

# *Psychosynthesis Research Foundation, Inc.*

"VALMY", P. O. BOX 3895, GREENVILLE, DELAWARE

"...an inclination to take life as an adventure and a becoming, a curiosity and willingness to understand what is going on in oneself and in related aspects of the environment, a desire to get out to the edges of conscious realization and to feel a way into the unknown, an interest in new ideas and fresh perspectives, a spirit of play and experimentation."\*

This first Newsletter is going only to those of us who shared in the Valmy Conference in May and to those who caught the vision of Psychosynthesis and supported the P.R.F. in one way or another from its inception. In the future it will go also to those with whom we make contact and who show that they are sincerely interested in furthering psychosynthesis.

As was discussed and agreed at the Conference this Newsletter is essentially "communication between co-workers" to use Robert Gerard's phrase, or "an integrating factor in the group life" as Robert Assagioli would say. The form and content of the Newsletter will grow and evolve as the organism, the Foundation, grows and through the life given to it by the co-workers. In short, it will be, in the future, whatever we all make it. So...if you have an idea or suggestion you want to communicate, type it up (as succinctly as possible) and send it in.

## CONFERENCE REPORT

The re-dictation and first rough transcription from the tapes have been made—and have brought a change of plan. In place of circulating, say, 5 carbon copies between us by mail, we are going to mimeograph as complete a report as possible. This means extra time and expense, of course, but those of us who have re-read at leisure all that was said at Valmy found it such a rich experience that we felt that everyone who was there, as well as 'founder-supporters' of the Foundation, should have the detailed picture. Also some of the delegates missed one or other of the sessions; and further, the report will be invaluable to Dr. Guilhot in Paris in setting up a French psychosynthesis center, for he has already held two meetings at his house, with 30 people attending. Finally, it will have value as an historical document for the official record.

## PEOPLE

Dr. Assagioli, after the Conference, extended his stay 10 days—a change made necessary by numerous appointments with New York psychiatrists, psychologists, educators and other people interested in psychosynthesis. He is now back in Italy and his address until November is:

La Nussa

Capolona, Arezzo, Italy.

Dr. Triant Triantafyllou, after a rough voyage home, is now in Greece; his address is:

Feidiou 5 B

Athens, Greece.

He has already held preliminary talks with the Ministry of Education and writes, "I am spreading the idea of psychosynthesis and distributing the brochures among English speaking professional people, all of whom accepted the idea."

\*Ross L. Mooney in "The Self" (see over)

## P.R.F. LITERATURE

Our second pamphlet, "Psychosynthesis in Education", should have reached all of you by now; additional supplies are available. The various papers circulated at the Conference are being mimeographed and copies will soon go to those who requested them.

Available: P.R.F. Brochure.....printed.  
Psychosynthesis in Education..... "  
Music as a Cause of Disease and as a Healing Agent....mimeo'd  
Pictures and Color - Their Psychological Effects(draft) "  
Balancing and Synthesis of the Opposites (draft)..... "  
Meditative Techniques in Psychotherapy..... "  
(W.Kretschmer, M.D.; translated by Wm. Swartley)

## APROPOS—

### the WILL—

and the stress  
laid, during the Conference, on the  
need of research into the Will:  
"One may look through a hundred  
successive American books in psycho-  
logy and find no mention of the  
'will' or 'freedom'...we should  
strive for better perspective in  
our view of freedom and determinism."\*

It has been suggested that  
we be alert in our reading for refer-  
ences on the will, and send them in  
as being of possible help to those  
doing research into this question.

### the GIFTED CHILD—

and the  
Conference agreement that we first  
need the gifted teachers:

"Einstein...knew that the critical  
matter was the cultivation of  
himself as a suitable instrument  
for creative fulfilment. He paid  
attention to the content of the  
subject matter, but he paid even  
more attention to the quality  
of his own behavior..." \*\*

## WORTH TAKING A LOOK AT—

"Art Education for the Scientist and Engineer", The Report of the  
Committee for the Study of the Visual Arts (1952-57) at Massachusetts Institute  
of Technology.

The report raises pressingly urgent questions in education; its  
conclusions are wide-ranging. Among other topics, it touches on "the unique  
quality of vision", "vision distinguished from art", and defines an ideal visual  
arts program: "In short, the goal of the ideal program is to develop the  
capacity of the technician to undertake responsibility for the forms that  
his technical training creates. The quality of these forms, as of his own  
spiritual insight, ultimately affects the social atmosphere and climate of the  
entire world."

(It is proposed to issue these Newsletters periodically  
—not necessarily at fixed intervals—according to the  
need to communicate.)

\*Gordon Allport, "Becoming".  
New Haven: Yale University Press 1955  
London: Oxford University Press

\*\*Ross L. Mooney in "The Self".  
Edited by Clark E. Moustakas.  
New York: Harper 1956

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Synthesis--seeing things together, in their inter-relations and as wholes--is the goal of understanding. ...Man's endless search for order, and the measurable success that has attended this search, validate the faith in the uniformity of nature. Physics knows this; astronomy knows this; biology knows this; and psychology, sociology, economics, politics and comparative religion are rapidly learning it. A faith in the intelligibility of social evolution is necessary to a stabilization of the world of the future.\*

### PEOPLE

We welcome to our Advisory Board Dr. K.R. Masani (MRCS England, LRCP London, DPM England) Chairman of the Executive Committee of the Indian Council for Mental Hygiene, 42 Queen's Road, Bombay. Dr. Masani is also the Director of The Indian Institute of Mental Health and Human Relations, and offers full co-operation with the PRF. His strengthening presence as an Advisor will, we trust, also aid in the ultimate synthesis of Eastern and Western approaches to psychology and education - to the "mental health" of World Man.

We also welcome to the Advisory Board, Mr. Mario Montessori, the Director of the Association Montessori Internationale, 161 Koninginneweg, Amsterdam, Holland. The significance of this link with Montessori educational techniques will perhaps be more readily recognized by European educators than American, but synthesis implies the inter-relation of all approaches, and psychosynthesis utilizes the best of each.

Dr. J. Guilhot has registered in Paris a center for psychosynthesis and has published in the French language an 8-page pamphlet entitled "Centre de Psychosynthese". Copies are available direct from Dr. Guilhot (6ter, Blvd. Delessert, Paris XVIe) or from the PRF library.

The Minister of Education in Greece has authorized the setting up of a "Center for Psychoeducation," and has appointed as director our good friend Dr. Triant Triantafyllou. We are now in correspondence with Dr. Triantafyllou - who is translating some of our material - and with the Ministry of Education, Studies and Co-ordination Agency, to see how we can best cooperate and further our mutual aims of better and more "whole" education.

\*Oliver L. Reiser, Professor of Philosophy, University of Pittsburgh, in his newly published (October 27th, 1958) book The Integration of Human Knowledge - a study of the formal foundations and the social implications of unified science. Confirming the author's approval of our use of the above excerpt, the publisher writes us that even prior to its publication date the book had stirred considerable comment and even controversy, and we are glad to bring this latest writing of Prof. Reiser to your attention. The publisher is Porter Sargent, 11 Beacon Street, Boston, Mass; the price \$8.00 (496 pages).

Last month your temporary editor (Frank Hilton) flew to Washington for intensive half-day discussions with Dr. Robert Gerard and William and Mrs. Swartley, who were attending the National Convention of the American Psychological Association. (Incidentally, Dr. Gerard gave his paper on Color and Emotional Arousal to the Convention and it received unusually good press notice.) Practical plans were developed for getting down in writing the Techniques of psychosynthesis used by Dr. Assagioli in Europe.

Also being worked on - with much burning of the midnight oil and exchange of letters between half a dozen co-workers - is an experimental project for High School teachers. A draft outline of the project is in the polishing stage, and although this is geared to an art appreciation class, it will give us a firm basis for drafts for similar experiments in other teaching areas. Concurrently we have under consideration a brief statement of the Foundation's basic approach to the teacher-student-class situation, of which the experimental project would be a specific application. We are keeping Dr. Triantafyllou in Athens informed of the evolutionary steps in this drafting, as being of possible help to him in the program he is formulating. Also, of course, it will afford us an opportunity to benefit from his suggestions and thus produce cross fertilization between European and American thinking.

#### FROM CORRESPONDENCE

##### Psychosynthesis Techniques

Regarding Kretschmer's Meditative Techniques in Psychotherapy (see Newsletter #1-Material Available) Dr. Robert Gerard writes: "I have tried the techniques of the 'meadow meditation' on one of my patients...to very good advantage"; also, "as the co-workers receive first the separate material on different techniques, and eventually a more formalized Manual of Techniques, they should experiment with them on themselves and on their patients and then report on results in order to arrive at a refinement of the techniques, the circumstances under which they would be most appropriate, the effects achieved, etc."

An interesting suggestion from Dr. Gerard is that such "Meditative Techniques" should be covered under the generic title of "Symbolic Visualization Techniques," thus avoiding the many connotations given to the word "meditation."

##### Definition of Psychosynthesis

Recently a correspondent drew our attention to the definition of "psychosynthesis" in the newly published "A Comprehensive Dictionary of Psychological and Psychoanalytical Terms" by English and English (Longmans Green, 1958). We took this up with Dr. English and, because of its importance, we are adding a supplement giving the relevant passages from the correspondence, and the definition in question.

#### PRF LITERATURE AND LIBRARY

During the past month you should have received the "basic" booklet Dynamic Psychology and Psychosynthesis, and if you require further copies, just let us know. Another draft article Smiling Wisdom (by Dr. R.A.) has been mimeographed and is available on request.

S.O.S! - Has anyone a copy of Gordon Allport's The Nature of Personality (Pub: Addison Wesley) which he would sell or donate to the Library? Although published in 1950 it is now out of print and we need a copy for reference.

## FOR EDUCATORS

The September 13th issue of the Saturday Review (Accent on Education Issue) carries two particularly fine articles, "Conquering Inner Space" by Dr. Glenn Olds, President of Springfield College, Mass., and "Developing Emotions" by Dr. John McMurray, Professor of Moral Philosophy, University of Edinburgh, Scotland. For any co-workers who did not read this issue of the S.R. we have a few loan copies available in the Library.

Dr. Olds: "The temptation of our sputnik-minded space age, and indeed our education...is to drive an even deeper wedge between the mathematical and the moral, the scientific mastery of outer space and of the moral failure to span the inner distance between man and man and nation and nation in a responsible human community...preparation for the healing of this breach in man's mastery of outer and inner space is the primary task of our time and central mission of education. ...Must this inner space continue to be peopled with imaginative dragons of strange color and dropping off places that confine the moral venture to the shallow water of one's own mainland or adjacent islands of narrow self-interest?"

Dr. McMurray: "To educate the intellect is, then, to cultivate our capacity to achieve our ends; but our capacity to choose our ends properly must depend on the education of the emotions. This is why our concentration on the education of what we call 'reason' led to the vast increase of power provided by science, but without a corresponding increase of wisdom in its use."

## FINANCES

One or two of the responses to the PRF brochure asked how the PRF is financed. The answer is simple: the expansion of the work will be governed by the donations we receive. The question of dues paying membership has been explored, but for the present at least it seems best to leave donations on an entirely voluntary basis, so that no one need be excluded on purely financial grounds from receiving our material or from cooperating with us. People help in many ways, giving - according to circumstances - of their time, thought, energy and money. Obviously pamphlets cost money, typists have to be paid and so on, but we believe we can rely on the sense of responsibility of people who find value and help in the PRF material or satisfaction in aiding psychosynthesis. On the question of "dues paying membership" your own thinking and ideas would be most welcome. Incidentally, we cannot ask for confirmation of our tax-exempt status by the Tax Authorities until after the completion of the first year's operations, but we have been advised by counsel that, on the basis of the present program, contributions qualify for deduction pursuant to the Internal Revenue Code. Application for official confirmation of tax-exempt status, which is retroactive, will be made as soon as possible in 1959.

## WORTH TAKING A LOOK AT--

Conflict and Cooperation between Psychiatry and Religion, R. Finley

Psychiatry's Influence on Religion, The Rev. George C. Anderson. Gayle, Jr., M.D.

Both these pamphlets are wholly positive and constructive, pointing the way to a possible synthesis of effort by two major groups intimately and practically concerned with the problems of the human psyche. These are but two of several good booklets issued by the National Academy of Religion and Mental Health, 2 East 103rd St, New York 29, N.Y.

Also available from the Academy is The Psychological Examination of Candidates for the Ministry by Gotthard Booth, M.D., dealing at some length with Nos. 1 to 10 of the Rorschach cards "used, however, in a more comprehensive and systematic way than taught in contemporary psychological schools and textbooks."

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Supplement to Newsletter #2

Definition from Dictionary:

psychosynthesis: n. (S. Potter) the opposite of psychoanalysis; a form of COUNTERPSYCHIATRY aimed at restoring useful inhibitions and at putting the id back where it belongs. - This is a lay movement. In treatment sessions (synthesis), patients are encouraged not to give free rein to their associations; rather they are to refrain from saying anything till they have considered whether it ought to be said. By curious paradox, whereas psychoanalysis really seeks the synthesis of the ego and id, psychosynthesis would keep them apart (with the reality-related ego dominant).

Excerpt from letter PRF to Dr. English:

...we are questioning the explanation given under "Psychosynthesis."... The enclosed pamphlets spell out in detail our use of the word. The definition we suggest is:

(R. Assagioli) Psychosynthesis is first and foremost a dynamic conception of our psychological life, which it portrays as a constant interplay and conflict between the many different and contrasting psychological forces, and a unifying center or Self which ever tends to control, harmonize and use them creatively.

Psychosynthesis is further a combination of several methods of psychological development, psycho-therapy and integral education, aiming first at the development and perfecting of the personality; then at its harmonious coordination and increasing unification with the Self.

However, we would point out that our interpretation is not unique to this Foundation, for it is one used by many European psychiatrists - and Dr. Roberto Assagioli (our Chairman) "pioneered" in psychosynthesis over thirty years ago.

Excerpt of Dr. English's reply:

...my hearty apologies for not doing justice to psychosynthesis. S. Potter, the famous humorist suggested an amusing definition for the term—he was, of course, ribbing psychoanalysis. We thought it would be good fun to include his definition, not realizing that the word had a reputable and serious employment. ...

I may add that psychosynthesis as you use the term makes good terminological sense—in contrast with many other neologisms. You seem to be pursuing a synthesis in psychology—not the only one, of course, but a real one—deserving to be named as you name it. We shall certainly revise the entry in future editions of the Dictionary. Thank you for bringing the matter to our attention.

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In the midst of the clamor for and against hypnosis--experimentally, therapeutically and socially (i.e., entertainment masquerading as investigation!)--one rarely hears of the subtle hypnosis to which all of us are subject, and which the one who seeks to achieve psychosynthesis, to become "Self-actualizing" or "full functioning," must offset. This is the hypnosis produced by the constant impact of sense impressions and the consequent automatic reactions of thought, feeling and action.

## PSYCHOSYNTHESIS AND GESTALT PSYCHOLOGY

"As to the difference between Psychosynthesis and Gestalt Psychology--both of which emphasize the reality and value of 'wholes'--it can be briefly said that the latter is essentially a theory about the organization of perceptual processes into 'wholes' and 'configurations', while psychosynthesis is first a dynamic conception of the whole bio-psychological life based on the trend towards synthesis, and, secondly, a collection of techniques by means of which we can eliminate in ourselves and in others the conflicts and other obstacles which prevent or delay synthesis, with special application to education and psycho-therapy. Finally, psychosynthesis stresses the importance and the value of the super-conscious and of the Self, which are not dealt with by Gestalt Psychology. This is not to deny the valuable contributions which Gestalt Psychology has made to individual and group dynamics." (From letter written by Dr. Assagioli)

## RE "DRAFT" ARTICLES IN YOUR POSSESSION

As was arranged at the May Conference many articles we have circulated are marked "Drafts," and wide margins have been left for your notations, suggested changes or additions. We look for your cooperation in making such articles of still greater value to future readers. If you take a blue pencil to the copies now in your possession, extra copies are always available for your permanent reference file!

## CORRECTION

In Diagram I, p.6, of the booklet Dynamic Psychology & Psychosynthesis, a dotted line should run from points #5 to #6 (conscious self to higher Self). Our stock copies have been corrected--will you please amend yours?

Re mimeo'd draft Pictures & Colours, p. 2, line 23, the word "Romantic" in the original script was "Romanic." The more usual word in English is "Romanesque," and we are correcting our office copies accordingly.

## RESEARCHING INTO THE SELF?

Try John MacMurray's The Self As Agent (New York: Harper, 1957). In these Gifford Lectures, Professor MacMurray asserts that the two schools of philosophy most popular today--existentialism and logical positivism--are inadequate, and "we shall devote ourselves in this first volume to a study of the Self as agent, seeking to shift the center of gravity in philosophical thinking from the theoretical to the practical field." (p.38)

EDUCATIONALLY SPEAKING—psychosynthetically oriented, of course:

Hadley Cantril's views on "value judgments" are worth more than one reading (The "Why" of Man's Experience, New York: Macmillan 1950, 1957). Cantril debunks psychological theories based on unreal "straw"men—unreal because unrealistic, in that they are extracted from and not seen in relation to their fellow men or to the social or economic structures. He reveals the "assumptive form world" of each individual and/or a group: "that usually our value judgments, our intuitions, are the only bases we have for action in new situations and that by and large they are the most reliable guides for action...the range within which man can make value judgments is often very limited...by the extent of his past experience and by the inclusiveness and the reliability of the subconscious assumptions on which his value judgments are based."

He calls for a more synthetic approach, to see man only in relationship to and in connection with the "human whole."

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From correspondence emerges the idea: "Just as we aim to eventually compile, from mimeographed articles plus the shared experience of the co-workers, a manual on the use of psychosynthetic techniques in therapy, so from PRF articles, classroom experiments and experimental projects evolved by educators and teachers we will perhaps eventually produce a 'Manual on Psychosynthetic Education'." A seed-thought well worth nurturing.

ABOUT PEOPLE

Under the auspices of Boston University and the Public Affairs Department of station WEEI, Boston, an extremely interesting program "The Creative Way" is broadcast weekly. The "inquirer" on the series, which each week features a creative personality, is Dr. Kenneth D. Benne, Director of B.U. Human Relations Center. On October the 31st last, Miss Helen Cabot Miles was the "guest creator," and reports of this broadcast indicate that a number of ideas that accord with psychosynthesis were touched upon by the two participants—one a member of our Advisory Board, the other of our Board of Directors.

At a later date, Dr. Pitirim A. Sorokin, of the Research Society for Creative Altruism appeared on the same program, and according to reports gave a lucid account of the role of the supra-conscious in the creative process, the insight from the supra-conscious to be checked, of course, by the analytical, rational processes of the mind and also by observation of the senses.

\* \* \* \* \*

Apropos Dr. Sorokin, he tells us that the Research Society for Creative Altruism, which he initiated some years ago and which sponsored a highly significant conference at Massachusetts Institute of Technology in October 1957, may have to terminate for lack of financial support and an administrator of true dedication. The potential importance of the R.S.C.A. in relating science and religion in a creative synthesis is well known to most readers of this Newsletter and we hope a way—and the man—may emerge to carry forward Dr. Sorokin's vision.

\* \* \* \* \*



"Design for Tomorrow," by Helen C. Miles, appearing in the December issue of the Journal of the National Art Education Association, is clearly based upon principles of psychosynthesis, and makes reference to PRF literature and to Dr. Assagioli's work.

Although the article is written specifically for art educators, the concepts discussed are not limited to that one field. The suggestion is made that environment and the living beings inter-acting with it are materials out of which designs are daily being wrought. Also, that when we see the education process as a synthesis of experiences, of learnings designed to be qualitative as well as quantitative, and understand that all aspects of the human being (physical, emotional and mental) need to be educated and related—including the development of intuition and the creative imagination—we are pointing the way towards integration and acquaintance with the Self.

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A copy (unfortunately only one!) of the article "Experimental Catatonia and the Problem of Will and Personality" by Henri Baruk, M.D. (a member of our Advisory Board) is available for loan from the PRF Library. This English version was translated from the French by Percival Bailey, M.D., of the Neuropsychiatric Institute, Chicago and appeared in the Journal of Nervous and Mental Disease, September 1949.

#### A.P.A. SYMPOSIUM

Readers of this Newsletter who also take the American Psychologist will, we think, not only excuse, but approve the following rather lengthy review (quoted by permission of the editor) of the Symposium presented at the 1957 American Psychological Association Annual Convention in New York City, reprinted in the October 1958 issue (Vol.13). Included were the following papers: Links Between Psychology and Religion, by Russell J. Becker; Religious Experience and Psychological Conflict, by Anton T. Boisen; The Nature of Religious Controls, by Mortimer Ostow; and Moral Issues in Psycho-therapy, by Goodwin Watson.

Boisen writes: "But there are forms of mental illness which are manifestations of healing power analogous to fever or inflammation of the body... It is to these that I ask your attention. They are periods in the development of a personality in which the individual feels himself face to face with ultimate Reality; periods in which fate hangs in a balance and destiny is in large measure determined. In such periods, religious concern is much in evidence and the creative forces are exceptionally active. So also are the forces of destruction. They are periods of seething emotion which tend either to make or break. As such they are closely related to the dramatic conversion experience which has been so prominent in the history of the Christian Church since the days of Saul of Tarsus." (p.569)

Orval H. Mowrer, Professor of Psychology at the University of Illinois made the following comments: "...it appears that the secular healing professions are taking a second, and very respectful, look at religion. This trend has been noted and documented, in one way or another, by all of the speakers on the Symposium. Two of the most thoughtful and scholarly books I have read in a long time are Eric Fromm's The Art of Loving and Ira Progoff's volume entitled The Death and Rebirth of Psychology; both of these show the intrinsic relationship between psychological integration and the religious quest."

Mowrer also remarks: "what can we say about the great, ongoing historically rooted struggle between religion and science? Any student of technical philosophy and of the history of thought will see in the present situation, I believe, a clear example of the Hegelian dialectic. Religion was the original thesis; science in general, and psychology in particular, was the antithesis. And today, it appears that a great new synthesis is in the making. However, as E.E. Brudder, Chaplain at St. Elizabeth Hospital has pertinently observed, it is not enough now merely to cry 'Peace, peace!'. In the book by Ira Progoff already cited, we see how slow and painful has been the preceding movement toward synthesis and how imperfect and still incomplete it is. Thus, far from being an occasion for celebration, this symposium is, rather, a call to labor in a vineyard, which we psychologists have rather systematically neglected and despised." (p.578)

The further comments that Mowrer makes should be extremely illuminating to psychologists and psychiatrists and others concerned with psychotherapy, but are too lengthy to quote here.

In line with the foregoing it is pertinent to mention that the manuscript for our third "grey booklet"—Spiritual Development and Nervous Diseases—is being prepared for printing.

#### WORTH LOOKING AT

Creativity in Self-Actualizing People, A.H. Maslow. (Available from Dept. of Psychology, Brandeis University.) This mimeographed paper is the lecture delivered by Dr. Maslow on February 28, 1958 in the Creativity Symposium, Michigan State University. Two or three of the co-workers, including Dr. Assagioli, referred to this paper in recent letters and praised it highly. It is "fully along psychosynthetic lines" and warrants deep consideration.

#### NEW MATERIAL AVAILABLE

Psychological Types, by Roberto Assagioli, M.D.....draft.....Mimeographed

Art Education Research and the Teacher, by Leonard Barkin

Associate Professor of Art, State University

Teachers College, Geneseo, New York. Reprint

from EAA Bulletin, Vol.15, No.4 1958.....Mimeographed

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"Most limitations of individual and cultural inventiveness lie in assumptions; if you challenge the assumptions, there is a new dimension.

"Challenge the assumption that a refractory human nature must be pounded willy-nilly into a shape demanded by society, and you have a whole new conception of education; challenge the assumption that the individual must be at war with himself, and you open the door to modern conceptions of healing, especially of psychotherapy." \*

## GLOBAL SYNTHESIS

The PRF Conference last May pointed up the larger, ultimate synthesis of the diverse peoples of the world - the "psychosynthesis of humanity." One of the great steps towards that distant goal is UNESCO's EAST-WEST MAJOR PROJECT, coordinated by Jacques Havet, the French philosopher. Writing in that most constructive journal, the Unesco Courier (December 1958) he outlines the Project as: "Firstly an effort... to eliminate prejudices and replace them with knowledge of established historical and sociological facts. Secondly an understanding of the spirit of each culture, the way of life and the manner of thought and feeling of each people...promoted by presenting facts in the perspective of history, geography and social and economic conditions. Finally, more ways...to inform the general public in each country about the most remote culture."

## A MATTER OF TITLE

Please note that the correct legal title of the Foundation is "Psychosynthesis Research Foundation" (i.e., no "Inc." which, under Delaware State Law, is implicit in the word "Foundation"). Future printings of booklets and stationery will be brought into line with this ruling.

## ENQUIRY RE TESTS

Mrs. Nike D. Antonakaki, Technical Adviser, Studies and Co-ordination Agency, Ministry of National Education, Athens, Greece, enquires about tests - intelligence, personality, vocational, etc. Perhaps those readers experienced in this field of psychological testing would like to write to Mrs. Antonakaki direct or via the Foundation.

## GOOD NEWS FOR U.S. DONORS

Official confirmation of our tax exempt status has now been received. Donations, gifts and bequests to the PRF are, therefore, deductible in tax returns. To those who have already so generously helped the Foundation financially - our deep gratitude.

## DONATIONS IN THE U.K.

Several correspondents in England have asked how they might make donations to the Foundation, and we are glad to announce that a British bank account has now been opened. This will make possible the accumulation of funds towards a future psychosynthesis research center in England. Donations may be sent to the Foundation, c/o Lloyds Bank Ltd., 16 St. James's Street, London S.W.1, England.

\*Human Potentialities by Gardner Murphy, p.250 - N.Y.: Basic Books, 1958

## LOGOTHERAPY

\*Dr. Frankl's important book The Doctor and the Soul (N.Y.: A.A. Knopf, 1957) is being studied with great interest by some of the co-workers, and warm appreciation of Dr. Frankl's work in "Logotherapy" has been expressed in correspondence from Dr. Assagioli. Dr. Frankl's approach can be summarized by his own words: "In my opinion man is dominated neither by the will-to-pleasure, nor by the will-to-power, but what I call man's will-to-meaning, that is to say, his deep-seated striving and struggle for a higher and ultimate meaning to his existence. Psychotherapy, and above all, education need a concept of man in steady search for meaning."

It would seem that there is fundamental agreement on direction and valuation between "Logotherapy" and "psychosynthesis," for the latter, of course, is not in any way a closed doctrine but an open and dynamic conception with full regard to spiritual values and the basic importance of the will. On this latter point Dr. Frankl writes: "Any unbiased observer must recognize the plainfact that the instincts only make proposals, so to speak, while the ego decides what to do about these proposals. The ego can decide - resolve, conclude, freely choose; the ego 'wills'. And it does so independently of where the id 'drives' it."(pp.96-97, Ibid.)

\*Viktor E. Frankl, M.D., Ph.D., Professor of Psychiatry and Neurology at the University of Vienna, Director of the Neurological Polyclinic of Vienna, President of the Austrian Medical Society of Psychology.

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## PEOPLE

Professor Adolphe Ferrière's book Psychological Types has been translated by Wyatt Rawson and published by Heinemann of London. Dr. Ferrière - a member of our Advisory Board, Founding Member of the International New Education Fellowship, Emeritus Professor of the Geneva University Institute of Education, Doctor of Sociology and Doctor of Letters - has spent fifty years in research on psychological types - research which has been ethnological, historical and psychological, based in part upon the psychology of the unconscious. In his book he distinguishes and describes twelve main types and relates them to different stages of man's development from childhood to full maturity.

The book received a long and highly complimentary review in the Nov. 1958 issue (Vol. 39, No.9) of The New Era and we gladly recommend it to our readers.

Wallace Rosenbauer - Curator of Visual Art and Assistant Director to the Stamford Museum and Nature Center, Conn. - is giving us much valuable help in the educational side of the PRF program, and his article on the role of art in secondary schools (first published in the College Art Journal) has received such favorable comment that we have obtained permission to reproduce it and make it again available to teachers who are in contact with us. (See below - New Material)

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## NEW MATERIAL (available on request)

A Psychological Method for Learning Languages

~~How to learn languages through the subconscious~~

by Roberto Assagioli, M.D.....Mimeographed

Design for Tomorrow, by Helen Cabot Miles - reprint from

Art Education, Journal of N.A.E.A. (Dec.'58).....Printed

Art Education and the Development of the Whole Man

by Wallace Rosenbauer.....Mimeographed

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This brief Newsletter is to share with you three items of good news.

Dr. Robert Gerard has been granted a two months leave-of-absence from his research position at the Veterans' Administration Center, Los Angeles, to travel to Europe on the Foundation's work. He is currently spending several weeks with Dr. Assagioli in Florence, Italy, discussing and tape-recording the Techniques of Psychosynthesis - as the first step towards an eventual Manual.

Dr. Gerard is also to speak at the University of Florence on his work in Color therapy and will visit Paris to meet for discussions with Dr. Baruk of our Advisory Board; also with Dr. Guilhot and Miss Solange Van Berchem - the founders of the Centre de Psychosynthèse - to consider further cooperation, and the translation into French of the booklet, Dynamic Psychology and Psychosynthesis. He plans to see also such people as Desoille (the Rêve Eveillé technique).

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We welcome most warmly to the Advisory Board, Viktor E. Frankl, M.D., Ph.D., Professor of Psychiatry and Neurology at the University of Vienna (whose work in Logotherapy was mentioned in our last Newsletter). Dr. Frankl's second book to appear in English, From Death Camp to Existentialism - with a foreword by Gordon Allport - is now off the press and we are glad to enclose his publisher's leaflet. We would simply add to the reviews given there the comment that throughout this deeply moving book rings the affirmation that life has meaning and "that life's meaning includes even the meaning of suffering and death."

The book closes with a brief but clear presentation of the basic concepts of Logotherapy and Dr. Frankl's "existential analysis." "Existentialism" and "existential" are both words which already have very different implications - philosophically and psychologically - not only between American and European schools of thought but between the various schools in Europe itself. Frankl's use of "existential analysis" is basically the antithesis of nihilism, whether it be academic, theoretical or "living nihilism."

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Enclosed is a copy of our new booklet The Education of Gifted and Super-Gifted Children - and, of course, additional copies are available on request.

The needs of gifted children are widely recognized and although as yet they have only been partially met, at least many experiments are going forward in various schools as to how to provide adequate and challenging education. But the needs of the super-gifted child are rarely considered, being mentioned only briefly in a few of the many existing books on the education of gifted children. The purpose of our new booklet is primarily to focus attention on this neglected but vital problem, and to suggest methods to meet it. Not until there is adequate recognition of the need can we expect action to be taken.

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"What is needed is not biology, anthropology, sociology, psychology, the history of religion, philosophy, or science, but a fusion of all these on one issue: how man came to be what he is today...his brain-mind.....a disordered instrument seemingly awaiting an appropriate synthesis. ...what is required is a belief that a single unified description of the history of the human mind is possible...it must depend on the efforts of an elite combining 'scientific daring, poetical depth, and religious fervor'. These words were used by Sambursky to describe the quality of the Pythagorean community. Perhaps they will one day stand over the doors of an institution devoted to the unified history of the imagination and its works." \*

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## PEOPLE

Mrs. Antonakaki, Athens, is carrying through major reforms in the Greek educational system.

Dr. Triant Triantafyllou, Athens, has translated into Greek and arranged the printing (in attractive booklet form) of Dynamic Psychology and Psychosynthesis and Psychosynthesis in Education. He is now translating The Education of Gifted and Super-Gifted Children. Of other activities, he writes, "I just came back from a seminar for social workers which is

organized by Pierce College, an American College here in Athens, where they have asked me to give lectures on psychology. Tonight I found an opportunity and spoke to them about Psychosynthesis."

We are glad - with and for him - to learn that he has been notified by New York University that "having achieved a place in the highest brackets of scholastic preferment recognized by the University (he) is therefore awarded as a mark of special honor...the Founders' Day Certificate of Achievement."

Dr. Robert Gerard of our Advisory Board has recently returned from Europe. His trip was arduous but most encouraging for the development of psychosynthesis. In Florence, Italy, Dr. Gerard held extensive discussions with Dr. Roberto Assagioli on the techniques of psychosynthesis. He also spoke at the University of Florence, under the auspices of the Italian Society of Psychology.

In Geneva, Switzerland, he exchanged ideas with Dr. Charles Baudoin and Dr. Adolphe Ferrière, both Advisory Board members, as well as with Dr. Paul Tournier, who is well known in Europe for his spiritual approach to psychosomatic medicine. (Two of Dr. Tournier's books have been translated into English, the most recent being The Meaning of Persons, New York: Harper, 1957.)

In France, Dr. Gerard spent several days in Grasse with Dr. and Mme Alphonse Gay, who have developed methods of therapy which are essentially psychosynthetic. In Paris, he was invited by Dr. Henri Baruk, Professor of Psychiatry at the Faculté de Medicine and also a member of our Advisory Board, to lecture

\*From: "The Unity of Visual Experience," by Lancelot Law Whyte (English physicist and philosopher) - Bulletin of the Atomic Scientists, Feb. 1959, Vol.XV - No. 2.

to the members of his staff. Dr. Gerard held a series of meetings with Dr. Guilhot, who directs the Centre de Psychosynthèse in Paris; together they elaborated the first plans of an international cross-cultural research project. At the Centre, Dr. Gerard attended a meeting of psychiatrists, psychologists and educators, interested in psychosynthesis, and spoke to them on the therapeutic application of colors in psychosynthesis, including projected colors as well as internally visualized symbolic forms and scenes.

Among the stimulating colleagues with whom Dr. Gerard exchanged information while in Paris we may note (in alphabetical order):

Mr. and Mme Berge, who do excellent work in the field of bio-psychosynthesis (the integration of physical and psychological aspects of man through the dance, physical culture and expressive movements);

Mlle Solange Van Berchem, who recently obtained her Diplôme d'Etudes Supérieures in Psychology at the University of Paris and has been an active member of the Centre de Psychosynthèse ever since its inception;

Mlle M.M. Davy, the editor of a fascinating series of books on symbolism published by Flammarion;

Mr. Robert Desoille, the pioneer who developed the active imagination technique of the "Rêve Éveillé" or "waking dream" (his remarkable book, Le Rêve éveillé en psychothérapie, was published in 1945 by the Presses Universitaires de France, Paris and was followed by others);

Dr. Roger Godel, who combines medical practice with an intimate knowledge of Eastern and Hellenic thought (see for instance his article on "The Liberating Experience" in Forms and Techniques of Altruistic and Spiritual Love, edited by Pitirim Sorokin, Boston: Beacon Press, 1954);

Dr. H. Michel-Lauriat, who includes psychoanalysis, Desoille's "Rêve Éveillé" as well as concentration and relaxation techniques in order to foster the psychosynthesis of her patients.

Dr. Gerard is enthusiastic about the value of closer contacts and exchanges of information between American and European psychotherapists. Now begins the task of transcribing his extensive taped discussions with Dr. Assagioli and of preparing material to provide co-workers with a set of introductory notes on the techniques of psychosynthesis.

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### STRATIFICATION OF PERSONALITY

Concerned as we are with the wider synthesis of various psychological approaches and schools of thought, we are in correspondence with Prof. Albin R. Gilbert, Professor of Psychology, Wheaton College, Norton, Mass., regarding his investigations into German theories of stratification of personality.

These theories, as Professor Gilbert explains,\* "seem to have exerted an impact upon German psychology comparable to Sigmund Freud's psycho-analytical theory. ...the fact that personality is stratified has the consequence that personality can be controlled alternately by different strata.

"Normal adult personality in the light of stratificism is characterized by a harmonious team-work of the vital needs and motivational strata, carrying jointly the personal super-structure safely and vigorously, but being also restrained and controlled by it. But there is still a final possibility of development in the Schichtentheorien which sounds mystical: the personal super-structure cannot be all-round, unless it transcends the personal self by

\*see line 5, p.3

...communicating with a supra-personal super-structure. ...layer-theories may be extended to embrace the total-inclusive experience of the personality which is called religion."

Readers of the Newsletter interested in these theories are referred to: \*Recent German Theories of Stratification of Personality (published as a separate and in The Journal of Psychology, 1951, 31, 3-19; available from the author.) Perspectives in Personality Theory (H.P. David & H. von Bracken, Eds.) N.Y.: Basic Books, 1957, Ch. XIII

#### EDUCATION: "The Human Privilege"

A co-worker suggested that we bring to your attention the Spring 1959 issue of that fine magazine The American Scholar, in which Howard Lowry, President of the College of Wooster, discussing "The Human Privilege" deals with the chief human question, curiously neglected by present day psychology, "Who am I?"

" 'Organization man' and 'the lonely crowd'...made up of men and women who take their direction not from high tradition or from goals and standards inwardly held, but from 'the others'. They are lonely because the return, the spiritual enjoyment, of their lives is so thin. They lack values and inner resources and have no authentic life of their own. They 'use the noise of the others to drown the noise of the self'.

"...one of the great tasks of our time is the bold reaffirmation of the 'human privilege'...the opportunity offered a person... to learn to use his own mind rather than just somebody else's mind; to judge and choose and renounce and, if possible, create."

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#### METAPHYSICS, RELIGION AND PSYCHOTHERAPY

In an earlier Newsletter (#2) we mentioned the synthesizing work of the Academy of Religion and Mental Health (2 E. 103rd St., N.Y. 29, N.Y.); we now gladly recommend the Academy's recent interesting reprint (from the Journal of Counseling Psychology), "Metaphysics, Religion and Psychotherapy" by Orville S. Walters, Director of Health Services, University of Illinois.

We also recommend a new book Man's Right to be Human, by Georges C. Anderson, Director of the Academy (N.Y., Morrow & Co.). Clarity of thought, objectivity and the courage of the author are reflected throughout the book which, as Gordon Allport has commented, "shows that mature religion makes for mental health, but also faces squarely the fact that much that passes for religion today is nothing more than self-serving self-deception." As Anderson says, "there is one clear, stark fact about everyone who is emotionally disturbed - some basic urge which seeks expression is being frustrated. Emotional conflicts are born not only from our secret evils, but also because we have a natural inclination to be good."

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(over)



RE PRF MATERIAL

Most encouraging and quick responses to the booklet Education of Gifted and Super-Gifted Children are being received from teachers' colleges; already we have been told of four summer courses in which it will be used.

New Brochure - Revisions have been made to the PRF Brochure - both in the text and list of Advisory Board members; a copy of the new printing is enclosed.

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"Our task, then, is to strengthen our consciousness of ourselves, to find centers of strength within ourselves which will enable us to stand despite confusion and bewilderment around us.

The human being not only can make such choices of values and goals, but he is the animal who must do so if he is to attain integration, for the value - the goal he moves toward - serves him as a psychological center, a kind of core of integration which draws together his powers as the core of a magnet draws the magnet's lines of force together." \*

## THE SELF

When we held the Valmy Conference in May 1958 much discussion took place about the "Self" and it occurs to us that readers of this Newsletter might like to exchange any relevant ideas they come across during the course of their work or reading. So, if you find anything of significance please share it.

The following question and answer from the transcript of the Conference may be of special interest to new readers of the Newsletter:

"What - from a practical point of view - do we mean by the small, little self, and the Higher Self?"

Dr. Assagioli replied: "I come back to the fundamental attitude of psychosynthesis and research. The Self is an experience, not a conception. We can formulate the experience, more or less, in a conception; but it is primarily an experience. Human life is experience; so we should not start, in my opinion, with a "conception" of the Self, but with techniques which can help us to have the experience of the Self. Let us always speak in terms of experience - experience of the little self, experience of the will, experience of the Higher Self, esthetic experience. First the experience, the life, and then the conceptual formulation and the utilization."

Relevant to this question is Gardner Murphy's reference to "the self as creator" in his book Human Potentialities (New York: Basic Books, 1958). "It is the responsibility and privilege of the teacher to encourage, to give freedom, to swing wide the gates wherever the child's or adolescent's mind wants to explore, to make contact, to know, to grasp, to assimilate the new. This involves three steps. First comes encouragement of the child's sheer sensitiveness to the charm, the challenge, the mystery of his wonderful world and protection of the warm response to sensory, motor, and cognitive challenge. Second, aid to the formation of strong canalizations on sensory, motor, and cognitive content and the forming of positive canalizations upon the self as creator. Third, the freedom to move from infantile, direct wish-fulfilling fantasies (Freud's 'primary thinking') to a controlled and ordered thinking in which cravings are fulfilled by dealing with reality ('secondary process')."

## RESEARCH IN PSYCHOLOGY

As being of special interest to almost all our readers we draw your attention to the important report of the Seminar held in Colorado last year, sponsored by the Education and Training Board of the American Psychological Association. It is impossible to summarize here the most interesting 13 page report appearing in the American Psychologist, Vol. 14, No.4, April 1959. The conclusions reached are of significance not only for educators but for professional research workers, for many accepted procedures are questioned:

"The task of the research psychologist is not mainly that of designing a study, collecting data, analyzing the results, and drawing conclusions. ...this is not the essence of doing research - this is not what makes the difference between run-of-the-mill and significant work.

Actually the process of doing research - that is, of creating and building a science of psychology - is a rather informal, often illogical and sometimes messy-looking affair. It includes a great deal of floundering around in the empirical world, sometimes dignified by names like 'pilot studies' and 'exploratory research'. Somewhere and somehow in the process of floundering, the research worker will get an idea. In fact, he will get many ideas. On largely intuitive grounds he will reject most of his ideas and will accept others as the basis for extended work. To make the picture even less amenable to rational understanding, the ideas he accepts and cherishes and in which he invests his time and resources will sometimes even fly in the face of 'known facts'. . . .

How do successful research people go about doing all of this? The answer is that we were able to discover little uniformity. In fact what was impressive was the diversity of the way in which individuals go about the more creative aspects of research. . . .

As a result of our group discussions, we now question seriously certain assumptions. . .which affect graduate training. Education for research must do more than develop competence in designing, executing, and interpreting experimental or other studies. Development of such competence is important, but much more important is the development of the individual's creativeness - his ability to discover new relations, to reformulate or systematize known facts, to devise new techniques and approaches to the problems."

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## GLOBAL SYNTHESIS

The Third East-West Philosophers Conference of nearly 50 distinguished philosophers from the Orient and Occident met at the University of Hawaii during July and August. A report from Honolulu tells us that "the first Conference in 1939, saw them organized and acquainted; at the second, in 1949, they defined their terms...and began to talk about a world philosophy through a synthesis of ideas of the East and West." This resulted in the publication of Essays in East-West

Philosophy - An Attempt at World Philosophical Synthesis(University of Hawaii Press, Honolulu 1951); and presumably a similar book will be issued as a result of this year's Conference. "From these assemblages (convened every 10 years) should come better mutual appreciation of the basic beliefs of people who never have understood one another very well. An exchange of truth - as various philosophers see it - is a long step towards harmony."

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We are glad to enclose the publishers' notice of Dr. Ira Progoff's new book. His other writings are well known to most of our readers and in Depth Psychology and Modern Man he deals with the "goal of wholeness and of the spiritual growth of personality. . .wholeness means not only the healing of pathology but the fulfillment of the potentialities of the human person. It means opening up and drawing upon the psychologic resources in the depths of man reaching toward an experience of meaning. Holistic depth psychology is thus oriented truly towards what man can become as a being aware of the dimension of depth in his existence."

Professor Harry A. Overstreet, in reviewing the book in the New York Times Book Review, August 16th, 1959, makes the following concluding remarks:

"It makes a definitive advance beyond a psychotherapy chiefly concerned with repressions to a psychology (and a therapy) that explores and progressively reveals man's creative depths and heights."

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#### PSYCHOSYNTHESIS IN EUROPE

The first part of this Newsletter had already been prepared when word arrived from Dr. Assagioli reporting on meetings recently held in Paris and London. To quote:

"In Paris a meeting of the 'Centre de Psychosynthese' was held in Dr. Guilhot's house...several doctors, educators and psychologists were among the seventeen people present. I gave a general picture of Psychosynthesis, and clearly indicated its two stages: personal and spiritual psychosynthesis; then I emphasized the importance of the active techniques and exercises. ...a long and animated discussion followed in which several of those present participated...a psycho-analyst put several questions about therapy which gave me the opportunity to clarify various basic points and the meeting as a whole was most successful and of basic importance to the growth of psychosynthesis in France.

Apart from the meeting I had long and very valuable conversations with Prof. Baruk, Mr. Desoille and Dr. J. Lepp."

"In London three meetings were held. The first and largest took place at the Overseas League on July 15th after a dinner in which I was the guest of honor. More than 20 were present, including, as with the meeting in Paris, several doctors, psychologists and educators. ...I gave a general picture of psychosynthesis, emphasized the value of the Techniques and the wide scope of their application. The discussion which followed lasted more than an hour with intelligent, probing questions asked. ... The second meeting, held at Miss Barnard's apartment on July 16th, was a small one - more or less a repetition of the first - for some people who had not been able to attend the previous night's meeting. On July 19th, Dr. E.R. Holiday (Member of the Royal College of Surgeons), came with another small group to my hotel and I spoke chiefly on inter-individual psychosynthesis and the problem and techniques of human relations. It was a most lively and interesting meeting... Dr. Holiday will come to Capolona in September for further discussions with me."

Further details of various personal interviews by Dr. Assagioli bring a promising picture for the eventual establishment of a London Center for Psychosynthesis.

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"If psychotherapy is to remain a therapy and not become a symptom within the pathology of the times (Zeitgeist), then it needs a correct picture of man; it needs this at least as much as an exact method and technique. The doctor, however, who overestimates and idolizes method and technique, and who understands his role merely as a medical technician, only proves that he sees man as a mechanism, a machine - 'L'homme machine!' - (Julien O. de Lamettrie) - and does not see the man behind the patient."

The above quotation is from Existential Analysis and Logotherapy, a paper read before the Fourth International Congress of Psychotherapy in Barcelona, Spain, on September 5, 1958 - by Viktor E. Frankl, M.D., Ph.D. Dr. Frankl is a member of the Foundation's Advisory Board and we have a limited number of copies of his address which we will be glad to send to any reader who is particularly interested in his work.

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## MATERIAL AVAILABLE

Italian language editions are now available of the booklets, Dynamic Psychology and Psychosynthesis and The Education of Gifted and Super-Gifted Children. These are reprints which have been made from two Italian magazines which recently published the articles. Copies may be obtained by writing direct to the Istituto di Psicosintesi, Via San Domenico 16, Florence, Italy or to "Valmy", Greenville.

. . . . .

With this Newsletter we are enclosing a copy of our latest educational pamphlet, The School as a Living Organism by Ruth Lofgren, Ph.D., Assistant Professor of Biology, Brooklyn College, N.Y. Further copies are available on request. This new pamphlet gives the biologist's approach towards a "whole" education; and just as earlier PRF material has dealt somewhat with the artist's approach, so we hope in time to produce pamphlets written by the physicist, the mathematician, and so on - and thus present that much-to-be-desired synthesis in education.

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## NURSING THE PERSON

Lip service is paid to the importance of the nurse's role in psychiatric hospitals, but specific training in relationships is less often observed. We are

glad to draw your attention to the lecture Nursing the Person by Dr. Adrian Van Kaam of Duquesne University, Pittsburgh, Pa., given before the faculty members of the schools of nursing affiliated with the School for Psychiatric Nursing of St. Francis Hospital, Pittsburgh.

This lecture, which is obtainable from the author, was brought to our notice by a clinical psychologist working in one of our Eastern hospitals, who always gives a copy of Nursing the Person to any nurse working with him. This has produced immensely improved patient-nurse relationships and has been a definite aid in therapy.

Dr. Van Kaam refers to "the tendency to technical reduction of the human and the personal tempting the patient and the nurse to restrict themselves to functional relationships," and he asks "how can this initially functional contact be enriched by a more existential quality" and "how may one arrive at that blend of skillfulness and human understanding of technique and tender care which makes for that harmonious mode of existence characteristic of the authentic physician, psychologist, nurse or social worker"? His lecture presents answers to these questions to help nurses achieve a relationship where "the patient perceives that the nurse as a person co-experiences what things mean to him and still accepts him. As a result of this, the patient initially feels relief from his experiential loneliness and, gradually, he feels safe experiential communion with his nurse and with that which he perceives her to represent."

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## THE SELF

The existence and the central importance of a higher or central Self, the source of the self-awareness of the personal ego, generally affirmed by Eastern psychology and postulated by several European philosophers is beginning to be recognized also by some psychologists.

Jung speaks of the Self as a transcendental center; Baudoin states that "psychology cannot do without this concept...based on experience." (Y a-t-il une science de l'âme? Paris: Fayard, 1957, pp.112-113). Recently, Dr. L. John Adkins in his paper "Construct Formation in Science and Religion - A Scientific Approach to the Transcendent Self" (International Record of Medicine, Vol. 171, No. 12, December 1958) gives a number of convincing reasons in support of the concept of the transcendent self. "It is posited as capable of initiating choice and action from within itself... Its actions...are self-caused... By positing a transcendent self, we can separate outer-determination from inner-direction."

Dr. Adkins suggests the analogy of the pilot of an airplane as distinct from the plane's guiding mechanism, including the so-called robot pilot which represents the mechanistic ego. All scientific concepts, he points out and supports ably, are "construct formation" and "there is no scientific justification for unwillingness to accept as valid the construct of a transcendent self, a free ego, interacting with the determined, emotional mechanisms within the total personality. To decree, a priori, that a transcendent self is untenable is prejudice, not science. For according to scientific method, every construct should be evaluated by the same rule: Does it supply a model that accomodates

and organizes empirical data more economically and adequately than other suggested models? The psychologist, therefore, must evaluate, not merely dismiss, the construct of the transcendent self or free ego.

"I have argued for a free ego on a par with the electron, the gene, and the outer-determined ego of Freud. Hence, a transcendent self is posited, which can be dealt with by scientific method. Appeal has been made to the widespread human experience of self-conscious, rational, voluntary self-direction, which must be accounted for in any scientific view of man."

Such a concept of the Self can be of real usefulness, as it eliminates the pre-conceptions against its recognition and thus opens the way to the experience of the Self, which can be achieved through the use of appropriate techniques.

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#### WORLD SYNTHESIS

A correspondent has drawn our attention to - and we in turn - confidently recommend - the 48-page booklet East and West - Towards Mutual Understanding by Georges Fradier, published by UNESCO earlier this year. Fradier, in a most interesting and readable way, fills in some of the major gaps in Western thinking about the Orient and explodes many popular fallacies. Incidentally, the final ten pages give a very useful outline of UNESCO's EAST-WEST PROJECT - MUTUAL APPRECIATION OF EASTERN AND WESTERN CULTURAL VALUES, which we referred to in an earlier Newsletter (#4 - April 1959).

"If we follow Unesco's suggestions - if we try to see the nations of the East in their historical reality, and to understand their cultures as broadly as is possible for a non-specialist who is simply curious about the works and the ways of his fellows - if we do this, what will we have achieved? What will be the result of these explorations? One might solemnly reply that we will have contributed to the coming of a peaceful civilization, global and fraternal... To know the literature, the arts, the thought of a nation, to know its traditions, its teaching methods and its social problems, its costumes and its cooking... these studies have the effect of refining the intelligence and sensitivity. They teach that men must not remain strangers to men. They lead one to realize that there is a human unity, rich in numerous forms which struggle against monotony. They lead one to perceive this unity in the highest works of peoples, and not only in their elementary needs." (East and West, p.37)

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"To study man, workers in the various disciplines must continue to approach the task by using the specialized knowledge and techniques of their disciplines. However, such specialization should not make them lose track of man as a totality. Harmony between jurisdictional interests can come about only when each interest group realizes that it does not and cannot maintain a monopoly over a particular facet of man's nature."

This quotation is from What High-Level Wellness Means, an address by Halbert L. Dunn, M.D., Ph.D., at the Jubilee Meeting of the Canadian Public Health Association, June 1959, Montreal. The whole address warrants careful study, particularly by those interested in psychosynthesis. Another passage from the same source follows.

"It is important that the inner world of awareness be integrated, because this is the basis of self-assurance and faith in one's self. In addition, there is a two-way functional interrelationship between the body as an energy organization and man's psychic life as it is integrated around his awareness axis. If self-integration is sufficient, body energy flows without interruption through normal channels to do useful work. If self-integration deteriorates, it impedes the flow of energy and sets up resistance and crosscurrents which interfere with efficient functioning and can ultimately become destructive to body tissues, thus leading to psychosomatic or mental illness and death. ...

... While man's needs are many, there would appear to be at least twelve that qualify as basic needs. To a greater or lesser degree, each of the twelve is essential to the well-being of one or several of these facets of his nature. They are: (1) survival, (2) communication, (3) fellowship, (4) growth, (5) imagination, (6) love, (7) balance, (8) environment, (9) communion with the universal, (10) way of life, (11) dignity, and (12) freedom and space."

Dr. Dunn in listing man's "basic needs" states that there are "at least twelve"; therefore, he does not exclude the existence of others. May we suggest that there is another just as essential for man's well-being, integration, and full-functioning - the Will.

Reprints of the article - from Canadian Journal of Public Health, Vol. 50, Nov. 1959 - are available from Dr. Halbert L. Dunn, Chief, National Office of Vital Statistics, Public Health Service, Department of Health, Education and Welfare, Washington 25, D.C.

## PEOPLE

It was with profound regret that we learned of the death of Mr. and Mrs. Richard H. Mades in the Montego Bay airplane accident at the end of January. Dick Mades—who was only 28 years old—attended the first Conference in Valmy in 1958 and gave valued support during the initial establishment of the Foundation.

We have the good news from Greece that Dr. Triant Triantafyllou is now teaching three courses in psychology in the School of Social Work, Pierce College, Athens; also that he has given the printer the 'go-ahead' for the Greek language edition of "The Education of Gifted and Super-Gifted Children."



## TRENDS TOWARDS SYNTHESIS

There is an increasing tendency to replace the antagonisms between the various "schools" of psychological thinking by efforts to bridge between them and to utilize the best of each. An example of this was Wolfgang Kohler's (of Dartmouth College) Presidential address at the 67th Annual Convention of the American Psychological Association in Cincinnati last September. The following excerpt illustrates his call for cooperation between the "Behaviorists" and "Gestalt" psychologists, as reported in Amer. Psychologist, 14, 727-734, Dec. 1959.

"I wonder why great men in physics do not call caution and a critical spirit the most important characteristics of their behavior... Why is it only in psychology that we hear the slightly discouraging story of mere caution over and over again? Why are just psychologists so inclined to greet the announcement of a new fact (or a new working hypothesis) almost with scorn? This is caution that has gone sour and has almost become negativism - which, of course, is no less an emotional attitude than is enthusiasm. ...

Our wish to use only perfect methods and clear concepts has led to Methodological Behaviorism. Human experience in the phenomenological sense cannot yet be treated with our most reliable methods; and, when dealing with it, we may be forced to form new concepts which, at first, will often be a bit vague. Most experimentalists, therefore, refrain from observing, or even from referring to, the phenomenal scene. And yet, this is the scene on which, as far as the actors are concerned, the drama of ordinary human living is being played all the time. If we never study this scene, but insist on methods and concepts developed in research 'from the outside', our results are likely to look strange to those who intensely live 'inside'. ...

I suggest that, in this situation, we forget about schools. The Behaviorist is convinced that his functional concepts are those which we all ought to use. The Gestalt psychologist, who deals with a greater variety of both phenomenal and physical concepts, expects more from work based on such premises. Both parties feel that their procedures are scientifically sound. Why should we fight? Many experiments done by Behaviorists seem to me to be very good experiments. May I now ask the Behaviorists to regard the use of some phenomenal facts, and also of field physics, as perfectly permissible? If we were to agree on these points, we could, I am sure, do excellent work together. It would be an extraordinary experience - and good for psychology."

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To those of our readers working in the field of education we particularly recommend the small but challenging book, New Directions for the American University, (Washington, D.C., Public Affairs Press, 1948) by Dr. Frederick Mayer, Dept. of Philosophy, University of Redlands, Calif. Something of the vision of this well known educator is contained in the following quotation from his book:

"To teach is to motivate with significance. To teach with enthusiasm is to anticipate the future. To teach with lethargy is to repeat the errors of the past. Great teaching is like a perpetual dawn. Its spirit radiates and it lays the seeds for a renaissance of the human spirit. Left alone we are caught by the web of apathy and we succumb to temporary pleasures. Once we are stimulated by a great teacher our happiness becomes more profound, our search for truth becomes more intense, and our compassion for humanity becomes a reality."

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"We are in an interregnum between old value systems that have not worked and new ones not yet born.... We need a validated, usable system of human values, values that we can believe in and devote ourselves to because they are true rather than because we are exhorted to 'believe and have faith.' And for the first time in history, many of us feel, such a system - based squarely upon valid knowledge of the nature of man, of his society, and of his works - may be possible."

One of the agents of synthesis in modern thought is surely the Research Society for Creative Altruism founded by Prof. Pitirim A. Sorokin of Harvard. Among our Newsletter readers are several who attended the first conference sponsored by the Society and held at the Massachusetts Institute of Technology in October 1957. In case any reader is not aware of it, we would mention that the book, New Knowledge in Human Values (N.Y.: Harper, 1959) gives the speeches, comments and replies of the conference participants: Allport, Bertalanffy, Bronowski, Dobzhansky, Fromm, Goldstein, Hartman, Kepes, Lee, Margenau, Maslow, Sorokin, Suzuki, Tillich and Weisskopf. The quotation at the head of this Newsletter is drawn from Dr. Maslow's preface to the book.

## CONFERENCE ON PSYCHOSYNTHESIS IN SWITZERLAND

Our affiliate, Centre de Psychosynthèse in Paris, has sent us notices for the "Troisième Semaine Internationale de Psychosynthèse" to be held at the Institut "Le Bleu Leman," Villeneuve, near Montreux, Switzerland, August 24th to 31st. "These meetings, which will be held in the French language, plan to bring together, under the direction of Dr. Assagioli, people who, while belonging to different fields (medicine, psychotherapy, pedagogy...) work in the way and spirit of psychosynthesis, individual or collective, and wish to compare their points of view and experiences." The pattern of the meetings will be:

Mornings - Statements by Dr. Assagioli on the principles and techniques of psychosynthesis applied to psychotherapy, teaching and self-realization.

Statements by other speakers on their methods. Among them will be:

J. Guilhot, M.D., "Principles of social psychiatry and psychosynthesis".

R. Desoille, "Theory and practice of 'rêve éveillé'".

Dr. Ledoux, "Re-education of mental control according to Vittoz"

Mr. P. Diel, "Psychology of motivation: analysis and synthesis"

Mr. & Mrs. Ed. Berge, "Body movement and psychosynthesis".

Afternoons - Discussions, psychological exercises and work by groups.

Any of our readers who may be visiting Switzerland at that time would be warmly welcomed at the Conference. If possible, write beforehand to: Dr. Jean Guilhot, Centre de Psychosynthèse, 6ter Boulevard Delessert, Paris 16e, France.

#### OTHER LANGUAGE EDITIONS OF P.R.F. MATERIAL

A fine printing of Psychologie Dynamique et Psychosynthèse (the French translation of Dynamic Psychology and Psychosynthesis) has now come off the press and copies are available from: Dr. Jean Guilhot (address given on previous page).

. . . . .

The Greek language edition of The Education of Gifted and Super-Gifted Children is being very well received and many requests for additional copies are coming in to Dr. Triant T. Triantafyllou, our affiliate in Athens.

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On two occasions recently a question has been raised by contacts as to why we do not use the word "Bio-psychosynthesis" in our title - since our publications obviously give full recognition to the importance of the biological functions and the physical body. We fully agree that "bio-psychosynthesis" would be a more correct title, and this point was discussed at our launching conference in 1958, but it was felt that the longer word would be too cumbersome. However, we would reiterate that the Foundation's work is to foster the synthesis of all aspects of man's being.

#### EDUCATIONALLY SPEAKING

While the great need in education is for teachers who have themselves achieved - or are striving to achieve - a measure of individual psychosynthesis, an educator with a synthetic viewpoint will inevitably seek to bring synthesis into the curriculum. As a challenge and stimulus to thought we are glad to enclose a brief - but we think important - article, Some Thoughts on a New Approach to Education, by Wallace Rosenbauer.

Interested readers of these letters will be looking for signs of psychosynthetic directives in any summer experience. Those who go to summer schools and conferences will hear a lot about curriculum as well as teacher techniques and pupil achievement. As Wallace Rosenbauer's article on curriculum suggests, a new way of thinking must penetrate into everything pertaining to the learning experience. Comments will be welcomed by Mr. Rosenbauer and by us. Further copies are available on request.

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"If we assemble ascertained facts, positive and well-authenticated contributions and well-founded interpretations, ignoring the exaggerations and theoretical superstructure of the various schools of psychology, we arrive at a pluridimensional conception of the human personality which, though far from perfect or final is, we think, more inclusive and nearer to reality than previous formulations.\*

\* \* \* \* \*

One of the Foundation's aims is to bridge between the various approaches or 'schools' of psychology, and in line with that objective we are glad to enclose a copy of our latest publication: The Third Force in European Psychology - Its Expression in a Theory of Psychotherapy by Dr. Adrian van Kaam of Duquesne University, Pittsburgh. (Additional copies are available if you require them.)

In considering the "existential approach" the observations of Dr. A.H. Maslow of Brandeis University are of great help. With his permission we are also enclosing a copy of a summation of his lecture delivered at the National Convention of the American Psychological Association meetings in Cincinnati, September 1959, under the title Remarks on Existentialism and Psychology.

\* \* \* \* \*

PEOPLE AND EVENTS

Education the world over is poorer for the passing of Adolphe Ferrière who died in Geneva on June 16th in his 81st year. One of the internationally best known and best loved educators, Professor Ferrière combined head and heart not only in his educational writings (over forty books published in several languages) but in his personal and professional contacts in many countries.

Doctor of Sociology and Honorary Doctor of Letters of the University of Geneva, Professor Ferrière was a founder member of the International Bureau of Education, Vice President of the International Committee of the Red Cross and helped initiate numerous similar service projects. Throughout his life a pioneer in new ideas and new methods, we will miss him from the Advisory Board of the PRF.

\* \* \* \* \*

\*Robert Assagioli, M.D., Dynamic Psychology and Psychosynthesis, p.5 (available from Psychosynthesis Research Foundation).

PEOPLE AND EVENTS (continued)

Under the auspices of the Foundation for Integral Research, Dr. Ira Progoff is presenting (in the New York Academy of Science, October and November 1960) a course of six lectures on "Anxiety, Wholeness and Love." These are offered as a basic introduction to the program of psychological group work towards spiritual growth." The subjects will be:

1. Anxiety and the Affirmation of Life.
2. The Process of Growth toward Wholeness.
3. Contact with another Dimension of Reality.
4. Psychological Experiences of Transcendent Truth.
5. The Resources and Rhythms of Creativity.
6. A Code of Values for Modern Living.

For further details and reservations write Dr. Ira Progoff, F.I.R.,  
81 Irving Place, New York 3, N.Y.

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At the time of writing the meetings of the "Troisième Semaine Internationale de Psychosynthèse" are under way at Villeneuve, Switzerland. Most of the discussions will be tape-recorded - in French, of course, but any portions that might prove of value to our English language readers will be translated and made available to us.

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"After allowing itself to be captivated in excess by the charms of analysis to the extent of falling into illusion, modern thought is at last getting acclimated once more to the idea of the creative value of synthesis in the evolutionary sense. It is beginning to see that there is definitely more in the molecule than in the atom, more in the cell than in the molecule, more in society than in the individual, and more in mathematical construction than in calculations and theorems. We are now inclined to admit that at each further degree of combination something which is irreducible to isolated elements emerges in a new order. And with this admission, consciousness, life and thought are on the threshold of acquiring a right to existence in terms of science."

Our quotation is drawn from the book, The Phenomenon of Man\* (pp.267-68) which, to quote from the Introduction by Sir Julian Huxley, "is a very remarkable work by a very remarkable human being. Père Teilhard de Chardin was at the same time a Jesuit Father and a distinguished palaeontologist. In The Phenomenon of Man he has effected a threefold synthesis- of the material and physical world with the world of mind and spirit; of the past with the future; and of variety with unity, the many with the one. He achieves this by examining every fact and every subject of his investigation sub specie evolutionis, with reference to its development in time and to its evolutionary position. Conversely, he is able to envisage the whole of knowable reality not as a static mechanism but as a process. In consequence, he is driven to search for human significance in relation to the trends of that enduring and comprehensive process; the measure of his stature is that he so largely succeeded in the search."

\* \* \* \*

NEW PRF PUBLICATION

A question much debated at present both in psychology and in education is that between the aim of "adjustment" and the aim of "growth." The same question is beginning to arise in the theory and practice of psychotherapy. There is a dawning realization that psychopathological symptoms do not always and necessarily have a regressive character, that in many cases they have a progressive meaning, are indicative, or by-products, of a process of growth. This distinction is of vital importance in order to avoid ineffectual and even harmful treatment and to give proper understanding and help to those who suffer from the "pains of growth."

\*N.Y.: Harper, 1959

This subject is dealt with in the latest of our publications, Self-Realization and Psychological Disturbances, by Robert Assagioli, M.D., a copy of which is enclosed with this Newsletter.

We hope this new booklet will prove of real service to psychologists, psychiatrists and clinicians. If you require extra copies to hand to fellow practitioners, patients or students, we will be happy to supply them; and any comments you care to make will be most welcome.

\* \* \* \*

### INTERNATIONAL CONGRESS OF PSYCHOTHERAPY - 1961

The Congress is to be held in Vienna from the 21st to the 26th of August, 1961. President: Prof. Dr. Hans Hoff; Vice-President: Prof. Dr. Viktor E. Frankl (of the Foundation's Advisory Board).

The general theme of the Congress will be: Psychotherapy and Clinical Medicine. The themes chosen for each day are:

- 1st day: Psychotherapy and Clinical Medicine
- 2nd day: Psychotherapy and Psychosomatic Medicine
- 3rd day: Psychotherapy and Psychopharmacology
- 4th day: Psychotherapy and Psychiatry
- 5th day: Psychotherapy and Pediatrics

Dr. Robert Assagioli will be presenting a paper - in the German language - on Psychosynthesis; and a Symposium on Psychosynthesis - in the English language - is also planned.

Another member of our Advisory Board, Dr. Robert Gerard of California, will also attend and will submit a paper on "Symbolic Visualization, a method of Psychosynthesis."

The preliminary Program of the Congress and application cards are obtainable from:

Kongres-Sekretariat des  
Internationalen Kongresses  
für Psychotherapie  
WIEN IX  
Lazarettgasse 14  
AUSTRIA

\* \* \*

### REPORT ON "TROISIEME SEMAINE INTERNATIONALE DE PSYCHOSYNTHESE"

We have just received from Dr. Assagioli the attached summary of the proceedings of the meetings held at the Institut Bleu Leman, Villeneuve, Switzerland, from August 22nd to 31st, 1960. Work is still proceeding on the transcription of the tape recorded talks.

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# *Psychosynthesis Research Foundation*

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"We, like our ancestors, can only press against the receding wall which hides the future. It is by such efforts, pursued to the best of our ability, more than by the construction of ideal patterns to be imposed upon society, that we lay the basis and pave the way for the society of the future...Working at the edge of the development of human society is to work on the brink of the unknown. Much of what is done will one day prove to have been of little avail. That is no excuse for the failure to act in accordance with our best understanding in recognition of its limits but with faith in the ultimate result of the creative evolution in which it is our privilege to cooperate." Dag Hammarskjöld

Our quotation is drawn from the U.N. Secretary-General's speech, given at the University of Chicago Law School last year. While specifically referring to humanity's struggle towards a system of international cooperation, it could surely apply to every researcher - particularly to pioneers in the psychological field.

\* \* \* \* \*

## PSYCHOSYNTHESIS IN GERMANY

As a result of discussions in Italy over the past few months, between Robert Assagioli, M.D. (the Foundation Chairman) and Leo Gesslein, M.D. of Bremen, Germany, the translation of Dynamic Psychology and Psychosynthesis into the German language has now been completed and a printed edition in booklet form will be available in July.

Dr. Gesslein is now seeking to contact German-speaking fellow psychiatrists and psychologists interested in psychosynthesis and in establishing a center in Germany. A suitable office has already been secured in Munich and interested Newsletter readers should write: Dr. Leo Gesslein, c/o Zentrum für Psychosynthese, 39 Schillerstr., Munich.

Incidentally, requests for copies of the German edition of Dynamic Psychology and Psychosynthesis should be similarly addressed.

\* \* \* \* \*

## CONFERENCE ON PSYCHOSYNTHESIS IN SWITZERLAND

The "Quatrième Semaine Internationale de Psychosynthese," organized by our affiliate Centre de Psychosynthese (Paris), will be held, as was last year's conference, at Institut Le Bleu Leman, Villeneuve, Switzerland, September 1st to 9th, 1961.



## CONFERENCE IN SWITZERLAND (continued)

The general theme will be Inter-Individual Psychosynthesis and papers will be given - as last year - by a panel of speakers. The meetings will be held in the French language but if circumstances warrant it one or more of the sessions will be devoted to discussions in English.

The detailed program is now in preparation and readers who plan to attend are asked to notify, Dr. Jean Guilhot, Centre de Psychosynthèse, 6ter, Boulevard Delessert, Paris 16e, France.

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## PSYCHOLOGY AS A ROAD TO A PERSONAL PHILOSOPHY

There are two ways of approaching the various schools of psychology: first, the separative one, stressing the antagonisms and disagreements; and secondly, the bridging or synthetic approach which while recognizing disagreements also seeks out the points of agreement often overlooked or hidden by semantic difficulties, relating those factors most likely to lead to the common goal of a deeper understanding of man - and, therefore, to more effective therapeutic treatment and to sounder educational methods.

With this in mind we have issued in recent months to our Newsletter readers Adrian van Kaam's Third Force in European Psychology, Abraham Maslow's Remarks on Existentialism and Psychology and Roberto Assagioli's Self-Realization and Psychological Disturbances.

With this Newsletter we are glad to bring you a reprint from the Journal of Individual Psychology, Psychology as a Road to a Personal Philosophy, with provocative ideas regarding Adlerian psychology. Forming part of an address, in January 1961, by Ira Progoff to the Alfred Adler Institute in New York, this reprint has been made available by cooperation between the Psychosynthesis Research Foundation and the Foundation for Integral Research, New York.

\* \* \* \* \*

## SPECIAL NOTE FOR READERS WHO WILL BE ATTENDING THE INTERNATIONAL CONGRESS OF PSYCHOTHERAPY, IN VIENNA, August 21 - 26, 1961

Regarding the Congress Program referred to in our last Newsletter, we have now received word that Dr. Roberto Assagioli has been appointed Chairman of the Symposium on Psychosynthesis.

Simultaneous translation of talks - as will apply to the main Congress addresses - may not be technically possible in the various Symposia, but Dr. Assagioli will answer the questions and comments of participants in the Psychosynthesis Symposium in any of the three official languages of the Congress, i.e., English, French or German.

We would remind you that enrollment for this, or any other, Symposium must be made beforehand - and not left until registration on arrival at the Congress itself.

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THE FIFTH INTERNATIONAL CONGRESS OF PSYCHOTHERAPY

Psychosynthesis, both in its theoretical and practical aspects, was well represented at the 5th International Congress of Psychotherapy, which was held this summer at the University of Vienna, Austria, from August 21st to August 26th, 1961. On August 21st, our Chairman of the Board, Dr. Roberto Assagioli, delivered a paper in German on Existential Psychotherapy and Psychosynthesis. On the same day Dr. Robert Gerard of Los Angeles, California, a member of our international Advisory Board and consultant in psychology to the Foundation, presented a technical paper in English entitled Symbolic Visualization—A Method of Psychosynthesis. Short summaries of these papers are appended. Both papers were well received by the professional audience, which included psychiatrists and psychologists from many countries.

On August 22nd, 1961 a Symposium on Logotherapy was held to present the existential approach of Dr. Viktor Frankl, chief of the Neurological Department, Poliklinik Hospital of Vienna and Professor of Neurology and Psychiatry at the University of Vienna. Among the interesting papers on logotherapy which were read by the participants, the contribution of Dr. T.A. Werner, a British psychiatrist, was particularly notable. Following the presentation of each formal paper, Dr. Frankl spoke extensively to personally answer questions raised by the audience.

Dr. Frankl, who is a member of the international Advisory Board of the Foundation, invited Dr. Assagioli and Dr. Gerard to speak informally before the symposium. Dr. Assagioli emphasized the essential similarity in approach between logotherapy and psychosynthesis, since both recognize the importance of the spiritual dimension in psychotherapy. Dr. Gerard pointed out the need for further research and development of psychotherapeutic techniques particularly suited for evoking what Dr. Frankl has called the "will to meaning," thus helping the patient to discover the personal meaning of his life. Dr. Gerard suggested that some of the techniques of "symbolic visualization" which he had presented earlier at the Congress, for instance the technique of inner dialogue, have in his practice proven effective in many cases for evoking insights as to the meaning of one's life and providing inner guidance and direction. Dr. Frankl thanked Dr. Assagioli and Dr. Gerard for their contributions and support of his ideas, and referred the audience to the Symposium on Psychosynthesis to be held later in the week as part of the official program of the Congress.

The Symposium on Psychosynthesis took place at the University of Vienna from 3 PM to 7 PM on August 24th, 1961. The symposium was under the chairmanship of Dr. Roberto Assagioli, who outlined the main features of psychosynthesis in his Introduction to the Symposium in the German language, and illustrated the progressive steps of a successful psychosynthesis by means of colored drawings from one of his former patients.

Several papers were then presented:

1. The paper of Dr. Henri Baruk, Professor of Psychiatry at the University

of Paris, was read in his absence by Dr. Robert Gerard, who summarized it in English after communicating the original in the French language.

2. Robert Gerard, Ph.D., of Los Angeles, California, presented a paper in English entitled The Guided Daydream in Psychosynthesis, illustrating the application of the "Rêve Eveillé" technique of Robert Desoille to further individual and group psychosynthesis.
3. Leo Gesslein, M.D. of Munich, West Germany, presented an overview of the development and essential principles of psychosynthesis in a paper in the German language.
4. Francesco Racanelli, M.D. of Florence, Italy, communicated in French his approach to bio-psychosynthesis, with particular reference to psychosomatic medicine.

The presentation of various aspects of psychosynthesis in the papers raised considerable interest among the professional audience, as evidenced by the extensive discussion that followed, during which Dr. Assagioli and the other members of the panel answered questions in three languages, English, French and German.

The importance of the International Congress of Psychotherapy stems from the fact that it serves as a forum of exchange for professional therapists throughout the world. It convenes only once every three years, each time in a different country. It is fortunate that psychosynthesis was presented to the world community of psychotherapists under such auspices.

#### 4<sup>e</sup> SEMAINE INTERNATIONALE DE PSYCHOSYNTHESE

The 4th International Week of Psychosynthesis, which was held from August 31st to September 7th, 1961, at the Institut Bleu-Leman, Villeneuve, (Switzerland), on the shores of Lake Geneva, was a more intimate meeting. It brought together approximately forty psychotherapists, social workers and educators particularly interested in psychosynthesis. Although all communications were held in the French language, the nations represented included not only French-speaking countries such as Belgium, France and Switzerland, but also Germany, Great Britain, Holland, Italy and the United States.

The theme of the meeting was Interindividual Psychosynthesis, namely the development of harmonious and mutually satisfying relationships with others, from diadic relations such as a married couple, to relations within and between larger groups, all the way to the psychosynthesis of humanity as a whole.

Each morning, two or three lectures were followed by group discussions by the participants. The lectures included the following (titles translated from the French):

Dr. Roberto Assagioli:	Techniques of Interpersonal and Social Psychosynthesis (two lectures) The Psychosynthesis of the Couple The Education of Supergifted Children The Self
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Mme Yvonne Berge:	The Work of the Group of Corporal Expression
Professor G. Cirinei:	Psychological Relationships between Teacher and Students
Dr. Hubert Cuypers:	The Mega-synthesis of Teilhard de Chardin
Dr. Robert Gerard:	Symbolic Visualization in Interindividual Psychosynthesis
Dr. Jean Guilhot:	The Dynamics of Aspirations and the Meaning of Psychosynthesis
Mlle Lanfranchi:	Group of Auto-psychosynthesis: Principles of Research
Dr. Michel-Lauriat:	Therapeutic Techniques of Auto-Regulation
Mlle Nouvion:	The Social Problem of Isolates and its Remedy
Professor Ignace Lepp:	The Use of Psychosynthesis in Therapy
Mr. Dane Rudhyar:	The Emergence of a Planetary Society.

Each afternoon, three workshops were held consecutively. The first, a workshop in psychotherapy, was organized by Dr. Guilhot, of the "Centre de Psychosynthèse" (Paris). It was followed by a workshop on auto-psychosynthesis under the guidance of Mlle Lanfranchi, Professor of Philosophy. The workshop of the group of corporal expression, under the leadership of Mme Berge, physical therapist and dance therapist, completed the day's work with an emphasis on expressive movements and their symbolic significance.

Since almost all the participants were lodged at the Institut Bleu-Leman, the setting provided an opportunity for intensive interchange of ideas in small groups, furthering closer ties between the participants - an actual experience of interindividual psychosynthesis.

\* \* \* \* \*

SUMMARY OF DR. ASSAGIOLI'S ADDRESS on "Existential Psychotherapy and Psychosynthesis"

The principal points of agreement are: . .

1. To proceed "from within", from the self of the patient;
2. Consideration of the process of the individual development and growth;
3. Search for the meaning of life;
4. Recognition of the higher values;
5. Emphasis upon the future.

The differences are relative and not in the nature of contrast. Psychosynthesis considers the will as an essential function of the self, necessary for achieving psychological integration. The experience of pure self awareness is considered possible. Psychosynthesis makes use of a great number of "active techniques" according to a definite plan based on the need of each patient. The inter-personal relationship of therapist and patient is considered as an important factor in the treatment.

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SUMMARY OF DR. GERARD'S ADDRESS on "Symbolic Visualization--A Method of Psychosynthesis"

During the course of psychotherapy, the patient is presented either symbols or situations to visualize, or he spontaneously produces imaginative material. He is asked to work with this symbolic material in his imagination in certain ways which may alter the image itself and affect the associated psychological states represented by the image. Symbolic visualization techniques include controlled visualization of dynamic symbols of integration and transformation; and spontaneous symbolic visualization of somatic and affective states, as well as visualizations derived from projective techniques, dreams and daydreams. Symbolic visualization is essentially a psychotherapeutic tool, and as such does not belong to any particular school.

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# *Psychosynthesis Research Foundation*

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Psychoanalysis opened the eyes of twentieth-century man to irrational elements in his nature as well as the soft but persistent voice of reason. This has undoubtedly worked as an effective counterbalance against a too confident emphasis upon rationalism. But now we have psychologies with no interest in the psyche, or the self, and we have known men who use the mind to doubt its existence. A little strychnine is good for certain heart ailments, but a little more than a little will stop the heart permanently! Perhaps continuing research into the unconscious nature of man will uncover not only the anxiety all men know but also a transcendent thirst for eternal values that antedates childish aggression against pathetic patterns of conformity dictated by anxious and unwise parents or churches!

For those seeking a clear exposition of Viktor Frankl's "Logotherapy" we are glad to recommend A.J. Ungersma's Search for Meaning\*, from which the above quotation is drawn. No small part of the book's value lies in the many excerpts from notes or tape recordings (not otherwise available) of lectures given by Dr. Frankl in seminars held in Vienna, at which the author was present. Dr. Ungersma is a clinical psychologist and also on the faculty of the San Francisco Theological Seminary.

A valuable companion volume on this same subject, but with a final chapter relating it to - or rather comparing it with - Christian beliefs, is Logotherapy and Christian Faith\*\* . The author, Donald F. Tweedie, Jr., Chairman of the Department of Psychology, Gordon College, draws useful if brief comparisons with the various recognized psychological 'schools' and touches in more detail on clinical cases and the question of techniques.

\* \* \* \* \*

## PEOPLE AND PLACES

Robert Gerard, Ph.D. We are pleased to announce that Dr. Gerard has been appointed as Consultant in Psychology to the Foundation, effective June 1961. He resigned his position with the Veterans Administration Hospital in Los Angeles and is now dividing his time between his private practice and cooperation with Dr. Robert Assagioli in the preparation of a series of articles which later will be the basis of a Manual of the Theory and Techniques of Psychosynthesis.

Dr. Triant Triantafyllou writes from Athens, Greece, that during the summer he gave ten lectures at a seminar held at the University of Salonica. He included psychosynthesis in his subjects, resulting in much interest and

\*The Search for Meaning, A.J. Ungersma. Philadelphia, Pa.: Westminster Press: 1961.

\*\*Grand Rapids: Baker Book House, 1961.

discussion. His translation into Greek of the monograph Self-Realization and Psychological Disturbances has been printed and circulated widely in professional circles in Greece.

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#### REPORT ON PRF CONFERENCE, VILLENEUVE, Switzerland

A report of the Quatrième Semaine Internationale de Psychosynthèse (held in September) has now been completed in the French language and is available from: Centre de Psychosynthèse, 6ter Bld. Delessert, Paris 16e, France, or, Istituto di Psicosintesi, 16 Via San Domenico, Florence, Italy.

An English translation is being prepared and should be available in about two months' time.

\* \* \* \* \*

#### THE QUESTION OF THE SELF

Enclosed with this Newsletter is a reprint from the British scientific journal, Nature, of the article "Psychology and the Individual" by Dr. G.W.H. Leytham of the Department of Psychology, University of Liverpool, England. We are glad to present this not only as a contribution to the fundamentally important question of the "self," which is now exercising the minds of so many psychologists, therapists and research workers, but also as a step towards bridging the gap between the pure and applied fields of psychology. Additional copies are available.

\* \* \* \* \*

P.S. - After preparing this Newsletter we received Symposium Monogram, Vol. I, No. 3\* entitled "Reciprocal Visions of Science and Art" by Dr. Richard Guggenheimer, Director of Art, Briarcliff College.

We unhesitatingly recommend it to our readers, particularly those working in the educational field. The general theme of the lecture can be gained from the following quotation:

"Just as the fantastically impressive integrations and suggestions of science affect today's artist, so does the enlightened scientist find himself admiring and seeking the integrative intuitions of art. ....There is a growing aesthetic component to science. The artist achieves by intuition, feeling and perception of form what the scientist aims at by logic and exploration. In science, as in art, the essential drive today is toward seeing whole.

The maturity, the whole vision, without which man cannot generate those higher versions of himself so intrinsic to the progress of his soul, depends upon two vital necessities: inward development of self and communication between growing selves at the altitudes of their subtlest insights. This development and communication are increasingly served by both science and art. No valid search into the nature and potentiality of high forms of art can fail to lead us to the same mysterious awareness experienced by our most intuitive contemporary scientists. 'The fairest thing we can experience is the mysterious,' says Albert Einstein. 'It is the fundamental emotion which stands at the cradle of true art and true science. He who knows it not, can no longer wonder, no longer feel amazement, is as good as dead, a snuffed-out candle.'"

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\*from the Division of Summer Sessions, Syracuse University, Syracuse, N.Y.

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"Armed with new weapons of science and medicine, and challenged by the new and historic crisis in man's spiritual awareness, we are, then, summoned to achieve nothing less than a kind of psychological revolution - a spiritual reawakening.

There is perhaps yet a plainer way to put the matter. We live in an age when men and nations are thrusting boldly toward the stars and planets of outer space. This, of course, is fine. But, all the triumphs of the astronauts will mean nothing - will serve nothing - unless we make matching conquests in inner space...that small, yet infinite, distance between the bridge of a man's nose and the back of his head."

The above quotation is from an address by Laurence S. Rockefeller given at the first annual dinner of the Academy of Religion and Mental Health, New York, October 1961. The full text, along with two other addresses by Samuel H. Miller of Harvard and Warren Weaver of the Sloan-Kettering Institute, was published by the Academy under the title "Three Addresses," and is in keeping with the fine publications issued by the ARMH.

For those readers unfamiliar with the work of the Academy we would mention that it is "primarily concerned with relationships between religion and health, especially mental health. It has a membership of approximately 3,300 representing psychiatrists, physicians and clergymen of all faiths, including Roman Catholic, Protestant and Jewish." We unhesitatingly recommend the Academy to our readers; address: Academy of Religion and Mental Health, 16 East 34th Street, New York 16, N.Y.

\* \* \* \* \*

Notes on Psychosynthesis, Religion and Philosophy

I think it advisable to answer a question which has been put to me and explain in what sense psychosynthesis is "neutral" concerning religion and philosophy.

First, it must be clearly stated that "neutral" does not mean "indifferent." Religion can be, and has been considered at two different stages:

1. The "existential religious or spiritual experience"; that is the direct experience of spiritual realities. This has been realized by the founders of religions, the mystics, some philosophers and, in varying degrees, by many people.

2. The theological or metaphysical formulations of such experiences and the institutions which have been founded, in various historic periods and "cultural spaces," in order to communicate to the masses of men who did not have that direct experience, its fruits and outcome. Further, the methods, forms and rites through which the masses of men may be helped to participate - indirectly - in the "revelation."



From another angle the French philosopher Henri Bergson in his book, Two Sources of Morality and Religion, (N.Y.: Doubleday, 1954) emphasizes the difference between static and dynamic religion.

Psychosynthesis definitely affirms the reality of spiritual experience, the existence of the higher values and of the "noetic" or "noological" dimension\* (as Frankl aptly calls it). Its neutrality refers only to the second phase: that of the formulations and the institutions. It appreciates, respects and even recognizes the necessity of such formulations and institutions; but its purpose is to help to attain the direct experience.

First, it offers its assistance to those who do not believe in religion nor have any clear philosophic conception. To those who refuse to accept the existing historic formulations, psychosynthesis offers methods and techniques towards spiritual realization. But those who have a living faith, those who belong to a Church or are followers of a philosophical School, have no reason to be afraid of psychosynthesis. It does not attempt to interfere with or to change their position; on the contrary, it can help them to make a better use of the methods and teachings of their own religion. Moreover, psychosynthesis can help them to understand that the same experiences may find expression through different enunciations and symbols; and in this way, it can help them to understand formulations dissimilar to their own and to be broad-minded towards them. It can even go so far as to make them see the possibility of a "psychosynthesis of the religions"; which does not mean creating a unique religion and abolishing the existing ones; it means that understanding and appreciation between the different religious confessions can be developed, and some fields of cooperation can be established.

This trend towards synthesis is already apparent and is spreading more and more; psychosynthesis is only bringing its own contribution to it.

Robert Assagioli

\*"This is another logotherapeutic term which denotes anything pertaining to the spiritual core of man's personality. It must be kept in mind, however, that within the frame of reference of logotherapeutic terminology 'spiritual' does not have a primarily religious connotation but refers to the specifically human dimension." Viktor E. Frankl, in his paper read before the Annual Meeting of the American Ontoanalytic Association in Chicago on May 7th, 1961.

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### "Toward a Psychology of Being"

We warmly welcome - and strongly recommend to our readers - A.H. Maslow's new book, Toward a Psychology of Being; published by Van Nostrand (Princeton, N.J.) in their Insight Book series (paperback \$1.95).

As Prof. Maslow says in his Preface, "This book is a continuation of my Motivation and Personality, published in 1954....It is a predecessor to work yet to be done toward the construction of a comprehensive, systematic and empirically based general psychology and philosophy which includes both the depths and the heights of human nature....So many people insist on being either pro-Freudian or anti-Freudian, pro-scientific-psychology or anti-scientific

psychology, etc. In my opinion all such loyalty-positions are silly. Our job is to integrate these various truths into the whole truth, which should be our only loyalty."

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#### Proposed Research into Creativity

In the Jan-Feb., 1962 issue of Main Currents in Modern Thought appeared an article "Open Vision in Science" by Leonard J. Emmerglick, presenting ideas and a possible research project which clearly are in harmony with the goals and ideals of psychosynthesis. In cooperation with the Foundation for Integral Research we are glad to send to our readers a reprint of the article - and additional copies are available from us, or from the F.I.R.\*

\* \* \* \*

\*P.S.

Since the appearance of this article the project has moved a step nearer to materialization. Workshops, to stimulate the imaginative creativity of scientific researchers, are being planned - to begin this Fall - in New York and Madison, N.J., under the auspices of the Institute for Research in Depth Psychology at the Graduate School of Drew University, Madison, N.J. Interested people should write to the Graduate School or Dr. Ira Progoff  
45 West 10th Street, New York 11, N.Y.

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In the formulation of a comprehensive philosophy of education three fundamentals must be met: (1) there must be a psychological theory of the human person to be educated; (2) a social theory of the kind of society one is trying to create as a suitable vehicle for the cultural ideals appropriate to such a society; and (3) a world-view or cosmology, as the most inclusive conception, a theory of man's place in the wider universe in which each man is both spectator and actor.

Our quotation is from Cosmic Humanism as a World Philosophy, by Prof. Oliver L. Reiser of the University of Pittsburgh. It appeared in Darshana, Vol. No. 3, August 1961, and we are glad of this opportunity to refer to this interesting "International Quarterly of Philosophy, Psychology, Parapsychology, Religion, Mysticism and Sociology," published in India. Specimen copies may be obtained by writing to Prof. J.P. Atreya, Managing Editor, Darshana, Moradabad, India. (Price: single copy \$1.00; annual subscription \$3.00.)

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#### BASIC CONCEPTS OF LOGOTHERAPY

We have pleasure in enclosing a reprint from the Journal of Existential Psychiatry (no. 8, Spring 1962) of Viktor E. Frankl's paper giving the basic concepts of Logotherapy. These were presented in a paper read before the Annual Meeting of the American Ontoanalytical Association in Chicago, on May the 7th, 1961. Dr. Frankl is Professor of Neurology and Psychiatry, Medical Faculty, University of Vienna; Chief, Neurological Department, Polyclinic Hospital of Vienna; and also President of the Austrian Medical Society of Psychotherapy. In recent months he was the guest speaker at the luncheon of the Annual Meeting of the Academy of Religion and Mental Health in New York.

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#### FRENCH CENTRE - CHANGE OF ADDRESS

The Centre de Psychosynthèse has moved from Blvd. Delessert, and is now located at: 11 rue Franquet, Paris XVe, France. Communications should be addressed "For the attention of Dr. J. Guilhot."

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#### A SEMANTIC COMMENT ON "PSYCHOSYNTHESIS"

Although not yet a household word, psychosynthesis and expressions such as "mental synthesis" and similar ones have been and are used by a number of psychologists and psychiatrists. Specifically in the field of psychotherapy, we first find Janet (1889) who speaks of "synthèse mentale," further Bezzola (1908), Neutra (1923), Bierre (1920), de Jonge (1937) and Trüb (1936); also Freud speaks of the synthesizing function of the ego. But those writers used the word only in the sense of "healing the functional dissociation," i.e.,

the re-emerging of the condition following either a split or dissociation due to a traumatic experience or to strong conflicts.

Others, such as Jung who mentions synthesis when dealing with "the transcendental function," Maeder (1918, 1927), Caruso (1952), Stocker (1957) and W. Kretschmer, Jr. (1958) used the word synthesis, psychosynthesis, synthesis of existence, synthetic psychotherapy in a deeper and wider sense as the development of an integrated and harmonious personality, including both its conscious and unconscious parts. Recently the word "psychosynthesis" has been adopted by Lepp (1957) and Gerard (1961).

Assagioli has used the word since 1925, and applied the concept in psychotherapy and education in a more comprehensive and at the same time more definite and technical way (1927, 1959, 1961). It includes not only an integration of the personality, but also of the personality with a spiritual Self of which the personality becomes an instrument of creative expression in the world.

It is interesting to note the increasing use of the word "synthesis" in all the other fields of men's activities in addition to those of psychotherapy and psychology. It would appear to be a trend of the times, perhaps "an idea whose time has come."

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## TROISIEME SEMAINE INTERNATIONALE DE PSYCHOSYNTHESE

The meetings organized by the Centre de Psychosynthèse of Paris, grouped together 36 people drawn from Belgium, France, Greece, Italy and Switzerland. The subjects dealt with in the thirteen general sessions were:

### I. Lectures by Dr. Roberto Assagioli

Definitions (Semantics) - Structure of the personality - Discovery of the existential situation - Individual plan of psychosynthesis - The problems of Youth - The psychosynthesis of the age - The symbols of psychosynthesis - The will.

### II. Some Techniques of Psychosynthesis

The Biopsychosynthesis - The actor and his parts - The ideal model - Acting "as if" - Transformation and sublimation - Perspective (Cosmic Test).

### III. Applications and Organization

Didactic Psychosynthesis - The Centers of Psychosynthesis - The Collaborators - Perspective.

### IV. Lectures

Mr. and Mrs. Berge: Physical exercises and psychosynthesis.  
Prof. Cirinei : Education and psychosynthesis.  
Mlle. Davy : The part of the symbol in contemporary man.  
Mr. Desoille : Theory and practice of the "Rêve éveillé".  
Mr. Diel : Analysis and synthesis.  
Dr. Guilhot : "Autogenous Training" and parapsychology.  
Mr. J. Jehouda : Une méthode d'évolution psychique.  
Prof. Lanfranchi : Qualitative auscultation and the search of the absolute.  
Dr. Ledoux : Re-education of mental control according to Vittoz.  
Dr. Mastrapaolo : Pedagogical techniques: action and symbol in group therapy.  
Dr. Triantafyllou : Psychosynthesis organization in Greece.

### V. Group Exercises

Silence - Visualization - Sensorial evocation - Concentration and meditation - Dis-identification - Imaginative training - Rhythmic gymnastics - Psychodrama.

Besides wide ranging lectures, there was an active interplay between individuals and in small groups, with questions, discussions, plans of research and applications. Thus a living network of inter-personal relations and collaborations was created.

The interest and appreciation of the participants were demonstrated by their insistent requests that another similar conference should be held next year, again at Villeneuve, where all enjoyed the beauty of the location and the warm hospitality given by the Head of the Institute "Bleu Leman," Mrs. Failletaz.

If this project will prove feasible, the meetings will be held during the first week of September 1961 (a few days after the Vienna Congress) and the general subject would be Inter-individual Psychosynthesis (from the synthesis of the couple to that of Humanity).

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"Eventually, I came to form another view of man's behavior. I saw man as moving rather than motivated, as thrusting forward, striving, aspiring....others also have come to this view of man. The biologist Edmund Sinnott means something of this sort when he speaks of the 'inner urgencies that guide behavior,' and when he says of man, 'there comes bubbling up in him a host of desires... his cravings for beauty, his moral aspirations, his love of his fellows.' Another biologist, Ludwig von Bertalanffy, speaks of this when he says, 'the organism should not be considered as a responding machine but rather as primary activity...primary behavior is continuous...' Gordon Allport refers to this as 'propriate striving,' which could distinguish itself from other forms of motivation in that, however beset by conflict, it makes for 'unification of personality.' Abraham Maslow speaks of the value of being fully human, and of the urge of the self to flex its muscles, so to speak; and he, as well as Kurt Goldstein, speak of man as striving toward self-actualization.

"What struck me about what I call striving, or thrust, was that the behavior in which it eventuated was prodigal, exuberant, unpredictable in its reach. I now saw man as spontaneously eager to exert himself to the utmost of his capacities in his striving to be fully human...."

The above quotation is drawn from the article "Autonomous Motivation" by Dorothy Lee, Ph.D., Curator, Peabody Museum, Harvard University, which appeared on pages 16-17 of the Journal of Humanistic Psychology\* Fall 1961 issue, and we strongly recommend it to our Newsletter readers.

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#### SYNTHESIS AS THE FUNCTION OF PHILOSOPHY

With this Newsletter we are bringing you a copy of "Synthesis as the Function of Philosophy" by Oliver L. Reiser, reprinted from the Quarterly Journal Darshana. The importance of a sound, well thought-through philosophy is something of which psychiatrists and clinical psychologists are particularly and often painfully aware, because of the basic lack of such a philosophy in many of their patients. Also, that the lack is not confined to patients and is found among many therapists was re-iterated recently by one of our contacts who expressed regret that many clinicians did not have a basic grounding in philosophy before studying for and obtaining their doctorates in psychology or medicine. We hope that Professor Reiser's article will prove of equal interest to psychotherapists and educators.

## PSYCHOSYNTHESIS IN EUROPE AND GREAT BRITAIN

During early September the Foundation's Chairman, Dr. Roberto Assagioli and the Administrator, Mr. Frank Hilton visited London, where a meeting and numerous interviews were held with interested doctors and psychotherapists. These exploratory talks brought much clarification of the future possibilities in England for furthering a psychosynthetic approach to therapy. In general a more eclectic attitude is found among British psychiatrists than obtains in most other countries.

Following the London meetings the "Journées de Psychosynthèse" were held from September 14th to 16th at Viry Chatillon near Paris, France, in an annex of the beautiful castle "Le Benoit Préhaut."

The Conference was organized by the "Centre de Psychosynthèse" of Paris, and the main subjects dealt with were the Techniques of Psychosynthesis, by Dr. Assagioli and Autopsychosynthesis by Prof. Lanfranchi. The latter reported on the interesting experiences and satisfactory results of the "Group for Autopsychosynthesis" led by her. Five of such groups (four of which are in Paris) have been formed in France. Dr. Guilhot and many of those who attended the meetings (more than thirty) participated in the lively discussions. Madame Berge spoke on, and led group demonstrations of, her method of physical exercises aiming at bio-psychosynthesis.

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"Religious concern and religious consciousness tend to appear wherever men are facing the issues of life and are seeking to become better. Wherever this involves severe conflict pathological features are likely also to appear. In some cases the charge of pathology as applied to religious experience is due simply to the failure to recognize that such phenomena as hallucinations spring from the tapping of the deeper levels of the mental life, and that as such they are not necessarily symptomatic of mental disorder but may be creative and constructive. But in a large number of cases the association of the mystical and the pathological is due to the fact that a fundamental reorientation is a necessary stage in the development of the individual."\*

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With deep regret we announce the death, in February, of Mrs. Alexia duP. O. de Bie of Wilmington, Delaware. It was due to her generous support that the Foundation was established in 1958, and since then she actively and enthusiastically served as Vice-President of the Administrative Board of Directors. Many of those who attended conferences in Valmy - and particularly those of us who worked closely with her - will remember her with affection and gratitude.

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In recent weeks we have received enquiries as to whether reprints are still available of Viktor Frankl's Basic Concepts of Logotherapy, and Oliver Reiser's Synthesis as a Function of Philosophy. We are glad to confirm that we are able to meet requests for either single copies or quantities.

\* \* \* \* \*

## GIFTED CHILDREN

With this Newsletter we are glad to bring you a copy of a challenging article, "Four Faces of Able Adolescents" by Elizabeth M. Drews, Associate Professor at Michigan State University, reprinted from the Saturday Review of January 19, 1963.

As collateral reading, in depth, to Professor Drews' article we

\*The Exploration of the Inner World - A Study of Mental Disorder and Religious Experience (p.82), by Anton T. Boisen. N.Y.:Harper & Brothers, Harper Torchbook, 1962.



recommend as one of the more important books on gifted children, Creativity and Intelligence - Explorations with Gifted Students by Jacob W. Getzels and Phillip W. Jackson (New York and London: John Wiley & Sons, 1962). Their argument is this:

"Giftedness in children has most frequently been defined as a score on an intelligence test, and typically the study of the so-called gifted child has been equated with the study of the single IQ variable. Involved in this definition of giftedness are several types of confusion, if not of outright error. First, there is the limitation of the single metric itself, which not only restricts our perspective of the more general phenomenon, but places on the one concept a greater theoretical and predictive burden than it was intended to carry. For all practical purposes the term 'gifted child' has become synonymous with the expression 'child with a high IQ', thus blinding us to other forms of excellence. And second, within the universe of intellectual functions themselves, we have most often behaved as if the intelligence test represented an adequate sampling of all mental abilities and cognitive processes. Despite the already substantial and increasing literature regarding the intellectual functions closely allied to creativity, we still treat the latter concept as applicable only to performance in one or more of the arts to the exclusion of other types of achievement requiring inventiveness, originality, and perfection. The term 'creative child', in becoming synonymous with the expression 'child with artistic talents', has limited our attempts to identify and foster cognitive abilities related to creative functioning in areas other than the arts....Accordingly, we undertook to examine empirically the consequences of applying other conceptions of giftedness as well as 'high IQ' to the study of children." (pp. 6-8)

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#### PSYCHOSYNTHESIS IN ITALY

The Istituto di Psicosintesi in Florence, Italy, advises us that its President, Roberto Assagioli, is giving a Course of lectures on Psychosynthesis. At the end of each lecture, psychological exercises, based on the techniques of psychosynthesis, are performed by the group of students. The lectures and the instructions for the exercises are being mimeographed.

Dr. Assagioli will be glad to meet and talk with therapists and educators interested in Psychosynthesis visiting Europe this summer. His expected schedule is:

La Nussa, Capolona, near Arezzo, Italy. July - August 12th  
September - October.

Institut Le Bleu Leman, Villeneuve, Switzerland. August 15th - 31st.

Appointments can be arranged by writing to him c/o Istituto di Psicosintesi, Via San Domenico 16, Florence, Italy.

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"It is the self-centered 'I'-ego, within one, that asks 'why should I stick my neck out?' The adult 'we'-ego on the other hand says, 'If another person is misguided, or harmful, then it is my responsibility, no matter how highly placed he is, to address myself to the situation, which may be endangering many, and try to alter it for the better.'

"Thus the socially adult man, so far from being an island unto himself, becomes a builder of bridges, wherever needed, to span the distances between himself and others."

(pp. 99 &amp; 126)

Our quotation is from the book, The Fraternal Society by Richard and Hephzibah Hauser (London: The Bodley Head, 1962). Hauser a sociologist, worked in refugee camps in the post-war period; then in Australia where he started the Psychiatric Rehabilitation Association in 1955 and since 1957 has been active in rehabilitation work in prisons and mental hospitals plus community work in London.

The Hausers' call for "fraternal groups" as an answer to the problems of the "paternalistic society" (of both the East and the West) presents many challenging ideas. Incidentally, they advise an individual "psycho-synthesis," using this term with their own specific meaning; i.e., "The whole personality...can usefully be divided into three parts: the physical, concerned with action, the intellectual, concerned with thought, and thirdly (for want of a better name) the 'spiritual' side, under which head we put a person's values, motives, power of choice, free will. 'Psycho-synthesis' firstly implies the integrating of these three parts, so that a person is willing to think and act freely. But there is much more to it than this. The three sides to a man's personality are of little account unless he has the driving force to develop them to the full, and exerts himself to make the most intensive use of them. Where is this driving force to come from?...the free-thinking individual can derive stimulus and energy from the strength of his own convictions....Another potent source of energy comes from sharing with other members of a group a common social purpose."

The book, in its attempt to link psychiatry to the wider social scene, is worthy of serious consideration.

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THE PROBLEM OF SEX

The profound importance of sex in psychotherapy and education - indeed in the whole field of human experience - is self-evident; and we are pleased to bring you a copy of an article, The Transmutation and Sublimation of Sexual Energies, by Roberto Assagioli, M.D. This is the application to

that vital human problem, particularly outstanding at present, of one of the most valuable techniques of psychosynthesis. It is based on a fundamental law of psychodynamics and is applicable in both intra and interpersonal relationships. Reactions to this monograph will be welcomed by the Foundation.

Additional copies available on request (25¢ each).

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#### PSYCHOSYNTHESIS IN INDIA

We are glad to announce that on the initiative of Prof. J.P. Atreya, the 'Indian Psychosynthesis Research Institute' is being established in Rajpur, India. Prof. Atreya is well known to many of our readers not only as a prominent Indian educator but also as the Managing Director of the International Quarterly Journal, Darshana, in which first appeared Prof. Oliver Reiser's "Synthesis as the Function of Philosophy" which was reprinted by the Foundation a few months ago.

We wish the new Institute every success and Prof. Atreya will be glad to hear from any of his countrymen interested in his project. The address is:

Prof. J.P. Atreya  
Atreya Niwas  
Kuthal Gate  
Mussoorie Road  
P.O. Rajpur - Distt. Dehra Dun  
INDIA.

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#### EDUCATION OF THE SUPER-GIFTED

From the Istituto di Psicosintesi of Florence, Italy, comes word of an INTERNATIONAL MEETING on THE EDUCATION OF THE SUPER-GIFTED, to be held at Capolona, near Arezzo, from August the 3rd through August 6, 1963.

This project is being sponsored by the Istituto di Psicosintesi in cooperation with the Rotary Club of Arezzo; and the agenda includes a visit to the site of a proposed agricultural "Settlement for the Super-Gifted." Details of the meetings can be obtained from:

Istituto di Psicosintesi  
c/o La Nussa  
Capolona, near Arezzo  
ITALY

or

Psychosynthesis Research Foundation  
Valmy, P.O. Box 3895  
Greenville, Delaware  
U.S.A.

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"In every life that retains its creative energy, there is a vital connection between the ego and the Self. This Neumann has called the ego-Self axis. It is a line which, though invisible, is like an electric wire over which the dynamism of the Self can be conducted to the ego as it moves into the world of conscious experience. When this axis is broken, the ego lives on only one level of being, the conscious rational world of outer reality. There is no guarantee that in the second part of life the man who has lived out his ego ambitions and has enclosed himself in rigidity will return to the vital connections with the creative images of the self. Disaster, depression, psychotic invasion may make him seek self-renewal; or he may, when ego achievements are no longer possible, descend into trivialities or seek to reinforce his ego with the tyranny of absolute belief and dogmatic authority. "...the images retreat behind what we have called the 'ego-forged door' that separates inner and outer. Yet the door must never be locked or the ego will find itself enclosed in a world of conscious knowledge that shuts out the creative images of self-transformation."

The above quotation is from The Inner World of Choice by Frances G. Wickes recently published by Harper & Row of New York. Incidentally, the use of the capitalized "Self" implies, the author explains, "a transpersonal meaning."

This book has been truly said to be "the clearest, most perceptive, and best illustrated account of the implications of Jung's psychology for understanding the self and its relation to the world," and we confidently recommend it to our Newsletter readers, particularly in view of the theme of "choice" being inevitably related to the question of the will.

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Creativity, or the release and cultivation of human potentials, is being increasingly and rightly stressed by educators and psychologists; and its value recognized as an aid to psychotherapy.

On this theme we are glad to bring you two reprints:

Creative Expression in Education by Robert Assagioli, M.D.  
which appeared in the "American Journal of Education,"  
1963, No.1.

The Creative Attitude by Professor Abraham H. Maslow,  
reprinted from the Canadian magazine, "The Structurist."

Dr. Assagioli as a psychiatrist and Prof. Maslow as a psychologist need no introduction to our readers for frequent references have been made in

these Newsletters to their writings and their pioneering work in their respective fields.

This theme of creativity and self-actualization is gaining increasing attention in group training programs in which emphasis is being placed on the constructive processes in the personality as contrasted with the more pathological or growth-resistant. Good examples of such groups are the "Sensitivity Training Programs" carried forward during the past 18 months at the University of California of Los Angeles by Robert Tannenbaum and F.J.T. Bugental.

As they report in a paper entitled "Sensitivity Training and Being Motivation" in the Spring 1963 issue of Journal of Humanistic Psychology:

"much may be gained from developing the positive, the creative, the 'growth edge-ful' in its own right....To the extent that we can be skillful in recognizing that which is positive, enriching, and meaningful in ourselves and our experiences and to the extent that we can be effective in nurturing and expanding such processes, we are convinced that we shall be forwarding the purposes for which we are all in Advanced Sensitivity Training."

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#### INTERNATIONAL MEETING FOR THE EDUCATION OF THE SUPERGIFTED

From Italy comes the following report:

"On the initiative of the Institute of Psychosynthesis in Florence, and with the collaboration of the Rotary Club of Arezzo, an International Meeting was held from August 3rd to 7th, at Capolona (Arezzo), Italy, to discuss a problem which is of vital importance to the future of humanity.

"The meeting was attended by representatives of six nations (Austria, France, Germany, Italy, Poland and Switzerland), most of whom were teachers, psychiatrists or psychologists, alive to the necessity of being on the lookout for, and above all recognizing, especially gifted children and adolescents.

"Several speakers emphasized the fact that an individual can be super-gifted not only in the sense of being more intelligent - intelligence being but one of the many gifts of man - but also in the artistic, moral and spiritual fields. Stress was laid on the distinction between an education intended to bring about the harmonious development of the whole personality, thus permitting the effective employment of all gifts, and that form of instruction - so widespread at present - that aims principally at turning out the specialist. It is not incumbent upon the supergifted youngster to become a specialist in his field, but rather an individual who has achieved a balanced synthesis of all his gifts (exceptional, superior and normal) and uses them for good and constructive purposes.

"The meeting was in general agreement that the application of the principles advocated (by Assagioli, Cirinei, Magnino, Oliva, Visalberghi and others) would entail a new departure in policy on the part of schools of every type and grade, from the kindergarten to the university. Specific proposals for giving effect to them included:

the creation of specialized departments for groups of the supergifted in schools already existing;

the formation of 'Pilot centres', such as summer camps and small educational centres, temporary and permanent, for the supergifted;

the establishment of Advisory Bureaus (either associated with institutions already existing or functioning independently), which would be at the service of educators and parents, as much as the supergifted themselves;

the examination of effective ways of attracting moral and financial support from the competent authorities, foundations, business organizations, etc.;

the dissemination and exchange of information, and the assembling of existing material;

the organization of subsequent international meetings for the survey of problems and proposals concerning the supergifted; and the provision of the best possible assistance for specially gifted young people."

The significance of the above report lies in the fact that in most European countries the problem of the education of gifted children has received far less attention and constructive experimentation than in the U.S.A.; and in both continents the question of the supergifted has, up to now, been virtually ignored.

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#### ASSOCIATION MONTESSORI INTERNATIONALE

While Montessori methods of child education have been well known in Europe for many years, it is only comparatively recently that a renewed and increasing interest has been shown by American educators. We have recently received copies of the Provisional Program and Registration Forms of the XIIIth International Montessori Congress, to be held in Amsterdam from April 1 - 4, 1964. The theme will be "The Education of Man for a Peaceful World Community."

An explanatory statement, the Congress program and registration forms may be obtained from the Psychosynthesis Research Foundation, or direct from:

XIIIth International Montessori Congress  
Koninginneweg 161,  
Amsterdam Z, The Netherlands

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The knowledge of man is possible only in the process of relating ourselves to him. Only if I relate myself to the man whom I want to know, only in the process of relating ourselves to another human being, can we really know something about each other....And you can never exhaust the description of a personality, of a human being, in his full individuality; but you can know him in an act of empathy, in an act of full experience, in an act of love. These are the limitations of scientific psychology, I believe, as far as it aims at the full understanding of human phenomena in word or thought content. It is crucial for the psychiatrist and the psychoanalyst to know that only in this attitude of relatedness can he understand anybody, and I think it is very important for the general physician as well.\*

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PSYCHOSYNTHESIS: A THERAPY FOR THE WHOLE MAN

This is the title of the latest PRF Issue #14, written by Robert Gerard of Los Angeles, member of the Advisory Board of the Foundation. We are particularly glad to send you a copy, for it presents so clearly the approach to psychotherapy based on the principles of psychosynthesis and the specific use of some of the techniques.

The article is the edited transcript of two lectures given at the 1961 Annual Meeting of the Conference on Science and Religion, an organization established to encourage greater understanding and appreciation in the relations between science and religion. The Conference group meets regularly at various Southern Californian colleges and universities, bringing together ministers, scientists and other professional people.

Further copies of the article are available at \$1.00 each.

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THE "JOURNEES d'AUTOPSYCHOSYNTHESE"

From Europe we have received the following report of a meeting of the Groups of Autopsychosynthesis, organized by the "Centre de Psychosynthese" of Paris, which took place at Viry-Chatillon on September 21-22, 1963:

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\*From the essay "Medicine and the Ethical Problem of Man" in The Dogma of Christ by Erich Fromm. Holt, Rhinehart & Winston: New York, Chicago, San Francisco, 1963.

"Small groups for Autopsychosynthesis have been meeting regularly in Paris and elsewhere, but on this occasion one group of about thirty people was formed. This presented some difficulties, as in these meetings each individual is expected to reveal his own inner life and, in comparing it with the living experiences of others, to develop a clearer conception of the inner life and also an incentive towards, and an increased capacity for, true communication with the essence of the 'other'.

"The pattern adopted by the meeting permitted a comparison of two methods of working: on the first day as one large group; and on the second, in three sections or sub-groups. The speakers included Dr. Guilhot, Mlle S. Nouvion (Director of the 'Recherches et Rencontres' Association), Robert Desoille, Yvonne Schlessler, Marie-Louise Collard, Edouard Berge and Dane Rudhyar.

"In general it was recognized that more effective work results from small groups, which facilitate a deeper level of communication; but the larger group is also useful for sharing experiences and methods. In both groups an atmosphere of simplicity was created during the recital of the most intimate experiences and a genuineness in the lively, spontaneous and sparkling exchange of ideas, from which we quote two significant contributions:

'Where problems in relationships with others are concerned, I try to raise my consciousness to a higher level on which the problem ceases to exist and true contact can be established.'

'It is important to include rapport with others in the inner life and not regard the latter as merely the source of a rapture which can become self-centered.'

"The relationship between the inner life and that of practical activity was recognized as demanding a rhythm that creates equilibrium, interdependence and synthesis between the two spheres of life.

"Consideration of the inner life itself brought up the problem of balance between control on the one hand and a surrender to its spontaneous efflorescence on the other. Some fear that the former can inhibit the spontaneity of a rich inner life, others that the latter may bring with it the glamor that confuses Reality with parapsychological phenomena.

"There was general agreement on the principle that precise procedures and techniques should be investigated scientifically but that these procedures should be subordinated to the requirements of the original and individual process of maturation.

"Four autopsychosynthesis groups have been formed this year in Paris. Mlle Nouvion has invited those to whom it appeals to take part next November in some exercises based on the techniques of psychosynthesis.

"The meeting terminated with the wish that another meeting could be arranged for September of next year."

R.A.

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## AMERICAN ASSOCIATION FOR HUMANISTIC PSYCHOLOGY

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We welcome the appearance of PHOENIX, the quarterly newsletter of the A.A.H.P. Devoted largely to the review of the Association's first - and highly successful - meeting in Philadelphia in August 1963 and a presentation of the Association's aims and projects, the quality of this first issue (Vol.1, No.1, Dec. 1963) augurs well for the future, and we wish it, and the Association, every success.

Readers who are interested should write: American Association for Humanistic Psychology, Station A., P.O. Box 11772, Palo Alto, Calif.

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## MEETINGS IN LONDON

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August 1964 is going to be a busy month in London, England - psychotherapeutically speaking.

Joshua Bierer, M.D., (Editor of the International Journal of Social Psychiatry) writes us that the First International Congress of Social Psychiatry will be held there from August the 17th to the 22nd. The meetings will be concerned with social psychiatry, i.e., "a wider, multi-dimensional, multi-disciplinary approach, in which the clinician shares his responsibility with others working in related disciplines and with the patients themselves, so as to take into account the total situation of the individual as part of a wider cultural and community setting." Enquiries should be addressed to: The General Secretary, 7 Hollycroft Avenue, London N.W. 3, England.

The following week, August the 24th - 29th will see the holding of the Sixth International Congress of Psychotherapy, sponsored by the Royal Medico-Psychological Association. Incidentally, Dr. Roberto Assagioli, Chairman of the Foundation, will be presenting a paper on psychosynthesis. Details of the registration are obtainable from: The Organising Secretary, Mrs. Fay Pannell, Sixth International Congress of Psychotherapy, 11 Whitehall Court, London S.W. 1, England.

Immediately following the Congress, on August 30th and 31st, we are hoping to arrange for two days of clinical discussions on the techniques of psychosynthesis. Plans for this are now under consideration and further details will be given later.

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# *Psychosynthesis Research Foundation*

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WILMINGTON, DELA.

"What a strange vocabulary we psychiatrists have! Probing the depths of the mind should surely reveal wellsprings of idealism, courage and nobility. If lower than angels, we are higher than beasts - using those adjectives 'lower' and 'higher' in the conventional sense. Yet somehow the idiom of psychiatry seems to the average man to be overloaded with words of insult, reproof, or gloom. How odd it is that we who should be the keepers of the richer life, we who should hold the keys to the door of happiness and the answer to the mystery of adjustment, we, of all people, should have so unattractive a glossary."

The above comment by Henry Davidson, quoted by Karl Menninger in his recent book, The Vital Balance (N.Y.: Viking Press, 1963) is not only relevant to the psychiatric setting but is reflected in every field of human activity. It would seem to imply - as a recent editorial in MANAS stressed - "Only a more ennobling idea of the self is capable of inducing self-impelled changes in people. Educational and action programs may trigger the changes that will have to take place, but creating the potential for change is a preparatory process of reflective philosophizing and self-investigation which must go on in the entire human community." (Vol.XVII No. 21)

All this has relationship to what Roberto Assagioli has written on the "Technique of Ideal Models" where he points out that "each of us has within himself various self-models - models of the Ego or of the personality. Such models are not only diverse in nature, origin and vividness, but they are in constant conflict between themselves, and this constitutes not only one of the major difficulties but also one of the most useful fields of application of right psychoanalysis....In utilizing this technique the first requirement is to discard unrealistic and unworthy models...and then build in 'ideal' models which become a dynamic, inner creative pattern." This points up the increasing attention being given in education - and in psychotherapy - to the importance of the development, training and use of the creative imagination.

## SYNTHESIS IN PSYCHOTHERAPY

We are pleased to bring you a copy of the paper: Synthesis in Psychotherapy, given by our Chairman, Roberto Assagioli, M.D., at the Sixth International Congress of Psychotherapy, held in London this month. Additional copies are available on request.

JACK COOPER, M.D.

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We are glad to welcome to the Board of Directors of the Foundation Jack Cooper, M.D., Clinical Director of the Regent Hospital, New York City. Dr. Cooper has worked with Robert Assagioli in Italy with the techniques of Psychosynthesis, and during the past winter headed up a series of seven monthly 'workshop' meetings on the theory and practice of psychosynthesis. With over 20 years experience in many psychiatric hospitals, and in private practice, he brings much to the development of psychosynthesis.

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#### FORTHCOMING PSYCHOSYNTHESIS CONFERENCE IN FRANCE

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Dr. Jean Guilhot advises us that the Centre de Psychosynthèse is organizing meetings, "Journées de Psychosynthèse," to be held near Paris, Saturday and Sunday, October the 3rd and 4th, 1964.

The subjects scheduled for discussion include the definition, goal and techniques of psychosynthesis; psychosynthesis in psychotherapy and in education; psychosynthesis and group techniques (l'Autopsychosynthèse); and also, planning for an International Week on Psychosynthesis in 1965.

Further details obtainable direct from Dr. Jean Guilhot, 11 rue Franquet, Paris 15e., France.

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#### ACADEMY OF RELIGION AND MENTAL HEALTH

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On occasion, in the past, we have referred to the fine work and publications of the ARMH, and for new readers of our Newsletter who are unfamiliar with the work of the Academy we would mention that the ARMH was founded in 1954 to bring together in collaboration professional workers in the fields of religion and mental health. Since then the work has grown rapidly with "a membership now in the thousands...in every State in the Union and 35 countries abroad." Local branches have been established in 70 cities in America, where psychiatrists, psychologists, pastors and other religious leaders meet regularly to discuss their mutual problems of the mental health and spiritual well being (are these synonymous?) of their communities. Inquiries should be addressed to: Academy of Religion and Mental Health, 16 East 34th St., New York, N.Y. 10016.

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#### THE SYMBOLIC AND THE REAL

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Enclosed is the publisher's notice of Ira Progoff's latest book, The Symbolic and the Real. Those readers who are familiar with his earlier writings will, we believe, find of special interest Dr. Progoff's presentation of group methods which he has developed, aimed at the experiencing of "the Deep Self," "the inner core of being," and the release of creative potential.

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"There is no age limit for the utilization of potentialities. ...It is essential that a fundamental viewpoint and approach to retirement be developed which emphasizes the exploration and utilization of a person's potential as an exciting adventure in self-discovery which can lead to vast dividends of vital living and enjoyment of life. An attitude toward life which focuses on self-realization can also result in notable improvements in health." (p. 679)

The growing recognition of the magnitude of the problems of our aging population, accentuated by schemes of earlier retirement, is evident from articles in the daily press and journals of various kinds. In earlier Newsletters we have referred to the fine work being done by Halbert L. Dunn, M.D., of Washington on "High-Level Wellness" with particular application to the aged, and our quotation at the head of this letter is drawn from "Research on Human Potentialities: Application to Geriatric Programs," by Herbert A. Otto, Ph.D., at the University of Utah, Salt Lake City. He describes very promising group experiments which were carried out at the University of Utah, and those of our readers particularly interested in this field can find the full article in the Journal of the American Geriatrics Society, Vol. XII, No. 7, July 1964; or reprints may be obtained by writing Dr. Otto.

Copies of "High-Level Wellness in the World Today," "Dynamic Maturity for Purposeful Living in the Older Years" and other articles by Dr. Dunn may be obtained by writing to him at: 9130 Riverside Drive (Fort Foote, Md.) Washington, D.C. 20022.

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## LONDON PSYCHOSYNTHESIS DISCUSSIONS

On August 29th and 30th a successful two-day, round-the-table, conference was held at the St. Ermin's Hotel, Westminster, London, England. Roberto Assagioli, M.D., of Florence, Italy, and Jack Cooper, M.D., of New York City presented case histories of patients, followed by keen discussion of the diagnoses and of the techniques used in the treatment.

Sixteen people were present - the participants being: six psychiatrists, two physicians, five psychologists and three psychiatric social workers, providing a useful balance and an ideal number for an easy exchange of ideas across the conference table. Work is now in progress on the transcript of the discussions.

It is hoped that this conference will prove to be the forerunner of regular meetings in London on psychosynthesis. Pending such arrangements being made, interested therapists are requested to write to the Foundation in New York.

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## NEW YORK MEETINGS 1964-1965 series

We will be resuming in November the monthly meetings of psychiatrists and psychologists to discuss the Techniques of Psychosynthesis. Notices are going

to those who participated in the 1963/4 series; and other qualified therapists who are interested in attending should contact Jack Cooper, M.D., or Frank Hilton, via the Foundation.

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#### PSYCHOSYNTHESIS AND PSYCHOSYNTHESIS RESEARCH FOUNDATION

We are often asked just what we mean by "psychosynthesis," and also "What is the Foundation's work?". We are, therefore, giving below a summary which we hope will bring clarification.

Psychosynthesis, as its name implies, is concerned with the synthesis of the separate and separative elements in the psyche. Most "schools" of psychology would assert the same aims, but we use the term to embrace not only the familiar conscious, pre-conscious and sub-conscious elements but also the super-conscious. That is, our use of the term "unconscious" includes the "higher" or more altruistic potentialities, as well as the more familiar sub- or lower unconscious revealed in psychoanalysis.

Central to psychosynthesis is the recognition of the core of the self, or persisting "I-consciousness," distinct from the changing biological-emotional-mental states. Around that core or self the process of synthesis can proceed, utilizing various techniques.

Many of these techniques - as techniques - are familiar to the practicing psychiatrist or psychologist, but Assagioli sees their use within the framework of - or uses them as means towards achieving - psychosynthesis. This Assagioli explains in the monograph, Dynamic Psychology and Psychosynthesis.

For average man this is the achieving of what he calls "a personal psychosynthesis" - a balanced effective functioning as a useful human being. For some, however, a recognition of the self and the achieving of integration is not enough - they have potentialities of growth towards the capital S Self; the goal is "a spiritual psychosynthesis." This Assagioli clearly sets forth in his monograph, Self-Realization and Psychological Disturbances. Incidentally, he also speaks of the misleading idea some people have that psychosynthesis aims always at the realization of the Self, the spiritual Self. The above distinction between a "personal psychosynthesis" and "spiritual psychosynthesis" corrects that idea.

. . . . .

The Psychosynthesis Research Foundation exists for two main purposes:

1. To present the principles and techniques of psychosynthesis as practiced by Dr. Assagioli and his co-workers. This is not the setting up of an "Assagioli School of psychology" but to relate and utilize the best of all the many schools of thought, within a more comprehensive concept of and approach to Man, as a biological-psychological-spiritual being.
2. To further, through presenting to a wider field, the thinking and writings of pioneering psychologists and psychiatrists who are similarly reaching towards a growth psychology, a psychology of the whole man, toward Self-actualization (as expressed by Maslow), toward what we call psychosynthesis. Many different terms are found in these new approaches which fall within what has been called "the third force" in psychology; with this new trend psychosynthesis is in full sympathy.

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"There is, then, a road which all profoundly 'serious', 'ultimately concerned' people of good will can travel together for a very long distance....

"This road can be traveled together by all who are not afraid of truth, not only by theists and non-theists, but also by individuals of every political and economic persuasion....

"...these 'serious' people are coming so close together as to suggest that they are becoming a single party of mankind; the earnest ones, the seeking, questioning, probing ones, the ones who are not sure, the ones with a 'tragic sense of life', the explorers of the depths and of the heights, the 'saving remnant'."

We welcome warmly the publication of Abraham H. Maslow's book (from which our quotation is taken) Religions, Values, and Peak Experiences.\* Most readers of this book, we believe, will be grateful to Prof. Maslow for his courageous decision in making available these "personal conclusions," and will fully appreciate his remarks in the Preface: "Were it not for the historical urgency of the topic, and also, I must confess, were it not for my own eagerness and impatience, it would have been preferable and more traditionally scientific to have gathered more data and to have lifted this whole enterprise to a higher level of reliability before making public my personal conclusions. I have gone through considerable conflict because of this, because I feel not only impatience but also scientific caution. My decision finally was to be candid about my own qualms and uncertainties and then to leave the whole business up to the reader, now properly forewarned to be tentative and careful in his judgment."

The ideas he presents, we suggest, are of vital importance to psychiatrists, psychologists, clergymen and educators alike - and to the "concerned" layman.

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## PSYCHOSYNTHESIS: INDIVIDUAL AND SOCIAL

We are glad to send you with this Newsletter a copy of an article by Roberto Assagioli, M.D.: Psychosynthesis: Individual and Social (Some Suggested Lines of Research). The analogy Dr. Assagioli draws between the psychological equipment of a person and that of a nation or race, and the basic idea of the "self" of each, appears particularly relevant this year, which has been designated by the United Nations as "ICY" - the International Cooperation Year. Further copies of the article are available on request from the Foundation.

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## PSYCHOSYNTHESIS: A MANUAL OF PRINCIPLES AND TECHNIQUES

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It is an especial pleasure to announce the forthcoming publication - later this month - of the book, Psychosynthesis: A Manual of Principles and Techniques by Roberto Assagioli, M.D. This is something we - and very many of the Newsletter readers - have long wanted to see. It incorporates some earlier articles such as "Dynamic Psychology and Psychosynthesis" and "Self-Realization and Psychological Disturbances," as a basis from which to consider in detail various techniques and their applicability in the clinical situation. However, we believe the book will also prove of practical value to educators for, with appropriate modifications, many of the techniques could be adapted to the classroom situation.

The publishers' announcement and order form are attached. Please order direct from the publishers (Hobbs, Dorman & Company, Inc., 441 Lexington Avenue, New York, N.Y. 10017) or your local bookseller - not from the Foundation. In the U.K. order from: Transatlantic Books Service Ltd., 43 Essex St., Strand, London W.C.2.

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## SWITZERLAND: SUMMER CONFERENCE ON PSYCHOSYNTHESIS

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An International Meeting of Psychosynthesis will be held in Switzerland from August 17 to 23, 1965 and a copy of the notice prepared by the Organizing Committee (Istituto di Psicosintesi, Via San Domenico 16, Florence, Italy) was mailed to you separately a few weeks ago when - owing to delay in the preparation of the publishers' announcement of Dr. Assagioli's book - we realized that this Newsletter would be late in reaching you.

If you are interested and wish to attend please write direct to the Organizers, who can also supply information on hotel accomodation, etc.

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DR. FABIAN L. ROUKE

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With deep regret we note the death on April 28th of Fabian L. Rouke, Ph.D., Head of the Department of Psychology at Manhattan College, Riverdale, N.Y. Dr. Rouke had taken a deep interest in psychosynthesis and his keen mind and warm personality contributed much to the Psychosynthesis meetings held at the College last year. The field of psychology is the poorer for his passing.

\* \* \* \* \*



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"Psychosynthesis can be described in a general way as the recognition and consistent use of the principle of synthesis in every possible connection and field. It involves:

The conception of the human being as a potential biopsychological, whole-functioning entity and the actualization of this potential full-functioning.

The coordination and synthesis of all acceptable existing techniques used in psychotherapy, self-realization and education; the development of, and experimenting with, new techniques.

The synthesis of the positive and constructive elements to be found in every psychological 'school' or 'movement', with the particular aim of integrating American, European and Eastern psychologies.

The integration of psychology itself in the whole body of human knowledge and endeavour: the other sciences, philosophy, religion, art; this of course - as in every true synthesis - without losing its own distinctive identity, methods and field of action."

The above definition was given at the recent International Meeting on Psychosynthesis in Switzerland, and is repeated here as a reminder of the essentially non-separative approach governing the work of the Foundation.

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## 1965 IN RETROSPECT

The year now closing has been a noteworthy one in many respects in furthering psychosynthesis:

In England: Following the successful Psychosynthesis Conference at Attingham Park Adult College, Shropshire, in the Autumn of 1964, a group in London established and registered as a non-profit educational corporation Psychosynthesis in Education, with headquarters at 40 Rawlings Street, S.W. 3. Their current autumn program opened in September, with Geoffrey Leytham of the Department of Psychology, Liverpool University, speaking on "Psychological Health and Maturity"; followed by regular meetings for three small working groups: Group #1--weekly, Basic Concepts of Psychosynthesis, Group #2--fortnightly, Follow-up Course, and Group #3--fortnightly, Spiritual Psychosynthesis.

In Switzerland: The seven-day International Meeting on Psychosynthesis held at Villeneuve in August proved very successful with 60 participants;

from America (8), Belgium (1), England (18), France (12), Holland (1), Italy (15), So. America (1) and Switzerland (4). A report received from the organisers, Istituto di Psicosintesi of Italy, is enclosed.

In America: In January, Jack Cooper, M.D., Vice-President of the Foundation, was invited to meet with psychiatric colleagues at the School of Medicine, University of Virginia, for two days of discussions on psychosynthesis and its techniques - including an address to the Charlottesville Chapter of the Academy of Religion and Mental Health. In April he spoke on psychosynthesis as a member of a five-speaker panel presenting "Conflicting Models of Man in Contemporary Psychology" to the Psychology Section Meeting of the New Jersey Academy of Science, Trenton. Also throughout the year he has had many private discussions with fellow psychiatrists and psychologists interested in using the Techniques with their patients, including four in a didactic and training psychosynthesis.

In California, Robert Gerard, Ph.D., Member of the Foundation's Advisory Board and President of the recently established International Foundation for Psychosynthesis, a non-profit educational and scientific corporation with headquarters at 10921 Wilshire Boulevard, Los Angeles 24, has been conducting a series of 2-day workshops on psychosynthesis jointly sponsored by the International Foundation for Psychosynthesis and other institutions. In March a workshop entitled "Explorations in Psychosynthesis: Imagination, Meditation and Movement as an Integrative Process" was held in Los Angeles with the Conference on Science and Religion. In September, Dr. Gerard led a workshop on "Psychosynthesis: Psychological Methods of Integration" at the Academy of Creative Education in San Jacinto, California.

Dr. Gerard's workshop on "Psychosynthesis - Techniques Furthering Psychological Growth and Wholeness" held at the Esalen Institute, Big Sur Hot Springs, California, was taped for broadcasting on the Pacifica Foundation Stations in Los Angeles and San Francisco and was filmed for presentation on NBC television. Dr. Gerard's workshop of December 10-12 "Psychosynthesis - Imagination and Meditation as Integrative Processes" will close the fall 1965 series of Esalen Institute seminars on "Frontiers of Human Development" which, in successive weekends, featured such speakers as Rollo May, Alan Watts, Gardner Murphy, Carl Rogers, J.B. Rhine and S.I. Hayakawa.

Throughout the year Dr. Gerard has been actively lecturing on psychosynthesis techniques to professional groups such as the Los Angeles Society of Clinical Psychologists and the Los Angeles Psychiatric Service. He is at present providing a didactic and training psychosynthesis for several professional psychotherapists.

In September, as you know, Dr. Assagioli's book, Psychosynthesis: A Manual of Principles and Techniques (N.Y.: Hobbs, Dorman) was published and is being very well received. With its particular format and full index it is eminently suitable not only as a ready reference book but also for use in group discussions.

October saw the start of the 1965/6 series of Monthly Seminars on Psychosynthesis in New York for practicing psychiatrists and psychologists,

centering around therapeutic techniques. From these discussions it is hoped that material can be prepared which will be of help to other psychotherapists farther afield.

In South America: Arrangements are now under way in Buenos Aires, Argentina, to establish a local center or institute for psychosynthesis. Interested psychiatrists and clinical psychologists should contact Dr. Prof. Juan A. Aleandri, Juncal 2061 lo "B", Buenos Aires. Educators should write to Mrs. Maria Bonomo de Zago, Cuba 2818, Buenos Aires.

A translation into Spanish of Dr. Assagioli's book Psychosynthesis is now being made with a view to a Spanish edition in 1966.

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#### RESEARCH INTO THE SELF

We draw our readers' attention to the fine work being done by "The Richard Maurice Bucke Memorial Society for the Study of Religious Experience," founded in Montreal in 1964, the first President being Raymond H. Prince, M.D., Dept. of Transcultural Psychiatry, McGill University.

Named for Dr. R.M. Bucke, eminent psychiatrist at the turn of the century and author of Cosmic Consciousness, the Society is devoted to studying the psychology of religion, with a special interest in mysticism. A conference on "Personality Change and the Religious Experience" was held in January 1965. The Proceedings are available (price \$2.50) from Dr. R.H. Prince, 1266 Pine Ave. W., Montreal 2, P.Q., Canada.

The next annual conference planned for March 5-6th, 1966, will be on the subject of spirit possession. The first issue of a Newsletter is being published this month (December). Subscriptions are obtainable, along with membership in the Society, for \$5.00 from the Editor, Graham C. Taylor, M.D., 1025 Pine Ave. W., Montreal 2, P.Q., Canada.

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#### CORRECTION

We draw the attention of our readers owning a copy of Roberto Assagioli's book, Psychosynthesis: A Manual of Principles and Techniques, to the following errata on p. 4:

line 31 should read: "call 'differential psychosynthesis'," (not 'different psychosynthesis').

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"To will does not mean to be willfall, but rather to gain gradually the power of increased judgment and decision in the application of drive. Man must learn to will what can be, to renounce as not worth willing what cannot be, and to believe he willed what is inevitable.

"Here, no doubt, is the genetic origin of the elusive question of Free Will, which man, ever again, attempts to master logically and theologically. The fact is that no person can live, no ego remain intact without hope and will. Even philosophical man who feels motivated to challenge the very ground he stands on, questioning both will and hope as illusory, feels more real for having willed such heroic enquiry; and where man chooses to surrender his sense of having willed the inevitable to gods and leaders, he fervently endows them with that which he has renounced for himself. . . . (118)

"Will...is the unbroken determination to exercise free choice as well as self-restraint, in spite of the unavoidable experience of shame and doubt in infancy." (119)

We have chosen the above quotation for two reasons. First, to draw the attention of our readers to the challenging book from which it is taken: Insight and Responsibility by Erik H. Erikson (N.Y.: Norton & Co., 1964). Second, this issue of our Newsletter is primarily concerned with the theme of the will.

In modern psychology the attempt is made to eliminate the necessity of including the concepts of will, and to regard decision as the result of opposing forces of mostly an emotional nature. This attitude is illustrated by the comment by English and English in their Dictionary of Psychological and Psychoanalytical Terms: "The term (will) is little used in contemporary psychology, though in the psychoanalytic school of O. Rank it has a central place." (p. 590) And further, "Scientific psychology has scarcely reached the point where it is possible to define how the terms (will and voluntary activity) are to be used. It is probable that a number of quite distinct sets of facts have been brought together under the one term. However, it does not seem possible to dispense with the concept of a class of behaviours, to be called voluntary, that differ from other behaviours in a number of ill-defined ways. Though it is not easy to say how, voluntary movement does seem to be empirically different from involuntary movement." (p. 587)

This neglect of the will has been called "the scandal of modern psychology," and there is little doubt that it is one of the most misunderstood factors in psychiatry and psychology - and in education. Yet, it is one that above all others calls for scientific research because of its central importance not only in psychotherapy but in everyday living.

Assagioli contends that this lack of recognition is due to will being "the central and fundamental function of the ego"; also that "the individual

generally is not aware of his self, and consequently he is just as unaware of the direct function of the self, the will." (pp. 7, 126, Psychosynthesis: A Manual of Principles and Techniques)

Among existential psychiatrists there is evidence of growing interest in the will; e.g.: Roy E. Clausen, Jr., M.D. writing on "Free Will versus Determinism in Psychotherapy" in Existential Psychiatry, Vol. 1, No. 1, Spring 1966, proposes "that man's existence is maintained as man. He is not a creature unalterably driven by instinctual or conditioning forces beyond his control, but rather is a unique being in whom these forces, though undoubtedly operative are ever potentially under the influence of his own choice and will. This would seem to extend as well to the psychotherapeutic process - in which he also exercises an opinion - and in so doing markedly influences the theoretical structure in which this process is carried out."

At a recent Psychosynthesis Seminar in New York City this theme of the Will was presented, and illustrated by an interesting case history. A transcript of the meeting is available to clinicians on request - 25¢ per copy.

The use of the will is also needed in the larger arena of world affairs. Warren Wagar in The City of Man (Boston: Houghton Mifflin, 1963) presents a fascinating historical survey of man's search for a philosophy of world order, also an analysis of Man's present predicament and the awesome choices facing him. Wagar concludes with a call for the will to agree: "To create an integrated world civilization, and to integrate the integrators who will lead the way thither, requires not Truth, but Will: a new approach to thought based on the will to agree." (p. 247)

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#### THE TRAINING OF THE WILL (PRF Issue #17)

Most of our readers will be familiar with the section in Dr. Assagioli's book on the Technique of the Will. This essentially refers to the will in the therapeutic situation, although its implications for educators are obvious. A supplementary writing by Dr. Assagioli on Will Training, which has been issued in mimeographed form over the past few years and experimentally used - with success - by a few psychiatrists and psychologists, has now been revised for wider distribution. In its printed form we hope it will also prove useful to educators and parents; also to individuals concerned with their own creative growth.

A copy of Issue #17 is enclosed, and further copies are available from the Foundation: single copies 50¢ each; in quantity, for group or classroom use, 20% discount.

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#### RECOMMENDED READING

We draw attention to a new and important book by Abraham H. Maslow, Professor of Psychology, Brandeis University: Eupsychian Management - A Journal (Homewood, Ill.: R.D. Irwin and Dorsey Press, 1965).

These journal notes, made in 1962 during a summer spent at the Non-Linear Systems plant in Del Mar, California, cover the author's entry into what was for him a new field - of industrial or managerial psychology; and "the possibility for general psychological theory hit [him] with great force." The book is written in a spontaneous 'writing-to-onself' style that is not only refreshing and a delight to read but reveals new depths of imaginative thinking and poses challenging questions such as we have grown to expect from Prof. Maslow.

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"Are the behavioral scientists immersing themselves in their true field of study, or are they endeavoring to work in detachment from it? . . . Are they permitting themselves to live deeply, fully, openly, in interpersonal relationships, in deep contact with individuals and the culture which helps to shape them? Or are they quickly, and sometimes fearfully, abstracting themselves from the very groundwork of their science?

"Are we creating a climate in our graduate schools and laboratories in which a confrontation with the mystery of the real in human personality and behavior can exist? Is the atmosphere such as to permit dimly perceived patterns to emerge and be tested?

"Is it clear to us as behavioral scientists that our true task is to discern patterns, rhythms, relationships, which cut so deeply into the rationality of nature that the implications of our perceptions will only be fully evident many decades hence? Granted that such perceptions cannot be forced, and must emerge, is it clear that this is our central purpose?"

These searching questions were asked by Carl. R. Rogers of the Western Behavioral Sciences Institute in his article "Some Thoughts Regarding the Current Philosophy of the Behavioral Sciences" which appeared in the Fall 1965 issue of Journal of Humanistic Psychology. They indicate the healthy self-searching that is increasingly evidenced by 'open-ended' psychiatrists and psychologists, and were echoed recently in more specific form by Walter A. Weisskopf:

"We are suffering from a gigantic repression of important dimensions of human existence: the inner world is repressed in favor of the external world; intuition and intuitive reason is repressed in favor of the analytical weighing, measuring intellect; expressive behavior is neglected in favor of purposive, utilitarian action; play is ignored at the expense of labor and work; activism directed towards the exploitation and control of the external world is preferred to a receptive, contemplative orientation towards nature and universe; conscious, deliberate, purposive (so-called rational) action is preferred to behavior that springs intuitively from the unconscious. Thus all action, behavior, feeling and thought that used to center around what is usually called the 'soul' and the 'spirit' is neglected." ("Repression and Industrial Dialectics," Manas, Vol. XIX, No. 13, March 30, 1966)

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NEW P.R.F. PUBLICATION: The Waking Dream by Robert Desoille

Despite a paucity of articles in the English language on the rêve éveillé method developed by the Frenchman, Desoille, there is increasing interest in his

work, and we are pleased to enclose a copy of PRF Issue #18 - The Waking Dream. This is a translation by Frank Haronian, Ph.D. of three lectures given by Desoille at the Sorbonne, Paris, early last year. Additional copies are available, \$1.00 each.

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#### ARGENTINE ASSOCIATION FOR PSYCHOSYNTHESIS

The plans, mentioned in our December 1965 Newsletter #26, for the setting up of a local center for Psychosynthesis have already materialized in the formal establishment of the Asociacion Argentina de Psicosisntesis, Juncal 2061 - 1o B, Buenos Aires. The chief officers are: Juan A. Aleandri, M.D., President; Emilio Curi, M.D., Vice President; Dr. Jorge J. Carrion, Secretary.

Two conferences have already been held: the first in May under the auspices of the Argentine Society of Sophrology with Dr. Aleandri presenting "Psychosynthesis: A New Vision in Psychology and Psychotherapy," and Dr. Bruno Fantoni speaking on "Psychosynthesis and Pedagogy and Psychagogy."

A second meeting and discussion was scheduled for June 25th (reports on which have not yet had time to reach us) at the John F. Kennedy University, Buenos Aires. Each of the four speakers took different aspects of psychosynthesis: Dr. Aleandri--"Fundamental Principles"; Dr. Castillo (member of the American Psychiatric Association, Past President of the Argentine Onto-Analytical Association, present Academic Secretary of the J.F.K. University)--"Psychotherapy in Psychosynthesis"; Dr. Fantoni--"Psychosynthesis in Sociology and Cultural Anthropology"; and Dr. Carrion--"Principal Techniques."

Dr. Aleandri tells us that he and his colleagues are trying to develop the practical aspects of psychosynthesis, through the study and application of the principal techniques to themselves, in order to acquire an adequate personal experience for future teaching. These developments in South America are, indeed, encouraging.

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#### CHANGE OF ADDRESS - PSYCHOSYNTHESIS IN EDUCATION

Please note the new address for our affiliate, Psychosynthesis in Education: c/o Dr. W. Ford-Robertson, 11 West Hill, Epsom, Surrey, England.

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#### RECOMMENDED READING

We draw our readers' attention to the recently published book Parallel Profiles: Pioneers in Mental Health, by Thomas F. Graham, Ph.D., Chief Psychologist at Massillon State Hospital, Ohio. For all even remotely connected or concerned with mental health it provides an informative, warmly written and exciting drama of the trail blazers in mental health from the 17th century through to the present day existential psychotherapists. Fittingly, chapters are given to such key figures as Freud, Adler, Jung and Assagioli. Publishers are Franciscan Herald Press: Chicago, Ill.

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P.S.: Enclosed - for our American readers - is a notice of professional positions opening up in a new psychosynthesis-oriented project in Kentucky.

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# *Psychosynthesis Research Foundation*

NEWSLETTER #29--DECEMBER 1966

ROOM 314, 527 LEXINGTON AVENUE, NEW YORK, N. Y. 10017  
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"Man's principal task today is to create a new self, adequate to command the forces that now operate so aimlessly and yet, so compulsively. This self will necessarily take as its province the entire world, known and knowable, and will seek, not to impose a mechanical uniformity but to bring about an organic unity, based upon the fullest utilization of all the varied resources that both nature and history have revealed to modern man. Such a culture must be nourished, not only by a new vision of the whole, but a new vision of a self capable of understanding and co-operating with the whole. In short, the moment for another great historic transformation has come."

"Whoever enlists in the cause of man in this age will find no time for tears. We are the vital link between the traditional civilizations of a well remembered past and the emergent world civilization. We stand between. If we break under the strain, there will be no future. All posterity is in our keeping. Such a task against such towering odds joins man to man and weaves meaning into the vast fabric of confusion. It can be the difference between the life and death of the Soul."

It seems to us that the above two quotations are peculiarly apt for the era of transition in which we are now living. The first quotation is from p. 179 of Lewis Mumford's The Transformation of Man; edited by Ruth Nanda Anshen (N.Y.: Harper & Brothers, 1956) and the second one is from Warren Wagar's The City of Man referred to in our April 1966 Newsletter #27 (Boston: Houghton Mifflin Co. 1963). A further quotation from Mumford's book sums up beautifully what psychosynthesis stands for and what the Foundation seeks to further:

"Without a concept of development, without a hierarchy of values, the mere lifting of unconscious repressions might simply produce, as it has often done in our day, a wholesale eruption of the libido, which would turn the mind itself into an instrument for slaying the higher impulses. Perhaps the greatest difficulty today, as a result of the general hostility to values brought in by seventeenth-century science, is the failure to recognize that wholeness demands imperatively that the highest elements in the human personality should be singled out, accepted and trusted, fortified and rewarded. The integration of the person begins at the top, with an idea, and works downward till it reaches the sympathetic nervous system, where organic integration in turn probably begins and works upward, till it emerges as an impulse of love or a vital image. In this replenishment of the whole self under a formative idea lies the promise of reducing the distortions, conflicts, isolationisms, infantilisms, and obsessions that have limited human growth." (pp. 186-187)



## PSYCHOSYNTHESIS IN SOUTH AMERICA

Newsletter readers living in South America will no doubt be glad to hear that Dr. Assagioli's book Psychosynthesis: A Manual of Principles and Techniques is now stocked by Editorial Sudamericana, Humberto 1o 545, Buenos Aires. Copies can be ordered direct from them.

The translation of the book into Spanish is now going forward in preparation for a Spanish edition to be published in Buenos Aires. Dr. Juan Aleandri and his colleagues in the Argentine Association for Psychosynthesis have undertaken to carry this project through.

In September, Dr. Aleandri presented papers on psychosynthesis to both the Fourth World Congress of Psychiatry in Madrid and to the Second International Congress of Psychodrama in Barcelona. Considerable interest was aroused, leading to impromptu meetings on psychosynthesis being held by Dr. Aleandri and a small group of Spanish psychiatrists and psychologists.

The previous month Dr. Aleandri also shared in discussions in London with Dr. Assagioli from Italy, Dr. Jack Cooper and Mr. F. Hilton from New York and a group of British psychiatrists and psychologists interested in psychosynthesis.

## PSYCHOSYNTHESIS IN ITALY

A few months ago we received copies of a new book, Per L'Armonia Della Vita - La Psicosintesi, by Roberto Assagioli, M.D., published in Italian by the Istituto di Psicosintesi, Florence. As distinct from Dr. Assagioli's book in English (Psychosynthesis: A Manual of Principles and Techniques) which was written primarily for psychotherapists, the Italian book is intended for use by the intelligent lay public, teachers and students. Already it has received high praise in Italy and has been adopted by two lyceums in Rome as part of the general curriculum.

Copies of the book can be obtained from the Istituto di Psicosintesi, Via San Domenico 16, Florence, Italy. Price: Lire 1,500 or \$2.50 incl. postage.

It is hoped that later an English translation will be made and published in either England or America.

As in previous years, the Istituto di Psicosintesi is holding classes every Sunday at 10:30 A.M., running through to Spring 1967. The subjects include: the description of various techniques of psychosynthesis (not included in the book, Psychosynthesis); reports on clinical cases treated with psychosynthetic therapy; discussions on educational problems; group exercises.

## FIFTH INTERNATIONAL CONFERENCE ON PSYCHOSYNTHESIS

We have received preliminary notice from Dr. Assagioli that, in connection with the VIIth European Conference on Psychosomatic Research and at the kind invitation of Prof. F. Antonelli of Rome, the "Fifth International Conference on Psychosynthesis" will be held in Rome, Italy from 13-16 September 1967. It will include two symposia (one on the therapeutic applications of psychosynthesis and

one on its psychopedagogical applications) and a lecture by Dr. Assagioli on Psychosomatic Medicine and Bio-Psychosynthesis.

Therapists and educators are cordially invited to participate and may apply for information to the Conference Secretary, Istituto di Psicosintesi, Via San Domenico 16, Florence, Italy.

#### PSYCHOSYNTHESIS IN U.K.

Our affiliate Psychosynthesis (previously known as "Psychosynthesis in Education"), has entered on its winter program of lectures and group discussions, with 33 students enrolled in the First course which opened on October the 22nd. These are being conducted by W.M. Ford Robertson, O.B.E., M.D., with the aid of members of the Psychosynthesis council. Further details are obtainable from Dr. Ford Robertson, 11 West Hill, Epsom, Surrey, England.

#### THOMAS JEFFERSON RESEARCH CENTER

We draw our readers' attention to the work of this research group founded early in 1963 by a group of business executives seeking to determine whether its problem solving techniques of professional management could be applied to the solution of national problems. Since then work has grown soundly and steadily, with the setting up of a panel to meet the increasing demand for speakers, periodical seminars and an interesting monthly newsletter. The fundamental aim of the Center is to teach responsible behavior through the changing of attitudes. The approach is multi-disciplinary and combines both the theoretical and practical viewpoints. Further details obtainable from: Thomas Jefferson Research Center, 1143 North Lake Avenue, Pasadena, California 91104.

#### OBITUARY

We regret to announce the death of Robert Desoille of Paris, France, the author of The Directed Daydream, a copy of which was sent to you with our last Newsletter. It is some consolation to know that Mr. Desoille had the satisfaction of seeing these latest of his writings published in the English language before he died. Over the years, as he worked out his psychotherapeutic technique, he gave passing allegiance to various psychological schools of thought: first the Freudian, then the Jungian, and lastly the Pavlovian. It would have been interesting to see where his further researches would have taken him.

#### FINANCES

May we remind our readers that the work of the Foundation goes forward by means of the voluntary contributions of individuals and groups subscribing to its aims, and the expansion of the work will be determined by the gifts we receive. Donations in the U.S.A. are, of course, deductible in Federal Tax returns, and can be sent to this address or direct to the "Treasurer, P.R.F., 602 Bellevue Road, Wilmington, Delaware 19809." Contributions in the U.K. can be mailed direct to: "Psychosynthesis Research Foundation, Lloyds Bank Ltd., 16 St. James's Street, London S.W.1, England.

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# Psychosynthesis Research Foundation

NEWSLETTER #30 - MAY 1967

ROOM 314, 527 LEXINGTON AVENUE, NEW YORK, N. Y. 10017  
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"In our time, for the first time, one human species can be envisaged, with one common technology on one globe and some surrounding 'outer space'. The nature of history is about to change. It cannot continue to be the record of high accomplishments in dominant civilizations, and of their disappearance and replacement. Joint survival demands that man visualize new ethical alternatives fit for newly developing as well as over-developed systems and identities. A more universal standard of perfection will mediate more realistically between men's inner and outer worlds than did the compromises resulting from the reign of moral absolutes; it will acknowledge the responsibility of each individual for the potentialities of all generations and of all generations for each individual, and this in a more informed manner than has been possible in past systems of ethics."

The above quotation from Erik H. Erikson's Insight and Responsibility (N.Y.: Norton, 1964) is particularly fitting at this time of world tensions, when concerned people everywhere seek not only to see clearly the truth hidden in conflicting views and reports on pressing national and international problems, but also to see where Man is headed. Erikson reiterates the theme of the scientist Teilhard de Chardin in The Phenomenon of Man (N.Y.: Harper, 1959); and in the Recommended Books (see overpage) the psychologist Abraham H. Maslow and philosopher Oliver L. Reiser sound the same note of vision.

Relevant to this question is an apt phrase from the article "The Missing Factor" in the April 12, 1967 issue of MANAS (Vol. XX, No. 15): "The secrets of the will, of the processes of growth in selfhood, of the disciplines of freedom, of the solvent of human solidarity, are locked up in the mystery of the individual, who does not begin to be a free man until he accepts in eager self-recognition his natural responsibility for all the wholes with which he is joined in consciousness."

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## JUNG AND PSYCHOSYNTHESIS

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Many of our Newsletter readers are interested in the Jungian approach and, we believe, will find of special interest the Foundation's latest publication: P.R.F. ISSUE #19: Jung and Psychosynthesis, by Roberto Assagioli, M.D. This monograph comprises three lectures given last year at the Istituto

di Psicosintesi in Florence, Italy. The third lecture in particular should have strong appeal to educators, as well as psychotherapists, for not many people are aware of Jung's interest in and first-hand experience of the problem of gifted and super-gifted children.

A complimentary copy is enclosed and additional copies are available at 75¢ each - less 25% for orders of ten or more copies for classroom or group use.

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#### RECOMMENDED BOOKS

This being our first Newsletter for 1967 we draw belated attention to two outstanding books published last year:

The Psychology of Science: A Reconnaissance by Abraham H. Maslow, (N.Y.: Harper and Row, 1966). Few of our Newsletter readers need any introduction to Dr. Maslow's fine, pioneering contributions to psychology, and this latest book is of particular importance to the bridging that must come about between science and the humanities. It is to be hoped that it will be as widely read by scientists as by psychiatrists and psychologists.

Cosmic Humanism by Oliver L. Reiser, (Cambridge, Mass.: Shenkman Pub. Co., 1966). This by no means easy book is yet of basic importance to anyone seeking for coherence and possible patterns behind the ever shifting world scene resulting from the dissolution of the old culture under the impact of science and technology. Reiser believes that it is possible for man to integrate himself and his new "planetary society" through the formation of a world philosophy which will draw together physics, biology, psychology, sociology and comparative religion into an over-all synthesis. He contends that "What the modern world needs is a new system of thought ...to replace the outmoded views", and to fill that need he presents his "Cosmic Humanism".

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# *Psychosynthesis Research Foundation*

NEWSLETTER #31 - SEPTEMBER 1967

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"Psychotherapy may be thought of as concerned with the removal of limitations on functioning with the intent of freeing the person for more satisfying psychological life...for most of our patients there is no hypothetical 'normal' from which they have lapsed due to injury. Rather, full use of their potential is something they have never achieved. It is partly for this reason that we recognize a second phase, here given the name 'ontogogy', which is concerned with aiding a person to actualize or make real more of his potential once the grosser handicapping effects of his emotional disruption have been overcome....a further phase of human development that is infrequently attained but which needs to be brought into relation with the first two....may be called 'transcendence', (this level) is one at which the person would move through and beyond many of the limitations on awareness and experience that are generally taken for granted and would then realize new oneness with all being....

"Recognition of the third (transcendent) phase of human potential is, however, essential to the whole orientation to existential-analytic psychotherapy. Only through this recognition can we put in full perspective the significances of the first two phases. Because each person has within him the potential for transcendent being, we may look to the tasks of psychotherapy and ontogogy with greater appreciation of their significance to the full gamut of human possibility."

Our quotation is drawn from J.F.T. Bugental's The Search for Authenticity (N.Y.: Holt, Rinehart and Winston, 1965) which we are glad to recommend to our readers. This quotation, and in fact the whole book, clearly shows the close agreement between what Bugental calls "ontogogy" and what Assagioli calls "spiritual psychosynthesis," as a further stage of self-realization beyond mere personality integration or personal psychosynthesis. However, we must call the attention of readers to the difference in the terminology used by the two writers, which might engender confusion if not carefully taken into consideration and constantly kept in mind. Both Bugental and Assagioli emphasize there is a central I; a conscious subject which is characterized, according to Bugental, by awareness and choice; but they use the word "self" in quite different ways. Bugental's definition of the self, or rather the selves, corresponds to what Assagioli calls personality and sub-personalities. Instead Assagioli uses the Self (with capital S) to denote the higher or transcendental I or ontological subject, of which the I is the reflection at the personal or "normal" level. This Self is also in contact with, and aware of the universal Self or ultimate Reality. (A more detailed exposition of this basic subject can be found in Assagioli's article Jung and Psychosynthesis, pp. 15-17; P.R.F. Issue #19)

Many existential psychologists lose themselves - and the patient as a person! - in abstruse theorizing and existential jargon. This is completely

absent in Dr. Bugental's book, which is eminently readable and never loses sight of the subject or patient as a human being.

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#### NEW PUBLICATION - P.R.F ISSUE #20

We have pleasure in enclosing a copy of Hobart F. Thomas' refreshing approach to the student-teacher relationship, Education for Self-Awareness. Prof. Thomas moved from a background of training in clinical psychology to the academic field and his objective appraisal of his own "education" and growth will appeal, we believe, as much to therapists as to educators. Certainly he underlines one of Bugental's conclusions that "we psychologists have arrived at the point at which we must be beyond our exclusive preoccupation with psychological deficit and try to explore the whole new realm of psychological abundance. It is probably a tribute to our evolving effectiveness in psychology and psychotherapy that we have reached a stage where it may pay diminishing returns and we have need of new concepts and new tools. I, personally, am excited by the prospect of venturing into a whole new era of human experience, an area which I strongly suspect may contain greater potentials for revolutionizing all we know of daily living and being than any of the discoveries of the physical sciences."

Additional copies of Issue #20 are available, 30¢ each.

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#### ASOCIACION ARGENTINA DE PSICOSINTESIS

From Juan Aleandri, M.D., President of the Asociacion in Buenos Aires comes word of the completion of the translation into Spanish of Roberto Assagioli's Psychosynthesis: A Manual of Principles and Techniques; and arrangements are being made for publication. Also, in May a successful lecture "Psychosynthesis as an Integral Promotion of the Human Personality," was given in the Facultad Libre de Psicologia de Buenos Aires connected with the Catholic University. In July began a series of lectures (ten in all) under the auspices of the Ministry of Education of Buenos Aires Province on "Psychosynthesis in Education and Pedagogy" for educators, teachers and members of the Ministry of Education.

In August Dr. Aleandri presented a paper on "Psychosynthesis and Sociology" to the 7th International Congress on Psychotherapy in Wiesbaden, Germany.

A delegation of five members of the Asociacion Argentina de Psicosisntesis are attending the Fifth International Meeting on Psychosynthesis in Rome this month (September 11 - 16), and will present four papers.

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#### MONTHLY SEMINARS ON PSYCHOSYNTHESIS IN NEW YORK

We are planning to resume next month - October - our customary monthly seminars for psychiatrists and clinical psychologists. They will be held in the Park Sheraton Hotel (7th Avenue & 55th St.) New York, on the third Friday of the month, and notices will be sent later to participants.

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# *Psychosynthesis Research Foundation*

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"If a person seeks to help his fellow man in a truly meaningful way, if he wants to cure him thoroughly and so be a real doctor, he must above all else, have arrived at a clear notion of what man, by his nature, really is, how he is and to what end he is here on earth...otherwise, a doctor forever remains a charlatan and, with all his healing techniques, spends his entire life helplessly groping about in the dark.

"...what our psychotherapy needs above all is a change in the psychotherapists. If our science of mental health is to become more effective, psychotherapists will have to balance their knowledge of psychological concepts and techniques with a contemplative awareness. This will have to be an awareness that exercises itself day after day in quiet openness; it must address the inexpressible origin of all that is, of the healthy and the sick and also of all psychotherapeutic interventions. The psychiatrists, in their own way, will be able to help people who are becoming increasingly alienated from their roots. They will then be able to restore to these people that sense of nest-warmth that is more protective and sustaining than all the institutions and techniques that have ever been devised."

Our quotations are from the book by the well known Swiss existential psychiatrist Medard Boss, A Psychiatrist Discovers India (London: Oswald Wolff, 1965). We feel strongly that this is a book of fundamental importance not only in the synthesis of Eastern and Western thought, but in developing more effective psychotherapy - and education. It is an exciting book to read as one journeys both objectively and subjectively with Medard Boss. It should appeal to all our Newsletter readers, whether psychiatrists, psychologists or educators.

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## NEW P.R.F. PUBLICATION

We are glad to send you with this Newsletter a copy of P.R.F. Issue #21; Psychosomatic Medicine and Bio-Psychosynthesis by Roberto Assagioli, M.D., a lecture given at the plenary session of the International Psychosomatic Week conference in Rome, Italy, in September 1967. (See report on the Conference on p. 3 of this letter.) Further copies available on request; single copies 25¢, in quantity, less 20%.

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## P.R.F. BOARD

It is a pleasure to announce that Frank Haronian, Ph.D., of the Bureau of Research in Neurology and Psychiatry, Princeton, has joined the Board of

Directors of the Foundation. His background in research and in clinical psychology - plus having worked this past summer with Dr. Assagioli in Italy - makes him a valued addition to the Board.

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### OVERSEAS ACTIVITIES IN PSYCHOSYNTHESIS

As is customary in our December Newsletter, we give below a brief summation of the year's activities drawn from reports from centers of psychosynthesis in other countries.

In England: Our affiliate, Psychosynthesis in Education--an Association for the Study of Personal and Spiritual Integration--under the leadership of W.M. Ford Robertson, O.B.E., M.D., assisted by M. Israel, M.D., M.R.C.P. and members of the Council, have arranged a series of twelve lectures on personal and spiritual psychosynthesis and six meetings of a Discussion Group which began in early Fall. The lectures are essentially for intelligent lay persons although those belonging to professions are not excluded. The Discussion Groups are primarily geared towards a growth experience by the participants who are former class members. The basic material is drawn from Assagioli's book Psychosynthesis: A Manual of Principles and Techniques. This program has included such subjects as "The Use and Training of the Will," "The Place of Suffering" and "To Turn the Other Cheek." Such books as Battle for the Mind (W. Sargent), Loneliness (Hoskisson), and The Art of Loving (Fromm) have been read and discussed in the light of psychosynthesis.

On August 5th a successful One Day Seminar was held, some 45 participating with speakers drawn from the Council and from those who had attended the previous winter and spring classes. The theme was "Towards Self-Realization. Know Thyself; Does Psychosynthesis Help to Fulfil this Injunction?"

Links are gradually being forged with clergy who are teachers in psychology at Theological Colleges and it is hoped that in 1968 lectures in Psychosynthesis and related subjects will be part of a curriculum devised for enlightened churchgoing people.

In Greece: Dr. Triant Triantafyllou has given several lectures on psychosynthesis; also has translated into Greek and arranged the printing and distribution of P.R.F Issue #17 "The Training of the Will" by R. Assagioli, M.D.

In Argentina: Lectures and discussions on psychosynthesis have been held throughout the year, some at the headquarters of the Argentine Association for Psychosynthesis, others at the John F. Kennedy University, the Catholic University and the Cultural Italian Institute, Buenos Aires. During July a course on Psychosynthesis in Education was given in La Plata under the auspices of the Ministry of Education. We have there a strong active group of psychiatrists, psychologists and educators; and the publication in Spanish of Assagioli's book Psychosynthesis is expected in 1968.

In Germany: At the 7th International Congress of Psychotherapy (Wiesbaden), Juan A. Aleandri, M.D., co-chairman of the Section on Institutional Psychotherapy gave a paper in Spanish on "Psychosynthesis in Sociology"; and Robert Gerard, Ph.D. of Los Angeles presented his paper on "Symbolic Visualization in Interpersonal Psychosynthesis."



In Italy: A series of weekly classes and group exercises on psychosynthesis was held during the winter and the spring by the Istituto di Psicosintesi in Florence. Lectures on the stages of the will were given by Dr. Roberto Assagioli. Other speakers were: Prof. Gabriello Cirinei, Dr. Luce Sannangelantonio, Dr. Giuseppe Crosa and Dr. Giorgio Antonucci. Resulting from the Rome Conference several medical doctors from various parts of Italy are now taking didactic psychosynthesis.

In Milan, fine work is being done by Luce Sannangelantonio, M.D., who started her medical career as a general practitioner. Later she specialized in endocrinology with Prof. Nicola Pende; then she took up psychotherapy as a method of "personal integration."

In 1957 she became acquainted with psychosynthesis, and since then has worked actively for its application and diffusion in a world-wide way, through UNESCO, the Italian Foreign Ministry, several universities and scientific associations in Italy, India (where she spent some years), Egypt, Switzerland, France, Scotland.

Within the next few months we will be publishing and sending you a pamphlet containing the English translation of three lectures in which Dr. Sannangelantonio presents the neuro-psychological basis of psychosynthesis, and gives clinical reports of some of her psychosynthetic treatments.

In Canada: Graham C. Taylor, M.D. and Mrs. Martha Crampton, psychologist, have actively furthered psychosynthesis and hope to establish in the near future a "Canadian Institute of Psychosynthesis". Canadian readers of the Newsletter who are interested in this development should write to: Graham C. Taylor, M.D., 1025 Pine Avenue West, Montreal 2.

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Rome Conference: The high point of the year's activities was the Fifth International Congress on Psychosynthesis which formed part of the "International Psychosomatic Week" (Seventh European Conference on Psychosomatic Research) held in Rome in September under the direction of Prof. F. Antonelli.

A team of five people headed by Juan A. Aleandri, M.D. came from Argentina; North America was represented by Robert Gerard, Ph.D. from California and Graham C. Taylor, M.D. and Martha Crampton from Montreal; a woman psychologist from India, one from Switzerland, six from France, and approximately 15 Italian medical doctors.

These were active participants in the psychosynthesis meetings, but there was naturally a degree of "cross fertilization" between the ten separate groups sharing in the Psychosomatic Week as doctors from other specialties dropped in to one or other of the psychosynthesis sessions.

The first paper was given by Dr. Juan Aleandri of Buenos Aires on the position of psychosynthesis in the overall scheme of medical psychology and psychiatry. The second paper was in French, discussing the research aspects of neuro-physiological regulatory centers for psychosomatic medicine. Prof. Jose Ferrer de Hombravella, who is using psychosynthesis with a group of doctors at the University of Barcelona, then reported on "The Situation of Psychosynthesis in Spain."

Graham Taylor spoke on "Psychosynthesis in the World of Instant Communication"; this was followed by a presentation by Martha Crampton on the "Visual Who Am I? Technique". Then Dr. Gerard presented a paper on "Symbolic Identification - a Technique of Psychosynthesis."

Mrs. Dorette Faillettaz, head of the international education institute for girls, Institut Bleu Leman, Villeneuve, Switzerland, gave a report (read by her daughter, Mrs. Isabelle Bagdasarianz) on the use, in her school's curriculum, of psychosynthesis, including regular Group Exercises.

Other interesting reports were given by Miss Suzanne Nouvion and four of her co-workers in the Centre de Recherche et Rencontres, (61 rue de la Verrerie, Paris IVE, France) on their work with isolated people in large cities whom they bring together for group psychosynthesis.

Dr. Agrawal, the psychologist from India, spoke on educational and psychological work in her country. Another paper by Dr. Aleandri and Dr. Molteni on the subject of "Psychosynthesis and Group Sports," dealt with the sublimation of sexual and aggressive energies through team work.

A third paper from the Buenos Aires Group was "A General Report on the Education of Super-Gifted Children in Argentina."

Finally, at the full plenary session Dr. Assagioli spoke on "Psychosomatic Medicine and Bio-psychosynthesis." This talk, as with all addresses to the plenary meetings, was accompanied by simultaneous translation in French and English.

Following the general psychosynthesis sessions a special meeting was held for those directly involved in psychosynthesis to discuss the international relationships of the movement. At one point there had been a question of founding an international federation of psychosynthesis centers, but this was decided against. Dr. Assagioli stressed that there should be cooperation between autonomous centers - the image he used was "we don't want a sun with various satellites around it, but all the centers working in equal and democratic relationship...mutual exchange of information and cooperation between all the centres is greatly to be desired and ought to be increasingly realised." To this end, it was agreed to establish an "International Secretariat" so that papers or reports from any centre, given in one language, can be translated into other languages and distributed to the other centers. Mr. Alexis I. duPont de Bie has undertaken to do this. His address is: "Valmy Hill", Chemin du Moulin, Montainville Parc, Mareil-sur-Mauldre, Yveline 78, France.

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# *Psychosynthesis Research Foundation*

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A profound change is needed in education the world over. The traditional "subject matter" basis of education is gradually being reappraised in favor of some degree of integrated problem solving. It is recognized that the simple storing up and recalling of facts can be done better in our era by machines. In our generation, it must be the prime function of education to teach men and women to think, constantly to re-examine the "facts," and to aspire to wisdom in the proper mastery of the machines.

Schools must now become agents of wise social change through making students and faculty learner-seekers, as together they grope towards tomorrow's potential design. The outlines are emerging as a nebula of universally applicable, universally acceptable, concepts, all relative, all fluid, all dynamic, all spelling out, each in its own related way - world community.

We draw the attention of our Newsletter readers - particularly educators - to Morris R. Mitchell's World Education (N.Y.: Pageant Press, 1967 - \$4.00) from which the above quotations are drawn. After presenting the concept of world education, approximately one third of the book is given to the example of the Friends World Institute which literally employs the world as its campus; i.e., students in the four-year program spend six months at each of the Institute's Study Centers in Africa, South Asia, East Asia, North America, Latin America, Western Europe and East Europe.

The remainder of the book is an invaluable guide to upwards of 50 other institutions, programs and projects of world education - in the U.S.A. and other countries. These are grouped under "Mobile Campuses", "Stationary Campus Schools" and "Exchange Programs." Each is summarized briefly but clearly, and addresses are given. We recommend the book heartily.

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## NEW P.R.F. PUBLICATIONS

We are glad to send you with this Newsletter a copy of P.R.F. Issue #22, The Essentials of Psychosynthesis, an address to the Allan Memorial Institute of Psychiatry, Montreal, given in March 1967 by Graham C. Taylor, M.D., Assistant Professor of Psychiatry at McGill University. This Issue should prove of great help in explaining psychosynthesis to enquirers, and further copies are available on request - single copies 25¢, in quantity less 20%.

#### NEW P.R.F. PUBLICATIONS (continued)

Also enclosed is a copy of P.R.F. Issue #23, Approaches to the Self - The "Who am I?" Techniques in Psychotherapy, by Graham C. Taylor, M.D. and Martha Crampton, M.A. This publication originated in talks and discussions at Psychosynthesis Seminars in New York City. The first presentation of the "Who am I?" technique was given at a seminar in 1964 by the late Dr. Fabian C. Rouke then head of the Department of Psychology, Manhattan College, New York. In January 1967 Dr. Taylor presented the history of the method and his experience with it. Springing from Dr. Taylor's work, Martha Crampton carried out a series of experiments in both clinical and "growth group" settings, to develop a visual method in place of the written one, and presented the results at the March 1967 seminar. From the transcripts of these meetings the new Issue #23 was drawn up, and we hope that these seminars will be a continuing source of new publications of value to all who are interested in psychosynthesis.

Further copies of P.R.F. Issue #23 are available at \$1.00 each; less 20% in quantity.

\* \* \* \* \*

We recommend to our readers - particularly those interested in group encounter (T-groups) and group psychotherapy - William C. Schutz's book Joy: Expanding Human Awareness (Grove Press, N.Y. 1967). The methods Dr. Schutz describes, so clearly and interestingly, could well be called techniques towards inter-individual psychosynthesis. The author is currently Director of the Residential Program of the Esalen Institute, Calif.; previously, during his appointment at the Albert Einstein School of Medicine, New York, he shared in several of the Monthly Psychosynthesis Seminars in New York City.

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#### NEW ROME CENTER OF PSYCHOSYNTHESIS

From Italy we have received the good news that the Rome Center of the Istituto di Psicointesi has been formally constituted. The address is: Via Monte Zebio 24 and the Director is Dr. Sergio Bartoli, a general practitioner who has been working with Dr. Assagioli and is well conversant with psychosynthesis.

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"The Existentialist diagnosis of contemporary man fastens on the symptoms and disregards the cause. Worse than that, it offers no remedy. As a result, all kinds of remedies are tried and discarded each leading to new symptoms....

"Today as always, man goes through life either perfecting his human nature or defacing it. Whether he prefers the joy of work well done, the excitement of new sensations or transports of bought ecstasy, whether he puts his faith in God or in the prophets of meaninglessness or of LSD religion, he cannot escape the consequences of his choice. The right choice, however demanding, will increase his human stature; the wrong choice, however popular, will leave him emptied, exhausted and bankrupt."

The above quotation is drawn from "Is Existential Anxiety Inevitable?" by Magda B. Arnold, Professor of Psychology at Loyola University, Chicago, in Inward Light (Vol. XXI, No. 73, Spring 1968). It ties in with a recent article in Manas\* (Vol. XXI, No. 26 - June 26, 1968) on "The Uses of History": "Perhaps history ought to be written as a chronicle of the varying circumstances through which men strive to reach a position of absolute personal responsibility. And perhaps it ought never to be written in a way that would encourage men intent upon making history to ignore personal responsibility or let it seem unimportant. For when history is made without attention to the idea of individual accountability, only some kind of system-dominated social environment can result. So the history of man must also be the history of philosophy - concerned with whether or how the environment can be transcended, and with what might be the identifiable condition of man when transcendence is really achieved! Utopian ideals, in short, may be indispensable, even though Utopia seems unattainable."

## BOARD OF DIRECTORS - PSYCHOSYNTHESIS RESEARCH FOUNDATION

We are glad to announce that in June of this year the Board of Directors was strengthened by the appointment of Martha Crampton, M.A., Assistant Professor of Education, Sir George Williams University, Montreal, Canada; John H. Parks, M.D., Psychiatrist-Director, Comprehensive Care Centers, Lexington, Ky.; and Graham C. Taylor, M.D., Assistant Professor of Psychiatry, McGill University, Montreal, Canada.

\*"Manas is a journal of independent inquiry, concerned with study of the principles which move world society on its present course, and with search for contrasting principles - that may be capable of supporting intelligent idealism under the conditions of life in the twentieth century. Manas is concerned, therefore, with philosophy and with practical psychology, in as direct and simple a manner as its editors and contributors can write. The word "manas" comes from a common root suggesting "man" or "the thinker". Editorial articles are unsigned, since the journal wishes to present ideas and viewpoints, not personalities." Manas Pub. Co., Box 32112, El Sereno Station, Los Angeles, Calif. 90032

The Board and officers are now:

Roberto Assagioli, M.D. . . . . Chairman  
Jack Cooper, M.D. . . . . President  
Frank Hilton, F.C.I.I. (Eng.) . . . . Administrator  
Frank Haronian, Ph.D. . . . . Vice-President & Research Director  
E. Russell Jones . . . . . Treasurer & Secretary  
Martha Crampton, M.A.  
John H. Parks, M.D.  
Graham C. Taylor, M.D.

### The self and the Self

Arising out of discussions and correspondence on the self, and the distinction between a "personal psychosynthesis" and a "spiritual psychosynthesis," we received the following definition from Dr. Assagioli which we think will be thought-provoking and interesting to our readers:

"The Self is an ontological Reality, a Being, and is on Its own level a stable Center of Life, from which It radiates energies. The personal self, the self-conscious "I" is a projection or reflection of the Self into the normal human level.

An analogy may help understanding, although, as are all analogies, it is only approximate and partial. The relationship between the spiritual or transpersonal Self and the personal self, or "I", can be compared to that between the Sun and a planet, let us say the Earth. From the sun emanate many and powerful radiations, which affect the planet and all the living beings on it, producing the conditions for evolution, development, growth. In the same way the Self projects a small portion, a spark, a tiny center of self-consciousness. This self grows in self-awareness, intelligence, power to act, etc., under the combined influence of "nourishment" from the environment, the soil where it exists, and from the vivifying impact of the descending energies radiated by the Self. One might say that the Self becomes aware through the self of what exists and occurs at the personal levels (physical - emotional - mental). The personal self, in its turn, becomes aware of the Self in two ways:

1. By opening itself consciously to and recognizing the radiation from the Self.
2. By rising towards and eventually contacting and merging partially with the Self."

### THE PSYCHOLOGY OF WOMAN AND HER PSYCHOSYNTHESIS

We are pleased to send you with this Newsletter our new publication, P.R.F. Issue #24: The Psychology of Woman and her Psychosynthesis, by Roberto Assagioli, M.D. Additional copies available on request - single copies: 25¢, in quantity less 20%.

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"We have to distinguish between the 'unconscious of the past', our racial memory and inheritance, and the 'unconscious of the future', containing the infinite pyramid of values, possibilities, and tasks, which, as it were, are lying ahead of us. Exactly spoken of, these values are timeless, but they must be lived in the future. The poet must visualize them, the prophet proclaim them, the individual feel them.... We may call the former the historic, and the latter the timeless, unconscious."

The above quotation from In Search of Maturity\* by Fritz Kunkel, M.D. seems particularly apt as we enter into the new year with all its potentialities for good and ill; and the choice is ours as to how far we act from the Past or from the creative "unconscious of the future."

\* \* \* \* \*

THE PAST YEAR saw encouraging developments and growing interest in psychosynthesis. In August, at both the American Association of Humanistic Psychology Annual Meeting and the American Psychological Association Convention in San Francisco, Dr. Frank Haronian held sessions at which he presented the basic principles of psychosynthesis and some of the techniques. At both meetings the rooms allotted proved too small to accomodate all (well over 100 at each) who wanted to be present; there was lively interest shown and useful discussions.

Earlier in August the Foundation's Administrator, Frank Hilton, was over in England for discussions with Dr. Roberto Assagioli. At a half-day seminar called by "Psychosynthesis in Education" Dr. Assagioli spoke on "The Self and the Will," Mr. Hilton on "The Aims, Work and Growth of the Psychosynthesis Research Foundation," and Mr. Ron I. Shepherd on "Psychosynthesis and Experiments in Group Work" - followed by a keen question and answer period. About 60 people attended, most of whom had taken the regular courses on Psychosynthesis given by W. Ford Robertson, M.D. and Martin Israel, M.D.

In September a very successful five-day Conference, with the participation of a number of Italian M.D.s headed by Roberto Assagioli, was held in Rome by the Istituto di Psicosintesi. The sessions covered the goals and various aspects of therapy by psychosynthetic methods, including training of therapists, use of techniques, sex education, etc., etc. Other sessions dealt with the question of Psychosynthesis and the Crisis in the Schools.

The Rome conference was followed in October by the National Convention of Psychiatry in Milan, at which Luce Sannangelantonio, M.D., the founder of the Committee for the Diffusion of Scientific Psychosynthesis (in Milan), spoke on Psychosynthesis in Medical Practice.

In Buenos Aires, the Argentine Association for Psychosynthesis, under

\* N.Y.: Charles Scribner's Sons, 1943

the leadership of Dr. Juan Aleandri continued its regular courses of lectures on, and instruction in, psychosynthesis and its techniques.

In California, Dr. Robert Gerard has conducted a series of successful lectures, workshops and seminars on the principles and methods of psychosynthesis. These have taken place at various locations: Kairos near San Diego; Esalen Institute in San Francisco, Big Sur and Berkeley, Loyola University in Los Angeles, and California State College in Sonoma.

In October in New York City, the 1968/69 series of Monthly Psychosynthesis Seminars began and will continue through April 1969.

\* \* \* \* \*

We welcome the recent appearance of a revised edition of Towards a Psychology of Being by Abraham H. Maslow, Brandeis University. This new edition is a hard back, published by Van Nostrand of Princeton, price \$4.95. As Prof. Maslow says in his Preface:

"Much has happened to the world of Psychology since the book was first published. Humanistic Psychology - that's what it's being called most frequently - is now quite solidly established as a viable, third alternative to objectivistic, behavioristic (mechanomorphic) psychology and to orthodox Freudianism. Its literature is large and is rapidly growing. Furthermore, it is beginning to be used, especially in education, in industry, in religion, in organization and management, in therapy and in self-improvement, and by various other "Eupsychian" organizations, journals and individuals."

We think many of our readers will want this new edition to replace their paperback copy, which is probably - like ours - dog-eared through frequent use!

\* \* \* \* \*

#### JOURNAL OF TRANSPERSONAL PSYCHOLOGY

This new journal will make its debut in Spring 1969 and should prove of major interest to those interested in Psychosynthesis. The Editorial Staff is: Editor-Anthony J. Sutich, Associate Ed.-Michael H. Murphy, Asst. Eds.-James Fadiman, Harriet Francisco, Miles A. Vich - all people who will ensure a high standard being maintained. To quote from their announcement:

"The Journal of Transpersonal Psychology is concerned with the publication of theoretical and applied research, original contributions, empirical papers, articles and studies in meta-needs, ultimate values, unitive consciousness, peak experience, ecstasy, mystical experience, B values, essence, bliss, awe, wonder, self-actualization, ultimate meaning, transcendence of the self, spirit, sacralization of everyday life, oneness, cosmic awareness, cosmic play, individual and species-wide synergy, maximal interpersonal encounter, transcendental phenomena; maximal sensory awareness, responsiveness and expression; and related concepts, experience and activities.

"We will be presenting papers that define and explore the nature of



transcendence in this first issue, papers such as:

ASSAGIOLI, R. Symbols of transpersonal experience...an analysis of 14 Symbols central to transpersonal experience in therapeutic and meditation situations.

MASLOW, A.H. The farther reaches of human nature...the first public announcements of the emergence of transpersonal psychology...an exploration of the practical applications, both current and anticipated.

MURPHY, M.H. Education for transcendence...a description of various psychophysical disciplines now coming into widespread use which evoke and nurture experiences of self-transcendence. Murphy suggests that these disciplines can be integrated into education at all levels.

"We invite you to become a Charter Subscriber and offer you reduced rates until Spring 1969." (i.e. \$5.00 for a one-year subscription as against the regular rate of \$7.50.)

The address is: Journal of Transpersonal Psychology, P.O. Box 4437, Stanford, Cal. 94305.

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"In the educational realm we are challenged to complement our present dissection of the world a la Newtonian mechanics by putting it together a la field theory. We must cease our exclusive curricular preoccupation with analysis and develop some curriculum for synthesis. We must supplement our present monologue on disciplines with dialogue on issues and involvement in problem-solving.

"If the college curriculum is going to have any relevance to present-day life, it must at some points provide the experience of synthesis. In a few years the college curriculum will be meaningless if synthesis is not a major feature of the educational experience."

The above quotation is from a paper "Lamps to be Lighted: Some Curricular Implications of the Generation Gap" by Noel McInnis, Director, Educational Advancement, Kendall College, Evanston, Ill. He goes on to say:

"At the basis of student dissatisfaction with the present curriculum is the increasingly obvious fact that while the world will submit to sociological analysis, economic analysis, mathematical analysis, physical analysis, logical analysis, etc., its problems will not submit to a sociological solution, an economic solution, a mathematical solution, a physical solution, a logical solution, etc. The world presents its problems in wholes, and partial solutions often only aggravate the total problem. Today's student discovers that his forebears are presenting him with the problem of managing an entire world, but are preparing him to manage only a tiny discipline. From his perspective, analytic, fragmented disciplines are a hang-up, because we need synthetic, integrative disciplines to make the world hang together.

"The solution to this problem is not to be found in the creation of what are generally known as interdisciplinary courses....Bringing separate disciplines closer to one another does not meet our eventual need to transcend their boundaries, confronting experience as a whole. What we need are transdisciplinary courses. Transdisciplinary courses take one of three forms: dialogue concerning a topic or issues, involvement with a real-life problem, or a mixture of these."

\* \* \* \* \*

## PSYCHOLOGY AND SCIENCE

As a contribution to the perennial discussion as to whether or not psychology is a science we quote a recent statement by Roberto Assagioli, M.D.:

"First let us try to realize WHAT Science is. It may seem obvious, but that is not so. Generally, what is considered scientific, or a proper thing for scientific investigation, is the outer world - the world of nature - and everything that can be weighed and measured. That is not only the popular conception of science, but the belief of many scientists. But it is a narrow, one-sided conception. The fundamental mistake or misunderstanding is that the fields of research are considered scientific or not scientific; while it is not the field of research but the method of research which can be scientific or non-scientific. This is a fundamental distinction. Everything can be the object of science, and the world of qualities and meaning and what is usually called the spiritual world is as legitimate a field of scientific investigation as that of the outer garment - the manifestation of nature.

"To give a clear example, sex is currently considered 'scientific' and love is not! Academic psychologists have much to say about sex, and there are many scientific books on sex, but practically none on love. In the index of the textbooks of psychologists you don't find love. Sex can be studied scientifically or not scientifically - for many of the books on it are very poor science - but love also can be studied scientifically.

"There are two instances of this. The famous Kinsey reports on sex have all the appearances of science: statistics, a wide field of interviews, and so on, but they are not really scientific. Why? Because Kinsey has isolated physical sex from its connections with the emotional and mental life. That is un-scientific. It is an artificial separation of facts which are intimately united, and therefore, his reports do not give a true picture and the conclusions he draws are questionable.

"On the other hand, the late Professor Sorokin, Professor of Sociology and a true scientist, wrote an admirable book, The Ways and Power of Love which is very good science because in it he made an objective analysis of love, of the various kinds of love, of the various potentialities of love. He also gave some statistics and an historical survey with true scientific method. This is a scientific book on Love, but it is practically unknown. 'Scientific' is what is studied with scientific method, and the scientific method is not limited to weighing and measuring, but it means first of all clear thinking and sound reasoning on well established facts. It is using the mind objectively, without prejudice, bias or emotional distortions. Francis Bacon clarified some of the chief points of the scientific method - and others have done so since, notably through the science of semantics."

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### PSYCHOSYNTHESIS IN GREECE

We welcome the opening, in January 1969, of the Greek Center of Psychosynthesis, Kyvelis 5, Athens 147, Tel. 885872, under the direction of Dr. Triant Triantafyllou. Dr. Triantafyllou was a Fulbright scholar in 1953 and in 1954; and was granted a scholarship by the Greek State Scholarship Foundation to obtain his doctorate of Psychology at New York University. He was present at the inaugural conference of the Foundation in America in 1958 and since then has lectured widely in Greece on Psychosynthesis. He has translated and arranged for printing in Greek eleven of the basic PRF publications which have been widely distributed to psychologists, psychiatrists and educators.

Recently he established and legally incorporated the Greek Association for Psychosynthesis, which held in May its first General Assembly Meeting at the Hellenic-American Union in Athens; about 40 members of the Association and many prospective members attended.

\* \* \* \* \*

#### NEW APPOINTMENT

The Directors are pleased to announce that on September 1, 1969, Frank Haronian, Ph.D. became a paid staff member of the Foundation. In the past two years, Dr. Haronian has been serving voluntarily as Research Director. The growing demands of the work now call for his regular professional services.

Dr. Haronian comes to the Foundation from the N.J. Bureau of Research in Neurology and Psychiatry. His doctorate is from the New School for Social Research. He has had two decades of experience in various phases of psychology: clinical, school and constitutional; and in the development of community programs. He has published articles on developmental, constitutional, and clinical psychology. In addition to his duties with the Foundation, he will continue his practice of psychotherapy, his teaching post at New York University, and his consultantship to Trinity Church, Princeton.

\* \* \* \* \*

#### P.R.F. REPRINT #11

We salute the first issue of the new Journal of Transpersonal Psychology (announced in detail in our January Newsletter #35) which strikes a new high in psychological periodicals, both in the quality of its articles and in its format.

With permission of the editors we have reprinted Dr. Assagioli's article "Symbols of Transpersonal Experiences" and a copy is enclosed. Further copies available on request at 35¢ each.

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Every school should have written over its door: The Purpose of Man Is to Contribute to the Evolution of Mankind. Now that we have enslaved an amenable physical force to create material goods and to do the repetitious work of the world, children should be aware that the future of Mankind depends on their contributions to it.

In a liberal arts education subjects should be studied from the point of view of how this knowledge can be used to improve or enhance the future of Mankind. This is education in the context of evolution. For now that man is an active agent of his own evolution, knowledge of the past must be consciously used to direct the future. The educational institution's function is to produce a good citizen, that is, one concerned with the evolution of Mankind. Without this meaning in mind, the cultural past appears as brilliant fragments of unrelated patterns. (pp. 67-8)

Our quotation is drawn from the challenging little book The Search is On by Earl Hubbard, (Los Angeles: Pace Publications, 1969). Written from a positive creative philosophy - the author is a talented artist - the book is a fitting companion volume to Sam Keen's Apology for Wonder (New York: Harper & Row, 1969). Keen points out that "usually we do not apply the term pathology to philosophical world views and models of man. It is part of the antimetaphysical bias of our age to assume that the way we view the ultimate context of human existence has nothing to do with sickness or health...My proposal is that pathology is indivisible; it has psychic, social and philosophical (affective, behavioral, and cognitive) dimensions. Since man is that creature who constructs world views and models of himself, an unbalanced philosophy no less than disturbed personal relationships or inappropriate feelings is a symptom of illness. Therefore we must speak of ideopathology - no less than psychopathology and socio-pathology...."

Frank Goble, President of the Thomas Jefferson Research Center, has, in his own way, been doing something about the problem of "ideopathology". In his booklet "Return to Responsibility", Mr. Goble considers five of the major theories of human behavior which have influenced our present day society. He claims that there has been a major breakthrough in the understanding of human behavior through advances in thinking in modern psychology. He believes that the American Ethic, the philosophy of the Founding Fathers of the United States of America is an excellent and workable basis for a healthy community and that the findings of modern psychology, particularly the humanistic approach of Maslow and his colleagues, is helping us to appreciate anew the validity of the philosophy upon which this country was based.

Mr. Goble goes on to illustrate how the concepts of humanistic psychology are being applied to the problems of business management, psychotherapy, addiction, and education. Copies of this booklet are available for \$1.50 from the Thomas Jefferson Research Center, 1143 North Lake Ave., Pasadena, Cal. 91104. We found it most stimulating.

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### THE NEW COPERNICAN REVOLUTION

Through the courtesy of our Affiliate, the Psychosynthesis Center of Northern California, we are glad to enclose a copy of Dr. Willis W. Harman's article, "The New Copernican Revolution", which originally appeared in Stanford Today. Additional copies may be obtained (25¢ each) direct from Psychosynthesis Center, 654 Everett Ave., Palo Alto, Cal. 94301

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### PSYCHOSYNTHESIS - A POSITION STATEMENT

Over the years, the term "psychosynthesis" has held an attraction for many workers in mental health professions. Each has used it as the name of a somewhat different approach but, by and large, these various points of view have had much in common. This year, however, has seen the birth of a totally different approach under the name of "psychosynthesis". It purports to use electro-convulsive shock and the subsequent confusional state in order to erase traumatic memories and to instill the patient with a self-image that will facilitate his adjustment to his family and community. This group is also publishing a journal under the name of psychosynthesis.

We regret the confusion that this development may cause. Because there is no legal way to restrict the use of the term 'psychosynthesis', we urge you to look twice when you see it being used.

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THE PAST YEAR saw several encouraging developments in our work. An unexpectedly heavy demand for the book Psychosynthesis necessitated a second printing sooner than had been expected. This came off the press in October. Owing to the number of outstanding orders for the book, there was not time to carry out the many revisions Dr. Assagioli had in mind. Consequently, only corrections and minor changes were made in the text. A new foreword was also added. The price remains the same: \$7.50 in the U.S.A.; 50/- in the U.K. Orders should be sent to your local bookseller, or directly to the publishers, Hobbs, Dorman & Co., 441 Lexington Ave., New York, N.Y. 10017. In the U.K., Transatlantic Book Service, Ltd., 43 Essex St., Strand, London W.C. 2, carries the book.

A major step in furthering the Foundation's work, as mentioned in our September Newsletter #36, was the appointment to the staff of Frank Haronian, Ph.D. as Research Director. He commenced his duties in September with a two weeks visit with Dr. Assagioli in Italy to discuss plans for the future but especially to work with Dr. Assagioli on the manuscript of his forthcoming book on The Will.

As you will appreciate, this move has increased the Foundation's budget, and there is now an urgent need for increased funds. We appeal to all our Newsletter readers to make what contribution they can to enable the work to go forward. Donations are, of course, tax deductible in Federal Income Tax returns.

The Greek Center of Psychosynthesis established in Athens, has completed its first year of operation, and the Greek Association for Psychosynthesis reports a steady growth in membership. Regular meetings are held under the leadership of Triant Triantafyllou, Ph.D., and in recent months they have launched a monthly mimeographed newsletter. During the summer Dr. Triantafyllou translated and arranged for the printing and distribution in Greek of PRF Issue #16, Psychosynthesis: Individual and Social, and Issue #22, The Essentials of Psychosynthesis.

In Florence, Italy, the Istituto di Psicointesi expanded its premises so that it now has a general secretarial office and a library-cum-lecture room. Membership has increased and regular courses of lectures continue to be held.

The Rome Center of the Istituto (Via Montezebio 24) has also become firmly established with two regular courses of lessons - one for medical practitioners and students of medicine, and one for the general public.

In Bologna, the Centro di Psicointesi was officially founded - Via Milazzo 19, 40121 Bologna. Prof. Gabriello Cirinei gave a course of six lectures on the fundamentals of psychosynthesis and their educational application.

In Argentina, the Asociacion Argentina de Psicointesis continued its fine work throughout the year. Regular classes on psychosynthesis are given by the Asociacion. These were presented by Dr. Juan Aleandri and several of his colleagues. Psychosynthesis continues to be included in the programs on Clinical Psychology and Dynamic Psychology at the John F. Kennedy University in Buenos Aires.

At the P.I.E. London centre the second half of the usual lecture course was completed by Drs. Ford Robertson and Israel and was followed by four Discussion Group sessions. A condensed course covering six lectures was given at Guildford as part of an ecclesiastical educational program. Much interest was shown and each lecture well attended. Five other lectures were given by Dr. Ford Robertson outlining psychosynthesis to groups of church-oriented people in the south of England.

The application of psychosynthesis to problems of therapy and growth, both individual and group procedures, was discussed and illustrated at the annual meetings of the American Psychological Association and the American Association for Humanistic Psychology in Washington in August.

Growing interest in learning more about psychosynthesis has prompted us to develop plans for training seminars in the New York area. Enquiries from experienced practitioners in the various forms of psychotherapy and counselling are invited. If you are interested, please write to the Foundation.

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# Psychosynthesis Research Foundation

NEWSLETTER #38 - MAY 1970

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"There have been indications for several years that the science and profession of psychoanalysis were moving into a state of crisis....

"Central in the roots of this crisis lies the failure of psychoanalysis to solve the problem of will and decision. For if the complete determinism in theory for which Freud argued were true in practice, no one could be cured in psychoanalysis. The opposite is likewise true: If we assumed a complete indeterminism, i.e., that we could make ourselves over in bland freedom by any New Year's whim or resolution, no one would need to bother to come for psychotherapy. Actually, we find that people's problems are stubborn, recalcitrant, and troublesome - but we find they can change. And so we need to look further for what changes them."

The above quotation will explain why we welcome the appearance of the book from which it is drawn: Rollo May's Love and Will (New York: W.W. Norton, 1969). We recommend Dr. May's book as a searching and erudite contribution to the question of the will, an issue which has been long neglected by psychologists and psychiatrists. Dr. Assagioli has long argued that the non-recognition of the will and its potentialities in psychotherapy and education has been "the scandal of psychology," and that the development of a good will, a wise will, is a prerequisite to achieving a personal or a spiritual psychosynthesis.

Dr. May's dual theme of love and will will surely contribute to the goal he expressed in his earlier book, Man's Search for Himself (N.Y.: W.W. Norton, 1953): "...the unique powers and initiative of each individual must be rediscovered, and used as a basis for work which contributes to the good of the community, rather than melted down in the collectivist pot of conformity."

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## THE TECHNIQUE OF EVOCATIVE WORDS

With this Newsletter we are glad to send you a copy of our latest publication, P.R.F Issue #25, The Technique of Evocative Words, by Roberto Assagioli, M.D. We consider this a most valuable addition to the techniques of psychosynthesis, not only in psychotherapy but in education. It is applicable to children as well as to adults.

The printing of the cards which accompany this booklet represents an unusual expense. If you find the technique of value, the Foundation would welcome donations towards printing costs. Additional sets, comprising the article and the cards, are offered at 50¢ each; the article alone at 25¢. For quantities of 10 or more a discount of 20% applies.

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## CLARIFICATION: PSYCHOSYNTHESIS and the PSYCHOSYNTHESIS RESEARCH FOUNDATION

Psychosynthesis, as its name implies, is concerned with the synthesis of the separate and separative elements in the psyche. Most "schools" of psychology would assert the same aims, but we use the term to embrace not only the familiar conscious, pre-conscious and sub-conscious elements but also the super-conscious. That is, our use of the term "unconscious" includes the "higher" or more altruistic and transpersonal potentialities, as well as the more familiar sub- or "lower" unconscious revealed in psychoanalysis.

Central to psychosynthesis is the recognition of the central core of the self, or persisting "I-consciousness," distinct from the changing biological-emotional-mental states. When one has learned to identify with it rather than with the personality states, around that core or self the process of synthesis can proceed, utilizing various techniques.

Many of these techniques - as techniques - are familiar to the practicing psychiatrist or psychologist, but Dr. Assagioli sees their use within the framework of - or uses them as means towards achieving - psychosynthesis. For average man this is the achieving of what he calls "a personal psychosynthesis" - a balanced effective full functioning as a useful human being.

For some, however, a recognition of the self and the achieving of integration is not enough - they have potentialities of growth towards the spiritual or transpersonal Self; the goal is "a spiritual psychosynthesis," the results of which are the devotion of one's life and efforts to the reconciliation of differences between men, to group integration and finally to the integration of mankind - the psychosynthesis of humanity.

This Assagioli clearly sets forth in his monograph, "Self-Realization and Psychological Disturbances" and his book Psychosynthesis: A Manual of Principles and Techniques (N.Y.: Hobbs, Dorman & Co., 1965). Of importance is his reference to the misleading idea many people have that psychosynthesis aims always at the realization of the Self, the spiritual transpersonal Self. The above distinction between a "personal psychosynthesis" and "spiritual psychosynthesis" corrects that idea.

The Psychosynthesis Research Foundation exists for two main purposes:

1. To present the principles and techniques of psychosynthesis as developed and practiced by Assagioli and others. This is not the setting up of an "Assagioli School of Psychology" but to relate and utilize the best of all the many schools of psychology and methods of psychotherapy, within a more comprehensive concept of an approach to Man, man as a biological-psychological-spiritual being.

2. To further, through presenting to a wider field, the thinking and writings of pioneering psychologists and psychiatrists who are similarly reaching towards a growth psychology, a psychology of the whole man, toward "Self-actualization" (as expressed by Maslow), toward what we call psychosynthesis. Many different terms are found in these new approaches which fall within what has been called "the third force" in psychology, and "the fourth force" or transpersonal psychology. With these new trends psychosynthesis is in full sympathy.

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# *Psychosynthesis Research Foundation, Inc.*

NEWSLETTER #40 - DECEMBER 1970

ROOM 314, 527 LEXINGTON AVENUE. NEW YORK, N. Y. 10017  
TEL: PLAZA 9-1480

"Maslow's work is not a total rejection of Freud or of Watson and the other Behaviorists, but is rather an attempt to assess what is useful, meaningful, and applicable to mankind in both psychologies, and to go on from there.

"It is very difficult, I have found,' he said, 'to communicate to others my simultaneous respect for and impatience with these two comprehensive psychologies. So many people insist on being either pro-Freudian or anti-Freudian, pro-scientific or anti-scientific psychology, etc. In my opinion all such loyalty-positions are silly. Our job is to integrate these various truths into the whole truth, which should be our only loyalty'." (p.13\*)

We heartily recommend Frank Goble's The Third Force: The Psychology of Abraham Maslow,\* published last month by Grossman Publishers, N.Y. That Goble has succeeded in presenting clearly Maslow's ideas is borne out by the Foreword written by Prof. Maslow just a few weeks before his death: "I am very happy that Mr. Goble has done so well what I have often wanted to do but couldn't. He has brought together into a systematized and simplified organization what is, after all, an unstructured sprawl of writing."

Further, the closing chapters of the book give clear and brief summaries of the work of other key figures in the Third Force approach to human problems in psychology, psychotherapy, management, education and rehabilitation work.

\* \* \* \*

## PSYCHOSYNTHESIS - An Overview of 1970

The past year has seen quiet, steady, encouraging growth in the Foundation's work. The book, Psychosynthesis is becoming increasingly recognized and used by psychiatrists, psychologists and educators.

Last April, the psychosynthesis approach was represented by Frank Haronian at the second Interdisciplinary Conference on Voluntary Control of States of Consciousness held in Kansas. As mentioned in our last Newsletter, he subsequently spoke at the Paris conference on psychosynthesis in June.

In August, Jack Cooper and Georgina Hauser attended a conference sponsored by the Comprehensive Care Centers in Versailles, Kentucky, of which John Parks is the Medical Director. They presented their use of psychosynthesis in their work with prison inmates. At the same conference Frank Haronian teamed up with Daniel I. Malamud to present psychosynthesis and growth group techniques. They also presented a program in September at the Convention of the Association for Humanistic Psychology in Miami.

Starting in October, PRF revived its series of monthly seminars in New York City. Frank Haronian spoke at the first, October, meeting on "Psychosynthesis,

A Personal Overview"; in November, Stanislav Grof, noted LSD researcher, spoke on the implications of his research for personality theory and the relationship of his findings to Roberto Assagioli's symbols of transpersonal experiences. At the last meeting of the year, in December, John Parks spoke on "The Will - Conceptions and Experiences." The seminars will continue through April 1971.

In California, psychosynthesis continues to be ably presented by Robert Gerard of Los Angeles in lectures and workshops, including training seminars for various professional institutions such as the Los Angeles Psychiatric Service, Mt. Sinai Hospital and the Neuropsychiatric Institute of the University of California at Los Angeles. Dr. Gerard is devoting his time increasingly to the training of psychotherapists by means of didactic psychosynthesis. He spent August and September of this year in Europe to exchange ideas and techniques with professional colleagues. He attended the International Congress of Psychotherapy in Milan and the International Congress of Psychosomatic Medicine in Paris.

In Northern California, the Psychosynthesis Institute is in the process of incorporation by James and Susan Vargiu (654 Everett Ave., Palo Alto, CA 94301). In recent years they have spent several extended visits to Italy in working closely with Dr. Assagioli. Mr. & Mrs. Vargiu have done much work with gifted teenagers in meeting the crisis of adolescence, in addition to their major work with adults, many of whom are involved in the human potential movement.

In August, Frank Hilton visited England for discussions with Dr. Assagioli. He also had valuable interviews with several London doctors interested in psychosynthesis. Later, he and Mrs. Hilton visited Greece for discussions with Dr. Triantafyllou, and were guests at a stimulating meeting of the members of the Greek Center of Psychosynthesis.

The work of the Greek Association of Psychosynthesis has grown steadily. New members continue to join, and regular monthly meetings and discussions at the Center of Psychosynthesis in Athens were held throughout the year. Psychosynthesis is included in the curriculum of the School for Vocational Teachers where Dr. Triantafyllou is Professor of Psychology. A bi-monthly newsletter is also issued in Greek, and PRF Issue #24, "The Psychology of Woman and her Psychosynthesis" has just been translated and printed, and is being distributed.

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In Italy, the Istituto di Psicosintesi, Florence, continued, very successfully, its regular meetings and lectures. Speakers were, Dr. R. Assagioli, Dr. B. Calderoni, Prof. G. Cirinei, Prof. Fusini-Doddoli, Dr. S. Bartoli, Dr. W. Ferioli, Mr. J. Vargiu (of California) and Miss Christine Mallouk (of New York).

An interesting innovation in June was a series of four weekly meetings devoted to "Group Psychological Exercises." Incidentally, group techniques of psychosynthesis comprise a promising field of experiment that we hope to see more fully explored by other psychosynthesis Centers in the future.

Dr. S. Bartoli's center in Rome has grown considerably in the past year and now has approximately 70 members. The 1969 pattern of separate courses for (1) medical students and doctors and (2) the general public, continues.

The small Bologna center is also growing steadily and now has 14 active members. Series of lectures are given.

In Perugia, a new center was founded in January 1970 under the leadership of Dr. Francesco Brunelli, who has given weekly talks presenting the principles of psychosynthesis as a preliminary to introducing psychosynthesis to the local university and medical circles.

\* \* \* \*

#### CRISIS OF EXPANSION - AN APPEAL

The growing acceptance of psychosynthesis and the increasing demands on the Foundation for information, material and lectures has precipitated a crisis of financial need. Current donations are not sufficient to meet the modest expenses of maintaining our small office and part-time staff. So we are appealing for help to all of you who have found the PRF Issues and Reprints of value. Contributions are, of course, deductible in Federal Tax returns. Also, if you know of any foundations or individuals who might be interested in supporting our operation, please let us know.

\* \* \* \*

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"I believe that there are unmistakable trends that the world of human society is moving towards a great synthesis.

"The primary aim of education in the West...has been and still is the intellectual development of men...to create doctors, scientists, engineers, to go to outer space...what is external is very clearly perceived, while...what is inside of us remains a dark jungle tract.

"In the East...the stress is the other way around. Traditionally the primary objective of oriental education...has been the development of the moral and spiritual qualities of men...to try to discover what is inside of us....At the same time the intellectual aspects of life have been ignored....

"My feeling is that a pure intellectual development, unaccompanied by a corresponding moral and spiritual development, is sure to lead humanity from one crisis to another. At the same time, pure moral and spiritual development without a corresponding intellectual development, will be just an anachronism in this second half of the twentieth century. So I think it would be wise for all of us, the peoples from the West as well as the peoples from the East, to try to understand these two basically different concepts and harmonise them so that human development will be fully integrated in all three aspects, intellectual, moral and spiritual...."

The above remarks were made by U Thant, Secretary General of the United Nations, to a Non-Governmental Organizations Conference some years ago, and are worth reflecting on today when Western involvement in the East grows apace; hopefully, an involvement that will now move from conflict to cooperation.

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PSYCHOSYNTHESIS: A MANUAL OF PRINCIPLES AND TECHNIQUES

We welcome the appearance of the paperback edition of this basic treatise by Roberto Assagioli, M.D. Published by Viking Press, 625 Madison Avenue, New York, N.Y. 10022 in their well known Compass series, it is now on sale in book stores. Price \$2.75 per copy. The hard-back edition continues to be available from the publishers, Hobbs, Dorman & Co., 441 Lexington Avenue, New York, N.Y. 10017. Price \$7.50

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## NEW P.R.F. REPRINT

We are pleased to enclose a copy of the new P.R.F. Reprint #13, The Ethical Relevance of a Psychotherapeutic Technique, by Frank Haronian, Ph.D. This should prove to be of particular interest and value to therapists using the technique of Desoille's "Directed Daydream" or Hanscarl Leuner's "Guided Affective Imagery." Further copies are available at 25¢ each, less 10% for ten or more copies.

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## GIFTED ADOLESCENTS

To our readers interested in the problems of gifted adolescents, we strongly recommend the article Psychosynthesis and the Gifted Adolescent: Three Case Histories by Susan Vargiu. This is a description of individual psychosynthesis programs at the Psychosynthesis Institute in Palo Alto, and includes quotations from the writings of the young people themselves. Copies (75¢ each) can be obtained from the Psychosynthesis Institute, 654 Everett Avenue, Palo Alto, CA 94301. You may also be interested in their other publications.

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## COURSES AND LECTURES ON PSYCHOSYNTHESIS

A nine-session course on Psychosynthesis, its principles and methods, offered by GROW (Group Relations Ongoing Workshops) N.Y.C., began on Mar. 5, '71 and continued through April 30. Frank Haronian was the instructor of the course which was primarily for those who are working as therapists, counselors, or case workers.

From the Istituto di Psicopsintesi in Florence comes word of a new series of lectures which commenced in March on "Existential Situations and their Psychosynthetic Solutions." In addition, there are weekly meetings for group psychosynthetic exercises led by Dr. Piero Rossi-Ferrucci and Prof. Gabriello Cirinei.

At Esalen's New York Benefit (April 16, 17 and 18) Dan Malamud and Frank Haronian presented psychosynthesis as it can be applied to groups. Two presentations exposed about 400 people to our ideas and Dan's imaginative exercises. Audience reaction was enthusiastic.

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## INTERNATIONAL CONFERENCE ON PSYCHOSYNTHESIS, BUENOS AIRES

The conference, preliminary notice of which we gave in Newsletter #39 last September, will be held August 5 to 10, 1971. The official languages will be English and Spanish. Will those planning to attend notify, as soon as possible, the Secretariat, International Conference on Psychosynthesis, Bartolome Mitre 1407, John F. Kennedy University, Buenos Aires, Argentina. Enrollment fee up to June 20, 1971 is \$25.00, later applications, \$30.00.

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## INFORMATION NEEDED ON PSYCHOSYNTHESIS THERAPISTS

We are increasingly receiving enquiries from various parts of the country for names and addresses of therapists oriented to psychosynthesis. Because we would like to be able to refer people to such therapists, we would appreciate hearing from you if you are practicing psychotherapy under the principles of psychosynthesis. Please give a brief resume of your qualifications and experience.

\* \* \* \* \*

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"I believe that it is one of the ethical problems of our time to educate men and women and ourselves to be aware and to respond. Another aspect of this is the ability to see; to see man in the act of relatedness, rather than to see him as an object. To put it differently, we must lay the foundation for a new science of man in which man is understood not only with the method of natural science, which is proper in its place and proper also for many fields of anthropology and psychology, but also in the act of love, in the act of empathy, in the act of seeing him man to man. More important than all these aims is the necessity of putting man back into the saddle, of returning means to means and ends to ends, and of recognizing that our achievements in the world of intellect and of material production make sense only if they are means to one end: the full birth of man, as he becomes fully himself, fully human."

The approach to education contained in the above words by Erich Fromm (The Dogma of Christ; N.Y.: Holt, Rinehart & Winston, 1963) finds full support in psychosynthesis and, we believe, sums up the attitude of growing numbers of educators. It is often said that if we are to meet the tremendous problems facing education we will have to first free ourselves from our obsolete patterns and think in totally new terms; and one who helps us to do just that is George B. Leonard in his book Education and Ecstasy (N.Y.: Delacort Press, 1968).

There is a steadily increasing interest in applying the principles and techniques of psychosynthesis to the classroom situation. In the Program of courses recently received from the Institut Bleu Leman, Villeneuve, Switzerland, Psychosynthesis is listed as "an optional subject but is considered as a 'fixed' subject....it helps to develop harmoniously and to utilize constructively the psychological functions (will, intuition, intellect, desire, imagination, emotion, etc.). Basic qualities, such as adaptability, serenity, patience, joy, benevolence, etc., and the ability to concentrate and relax, thus gradually unfold, enabling the individual to progressively establish and maintain correct inter-individual and inter-group relationships."

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### GLOBAL EDUCATION AND PSYCHOSYNTHESIS

In line with the above thoughts is our new PRF Issue #27 Global Education and Psychosynthesis, by James Vargiu, founder of the Psychosynthesis Institute, Redwood City, Ca. We are glad to enclose a copy for you; and additional copies are available 35¢ each, less 10% for ten or more copies.

A companion article is Psychosynthesis: A Way to Inner Freedom by Prof. Gabriello Cirinei of Florence, Italy. Copies of this article are obtainable from the Psychosynthesis Institute, 150 Doherty Way, Redwood City, CA 94062, price 25¢ ea. Incidentally, please note the change of address of the Psychosynthesis Institute from Everett Ave., Palo Alto, which was given in our last Newsletter.

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## NEWS FROM THE CENTRES

Psychosynthesis was well represented at the 1971 Convention of the Association for Humanistic Psychology. Jim and Susan Vargiu presented a very interesting program on the transpersonal aspects of psychosynthesis. This was a combination of theory and practice. Another program was presented by Dan Malamud and Frank Haronian utilizing group exercises. John Parks spoke about the use of transpersonal conceptions in the training of para-professionals who work in a community mental health center. In the Theory and Research section, Frank Haronian presented a psychosynthetic model of personality and its implications for psychotherapy. So it is apparent that psychosynthesis is contributing to the ferment of ideas in the fields of humanistic and transpersonal psychology.

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On October 15th, in New York City, we resumed our customary monthly seminars on Psychosynthesis for psychiatrists, psychologists and allied professionals. The meetings will be held in the Park Sheraton Hotel (7th Ave & 55th St.) on the third Friday of each month through April 21, 1972.

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Another nine-session course in psychosynthesis began on October 15th under the aegis of GROW (Group Relations Ongoing Workshops). Frank Haronian is the instructor. The course will be repeated in response to public interest. To enroll in future courses, we suggest you call GROW (874-1955; 874-2025) for information.

\* \* \* \* \*

The Istituto di Psicosintesi in Florence, Italy, reports an active year: from March through June - as in previous years - a course was given on Psychosynthesis and allied themes by a strong panel of ten key members of the Istituto. In addition weekly Group Exercises were held in which non-members of the Istituto could take part.

During September, Dr. Assagioli directed a session on Didactic Psychosynthesis in Groups, in which ten visiting Americans took part. Personal interviews with the participants supplemented the group procedures.

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The Psychosynthesis Institute, 150 Doherty Way, Redwood City, CA. 94062, is offering a wide program of activities which include: individual didactic training for professionals in the theory and practice of psychosynthesis; workshops, lectures, and continuing group programs, including professional training series, given in collaboration with growth centers and educational institutes; consultations to schools, counseling centers, and other educational institutions and projects; and group programs for bright and talented adolescents. Publications on psychosynthesis and related areas are being issued periodically. A current publication list and calendar of activities will be gladly sent on request.

\* \* \* \* \*

There is a special satisfaction in enjoying the friendship of a person who is always alive to new experiences and ideas, who greets life with a "yes!" Now, this man - William Wolf, M.D. - of such varied accomplishments and timely enthusiasms has died. He was a regular attendant at our New York monthly seminars and he often contributed from his wide-ranging experience in bio-chemistry, endocrinology, psychiatry, general semantics, futurology, etc. We trust that he is now finding the answers to the enigma of consciousness, a problem that engaged his interest for many years. Hail and farewell, Bill! We will miss you.

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"...any full section of any woman or man includes their God and Goddess, priest and priestess possibilities, and mysteries embodied in and shining through the actual unlimited human individuals before one's eyes: what they stand for, what they could be, what they remind us of, what we can be poetic about....Every good therapist must have this kind of unity perception of his patient or he can never become a decent therapist. He must be able to give the patient simultaneously 'unconditional positive regard' (Rogers) - regard him as a unique and sacred person - at the same time that he is also implying that the patient is lacking something, that he is imperfect, that he needs to be improved."

"The relevance of this...lies in the fact that this is a technique for perceiving simultaneously the is and the ought, the immediate, concrete actuality, and also what might be, what could be, the end-value that not only could come to pass but is there now, existing before our eyes."

The above quotation is from the posthumously published book by Abraham Maslow, The Farther Reaches of Human Nature (N.Y.: Viking Press, 1971), which we heartily recommend to our readers. Mrs. Maslow writes in the preface to the book: "In the Fall of 1970 I was faced with a choice between substantial editing of AHM's idiosyncratic style or the publication of the original articles as a collection of papers. I decided on the latter." For her decision most readers will surely be grateful, for to those of us who had the privilege of knowing Abe personally, reading the "Farther Reaches" was to be again in his warm friendly presence and to catch his lively forward looking spirit.

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## NEW P.R.F. PUBLICATION

In April 1971, Martha Crampton of the Canadian Institute of Psychosynthesis, Montreal, presented a paper to a Psychosynthesis Seminar in New York City on "Toward a Psychosynthetic Approach to the Group." This aroused such keen interest that we have now printed it as PRF Issue #28 and a copy is enclosed. Martha's ideas may serve to supplement current encounter group practices with psychosynthetic conceptions.

Additional copies 75¢ each; less 20% for ten or more copies.

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## NEWS FROM THE VARIOUS CENTERS

Italy: In January 1972 courses in psychosynthesis were resumed at the Università Internazionale del Mediterraneo in Rome; four classes per week are held.

The Centro di Roma of the Istituto di Psicointesi under the direction

of Dr. Sergio Bartoli is continuing its program of regular meetings and discussions.

In Florence, the Istituto di Psicosintesi is running its customary course of lectures, and this year the central theme is Expansion of Consciousness - Conquest and Exploration of the Inner Worlds. In addition, Prof. Gabriello Cirinei is directing a series of group exercises and training in the techniques of psychosynthesis, which are being well attended.

The publishers, Edizioni Mediterranee di Roma have brought out a second edition (in Italian) of Dr. Assagioli's book Per L'Armonia della Vita, with a new Appendix.

France: The Paris organization, "Recherche et Rencontres", led by Mlles Suzanne Nouvion and Jacqueline de Chevron Villette, is giving lectures on psychosynthesis and running group exercises.

Argentina: (The following was received too late for inclusion in our last Newsletter. Ed.) A successful four-day Conference on Psychosynthesis was held in Buenos Aires August 5th-8th, 1971, with participants from Brazil, Venezuela and Colombia. Dr. Juan Aleandri opened the proceedings, and there were addresses by Prof. Dr. Carlos Budano, Dr. Cesar Blumtritt, and Dr. Sersale di Cerisano. Topics and discussions were wide ranging: "Therapy and Psychosynthesis - with reference to education, human relations and existential analysis"; "Oriental Psychology and Psychosynthesis"; "Parapsychology"; "Psychosynthesis and Bio-psycho-energetics."

Greece: The regular meetings of the Greek Center of Psychosynthesis, held now for several years, are continuing successfully in Athens. Further, the Greek Association for Psychosynthesis has negotiated a cooperative agreement with the Eugenides Institution for the use of the Institution's big auditorium for monthly lectures. The opening lecture on February 9, 1972 on "Psychosynthesis in Education" by Dr. Triant Triantafyllou attracted between 450 and 500 people. On February 23rd the second lecture was given by Dr. John Panayiotopoulos, graduate of Vienna University on "Problems of Adjustment in our Modern Civilization." Four more lectures are scheduled for the current series.

U.S.A.: The Psychosynthesis Institute, 150 Doherty Way, Redwood City, CA 94062, are currently running training courses for psychotherapists and allied professionals. The monthly seminars in New York City will continue through April the 21st and transcripts of the October through December meetings have already been mailed to Members of the PRF.

Dr. Frank Haronian, our Program Director, has recently returned from two weeks of intensive work with Dr. Assagioli in Florence, Italy. He was pleased to find Dr. Assagioli in excellent spirits - busily engaged in the preparation of his publications. A number of the adherents of Psychosynthesis were visiting the Istituto thereby creating an atmosphere of optimistic activity.

Along with Jim and Susan Vargiu, Dr. Haronian plans to represent psychosynthesis at the Fourth Council Grove Conference in April.

Good news has just come to us from Audrey Beste and Nancy Stuart of Walpole, N.H. They have founded "The Hill," Center for Psychosynthesis in Education, offering a variety of programs in personal growth for both individuals and groups. Nancy is an Assistant Professor and Coordinator of International Education developing international dimensions in teacher training at Keene State College of the University of New Hampshire. Audrey recently retired from the faculty there in order to devote full time to psychosynthesis. Anyone interested in knowing more is invited to write to them at: Old Walpole Road, Walpole, N.H. 03608.

\* \* \* \* \*

# *Psychosynthesis Research Foundation, Inc.*

ROOM 1902, 40 EAST 49TH STREET, NEW YORK, N. Y. 10017  
TEL: PLAZA 9-1480

"The greatest and most important problems are basically insoluble. They must be so because they express the necessary polarity in every self-regulating system....They cannot be solved, but only transcended....This transcendence...of the problem reveals itself, however, as a raising of the level of consciousness, a deepening. A loftier and wider interest comes into view, and through this broadening of the horizon the insoluble problem loses its urgency. It is not logically solved in its own terms but pales before a new and stronger vital directive."

The above excerpt is from C.G. Jung's The Secret of the Golden Flower and the idea it contains is inherent throughout the writings of Roberto Assagioli, and more specifically in his article The Balancing and Synthesis of the Opposites. We have now published this as PRF Issue #29, and a copy is enclosed. Further copies are available at 25¢ each, less 20% for ten or more copies.

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## PSYCHOSYNTHESIS COURSE - NEW YORK CITY

A well-subscribed nine-session course on Psychosynthesis, its principles and methods, offered by GROW (Group Relations Ongoing Workshops) began on May the 3rd and will continue through June the 29th. Frank Haronian is the instructor of the course which is primarily for those who are working as therapists, counselors, or case workers. The next course will probably start in October. Professionals who might like to enroll in a more didactic study group are asked to register their interest with the Foundation.

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## NEWS ITEMS

Martha Crampton, founder of the Canadian Centre for Psychosynthesis, has been invited to take part in a panel on "Ways of Transcendental Growth" at the Conference on Transpersonal Psychology which will be held in Iceland from May 31st to June 5th. She hopes to start professional training workshops in Montreal in the Fall. And between times, Martha is scheduled to give a workshop on psychosynthesis for AHR (Associates for Human Resources) in Natick, Mass. from July the 7th to 9th. For details write: AHR, P.O. Box 727, Concord, Mass. 01742.

Frank Haronian represented Psychosynthesis at the Fourth Conference on Voluntary Control of Internal States. As usual, it was held in Council Grove, Kansas, during the week after Easter, April 3rd to 7th. Many speakers referred to psychosynthesis and Dr. Assagioli as old and familiar friends who had become integrated into their own points of view. The content of the meetings was distinctly more transpersonal than that of prior conferences. Gay Gaer Luce was elected chairman for next year's conference.

Stuart and Sukie Miller of Esalen Institute, San Francisco, have recently returned from an extended working visit with Dr. Assagioli in Florence, Italy. They report that the book on the Will is nearly finished and that firm plans have been made for two other books - one, Dr. Assagioli's writings on the Self, and the other a collection of papers by Dr. Assagioli and a group of psychosynthesis-oriented educators on psychosynthesis in education.

There were two psychosynthesis sessions on the Program (April 28th to 30th) when the Chicago area AHP presented "Humanistic Approaches to Psychological Growth." They were led by David Broman and Arthur L. Foster.

Oasis, the Chicago-based growth center, has planned a group charter flight to visit Dr. Assagioli early this Fall.

We have received word of the establishment of a psychosynthesis study group in Kansas. Dr. Ken Godfrey, who works at the V.A. Hospital in Topeka told us about this when we met at the Council Grove Conference.

One of the members of the PRF's Board of Directors, Dr. Bertha Rodger, is now a resident in Florida. With the surge of inquiries from that area recently, we expect that Bertha will be busy spreading the word. Her address: Bertha P. Rodger, M.D., 2438 Burnice Drive, Clearwater, Fla. 33516.

The Human Dimensions Institute, Buffalo, as in previous years, is running courses based on Dr. Assagioli's book, Psychosynthesis. The Spring course will be completed this month and the new course will commence in the Fall. For details, write: Human Dimensions Institute, Rosary Hill College, 4380 Main St., Buffalo, N.Y. 14226.

The Esalen Institute offered - from April to early July - ten programs on psychosynthesis and five others that included psychosynthesis techniques. We understand similar programs will be featured during the rest of the year at Big Sur and San Francisco. Details available from: Esalen Institute, 1776 Union St., San Francisco, CA. 94123 or Big Sur, Ca. 93920

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#### RE PRF MAILING LIST ON SUBSCRIPTION BASIS

We are glad to report that as of May 31st, we have received subscriptions for the year 1972 from 159 Associates, 153 Members, 5 Sponsors (\$50.00) and 7 Patrons (\$100 up). A few new contacts subscribe each month. In addition, we have 194 Associates and 24 Members on our Overseas list. However there is still a grave need for further financial support. Demands for our materials and services are increasing and can no longer be adequately met by part-time workers, as now applies. Donations to Psychosynthesis Research Foundation are, of course, tax deductible in Federal returns.

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# *Psychosynthesis Research Foundation, Inc.*

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"To be 'normal' is a splendid ideal for the unsuccessful, for all those who have not yet found an adaptation. But for people who have far more ability than the average, for whom it was never hard to gain successes and to accomplish their share of the world's work - for them restriction to the normal signifies the bed of Procrustes, unbearable boredom, infernal sterility and hopelessness. As a consequence there are many people who become neurotic because they are only normal, as there are people who are neurotic because they cannot become normal."

The above quotation is from Carl Jung's Modern Man in Search of His Soul (which was published nearly forty years ago (N.Y.: Harcourt Brace, 1933)). In retrospect it seems to have been prophetic of a problem which is being encountered ever more frequently, that of accepting personal growth as an inescapable responsibility of living. Current manifestations of this need can be seen in the proliferation of "growth groups," the questioning of one's own implicit values, the challenging of established cultural patterns, and the increasing interest of research into the transpersonal. It therefore seems timely and fitting for the Foundation to publish Dr. Frank Haronian's 1967 talk, The Repression of the Sublime as PRF Issue #30. A copy is enclosed. Additional copies sell for 50¢. A discount of 15% applies to orders of ten or more.

\* \* \* \* \*

The 1972/73 Series of Psychosynthesis Seminars will commence on Friday, October the 20th. As in the past, meetings will be held on the third Friday of each month at the New York Sheraton Hotel (formerly the "Park Sheraton"), 7th Ave. and 56th St. At our opening meeting Dr. John H. Parks, a community psychiatrist from Kentucky, will talk on "Bio-psychosynthesis."

\* \* \* \* \*

We deeply regret to announce the death of Prof. Gabriello Cirinei on June the 6th 1972. As Vice-President of the Istituto di Psicointesi in Florence, Prof. Cirinei was a very close friend and collaborator of Dr. Assagioli. He was a frequent speaker at the Istituto and at various conferences in France and England. Most recently, he had been leading groups in psychosynthesis exercises in Florence. We will miss his genial and deeply committed contributions. We salute him for a job well done.

From the Istituto also comes news that a successful and very well received paper on "The Contribution of Psychosynthesis to Psychosomatic Medicine," was given by Dr. Massimo Rosselli at the International Congress of Psychosomatic Medicine held in Vienna in May. Dr. Rosselli is a co-worker of Dr. Assagioli and a dedicated member of the Istituto in Florence.



We have received word from Dr. Assagioli that he has finally finished his book on The Will and that he is proceeding with the next project, a book on Height Psychology and the Self. In this task, he is being helped by Jim and Susan Vargiu, Directors of the Institute of Psychosynthesis, Redwood City, California.

\* \* \* \* \*

We welcome the publication of the Spanish translation of Per L'Armonia Della Vita, La Psicointesi, by Roberto Assagioli - hitherto available only in the Italian language. Translated by Eduardo S. Corazzi, the Spanish edition carries the title Psicointesis and is published by Libreria Kier, Avenida Santa Fe 1260, Buenos Aires. Price: US \$2.00

\* \* \* \* \*

The Greek edition of PRF Reprint #10, The Creative Attitude by Abraham H. Maslow was issued two months ago by the Greek Center of Psychosynthesis, Athens. Translated by Dr. Triant Triantafyllou, the Director of the Center, it will be distributed to all members of the Greek Association for Psychosynthesis, the Association of Greek Psychologists, the Association of Greek Psychiatrists, and the prestigious Eugenides Institute, Athens.

\* \* \* \* \*

In the past few weeks we have received encouraging news about the seminal effects of our publications on the clinical work of a number of therapists. Dr. G. Michael Cordner (1111 Decatur St., Sandusky, Ohio 44870) states that he first became aware of Dr. Assagioli's book while working on his Th.D. "Assagioli's writings and several publications of the PRF were particularly helpful while I was writing my dissertation, 'The Role of Imagination in Psychotherapy'."

The Rev. John T. Shaffer, (W. College Ave at Kosciusko St., Jacksonville, Ill. 62650) used our publications as the foundation for his own exploration into the use of guided imagery for psychotherapy. He has written a short Manual with five hours of supporting tapes on the "Use of Induced Guided Fantasy" and is interested in doing research into the process of treatment through imagery.

Another practitioner, Mr. Gary F. Kelly (4 Farmer St., Canton, N.Y. 1361) is planning to publish a collection of papers on the subject of mental imagery in psychotherapy. He will be happy to hear from any practitioners who feel that they might be able to make a meaningful contribution.

Here is one more word on the question of imagery. If you have any impressions or data regarding sex differences in response to Descille's starting images, Kenneth Graf (3816 Speedway, #202, Austin, Texas 78751) would be pleased to hear from you. Mr. Graf is doing research on this subject.

\* \* \* \* \*

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We have given you, Oh Adam, no visage proper to yourself, nor any endowment properly your own, in order that whatever place, whatever form, whatever gifts you may, with premeditation, select, these same you may have and possess through your judgment and decision. The nature of all other creatures is defined and restricted within laws which We have laid down; you, by contrast, impeded by no such restrictions, may, by your own free will, to whose custody We have assigned you, trace for yourself the lineaments of your own nature. I have placed you at the very center of the world, so that from that vantage point you may with greater ease glance round about you on all that the world contains. We have made you a creature neither of heaven nor of earth, neither mortal nor immortal, in order that you may, as the free and proud shaper of your own being, fashion yourself in the form you may prefer. It will be in your power to descend to the lower, brutish forms of life; you will be able through your own decision, to rise again to the superior orders whose life is divine.

We are indebted to that fine weekly journal, MANAS\* for the above quotation from Pico della Mirandola's Oration on the Dignity of Man. As the Manas article points out, Pico affirmed that "the unique distinction of human beings is that they determine their own nature and quality...that man is in charge of his own becoming." As Roberto Assagioli has often stressed, man has choice, decision and will to shape his own future.

\* \* \* \* \*

## CONGRESS ON PSYCHOSYNTHESIS - Switzerland - Summer 1973

We particularly draw your attention to the Congress to be held at Cartigny (Geneva) from July 28th to August 5th 1973. Details are given on the enclosed notice, and an early registration is advised.

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## NEW PUBLICATION: PRF. ISSUE #31 - The Conflict between the Generations and the Psychosynthesis of the Human Ages

We enclose a copy of the latest booklet in the PRF series, which is Dr. Assagioli's contribution to the crucial problem of the "generation gap" troubling families, teachers and psychotherapists everywhere. Additional copies are available at 35¢ each - less 10% for ten or more copies.

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## NEWS OF OTHER CENTERS

Greece: As in 1971-72 the Greek Center of Psychosynthesis has arranged a series of monthly lectures for 1972-73 with the Eugenides Institute, Athens. They commenced last October and run until June 1973, with a fine panel of speakers; and as usual are drawing large audiences.

Italy: Both the Florence and Rome Centers are, as in previous years, actively presenting courses and/or lectures on Psychosynthesis. Those interested should contact: Istituto di Psicosintesi, Via San Domenico 16, 50133 Florence; or Centro di Roma dell' Istituto di Psicosintesi, or Universita' Internazionale del Mediterraneo, Facolta' di Psicosintesi, Via Nazionale 87, Rome.

\*Manas Publishing Co., P.O. Box 32112, El Sereno Station, Los Angeles, CA 90032 (Subscription: \$5.00 a year).

Canada: The Canadian Institute of Psychosynthesis is now legally incorporated under the leadership of Martha Crampton (a Member of the Board of Directors of the PRF). Following a successful weekend workshop in December others are planned for Spring in the Montreal, Toronto, Boston (USA) areas. For details of programs write: Canadian Institute of Psychosynthesis, 29 Winchester Ave., Montreal 215.

Northern California: The Psychosynthesis Institute of Redwood City program for Spring and Summer lectures, workshops and professional training courses is now available. For a copy write: Psychosynthesis Institute, 150 Doherty Way, Redwood City, CA 94062.

The latest program from the Esalen Institute features many psychosynthesis workshops. For details write: Esalen at Big Sur, Cal. 93920, or at 1776 Union St., San Francisco, Ca 94123.

East Coast: The Hill, Center for Psychosynthesis in Education, Old Walpole Rd., Walpole, N.H. 03608 are currently running (February through April 3rd) a course on "The Challenge of the Creative Individual," geared to help teachers and parents of gifted, sensitive children.

A successful, fully subscribed Psychosynthesis Weekend Workshop, led by Tom Allen and Margaret Conway (of the Psychosynthesis Institute, Cal.) was held in New York City, December 8-10, 1972.

Notices of the April 6-8 Weekend Workshop at Wainwright House, Rye, N.Y., to be led by Tom Allen, have already gone to our readers in the East Coast area. A full week's workshop is planned for July and details of this will be sent out later.

Associates and Members of the PRF in the Pittsburgh area who are interested in contacting qualified professionals are invited to write to: Drs. Rolf H. and Elsa von Eckartsberg, 5307 Northumberland Street, Pittsburgh, PA 15217. Dr. Rolf obtained his Ph.D. in clinical psychology from Harvard in 1963 and worked with Gordon Allport and Viktor Frankl and is currently Associate Professor at Duquesne University. Dr. Elsa with a background of experience with Medard Boss and Viktor Frankl has given a series of sessions in psychosynthesis to graduate students and last year taught psychosynthesis at the School for Continued Education at Duquesne University.

Personnel Change: We regret that because of a shortage of funds, it has been necessary to terminate Dr. Frank Haronian's position with the Foundation as a paid consultant. However, Dr. Haronian will continue to function as Program Director in his spare time.

#### New Book related to Psychosynthesis

We believe that our readers, particularly those inclined towards Jungian psychology, will be interested in Ernest Lawrence Rossi's Dreams and the Growth of Personality (Elmsford, N.Y.: Permagon Press, 1972, \$10.50). Dr. Rossi presents dreams and imagination as creative processes leading to new dimensions of awareness, personality and behavior. He contends that "dreaming is a unique state during which new protein structures are being synthesized in the brain" and he sees in this "a firm scientific foundation for Psychosynthesis as a currently emerging field of depth psychology."

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PLAZA B-1480

This Newsletter is confined to two themes, both of which really warrant a letter in themselves. As lead-in to the first we quote from Dr. Adolphe Ferriere's Psychological Types (London: Heinemann, 1958):

"...the relation of body and mind. It seems hardly scientific to adopt a one-sided point of view. In practice, to declare a priori in an absolute manner that the mind depends upon the state of the body, or that the body, its form and temperament, are due to a state of mind, is to make a mistake in method. Neither pure idealism nor simple materialism is an explanation. The truth is that between the two poles of mind and matter there is reciprocal action and reaction, so that if we attempt to act upon one of these poles, while entirely neglecting the other, we achieve no lasting result. Daily experience shows that the state of the body affects our feelings and state of mind - indeed our mind itself - and that, as can be seen in the phenomena of hypnotism and of auto-suggestion, pure ideas can lead to concrete behaviour and often indeed to astonishing changes in organic states....

Body and mind, then, react upon one another, constituting two poles of the living being, who is a 'polarised duality', both one and many. In fact it is this characteristic that distinguishes living creatures from material objects, the word animate meaning something which has a soul (anima) and so is a manifold unity, and inanimate something which has no soul and is therefore only an element in the manifold universe. It is, however, from this duality of the living being, and from the momentary emphasis upon one or the other pole, that rhythm is born."

We have often been accused of neglecting in our publications the physiological aspect of man, although we have always affirmed the title "Bio-psychosynthesis" would be a truer - if unwieldy and "too much of a mouthful" - description of the Foundation's aims.

With this Newsletter we are sending you a copy of the new PRF Issue #32 Biopsychosynthesis by John H. Parks, M.D., Medical Director of Blue Grass West Mental Health Center, Frankfort, Kentucky, which, we believe, is of fundamental importance to all psychotherapy. Increasingly, psychiatrists in their practice are becoming aware of biochemical and physiological factors as contributing causes of their patient's difficulties. The popular psychopharmacological approach to psychopathology as well as the new and growing field of orthomolecular psychiatry have made it mandatory that all therapists seeking to treat the whole human being pay increasing attention to the biochemical nuances of the diet and physiology of their clients.

The futility of psychological treatment alone in such cases - not to mention prolonged and wastefully expensive treatment - is not so nearly widely recognized by many psychotherapists lacking medical training. Here we see why the cooperation of medical doctors of all specialties, psychiatrists and psychologists is essential. We hope that Dr. Parks' article will help to further such cooperation and help to bridge the gap that exists in the field of psychotherapy - or, we ought to say, of bio-psychotherapy.

"There is no longer any doubt that we are living in a time of dramatic change - perhaps cataclysmic, perhaps transcendental. The schools, as we know them, do not educate the whole child nor do their programs foster self-actualization. The home seldom offers inspiration or succor. Too often the family warps, while the society - sick unto death - alienates. What we inhabit are merely local jurisdictions, not genuine communities. Today, particularly in the modern city, it is difficult to find one's self or one's place in the family of mankind. The "ship of fools" drifts without helm or rudder.

But there is a way out of this spiritual malaise. Reforms are being attempted on all fronts. Not all the voices which come to us are destructive or negative. We hear - and who would disagree? - that we should humanize and individualize, that we should transform and transcend ourselves. Into living and learning alike, we should bring joy. We know that we must engage again in the human dialogue. Irrespective of age, social class, professional status, or occupational skill, all of us must learn how to live and work as inhabitants of the world, in community and communion." (p.275)

The above is drawn from the book Learning Together by Elizabeth Monroe Drews (Englewood Cliffs, N.J.: Prentice Hall 1972). It serves to dispel the facile blanket assessment of all youth being, by and large, the same. Dr. Drews illustrates from long and concerned involvement with youth, three main types: the Creative Intellectual, the Studious, and the Social Leader. In 1963 in her article "The Four Faces of Able Adolescents," which appeared in the Saturday Review and which is available as Reprint #9 from the Psychosynthesis Research Foundation, she discussed four types by including the "Rebels." Perhaps the fourfold classification is still truer to reality, but all of them can be reached and, if approached in the right way, respond positively. "The students told us repeatedly that they were glad grown-ups had at last decided 'teenagers were worth wasting important ideas on'. They were impressed (but certainly not always immediately convinced) with the existential view that human beings must be responsible for their actions. This last point was indeed the nub of the program. It awoke those who had been unaware of it to the realization that personal responsibility cannot be evaded.

"Whether the world is miserable, unjust, and inhumane or whether it becomes serene, peaceful, and just, is up to us. Everything rests upon how we think and feel, and how we treat the land, the plants, the animals, and our fellow humans.

"Practically no one will hold that it's better to destroy than to nurture, to hate than to love. The higher values are transparently clear if we stop to think about them. But applying them to our lives is quite another matter. So very few have been willing, like Thoreau, to save at the low levels and live at the high; to pay a minimum of attention to getting and spending and a maximum to being and becoming." (p. 257)

#### ADDITIONS TO THE PRF BOARD OF DIRECTORS

We welcome to the Board of Directors of the Psychosynthesis Research Foundation Jim and Susan Vargiu, founders and directors of the Psychosynthesis Institute, Redwood City, California. This will not only strengthen the PRF Board but also the close ties and cooperation already existing between the two centers.

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"If the present moment contains no living and creative choice, and is totally and mechanically the product of the matter and motion of the moment before, then so was that moment the mechanical effect of the moment that preceded it, and that again of the one before... and so on, until we arrive at the primeval nebula as the total cause of every later event, of every line of Shakespeare's plays, and every suffering of his soul; so that the sombre rhetoric of Hamlet and Othello, of Macbeth and Lear, in every clause and every phrase, was written far off there in the distant skies and the distant aeons, by the structure and content of that legendary cloud. What a draft upon credulity.... There was matter enough for rebellion here; and if Bergson rose so rapidly to fame it was because he had the courage to doubt where all the doubters piously believed."

The above quotation is drawn from Will Durant's examination of the way the French philosopher Henri Bergson, in discussing the question of man's free will pursued the issue of determinism to the point of the absurd. It appears in Durant's well known book, The Story of Philosophy (N.Y.: Simon and Schuster, 1933) and is particularly applicable to this Newsletter in which we announce Dr. Assagioli's new book The Act of Will.

\* \* \* \*

## NEW P.R.F. PUBLICATION

The April issue of Elementary English carried a brief but important article "Things I Have to Tell" by Dr. George I. Brown, author of the widely acclaimed Esalen-Viking book, Human Teaching for Human Learning. Believing the article warrants a wide circulation, we are issuing it as PRF Reprint No. 14 and a copy is enclosed. Further copies available 35¢ each; less 10% for ten or more copies.

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## ADDITIONS TO THE P.R.F. ADVISORY BOARD

We are glad to announce that two well known figures - one in the field of psychotherapy and one in education - have consented to join the Advisory Board of the Foundation:

Prof. George I. Brown, University of California, Santa Barbara  
Dr. Wolfgang Kretschmer, Universitäts-Nervenklinik, Tübingen, West Germany.

Their work is, of course familiar to most of our Members and Associates and we value highly the strength and support they bring to the Foundation.

\* \* \* \*

## RE GIFTED CHILDREN

Nancy Stuart of Psychosynthesis in Education, The Hill Center, Walpole, N.H., was a speaker at "The World's First International Conference on the Education

of Gifted and Talented Children" held in New York City, May 26, 1973, sponsored by The Gifted Children Research Institute, N.Y.C.

The main thrust of the Institute is in furthering the educational opportunities of intellectually gifted and highly talented people; however, they are also very interested in helping all children discover their "gift" or aptitude or ability; and to aid them in developing that gift for the benefit and happiness of the children and of society in general.

Other speakers at the conference were Miss Carol Wolverton, President of the GCRI; Dr. George Robb of England; Lloyd Rogers of Mensa, Akinsola Akiwoko of Nigeria; Dr. Hal Lyon, Jr. of the U.S. Office of Education in Washington, D.C.; William Vassar of the Connecticut State Department of Education; Don Lasalle of the Talcott Mountain Science Center at Avon, Connecticut; Dr. Stanley Krippner of Maimonides Hospital of Brooklyn, and many other leaders in this field of special education.

A need realized at the convention was an organization for training lay people, administrators and teachers who want to make more meaningful contributions to the field of education of gifted and talented children. While a few colleges in the United States do offer some teacher training in this area, there is no place where average citizens who become interested in this special field (either because they are parents of a gifted child, or seek to make a community contribution) can receive suitable training.

The consensus of opinion of the conference was that there was a great need for an organizational structural framework wherein all individuals and organizations actively working in the field of education of the gifted and talented could work together for the good of the common "cause." Since there are several national organizations for the education of the gifted, but none of this "Council" type, the conference voted to establish both a National Coordinating Council and an International Council. Both Nancy Stuart and Audrey Beste of The Hill Center are on these two Councils. Further details can be obtained by writing The Gifted Children Research Institute, Suite 4-W, 300 West 55th St., N.Y.C. 10019.

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#### NEW BOOK BY ROBERTO ASSAGIOLI

It is a special pleasure to welcome the publication of Dr. Assagioli's new book, The Act of Will (N.Y.: Viking Press, 1973) which is described in the enclosed announcement, and we are sure that all our readers will find it well worthwhile to buy a copy.

At the back of the book Dr. Assagioli outlines "The Will Project" and invites the cooperation of all who resonate to its far reaching vision. So that you will have details of the project for ready reference and study, we are enclosing a mimeo'd copy of the relevant pages. As you will see, responses to this invitation should be sent to the Psychosynthesis Institute, 150 Doherty Way, Redwood City, CA 94062.

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#### PSYCHOSYNTHESIS PROGRAMS

Our readers in the eastern states will have already received the printed program of lectures and workshops, etc., to be held in the New York area from September through December 1973; also the Canadian Institute for Psychosynthesis' program for the same period. If you have not received copies of these programs please let us know and we will mail them on to you immediately.

In view of the above (programs) we will not be resuming the monthly Psychosynthesis Seminars at the Sheraton Hotel, N.Y.C., which we ran during the past few winters.

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My general thesis is that many of the communication difficulties between persons are the by-product of communication barriers within the person; and that communication between the person and the world, to and fro, depends largely on their isomorphism (i.e., similarity of structure or form); that the world can communicate to a person only that of which he is worthy, that which he deserves or is "up to"; but to a large extent, he can receive from the world, and give to the world, only that which he himself is....For this reason, the study of the 'innards' of the personality is one necessary base for the understanding of what a person can communicate to the world, and what the world is able to communicate to him. This truth is intuitively known to every therapist, every artist, every teacher, but it should be made more explicit. (p. 155)

Abraham H. Maslow's insightful words, quoted above, are drawn from his book, The Farther Reaches of Human Nature (N.Y.: Viking Press, 1971). It would seem that their truth is being made more explicit every day. The tensions and pressures of our urban, national and international problems are breaking down communication barriers everywhere, and bringing ever clearer recognition that man has to become "worthy" of the better future he longs for.

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## NEW PUBLICATION - P.R.F. ISSUE #33

We are glad to bring you with this Newsletter a booklet composed of two articles by Roberto Assagioli, M.D. - Life as a Game and Stage Performance (Role Playing) and Cheerfulness (A Psychosynthetic Technique). Extra copies are available at 60¢ each (10 or more copies less 10%).

## NEW JOURNAL

A big step forward in the psychosynthesis movement is signaled by the enclosed announcement of the new psychosynthesis journal: SYNTHESIS: The Realization of the Self. It is timely and needed, and we wish it every success. Please make sure that subscriptions go direct to the Journal for it is independent of, although serving, all Psychosynthesis Centers.

## REVIEW OF THE YEAR

This past year has seen great strides in the work with increasing activities in many centers and places:

The Program in Humanistic Medicine, started in 1972 in Northern California and directed by Sara and Stuart Miller, came under the aegis of the PRF in September 1973, and



is going forward very successfully. A summary (31 pages) of the first year's operations is available from the Esalen Institute Bookstore, 1793 Union Street, San Francisco, CA 94123 for \$2.00

Kentucky: In addition to the continuing psychosynthetic work being done in the Comprehensive Care Centers, Kentucky, a four-day conference on Bio-psychosynthesis was held at Alice Lloyd College, attended by mental health professionals and aides, teachers and students. Reports are that the conference had a tremendous impact on both the College and the community.

The Hill Center for Psychosynthesis in Education, Walpole, N.H., reports a varied application of psychosynthesis in education and personal growth. In Spring a weekly course explored the psychosynthetic understanding of the gifted and the next step in education. Also didactic training was started, largely with educational and counseling professionals. Three "basic" and one "spiritual" psychosynthesis weekend conferences were most promising, with valuable use of the Ideal Model technique. During the summer a weekly course was held in meditation as a technique of psychosynthesis. This Autumn a group of associates started an intensive study of the Will.

The Psychosynthesis Research Foundation, New York, has continued its regular publication of articles and pamphlets. In addition 1973 marked the beginning of regular programs of public lectures and weekend workshops. These activities have stimulated many in the professional community to seek more exposure to psychosynthesis, and led to discussions of psychosynthesis on the radio. On the basis of this growing interest, the PRF will sponsor professional training programs in the coming year.

The Canadian Institute of Psychosynthesis, Montreal, has completed a year of expanding activity, and has moved to a more spacious location to accommodate the growing general and professional programs. And a new organization, The Quebec Center for Psychosynthesis, Inc., has been chartered for future teaching and consulting work, while the Canadian Institute will continue to sponsor charitable and research activities.

In response to demand the new Quebec Center will concentrate on professional training in the coming year. Currently many educational and clinical professionals are undergoing didactic training, including course work, field work, and work in specialized groups. Special arrangements are made for out-of-towners. The Educational Materials Division of the Center is working on multi-media presentation for use in school curricula and for commercial distribution. The first slide/tape unit, "Finding One's Own Path", has been tested for senior high through adult age levels, and was accepted for showing on Newfoundland TV.

An international invitational conference on psychosynthesis was sponsored by the Institute in August 1973 with 50 participants. The proceedings are being transcribed and edited, and will be available at \$7.00 per copy early in 1974 from C.I.P., 3496 Marlowe Ave., Montreal, 260.

The Psychosynthesis Institute, Redwood City, has continued its workshops, lectures and individual work in California. Programs were also given by the Institute's staff in the Midwest, the East Coast and England. Several professional training programs were given this year, including a special three-week series in summer, especially designed for out-of-town people. Participants came from all parts of the U.S., from Sweden and England. This special training series will be offered again in San Francisco in 1974, July 22 to August 11. The program for advanced training - from

given on an individual basis - has expanded and includes personal work in depth, observation of various psychosynthesis practitioners at work, and supervision groups, led by experienced guides, in which members discuss and share the ways in which they are using psychosynthesis in their work.

#### NOTES FROM OVERSEAS

England: This Fall saw the beginning of regular Psychosynthesis Workshops in England. Four one-day "Introduction to Psychosynthesis Workshops" were held in London and in Fife, Scotland, plus follow-up "Ongoing" smaller groups. These were led by Tony Corke and Roger Evans who, earlier this year, spent several weeks training with the Psychosynthesis Institute, Redwood City. For future programs write either of the leaders c/o The Institute of Applied Meditation, Henley Hall, Tickhill, Doncaster, Yorkshire DN 11 9HH.

Argentina: The first edition (2,000 copies) in the Spanish language of Psicosintesis by Dr. Assagioli (published in 1972 by Libreria Kier, Buenos Aires) was sold out early this year and a second printing made.

Italy: A revised edition (the third printing) of Psicosintesi--Armonia della Vita was published by Edizioni Mediterranee, Rome; and the first Italian language edition of Principi E Metodi Della Psicosintesi Terapeutica was published in September by Casa Editrice Astrolabio, Rome. Copies are obtainable from Istituto di Psicosintesi, Via San Domenico 16, 50133 Florence.

The Istituto had a very active year, continuing its long established pattern of lectures and weekly group exercises; also four seminars were held.

The Rome and Bologna Centers also maintained their regular group meetings and discussions.

Greece: The address of the Greek Center of Psychosynthesis has been changed to Kafkasou 50, Kipseli, Athens 811. The Director, Dr. Triant Triantaryllou is now stationed in Crete and is actively interesting fellow professionals there in psychosynthesis. He visits Athens frequently so that the regular group meetings of the Center are continuing - as are the monthly lectures at the Eugenides Institute. Early in the year PRF Issue #30, The Repression of the Sublime by Frank Haronian, Ph.D. was translated and printed in Greek, and widely distributed.

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#### Reminder:

IF YOU HAVE NOT YET SENT IN YOUR RENEWAL SUBSCRIPTION FOR 1974 PLEASE DO SO SOON (Members \$15.00, Associates \$7.50).

# *Psychosynthesis Research Foundation, Inc.*

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"The idea of self-regulation implies, no doubt, that at some level within us there is an essence of being that not only can make a choice but can make it happen. Theoreticians may deny or split hairs about this, but in real life, in operational terms, it seems to require an affirmation of freedom in order to initiate a self regulatory process. Those who try it, and who persevere rather than debate it, succeed. There seems little doubt that humans have under-rated their capacity for self-chosen action and for self-responsibility, especially in regard to psychosomatic disease and the 'involuntary' nervous system."

The above quotation is drawn from an article "Regulating our Mind-Body Processes" by Elmer E. and Alyce M. Green, which appeared in Fields within Fields (Winter 1973/4, No. 10) published by the World Institute Council, 777 United Nations Plaza, New York, N.Y. 10017. It seems particularly apposite at this time, not only to personal situations but to the whole national and international fields wherein tentative steps are being taken to face up to the overall energy crisis (which is far more than a question of oil) and a sound planned sharing of the limited resources of this spaceship Earth.

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We frequently receive requests for information on mental imagery techniques - in addition to what is given in Assagioli's book Psychosynthesis, PRF Issue #23 "Approaches to the Self" by Crampton and Taylor; PRF Reprint No. 12 "Use of Mental Imagery in Psychosynthesis" by Crampton; PRF Issue #18 "The Directed Daydream" by Desoille (translated by F. Haronian); PRF Issue #12 "Symbolic Visualization" by R. Gerard, etc.

We are therefore glad to announce that a Bibliography on Mental Imagery in Psychotherapy and Counseling has been compiled by Gary F. Kelly, Director of Counseling, Clarkson College of Technology, Potsdam, N.Y. 13676. Copies can be obtained (50¢ each) direct from Gary Kelly, 4 Farmer St., Canton, N.Y. 13617

In connection with this subject we feel it necessary to correct an impression apparently held by some people who identify mental imagery with Psychosynthesis. It is a valuable technique extensively used in Psychosynthesis but it is one among many others. Psychosynthesis is independent of any technique in itself. It is a wholistic attitude - the attitude of the whole person - and therefore uses "tools" but is not bound to any of them.

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## PSICHE - RIVISTA DI PSICOSINTESI

We are glad to announce that a new journal (in Italian) is being published by G. Fresia and a group of co-workers of the Istituto di Psicosintesi, Florence, Italy. The first issue contains articles by Dr. Assagioli; a history of psychosynthesis by Ida Palombi; several case histories by Drs. Massimo Roselli and Giorgio Fresia involving the use of mental imagery, etc.

Psiche is to be issued quarterly. Yearly subscription: 4,000 lire.  
Write to: PSICHE, c/o Dr. Giorgio Fresia, Viale Stazione 24, 11100 Aosta, Italy.

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The Canadian Institute of Psychosynthesis has asked us to announce that Martha Crampton will be giving a five-day training session in psychosynthesis - primarily for professionals - near Vancouver, August the 6th - 11th. The cost, including room and board will be \$205.00. For further information write the Cold Mountain Institute, Manson's Landing, Cortez Island, B.C., Canada.

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We have recently been in correspondence with Stanley R. Dean, M.D., 2121 North Bayshore Drive, Miami, Fla. 33137 regarding his work on the relationship between psychiatry and mysticism. His views are set forth in his article "Metapsychiatry: The Interface between Psychiatry and Mysticism" which appeared in the American Journal of Psychiatry 130:9, September 1973. Copies are available direct from Dr. Dean; also details of the American Metapsychiatric Association (AMPA). A symposium on Metapsychiatry was held in Chicago earlier this month in conjunction with the Annual Meeting of the American Psychiatric Association.

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Plans for the establishing of a Psychosynthesis Institute in Kentucky are proceeding swiftly, and three conferences are planned for this year: one for the healing professions - doctors, nurses, paramedical therapists, ministers; one for educators; and one for industrial scientists.

These conferences will be arranged on a personal invitation basis, but any of our associates and members who are interested should write John Parks, M.D., Comprehensive Care Center, Bluegrass West, 404 Ann Street, Frankfort, KY 40601.

The Council Grove East Conference on Transpersonal Psychology will be held in Kentucky, October 28 - November 1, 1974 at Carter Caves State Park. Many persons involved in psychosynthesis in the Eastern and Southern United States will attend.

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#### TECHNIQUES IN SPIRITUAL PSYCHOSYNTHESIS

During the past year, Dr. Assagioli and several people connected with the Psychosynthesis Centers in North America have been experimenting with the technique of writing letters to the Higher Self. It is, of course, an analogous process to "conversations with the wise old man," or "climbing the mountain" in a directed waking dream. With some people, however, the writing of a letter to the higher Self has proved a more simple, direct and effective method.

As Dr. Assagioli expressed it: "It does not call for a full exercise and can be done even in a moment of desperation; just write a letter and pour out yourself to the Higher Self...it has produced quite amazing results.

"Experience shows that the response may be immediate or may be delayed; but patients seem to appear to like the technique - particularly because if there is no therapist around and they have a problem or are in a quandary, they can pour out their troubles in writing and ask for help or an answer. Whereas sometimes they are hesitant about other methods, they are intrigued by this one; and it creates a vital relationship. If they will admit - even as only an hypothesis - that there is a Higher or Transpersonal Self, the technique will work."

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