

Soul Psychology Exercises

How to use the exercises.

It is often difficult to read exercises from a book, remember them and do them at the same time. We have decided to record many of the beautiful exercises used in Psychosynthesis to make doing them much easier.

I suggest that first of all you listen through to the exercises and intuitively choose which exercise is good for you at this time. During the exercises I have left spaces for your own reflection. Each exercise finishes with the word "blessings" to indicate the end.

When you have chosen your exercises, I suggest that you try them daily, as the results are accumulative. It is also useful to draw and make notes of what you experience and perhaps share with a friend.

As well as deep personal transformation, these exercises can be used just for relaxation and gaining serenity. In Psychosynthesis we use them in group work, with individual clients and we will of course be using them in our Personal Projects.

The Rose Exercise.

This beautiful exercise was created by Roberto Assagioli to help people visualize their true potential.

Finding The Soul

The Self Identification Exercise.

This is one of the main exercises used in Psychosynthesis and was devised by Roberto Assagioli to help people get in touch with the "self", the "soul", to realise that we are each a "centre of pure consciousness".

Meeting the Wise Old Person

This is the technique or exercise of meeting the Wise Old Person. It is an exercise in using our intuition, contacting our own inner-tutor, our inner therapist.

The exercise is much more than mere fantasy. The wise person functions as a vibrant and effective symbol of the Self.

Contacting the Wise Person enables us to contact its healing, life-giving, illuminating energy. As Pierro Ferrucci says "we are contacting the Self and the Self is the best therapist".

This exercise is suited for all occasions, but can particularly useful in certain special moments, when for example: We are facing an important choice. We are in crisis. We think that nobody understands us. We want to tap our inner wisdom. We feel lonely. We are ready for a change. We want a free session.