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*Maria
Montessori*

Psychosynthesis & Montessori

Colleen Lowe Smith



“The real preparation for Education is the study of one’s self. The training of the teacher is something far more than the learning of ideas. It includes the training of character, it is a preparation of the spirit.”

(Maria Montessori)

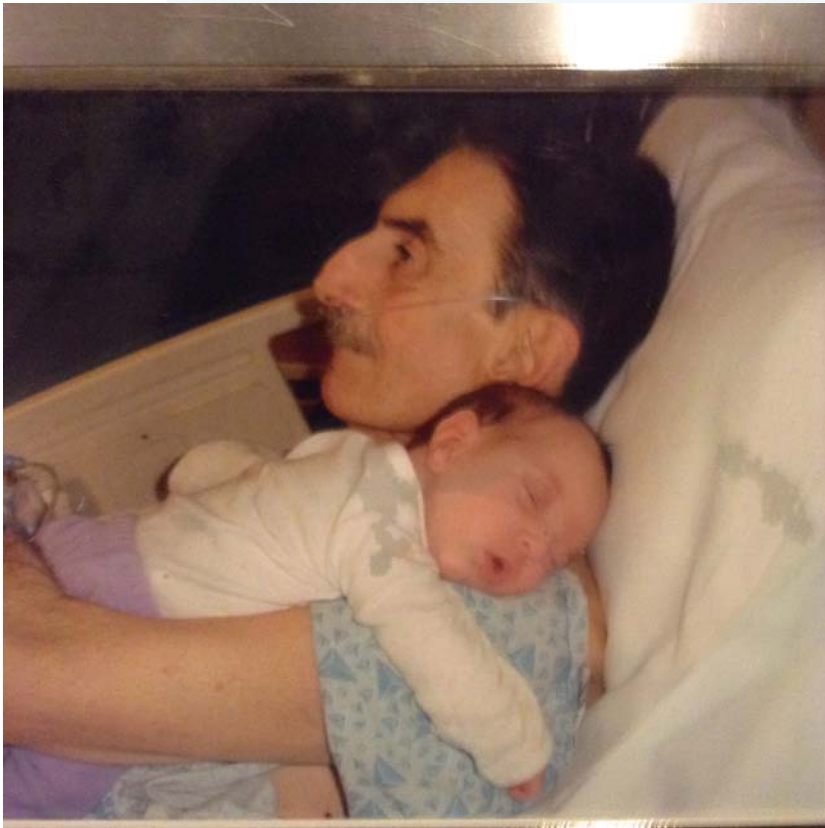
“The best preparation for teaching, Maria Montessori emphasized many times, is a study of oneself. This may be the most profound advice that she gave us about teacher training. Most Montessorians have heard it, but how many have actually undertaken a serious in-depth study of their own beliefs, strengths, weaknesses, habits and omissions? How many have tried to determine how their personal characteristics either inhibit or enhance their relationship with children?”

(Aline Wolf, author of Nurturing the Spirit)

“To be aware of a single shortcoming within oneself is more useful than to be aware of a thousand in somebody else.”

(The Dalai Lama)





The “Ideal Teacher”

- ▣ What is on your list of qualities attributed to an ideal teacher?

PRESENCE

QUALITIES OF PRESENCE

- ▣ Acceptance and Respect
 - ▣ Non-attachment
 - ▣ Concentration and Empathy
 - ▣ “Bi-focal” Vision
 - ▣ Genuineness and work on ones self
-

SUBPERSONALITIES

“One of the harmful illusions that can beguile us is probably the belief that we are an indivisible, immutable, totally consistent being. And finding out that the contrary is true is among the first tasks - and probably surprises - that confront us in the adventure of our psychosynthesis.”

(Ferrucci, 2004)

SUBPERSONALITIES

- A synthesis of habit patterns, traits, complexes and other psychological elements designed to meet a certain need, or to perform a specific function.
- A natural part of the human experience, formed out of an in-born drive to relate, belong and connect with our environment. Whether functional or dysfunctional, the subpersonality's intention is to keep the person safe, secure, acceptable or peaceful through the use of it's behavior.

When a Subpersonality says “I’m going to be late!”

- ▣ **“I’m gonna get in trouble!”** **the Good Girl/Boy*
- ▣ **“I’m so irresponsible, this is terrible!”** **the Striver*
- ▣ **“It’s not fair! Why does this always happen to me?”**
**the Whiner, the Victim*
- ▣ **“This is ridiculous! I’m pushing to the front, I don’t have time for this!”** **the Righteous*
- ▣ **“I’ll just take a breath and make a phonecall.”** **in contact with Whole Self*

EXPLORING our own Subpersonalities





“A small child has decided to paint the picture of a house in time for her mother’s birthday. In her little mind the house is already painted; she knows what it is to be like down to the very smallest detail, there remains only to put it on paper...”

(Free Thyself , Edward Bach, 1932)

DEVELOPING Subpersonalities

Such a split occurs when, as children, the expression of our authentic self is rejected by a non-empathic environment upon which we are dependent for our survival and sense of love and belonging. Rejection by this environment is perceived as being tantamount to annihilation, so **we accept the environment and reject ourselves.**

DEVELOPING Subpersonalities

- ▣ It's not okay to talk about problems
- ▣ Feelings should not be expressed openly and directly.
- ▣ You are responsible for others' feelings
- ▣ Always be happy, strong, proud, in control of your feelings etc.
- ▣ Do as I say, not as I do.
- ▣ It's not okay to play or be playful
- ▣ Don't rock the boat. Peace at any price.
- ▣ Don't grow up.
- ▣ Take care of Mommy or Daddy.

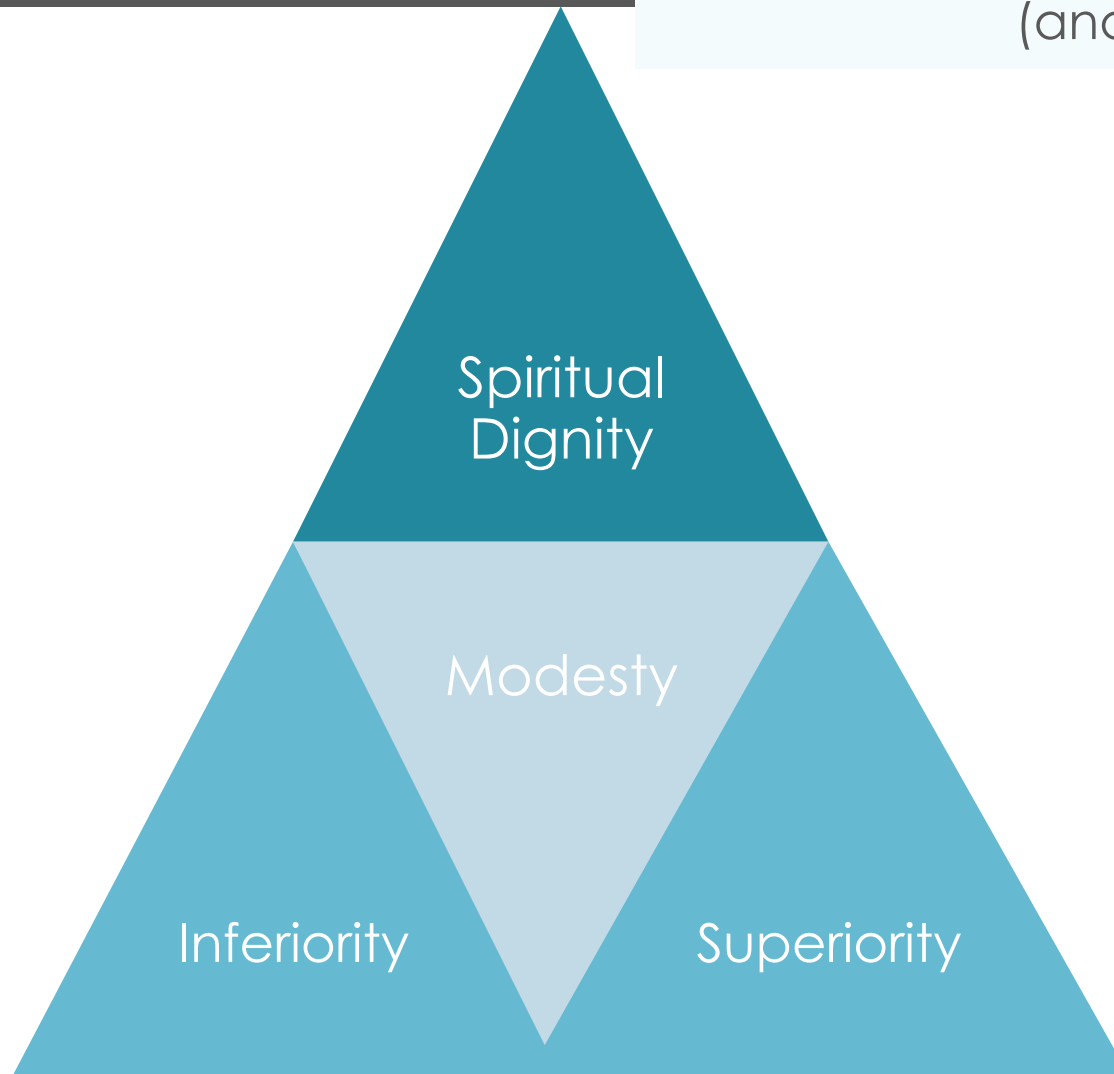
“This being human is a guest house.
Every morning a new arrival...Welcome and
entertain them all...”



'The Guest House', Rumi

POLARITIES & SYNTHESIS

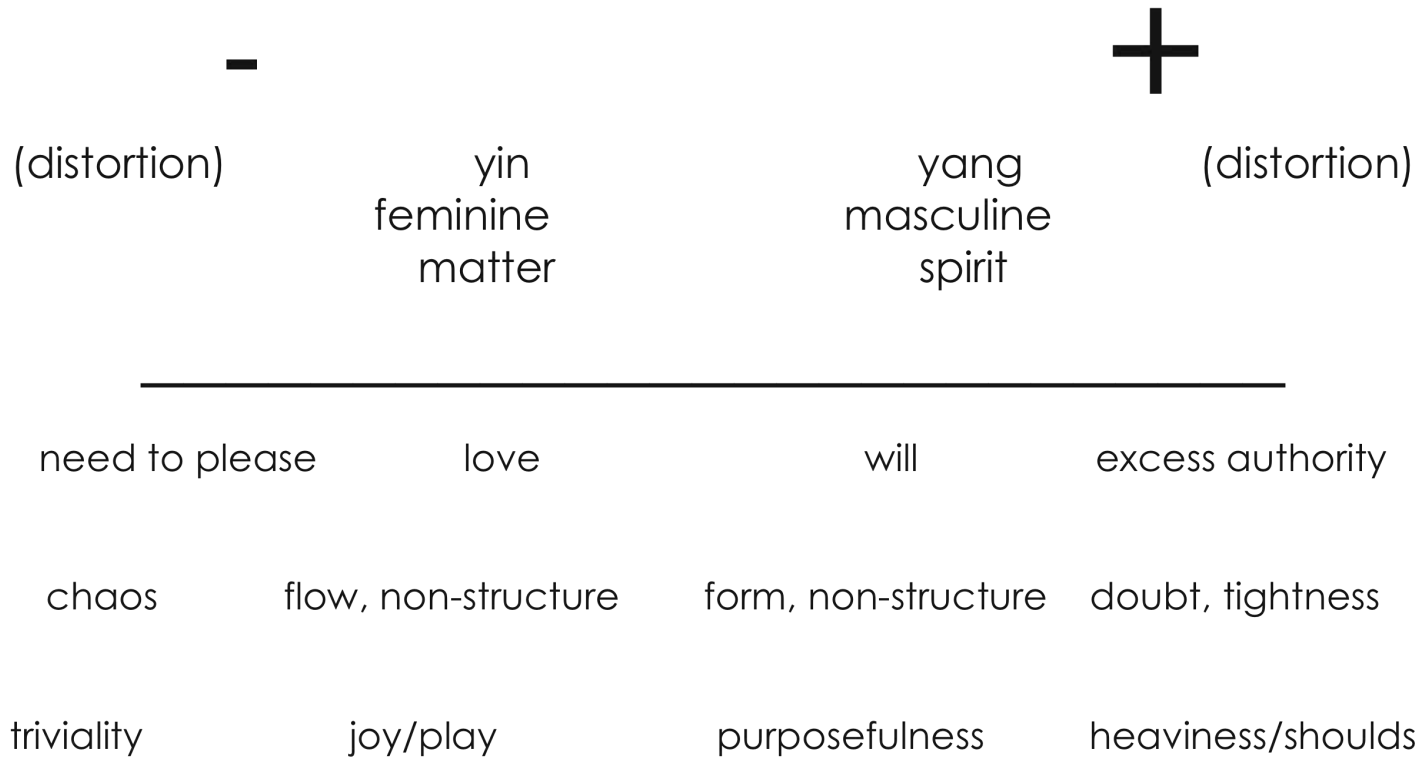
(and distortions...)



A Synthesis of Opposites



Polarity Map





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Thank You