

World Psychosynthesis Day: 20th September

We think that all of us can feel the urgency of these times.

True, humanity has lived through many crisis, but the current one is of such extent and intensity as it has never been seen before: it is neither circumscribed to a specific context (be it religious, cultural, political, social or economic), neither does it involve only one isolated nation or continent... the present crisis is truly planetary; it regards all aspects of human life:

- On the material plane: we face unsafety on many planes; we find it hard to think of the future in terms of stability and this can make us feel deeply helpless when dealing with the abundance of serious challenges to our individual survival, that of the group and that of humanity at large.
- On the psychological plane: we are posing great existential questions, we are indeed facing ourselves; at this level there is the urgent need to recognize clearly our philosophy of life and be responsible and coherent, the need is to overcome confusion, the many layers of personal and collective glamour that engulf and divide us. We are being tested on our resistance and skill to adapt, to learn detachment, to cope with losses and to overcome fear.
- On the spiritual and ethical plane: this crisis unceasingly confronts us with human suffering, it questions our individual and collective responsibilities in the presence of separative attitudes, and demands that we examine the authenticity of our inner quest.

On the one hand, this crisis challenges us all; nobody can pretend to be blind or deaf to what's going on, or seek refuge in a careless and useless "positive thought". On the other, nobody can wait passively until the solution to our problems is magically offered by a given external power, be it political, religious or of any other kind.

In his work entitled "Into the future" (1974) Assagioli affirms that the present state of tension originates, fundamentally, in selfishness and existential ignorance. These cannot go on endlessly. Thus, he predicted and sensed that humanity finds itself before three possibilities, as follows:

"A third world war, with the **consequent** annihilation of a great portion of humanity and the total collapse of civilization as we know it".

"The strengthening of reactionary tendencies and the predominance of nationalism, totalitarian regimes, financial and technological values, all of which would lead to the beginning of a totally materialistic era that could be called, symbolically *satanic*."

"The victory of humanistic principles and spiritual values, the development of mutual comprehension and of appreciation and cooperation among individuals, groups of different kinds, peoples and continents. This would lead to the creation of a new culture and world civilization, to which peoples and groups could contribute freely and that could constitute the awaited *New Age*".

We can, without doubt, say that Assagioli was prophetic: all the three possibilities he outlined are manifesting at present: some say we are indeed experiencing a third world war. In many parts of the world there are barriers being erected, both concrete and psychic, in a vain attempt to safeguard the tumbling and threatened identities; separative and conflicting dynamics abound everywhere. However, at the same time, other individuals, groups and initiatives, such as this

congress, aim to research, formulate and put forward ways and solutions to create a better human future. For the time being, we can't, though, foresee which of the three possibilities mentioned before will prevail.

While much of this situation might be quite clear to many of us, it is evidently important to reaffirm the need and urgency of a radical change of consciousness. It is here, at the level of consciousness, that lies the only possibility for "salvation," a true quantum leap — a passage to another higher level leading to the development of a *real group consciousness* — the awareness that we belong to the human group, and, in the end, the recognition that Humanity is One, with everything that this implies: overcoming formal divisions, eradicating separative thought-forms, acknowledging our own responsibility as an active part of humanity as a whole, the appreciation of unity in diversity. *"The moment there is a flash of knowledge or comprehension, that moment the human beings become responsible."*

Humanity constitutes a large organism; therefore, each human problem is closely connected to all others; a problem might appear and be seen as unsolvable when faced individually, but the solution can be found when the problem is repositioned within a wider and more inclusive global context. It becomes clear, then, that this is **no longer the moment of individual "self-realization," but a time we must stretch "beyond ourselves", the moment of "group realization."** This is, of course, easier said than done.

Hence, the importance of strengthening the diffusion of Psychosynthesis. Its fundamental core and primary function is to promote a open-minded process of awareness, harmonization, convergence, integration and synthesis on different levels: the intra-individual, inter-individual, inter-group and, the human level in its entirety... and beyond. In addition, the aim of Psychosynthesis is to facilitate those transformations in consciousness that will translate into changes in the different areas of life, so as to encourage the manifestation of the **new human civilization**.

All of us here have arrived at Psychosynthesis through one of its many pathways: out of suffering, through intimate psychic work, out of curiosity, by *chance*, through a friend, out of professional interest, reaching out for meaning and answers to the pressing existential questions, or attracted by the word *synthesis* itself, *or ...* probably for some or maybe many of us, it has been like finding a welcoming home you never finish exploring or practicing in all its nuances and areas.

As we have already experimented, and is evident also in this congress, Psychosynthesis has a language that is accessible to everybody and is applicable to every setting, regardless of the existing differences, it allows everybody to find the appropriate stimulus to enrich their own philosophy of life and to move along on their evolutionary path, thus revealing its richness...

However, even if all of us gathered here today have embraced Psychosynthesis as a model, **the synthesis among the diverse units and groups of psychosynthesists dispersed in the world is still far from completed**. In fact, if we wondered what Psychosynthesis is for us, we would get a variety of answers, of partial nature and would demonstrate a degree of dissatisfaction, resistance, negation, contrasts, value judgments, criticism, competence, discredit of colleagues, all of which are part of any process in its earliest stages, but that could, in the long run, produce division and disaggregation or encourage the development of one prevailing aspect over the others, or eclipse the voices and creativity of some emergent fields, therefore producing loss of motivation and the resultant contact among themselves and with the vital unitary core of Psychosynthesis.

It is thus essential that we make an effort to recognize the **need for a greater connection and a true reciprocal recognition** among all those who generate initiatives and work with them in its diverse lines and levels, regardless of the specific belonging to this or that center, institute, and group, or its focusing on therapy, education, the transpersonal, etc.

It is as if the moment is right to acquire more awareness of being part of a **greater energetic movement** initiated by Roberto Assagioli, to feel that as Psychosynthesis practitioners or friends we belong to **only one individuality** which expresses the intuition of Roberto Assagioli in many different ways, but the Oneness lies in its essence. In Psychosynthesis verbiage this could be the time to recognize each other and **identify with Psychosynthesis Itself**, wherefrom we can strengthen its multiple personality expressions through each of us.

It is out of this considerations that during the Taormina Conference (Psychosynthesis for the Future) we put forward the idea of stablishing a **World Day of Psychosynthesis** to be celebrated by any person or group anywhere in the world on the 20th September, each year. We are also suggesting a meditation outline for use during that day. The aim is to create a network for linking energetically on different levels. Each of us can link to this network in the way you may think most appropriate for your context, individually or in a group, with the awareness that you are making your own contribution to **a movement of convergence and unification**, getting ready for a further convergence and unification in **Humanity Itself**, which will lead to the creation of a new world.

We all know that an idea in order to manifest itself needs to be loved and desired and nurtured throughout time. Consequently, its realization will depend on each of us...

Attached is a handwritten piece by Assagioli that inspired the meditation outline.

Luce Ramorino - Mike Malagrecia