

GIVING LIFE TO PURPOSE

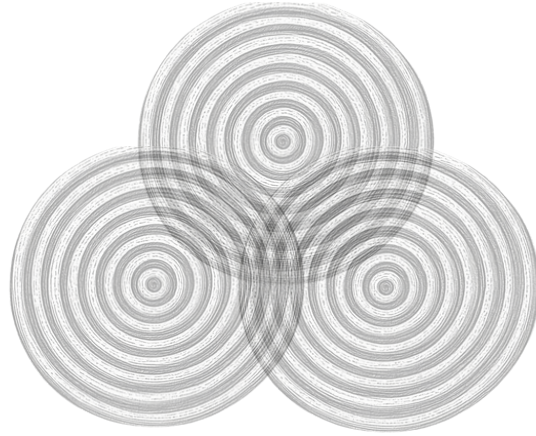


A REFLECTIVE INTRODUCTION TO PSYCHOSYNTHESIS & THE ACT OF WILL

A complimentary
resource from

PI - PSYCHOSYNTHESIS INSTITUTE
Tools for Personal & Social Transformation

WELCOME



There are times when something begins to call for our attention.

A question returns.

A possibility stirs.

A transition unsettles us.

A longing or inner knowing becomes harder to ignore.

We may not yet know the full path.

We may not know what the final form will be.

And yet, we may sense that something in us is ready to listen, choose, and begin.

This reflective resource offers a brief introduction to psychosynthesis and the Act of Will.

This guide is not meant to explain all of psychosynthesis.

It is a beginning invitation to observe what is asking for attention, to listen and observe before acting, to reflect on the qualities and values you wish to live, and to take one grounded next step from a deeper center of consciousness.

Psychosynthesis offers ways to explore purpose as a living quality, value, direction, or deeper meaning in life. An experience of being that calls to us and can be cultivated, to be brought into expression through awareness, choice, affirmation and action.

HOW TO USE THIS GUIDE

This guide invites you into an experience of psychosynthesis through the first stage of the Act of Will: *Purpose*

It is designed as an experiential, reflective practice, offering space to pause, listen, write, and observe what begins to emerge.

You may move through it in one sitting, or return to one section at a time.

Set aside a little quiet time.

Bring a journal or paper, a pen, and simple drawing supplies for reflection, symbol-making, or giving visual form to what begins to emerge.

Invite yourself to pause, listen and notice, write and draw with curiosity and patience, keeping in mind that clarity can take time.

In psychosynthesis, we begin by observing our experience with greater awareness.

As we observe, a spaciousness opens. We begin to sense that we are more than any one thought, emotion, sensation, desire, impulse or story moving through us.

From the inner center of awareness and will, we can listen more deeply, connect with a deeper knowing, and choose how we meet life and participate in the world.

From this wider space, choice becomes more possible.



PSYCHOSYNTHESIS



Psychosynthesis was developed in the early twentieth century by Dr. Roberto Assagioli, an Italian psychiatrist and pioneer in transpersonal psychology.

His work helped bring a fuller meaning of ‘psyche’ back into psychology, honoring and healing the wounds and patterns of the personality, while also restoring the connection to spirit, consciousness, purpose, creativity, and the deeper search for meaning.

He wrote that psychology must not become a “psychology without a soul” and with psychosynthesis he identified a living process that both honors the measurable and observable dimensions of human experience while also making room for the depths and heights of consciousness, the expression of purpose, and the transpersonal life of the psyche.

At its heart, psychosynthesis guides us toward our inner center of awareness and will: the place within us that can observe, choose, direct attention, and bring the richness of inner life into meaningful expression, relationship, and purposeful participation.

Our thoughts, feelings, sensations, imagination, desires, intuition, as well as the many roles we play, wounds we may carry, gifts we have to share, values, and possibilities for our life, can be observed from a deeper center of awareness and will: the Self.

Psychosynthesis offers ways to explore purpose as a living quality, value, direction, or deeper meaning that can be listened for, cultivated, and gradually brought into expression through awareness, choice, and action.

Psychosynthesis is a soulful and practical psychology of human potential, purposeful life creation, and conscious participation in the world we share. It invites us to deepen awareness of the inner life, draw upon our many resources and capacities, and bring what matters into fuller expression through the ways we live, relate, create, and contribute to the world around us.

A BRIEF ORIENTATION TO THE ACT OF WILL

The Act of Will is one of the central processes in psychosynthesis. It describes a movement through which purpose can begin to take form in life.

The stages are often named as:

Purpose

What quality, value, direction, or meaning is seeking expression?

Deliberation

What needs to be considered? What possible forms could this take?

Choice

What direction am I willing to choose?

Affirmation

What quality of will can strengthen this choice?

Planning

What structure, support, and timing are needed?

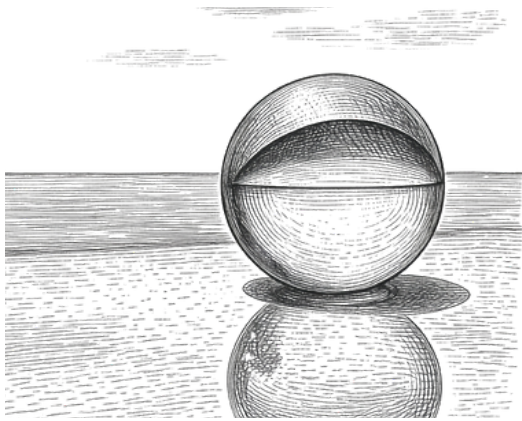
Manifestation

What grounded action will bring this into life?

While these stages are often presented in sequence, the Act of Will is not a rigid formula. In lived experience, it is dynamic, iterative, and spiral.

- We may return to purpose after beginning to plan.
- We may choose a direction and discover that more listening is needed.
- We may take a first step and find that the purpose deepens.

This guide offers only a first introduction, a beginning experience with “Purpose”.



Accessing The Observer

The one who is aware.

A beginning step in psychosynthesis practice is learning to access the observer within.

When we pause and observe our thoughts, feelings, sensations, images, impulses, desires, and inner voices, we begin to create space between what we are experiencing and the fullness of who we truly are.

This is the beginning of the core psychosynthesis experience of

Disidentification a process of :
Identifying ~ Disidentifying ~ Self-Identifying

We begin by noticing and naming what is happening:

- I am aware of this thought.
- I am aware of this emotion.
- I am aware of this sensation.
- I am aware of this desire.

This observing center is where we can begin to expand our awareness and create more internal spaciousness, allowing us to choose more freely, and respond with greater awareness and will.

A Practice & Reflection

Accessing the Observer ~ *Who is aware?*

Take a few moments to pause. Allow your attention to settle.

Enjoy a few gentle, full breaths. You may close your eyes or soften your gaze.

There is no need to change anything. Simply observe what is present.

Sensation

- *What sensations, sounds, smells, tastes, visual impressions, or points of contact are present?*

Thinking

- *What thoughts, images, memories, plans, judgments, questions, or repeated phrases are present?*

Emotion

- *What feelings are present?*

There is no need to explain or resolve them. Simply name what you can.

Impulse or Desire

- *Is there an impulse to move, withdraw, speak, reach out, protect, avoid, begin, stop, create, rest, or act?*

Now pause again and consider:

- *Sensations, thoughts, emotions, and impulses may all be present within awareness.*

They may be important. They may carry information. They may ask for care.

And yet, remember, you are more than any one
sensation, thought, emotion, desire, or impulse.

Invite yourself to recognize the one who is aware: the observer within you.

You are aware.

Reflection

What shifts or changes or expands as you notice sensations, thoughts, emotions, and impulses as an observer?

Write or draw about your experience of this.

Evocative Words



Roberto Assagioli often worked with *evocative words*: words that help call forth higher qualities, values, and inner resources.

In psychosynthesis practice, these words can become more than concepts.

They may serve as seeds for reflection, concentration, aspiration, and action.

As you reflect, notice which qualities feel present, which feel needed, and which may be seeking fuller expression. *Examples:*

*clarity · courage · joy · serenity · patience · strength · wisdom
compassion · trust · goodwill · beauty · harmony · truth · hope
creativity · freedom · love · purpose · peace · dignity · tenderness
steadiness · responsibility · generosity · presence · comprehension*

Practice

Read through the list slowly.

Circle or write down three words that feel alive or needed at this time.

1. _____
2. _____
3. _____

Now choose one word to stay with.

My word is: _____

This quality feels important because: _____

I notice this quality already present in my life when: _____

This quality is asking for more expression through: _____

One way I could cultivate this quality is: _____

Seedlings of Purpose



Choose one area of your life to explore.

It may be:

- A transition, decision, relationship, creative impulse, work question, personal concern, or quiet sense of calling.
- Work with something real enough to matter and manageable enough to hold with care.

*You do not need to know where it will lead.
Begin by observing what is asking for attention now.*

Set aside a quiet moment to pause, observe, and reflect.

- *What area of my life is asking for attention?*
- *What do I notice when I pause and observe this more fully?*
- *What thoughts, feelings, sensations, images, desires, or intuitions are present?*
- *What feels alive, unresolved, needed or quietly calling?*

WRITE, DRAW, TO EXPLORE THE QUESTION:

What quality, value, or possibility is calling for expression in my life now?

Purpose: *Qualities, Values & Meaning-Making*

Purpose does not always arrive as certainty.

It may begin as a question, a quiet pull, a discomfort, a longing, a value, a creative impulse, or a sense that something in life is asking for our attention.

In psychosynthesis, purpose is not simply a goal, role, or fixed form.

It may be experienced as a quality, value, direction, call, or transpersonal meaning seeking expression through life.

Purpose asks us to listen beneath habit, pressure, fear, and expectation.

The question to be asked is not always, “*What is my life purpose?*”

Sometimes it asks a more immediate and intimate question:

What qualities and values do I want to live and express more fully?

As we observe, deliberate, choose, affirm, plan, and act, purpose begins to take form. The outer form may change. The deeper direction may continue to reveal itself as we engage the path.

Reflection

- *What qualities do I want my life to hold?*
- *What values do I want to cultivate and express?*
- *What kind of experience do I want to create for myself and others?*
- *What feels important not only as something to achieve, but as something to live?*
- *What quality or value may be seeking expression through me now?*

A Note on the Will

GOOD
Strong
Skillful
Transpersonal

In psychosynthesis, “the will” is our inner capacity to observe, choose, direct energy, and bring purpose into life with awareness and care.

Roberto Assagioli described different qualities or dimensions of will, including the strong will, the skillful will, the good will, and the transpersonal will.

- The **strong will** gives energy, steadiness, and commitment.
- The **skillful will** helps us find wise means, timing, and proportion.
- The **good will** orients us toward values, relationship, and the well-being of the whole.
- The **transpersonal will** opens us to deeper purpose, meaning, and qualities that may come from beyond the personal self.

As you continue, you are invited to notice what you want to do...and...

What quality or qualities of will are needed to give life to your experience of purpose?

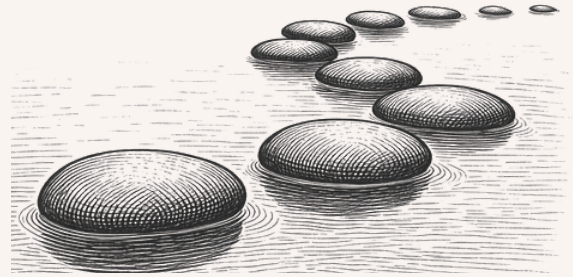
Reflection

What quality or qualities of will feels most needed now?

- *Strength?*
- *Skillfulness?*
- *Goodwill?*
- *Openness to deeper purpose?*

How might this or these qualities of will support the purpose or value I am exploring?

Purpose Taking Form



As we define and begin to claim our qualities of purpose, we will notice it beginning to take form through in our life.

We can facilitate this movement of purpose with small, next steps.

A conversation.

A boundary.

A page written.

A question asked.

A room cleared.

A practice begun.

A commitment made.

A doodle or sketch.

A small act of care.

A moment of courage.

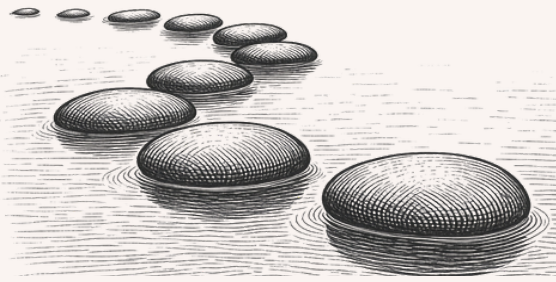
A return to something that matters.

The next step does not have to be dramatic: it needs to be real, doable, attainable.

A small action taken with awareness can begin to change our relationship to ourselves and to the larger path of our lives. It is a way of giving life to the quality or value you have been exploring.

Each purposeful step becomes the first visible form of something still quietly unfolding within, facilitating the movement from reflection into lived experience.

By taking simple, concrete, and intentional action, the will and purpose become enlivened and expressed.



A Purposeful Next Step

Return to the quality or value you identified.

Reflection

The quality or value I want to live
and express more fully is: _____

One possible way this could begin to take form is:

One grounded, simple and doable action I can take within the next seven days is:

The support I may need is:

One inner or outer constraint I want to acknowledge is: _____

The quality of will I want to bring is: _____

After I take this step, I will pause and notice: _____

I am choosing to giving expression to _____ by-_____.

PSYCHOSYNTHESIS

Some Terms & Concepts

This guide uses a few terms that are central to psychosynthesis.

These brief descriptions are offered as orientation rather than as formal definitions.

Psychosynthesis: Psychosynthesis is a transpersonal psychology that guides us toward the inner center of awareness and will, a place within us capable of holding the vastness of consciousness: our depths, our heights, and the quiet dignity of our shared humanity.

Psychosynthesis reminds us that we are more than our habits, roles, wounds, and stories and offers a path for bringing the richness of our inner life into meaningful expression and conscious participation in the world.

The “I” - the Center of Awareness and Will: In psychosynthesis, the “I” refers to the personal self: a center of consciousness and will. Free of story, judgement, limitations, the “I” is the place within us that can observe, choose, direct attention, and relate to inner experience with clarity and spaciousness.

Self

In psychosynthesis, Self points toward a deeper or higher dimension of being, meaning, and purpose. It is often associated with transpersonal qualities such as wisdom, love, compassion, courage, beauty, truth, and goodwill.

Will

Our inner capacity to observe, choose, direct energy, and bring purpose into life. Will is not simply force or control. It includes strength, skillfulness, goodwill, and openness to transpersonal meaning.

Act of Will

A living map for bringing purpose into expression. In this guide, we move through purpose, deliberation, choice, affirmation, planning, and manifestation.

Psychological Functions

Different ways we experience, know, and respond to life. These include thinking, feeling, sensation, imagination, impulse or desire, and intuition.

PSYCHOSYNTHESIS

Some Terms & Concepts

Disidentification

Disidentification is the practice of recognizing that we are more than any single thought, feeling, role, fear, desire, impulse, or story.

- We begin by noticing what we are identified with: an experience, a part of our personality, thought, feeling, role, or inner voice that may be shaping our perception.
- We then create space by observing it rather than becoming wholly defined or governed by it.
- This opens the way to self-identification: remembering ourselves as the one who can observe, choose, direct attention, and respond from a deeper center of awareness and will.

Subpersonalities

A subpersonality is a semi-autonomous part of our personality that may be expressed as a pattern, inner voice, and/or energy within us. They may carry a need, fear, longing, protection, habit, wound, gift, or unrealized capacity. Psychosynthesis invites us to observe, understand, and integrate these parts from a wider center of awareness.

Transpersonal

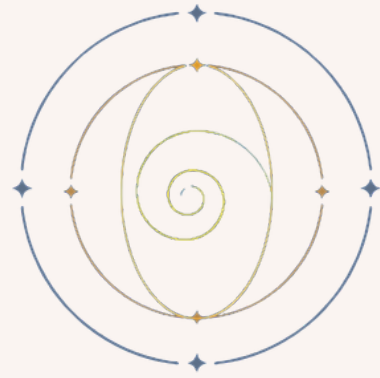
The transpersonal reaches beyond the ordinary personality and personal history, opening us to higher qualities, values, meaning, purpose, intuition, inspiration, and a sense of connection with something larger than ourselves. The transpersonal points us to the wider field of human consciousness and potential, where deeper meaning and higher qualities come to awareness and expression.

In psychosynthesis, transpersonal experience does not ask us to adopt any particular religious or spiritual belief, recognizing we may choose how to experience and understand it with openness, respect, and discernment.

Synthesis

The movement toward greater wholeness, integration, and creative relationship among the many parts and capacities of the person. Synthesis does not erase difference; it brings parts into more conscious and purposeful relationship.

Continuing the Journey



This guide offers a beginning.

Psychosynthesis is a living path of exploration, practice, and unfolding.

You are invited to continue the journey through Pi's courses, programs, reflective resources, publications, and professional training opportunities.

Some offerings are designed for personal self-development, purpose, creativity, and life transitions.

Others support coaches, practitioners, educators, facilitators, and helping professionals who wish to bring psychosynthesis into their work with others.

Join the Pi interest list to receive new resources, reflections, courses, programs, and invitations as they unfold.

About Pi — Psychosynthesis Institute

Pi — Psychosynthesis Institute offers tools for personal and social transformation through programs, resources, and accredited professional coach training for those exploring psychosynthesis personally and professionally.

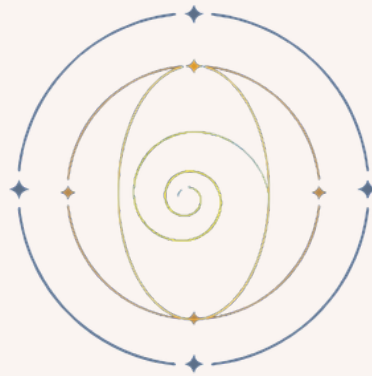
Our approach is rooted in the foundational work of Roberto Assagioli, inspired by the Istituto di Psicointesi, and committed to carrying psychosynthesis forward with care, discernment, and openness to the needs of our time.

Pi supports self-development, purposeful life creation, professional practice, and conscious participation in the world we share.

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Psychosynthesis Institute

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Giving Life to Purpose

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