

Integral Psyche to Heal Mankind and the Planet: it's Truly Up to Us

Rossana Strambaci, Ph.D.

ITJ Editor Director

The full, complete and integral dimension of the Psyche is the core of the work of **Stan Grof** opening this Issue, in the year of the ninetieth birthday of one of the fathers of transpersonal psychology.

Grof describes here shortly – who better? – the meaning of Holotropic states of conscience, the “states moving toward wholeness”, such as that kind of states which “traditional” psychology and psychiatry normally call altered. As we all are learning to know, the heart of this therapeutic strategy, that aims to use the inner self-healing wisdom of the psyche as tread, is the movement toward wholeness.

But what this wholeness really is? The paper of **Marco Guzzi** and **Mauro Ventola** tries to answer to this complex question through a purely philosophical approach. Here the Italian authors, in a two-way dialogue, trace (as

a good starting point) the foundations of a philosophical “cleansing” of the assumptions that ground the most widespread beliefs about the nature of consciousness. What emerges, as a possibility, is a new form of consciousness that can be called the culture of cosmic consciousness.

Through some autobiographical cues and some reflections on the theme of Covid, **Serge Beddington-Behrens** too reflects on the possibilities of opening up to expanded dimensions of consciousness. An opening that, he warns, might even be necessary for the survival of man as a species.

The work of **Mojca Studen** provides an important hinge between these theoretical considerations and an analytical approach of empirical psychology. Studen presents a quantitative and very precise research to monitor and validate short- and long-

term changes after a holotropic work. This work can be done both in the way of an holotropic self-exploratory work and in the form of psychotherapy.

We speak of “hinge” because it is very important, I would say crucial, to refine mind-body integration techniques that allow us to overcome our ambushing. The ambushing has the shape of reiteration and of the obstacles that persistently stand in the way of the human species, at this stage of evolution, and hinder the attainment of an integral awareness or, if you prefer, cosmic awareness.

To reach this integral awareness, and to remove the obstacles to it, we have now many full-consciousness techniques, that have been investigated. I refer to the contribution of some members of BTE Italian School of Pier Luigi Lattuada, that are collected in this issue of ITJ.

And so we have the study of **Ferruccio Nessi** on the comparison between hypnosis, shamanic transe and healing transe in BTE, then the work of **Giovanna Ceria and Claudia Barrilà** on the *Mastery of Transe* as a way to change state of consciousness and tune into harmonic flow of existence, and then the contribution of **Susanna Pellicciari**, that works to clarify the concept of “presence”

as a key to deal in a non-personal/transpersonal way, in the relation with what exists.

Francesco Santini's article seals this review's number with his contribution, at times autobiographical, about spiritual emergencies, from the point of view of transpersonal counselor's perspective. Full circle, I guess.

Grof was in fact one of the first researchers to consider some states of consciousness highly critical and acute as spiritual emergencies and not as manifestations of psychiatric pathologies.

The way to reintegrate and harmonize all aspects of psyche is now open. It's truly up to us.