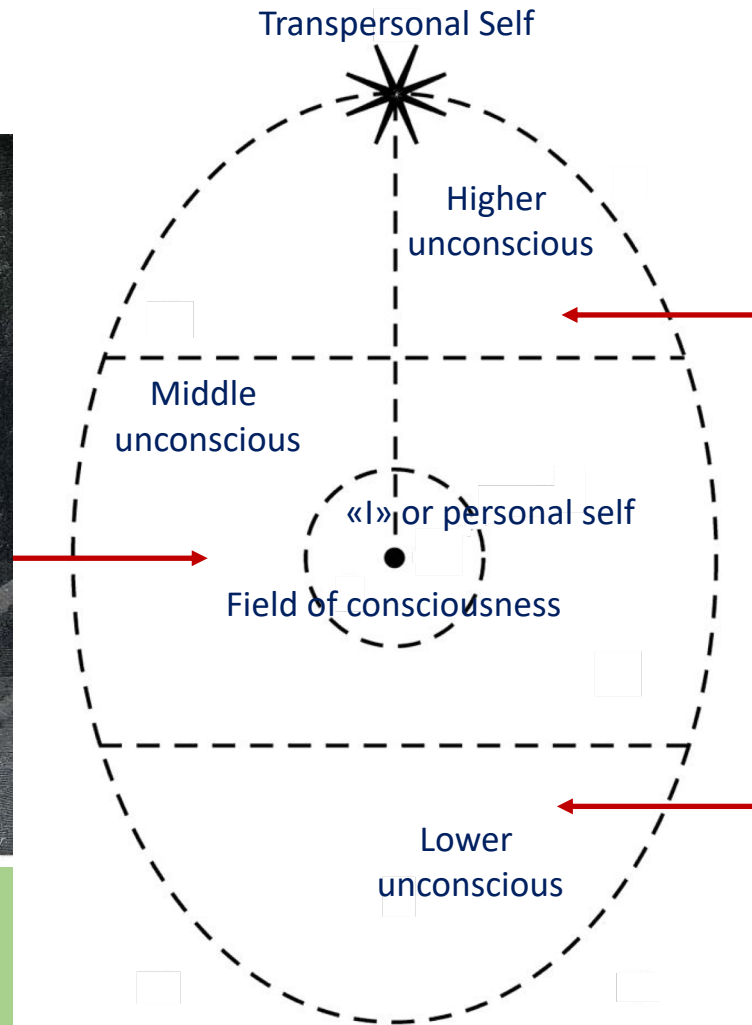
The process of
Psychosynthesis:

**KNOW, MASTER,
TRANSFORM YOURSELF**



MASTER YOURSELF

Albedo



Petra Guggisberg Nocelli, 16.05.2022



**TRANSFORM
YOURSELF**

Rubedo



**KNOW
YOURSELF**

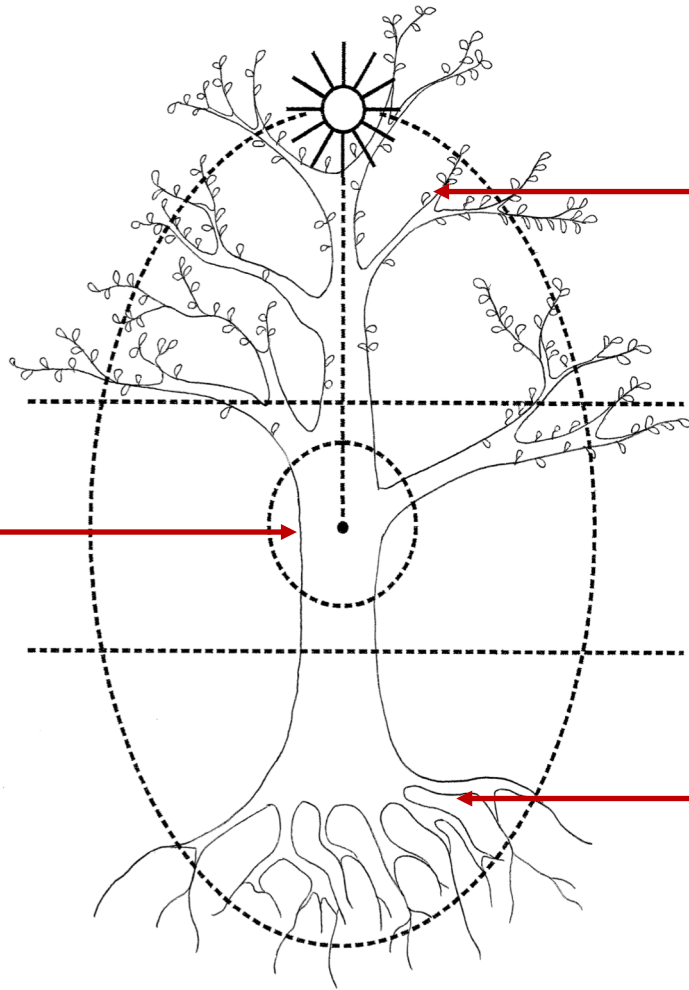
Nigredo

«The symbols of **development** and **evolution** are closest to the human experience and the basis for the conception and practice of *Psychosynthesis*.» R. Assagioli



MASTER YOURSELF

Trunk



Petra Guggisberg Nocelli, 16.05.2022



**TRANSFORM
YOURSELF**

Branches



**KNOW
YOURSELF**

Roots

4. PSYCHOSYNTHESIS
(formation or reconstruction of the personality): (Ch. VIII)

- **PARTIAL PSYCHOSYNTHESIS**
(a role, a subpersonality..)
- **PERSONAL (AND INTER-PERSONAL) PSYCHOSYNTHESIS** («I» or personal self)
 - utilisation and transmutation of bio-psychic energies
 - development of the weak or immature elements
 - organisation, coordination of the various elements

➤ **TRANSPERSONAL OR SPIRITUAL PSYCHOSYNTHESIS** (Ch. IX)
(Transpersonal Self)

- integration of superconscious contents into the personality
- dialogue between personal and transpersonal dimensions of the Self

(Ch. V)
1. ASSESSMENT OF THE CONSCIOUS PERSONALITY

- developing self-awareness, self-observation skills
- defining the sense of identity

PART ONE:
➤ General introduction to Roberto Assagioli and Psychosynthesis (Chs. I-III)

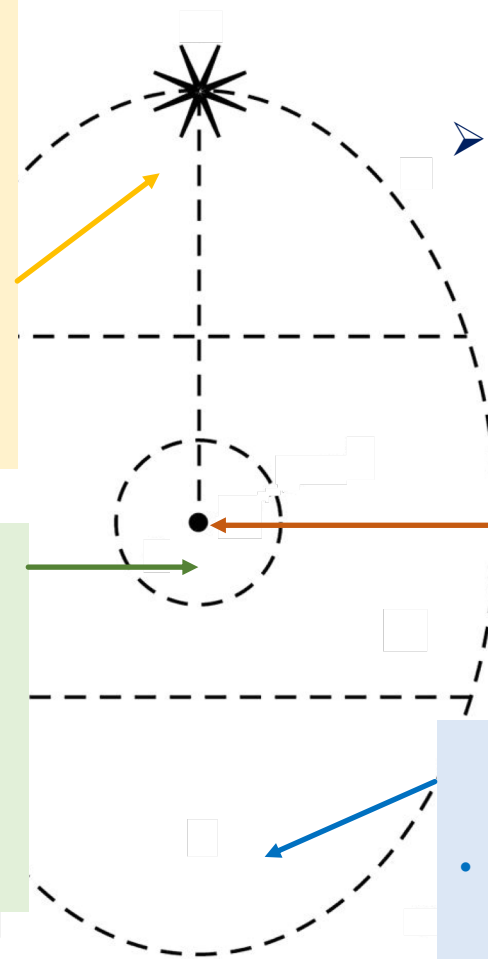
PART TWO:
➤ A premise (Ch. IV)
➤ The stages or aspects of the psychosynthetic process (Chs. V-IX)

3. DISIDENTIFICATION AND DISCOVERY OF A MORE MATURE SYNTHESIS CENTRE (Ch. VII)

Active phase (training, practice!)
THE WILL

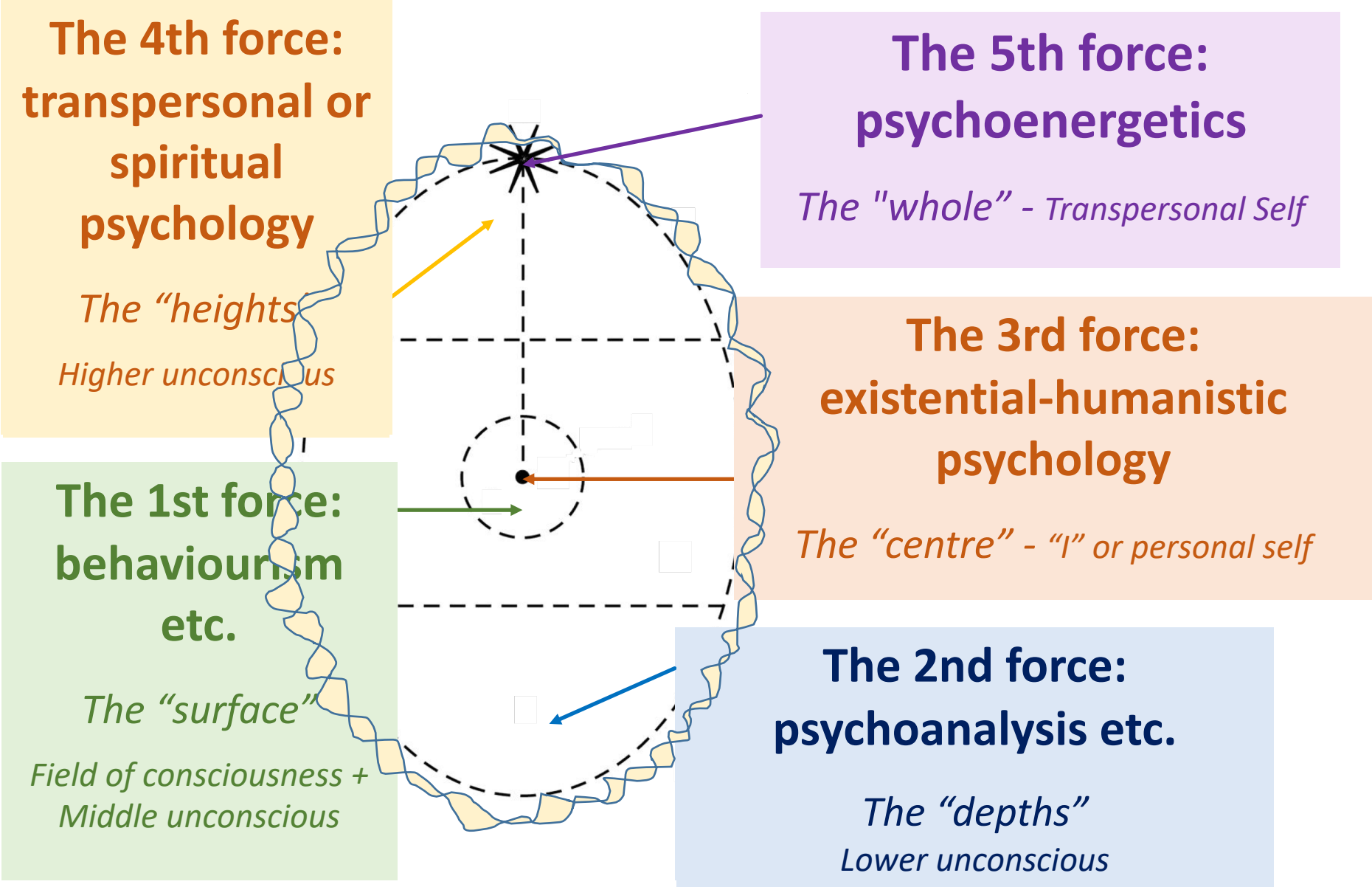
2. EXPLORATION OF THE UNCONSCIOUS (Ch. VI)

- leading to the 'hurting tooth' in the unconscious
- expansion of awareness and consciousness



The four forces of psychology (Assagioli, 1969; Maslow, 1968, 1969a, 1969b, 1971; Sutich, 1968, 1969)

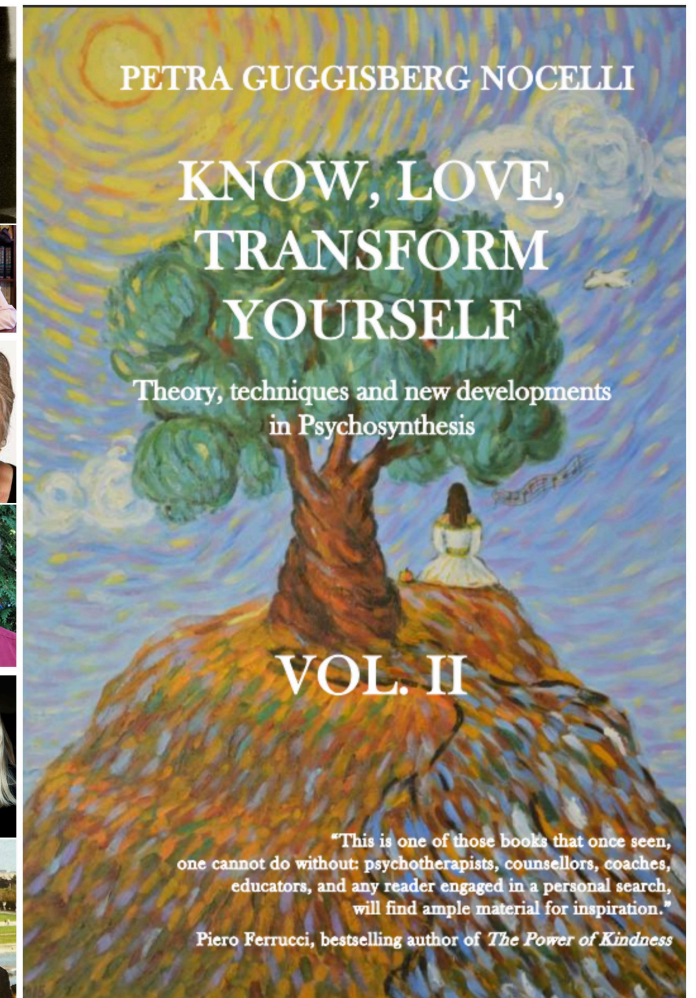
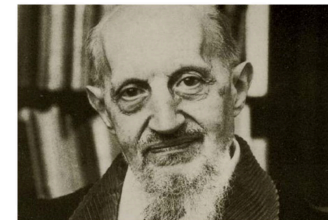
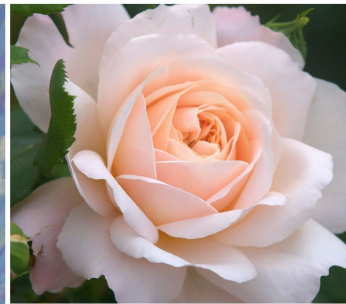
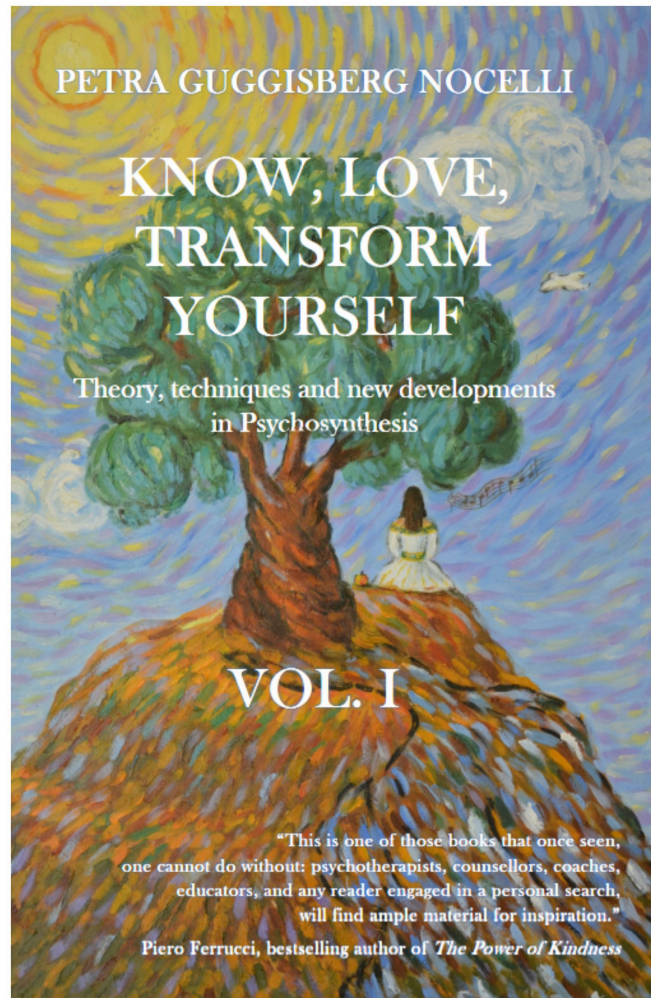
"The first thing would be to establish relations of appropriate collaboration. It must be admitted that every school, movement, point of view or technique has its merits and limitations; therefore it is appropriate to know, appreciate and use the greatest number of them."
R. Assagioli, 1964



Conosci, Possiedi, Trasforma te stesso



Know, Love, Transform yourself



Know, Love, Transform yourself – Vol. I

additional chapters

Ch. 1 - THE PSYCHOSYNTHESIS TREATMENT OF ADDICTIONS

by Bonney Gulino Schaub and Richard Schaub (USA)

Ch. 2 - AN ADDICTION/ABUSE WORKSHOP

by John Firman and Ann Gila (USA)

Ch. 3 - UNBLOCKING CREATIVE ENERGIES WITH THE SUBPERSONALITY MODEL: A CASE STUDY

by Catherine Ann Lombard (USA)

Ch. 4 - FROM “HANGING IN A VOID” TO THE WORLD OF BEAUTY

by Rozana Bažec (Slovenia)

Ch. 5 - BEYOND THE EXERCISE: DISIDENTIFICATION AS THE EVER-PRESENT INVITATION

by Dorothy Firman (USA)

Ch. 6 - THE SENSORY SOUL: UNFOLDING A SENSE OF DYNAMIC WHOLENESS

by Tan Nguyen (France)

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additional chapters

Ch. 7 - STRENGTHENING RESILIENCE THROUGH THE LENS OF PSYCHOSYNTHESIS

by Birgit Haus (Germany)

Ch. 8 - THE TRIPHASIC MODEL OF PSYCHOSPIRITUAL UNFOLDMENT

by Joan Evans (UK)

Ch. 9 - WILL, LOVE AND IMAGINATION

by Will Parfitt (UK)

Ch. 10 - A PSYCHOSYNTHETIC PERSPECTIVE ON MANAGEMENT COACHING

by Michael Wolde (Sweden)

Ch. 11 - HORIZONTAL AND VERTICAL GROWTH WITH PSYCHOSYNTHESIS

by Ewa Danuta Bialek (Poland)

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additional chapters

Ch: 12 - ANGER INTO POWER: USING THE PASSIONATE ENERGY STORED IN FRUSTRATIONS

by Walter Polt (USA)

Ch: 13 - THE POWER OF ONE'S BEING: EXPRESSING SELF IN HUMAN SYSTEMS

by Mark Horowitz (USA)

Ch: 14 - THE USE OF MENTAL IMAGERY IN PSYCHOSYNTHESIS

by Martha Crampton (Canada)

Ch: 15 - IMAGERY IN THERAPY, COUNSELLING AND COACHING

by Jan Taal (Netherlands)

Ch: 16 - PSYCHOSYNTHESIS AS A UNIVERSAL AND PRACTICAL GUIDE TOWARDS SYNTHESIS IN CONTEMPORARY TIMES

by Sonoe Hiramatsu (Japan)

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additional chapters

Ch: 17 - AWARENESS OF THE BODY, AWARENESS OF THE SOUL

by Franco Salvini (France)

Ch: 18 - SEX: SELF: SPIRIT

by David England (UK)

Ch: 19 - THROUGH, WITH AND IN

by Angie Fee (UK)

Ch. 20 - THE WILL TO LOVE: ON PSYCHOSYNTHESIS AND COUPLES' THERAPY

by Eva Sanner (Sweden)

Ch. 21 - WORKING TOWARDS SYNTHESIS: CONTEXT, GUIDANCE AND TECHNIQUES FOR ENGAGING WITH POLARISATION

by Aubyn Howard (UK)

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additional chapters

Ch. 22 - PSYCHOSYNTHESIS AND HUMANITY'S GREAT TURNING

by Molly Young Brown (USA)

Ch. 23 - SURRENDERING TO OUR COMMON HOME

by Kristina Brode (Germany)

Ch. 24 - PIONEERING EDUCATIONAL PSYCHOSYNTHESIS IN AN INTERNATIONAL SCHOOL

by Isabelle Clotilde Küng (Switzerland)

Ch. 25 - EXERCISES IN VARIOUS ASPECTS OF PSYCHOSYNTHESIS ORIGINATED BY: M. CRAMPTON, G. DELANEY, J. KUNIHOLM, W. POLT, J. G. VARGIU

by Jan Kuniholm (USA)

Ch. 26 - THE PROCESS OF PSYCHOSYNTHESIS AND PLANET EARTH

by Tom Yeomans (USA)