

## **Psychosynthesis: The Elements and Beyond** **Will Parfitt**

*extract from:*

### *Chapter 11: THE SPIRIT OF SYNTHESIS*

*Let us feel and obey the urge aroused by the great need of healing the serious ills which at present are affecting humanity; let us realize the contribution we can make to the creation of a new civilization characterized by an harmonious integration and cooperation, pervaded by the spirit of synthesis. (Roberto Assagioli)*

#### COLLECTIVE RESPONSIBILITY

Everything we do in our lives makes a difference not only to ourselves but to everyone and everything else. Until fairly recently in human history it would have seemed unthinkable, on moral as well as practical terms, to imagine that what even the collective totality of humankind can do could make a really appreciable difference to our home planet. Yet now we realise that everything we do not only makes a difference, but those things we do carelessly and selfishly can put the lives of all the creatures on this planet in jeopardy. We have evolved into 'planetary people' and to fully honour this growth we have to take responsibility for our individual actions and the actions of our race as a whole. Everything we do can make an enormous difference, from that single squirt of an aerosol spray to closing our eyes and ears to the plight of many our fellow human beings, let alone the even sorer plight of many of the other species of life on this planet who, in reality, have an equal right to be here.

Both our knowledge about what is happening in the world around us, with its wars, disease, disharmony and ecological unbalance, and a sense of inner inadequacy, can make us believe that there is nothing we as individuals can do to change the world in any way. When we connect with our innermost nature, with a sense of Self, however, we find we are also connected to everyone and everything else. We are part of a collective consciousness

that is totally inclusive and infinitely caring. Realising we are a part of this collective shows us that everything we do does make a difference.

Some of the more spiritual connections we make in Psychosynthesis work can help us realise that all life forms, not just human beings, are part of a totally interconnected and inseparable energy field. Whilst most of us may spend a large part of our lives imagining that we are separate and disconnected, once we start to explore the deeper aspects of our being we discover the underlying truth of our connection. We may not be able to 'be there' all the time, indeed it may not be right for us to stay in such a state, but once we have the intimation of its real existence, once we actually experience it in ourselves, there is no looking back. We have 'set our sights' on the clarity and connection that comes from such realisations and we try to make each move we take a step in that direction.

When we realise we are connected to everyone and everything else, we start to have a different perspective on time and space. In reality we are no less connected to an ant on a distant island in the South Pacific than we are to our noses! While it may be very rare for us humans to realise this connection, we can start moving our awareness in that direction. We can start to cultivate within ourselves a sense of this 'global consciousness'. We can realise our individual consciousness is a small but significant piece of the total consciousness of life on our planet

Many of the exercises and techniques of Psychosynthesis can help us have an inkling of this awareness and, perhaps more importantly, ground this awareness in our everyday lives. When we ground this awareness it helps us take actions that move the total collective consciousness forward in its positive evolutionary path. It is not an exaggeration to say that one small act made by one individual at one moment in time can make a profound difference. When we care for others, both those immediately within our field of awareness and activity, but also to all living and non-living things generally, we are grounding this consciousness. When we care for our environment, both locally and generally, we are also grounding this consciousness. Every conscious act we make that includes such caring furthers the cause of global awareness in this way. We can find many different ways to contribute to this cause and each way adds to the richness of our experience. Perhaps such awareness will bring about some cures for the ills which currently

threaten not only our individual existence but the existence of life as we know it on our planet.

#### SOMEWHERE IN TIME

At school many of us were given a misleading view of evolution. We were either told directly, or it was suggested to us indirectly, that the human being is the apotheosis or pinnacle of evolution. Everything that had come before was designed to simply lead to the human race and, in creating us, evolution had fulfilled its task. The evolutionary process could be condensed into a twenty-four hour day. In this model, life appears a little before noon and the whole of human history only takes place in the last half second before midnight. This interesting but false description of evolution suggests we are somehow 'the end'. Quite what is meant to happen when midnight strikes is not described.

A better model is created if we map the sun's expected lifespan onto the twenty-four hour day. This lifespan is currently estimated at around twenty billion years. In this model, the time is now around eight o'clock in the morning and the whole of life has been around for just the last couple of seconds. Human existence so far amounts, therefore, to a split second around eight in the morning. Seen in this light our perspective on evolution changes.

It would be possible to take this second model of the evolutionary process and say: why bother then? If we are such a small, insignificant moment in the time of our planet, even if we destroy ourselves and all life with us, it's only a couple of seconds out of a whole day. The planet will survive and go on without us, and if we're lucky it may even get round to giving us another chance!

On the other hand, why not bother? Look out of your window and see a piece of the beautiful blue sky, listen to the sounds of birds simply singing in a wood, touch one hand against another and feel the wonder of life, present in your every moment. Why not bother - after all, we've come this far in a couple of seconds, let's see what we can make of the next hour or two.