

SEPTEMBER 20th
WORLD DAY OF PSYCHOSYNTHESIS

45
It is urgent to establish
spiritual airways,
~~across~~ between nations,
institutions, movements,
and across the continents —

Let us give to this work
• cooperatively
at least as much energy,
determination, desire, time,
efforts as those which are
given to establish airplane
communications throughout
out the world.

20-IX-31

Meditation for Psychosynthesis in the World

This meditation is based on a work formulated by Roberto Assagioli to unite and link all the Psychosynthesis units and groups operating worldwide. Each stage is followed by a pause and silence, but keeping the meditation brief and dynamic. It would be desirable to do this meditation once a week, possibly every Wednesday, and on the occasion of the "World Day of Psychosynthesis", to be celebrated yearly on September 20th.

Contact: Turn your attention within and make contact with your breathing.

Alignment: Align the physical, emotional and mental levels using the approach that works best for you.

Centering and contact with the Self: Raise to the center of conscience and contact with the Self, using the approach that works best for you.

Identification with the Self: Identified with the Self, say:

I am the Self, a Centre of Pure Self Awareness - I am the Self that wills and loves.

Unification in the Heart: With people here; with the groups you belong to; with all individuals and groups that function at different levels for the Psychosynthesis in the world; with all the people of goodwill, to the whole of the One Humanity.

Affirmation:

Humanity is one and I am one with humanity.

Reflexive Stage:

- Recognition of Psychosynthesis as a living idea and a growing thought-form.
- Recognition of its function to help human beings to realize their true nature and their highest possibilities and to prepare humanity for the future.
- Recognition of its broad and useful fields of application: in therapy, education, human relationships and inner growth.
- Recognition of its magnetic power to attracts those who, due to their affinity or inner orientation, will resonate with its message and will cooperate toward its mission.

Receptive Stage: Holding an attitude of receptive silence, observe any ideas, intuitions and reflections that might emerge.

Creative Stage:

- Visualize a radiating center at a transpersonal level pouring Light, Love and Transpersonal Will which, passing through "the Psychosynthesis Subjective Entity," are spread out to all known or unknown Centers, Groups and Units working within the Psychosynthesis in the world, and to everyone participating and collaborating with Psychosynthesis in each continent and in all settings.
- Visualize them united: vertically with "the Psychosynthesis Entity," and also horizontally, amongst themselves, so that they weave a magnetic and luminous web through which Light, Love and Transpersonal Will can flow, turning them into radiating and pulsating centers of service, attracting and illumining new collaborators.

Invocation and Concluding Blessing, applying the most appropriate formula, for example:

Love to all beings –
North, South, East and West, Above, Below.
Love to all beings.
Compassion to all beings –
North, South, East and West, Above, Below.
Compassion to all beings.
Joy to all beings –
North, South, East and West, Above, Below.
Joy to all beings.
Serenity to all beings –
North, South, East and West, Above, Below.
Serenity to all beings.