

PSYCHOSYNTHESIS

Psychosynthesis should not be looked upon as a particular psychological doctrine, nor as a single technical procedure.

It is first and foremost a dynamic, even a dramatic conception of our psychological life, which it portrays as a constant interplay and conflict between the many different and contrasting forces, and a unifying centre which ever tends to control, harmonise and utilise them.

Psychosynthesis is further a combination of several methods of inner action, aiming first at the development and perfection of the personality; then at its harmonious coordination and increasing unification with the spiritual Self. These phases may be called respectively "personal" and "spiritual" psychosynthesis. According to the various fields of activity in which it is used, and the different purposes which it may serve, psychosynthesis is, or may become:

1. A method of psychological and spiritual self-development for those who refuse to remain any longer the slaves of their own inner phantasms or of external influences, those who refuse to submit passively to the play of psychological forces, which is going on within them, and are determined to become the king of their realm.

2. A method of cure for nervous diseases and psychological disturbances which will prove to be necessary when the cause of the trouble is a violent and complicated conflict between groups of conscious and unconscious forces, or when it is due to those deep-seated and tormenting crises (not generally understood or rightly judged by the patient himself) which often precede a phase of spiritual development.

3. A method of integral education which tends not only to favor the development of the various faculties of the child or the adolescent, but helps to discover and realize his true spiritual nature and to develop under its guidance an harmonious, radiant and efficient personality.

Psychosynthesis may also be considered as the individual expression of a wider principle, of a general law of inter-individual and cosmic synthesis. Indeed, the isolated individual does not exist; every person has intimate relationships with other individuals which make them all interdependent. Moreover, each and all are subordinate to the spiritual super-individual Reality.

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