

PSYCHOSYNTHESIS - a way of life.

Psychosynthesis is sometimes known as a psychology with a soul, or even as the Teddy Bear therapy, mainly because it endeavours to make the various elements of our personality, known as sub-personalities, as real as possible by 'bringing them to life' in physical form so that they can be better acknowledged, accepted and integrated in a way that allows them to evolve and become a more creative element of our personality. Whilst psychosynthesis is a very powerful, but gentle therapeutic tool it can also become a way of living our everyday lives.

Psychosynthesis was developed early last century by Roberto Assagioli, an Italian psychiatrist and contemporary of Carl Jung, who felt the need to bring together the two traditions of psychology and spiritualism. He saw that psychology was becoming rather dry and rational and needed infusing with a sense of soul and meaning, whilst those who practice the esoteric traditions could benefit from the grounding and reflective qualities of psychology. He recognised that Analysis as practiced then was a process of unravelling the personality which didn't necessarily bring healing to the patient, and he was dedicated to integrating the personality and creating wholeness. The word 'Psychosynthesis' implied a synthesis of the personality as well as a synthesis of available therapeutic approaches, depending on the need of the patient.

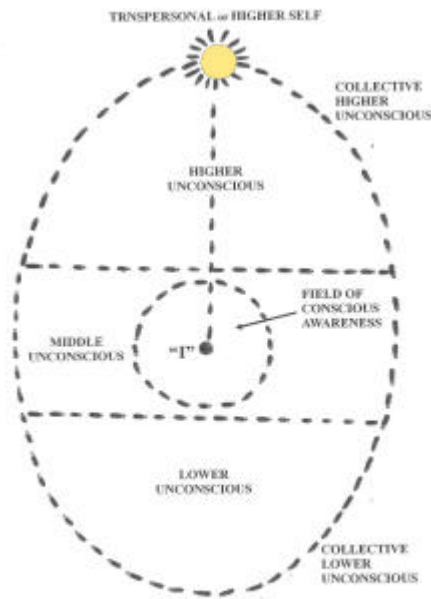
Since his time, Psychosynthesis has been developed into a coherent approach to growth and healing. It aims to restore a balance between the various parts of the psyche through inclusion, to stress the importance of both personal and spiritual development, and to honour the unique creativity and path of each individual, their place in the world and in relationships.

The essential aim of Psychosynthesis is to create self-awareness and discover our true spiritual nature, then to effectively use this discovery in everyday life. It helps us to realise our creative potential, increase our ability to function harmoniously in our everyday life, and improve the quality of all our relationships. It is a practical system that integrates principles, ideas and techniques, from many approaches, to both personal and spiritual growth. It is not about the application of techniques, however, but learning to live with a vision that comes from deep within oneself.

In everyday situations, with conscious awareness, we can begin to recognise what works for us and what doesn't, and this provides the opportunity to make changes. And this brings in one of Assagioli's most important concepts, the use of Will. As we begin to accept that we create our own problems we can start to make choices about whether we wish to change and lead a more fulfilling life, or stay stuck where we are. When we decide to take responsibility for our own life and become aware that by doing something differently life could become more creative, more fun, less stressful, we have to accept that this is not going to happen without the use of our Will, for without awareness and Will nothing changes - unless somebody else is in control of our life.

Starting to make conscious decisions for ourselves, and using Will to implement them means we have to accept the consequences of our choices. No more blaming others when things don't work out as we would like! When we take responsibility for ourselves we are on the route to becoming an autonomous individual which is, to say the least, empowering. Any relationship is likely to be more successful if both partners have discovered their own individuality because in this way neither partner is emotionally dependent on the other and communication between the two is likely to be less distorted.

Changes don't usually happen overnight, though they can. Rather they tend to be part of an ongoing process. So, Psychosynthesis is not just a therapy when we're in trouble, it really is a way of life which can be very rewarding for those who choose to follow that path. With awareness can come the recognition that we are part of a larger 'whole' and that beyond the known there is also Divine Will.



Roberto Assagioli - "Psychosynthesis" - pp. 17-19

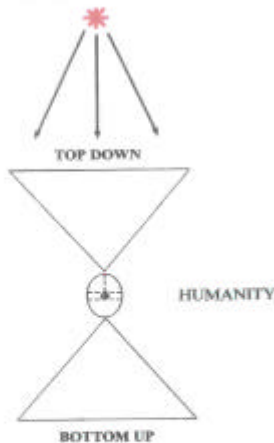
Discovering that we can transcend, but not deny, our own Will and that we can seek strength and guidance from a greater Will can give us the power to tackle life's difficulties with greater confidence and endurance.

One of the models which psychosynthesis uses, and which can be read about in more detail in various reference books, is generally referred to as Assagioli's 'Egg Diagram'. In essence this is a symbolic model of the human personality and demonstrates our own evolution from the Collective and personal Lower Unconscious, to the transpersonal. Although this is shown as being the Higher Unconscious it is in fact what we strive to assimilate and experience at a conscious level.

In the centre of the Egg is the Personal 'I', or our centre of awareness. Around this is our immediate centre of consciousness, or what we need to be aware of at any given time, and outside of this is the Middle Unconscious which holds all that we know and can be aware of when the need

arises. Our personal development and growth in consciousness stems from this centre of awareness, or Personal 'I', and the link with the Higher, or Transpersonal Self can give us vital insights and inspiration from the Divine source of everything, or the Will and Love of God.

UNIVERSAL "SELF" - OUTSIDE OF MATTER
THE SOURCE OF EVERYTHING SEEKS TO MANIFEST IN FORM THROUGH HUMANITY



COMING INTO CONSCIOUSNESS
ANIMALS INTO MAN

EVOLUTION OF HUMANITY

Whilst the 'Egg' model of growth can primarily be seen to relate to the individual, it can also be considered in a wider context. The diagram on the left shows how the whole of humanity can be seen to be evolving in a similar manner to the individual, but of course the individual and humanity are one and the same thing. Without the former evolving there is little hope of survival for the latter!

And we can also see a business organisation, or any group of individuals aiming for a common cause being subject to the same process of growth, development and survival or otherwise. In any organisation there is a need for an individual or management group to take on the role of the 'I', or the centre of conscious awareness for the organisation. They communicate a sense of purpose and direction for all the component parts of the organisation so that it is functioning in a cohesive and ever evolving manner.

But that's not the whole story because there has to be more than just a day to day sense of being. There needs to be that connection to the source of everything, in other words a transpersonal sense of purpose so that an awareness exists of the "Divine Source of Everything" and an openness and willingness to incorporate this Divine purpose into the ethos of the organisation.