

# The Triangles of energies in Psychosynthesis

*From Duality to Unity*



Vincent Claessens

[www.psycho-synthese.be](http://www.psycho-synthese.be)

Painting:

Hilma af Klint

(Altarpiece n°1 – 1915)

## Manifestation: Duality

- **Polarity:** Relation between two poles, two elements...relative to a particular pair of opposites.
- Exist on many levels (physical, emotional, mental...)
- Transpersonal:

- Personal:

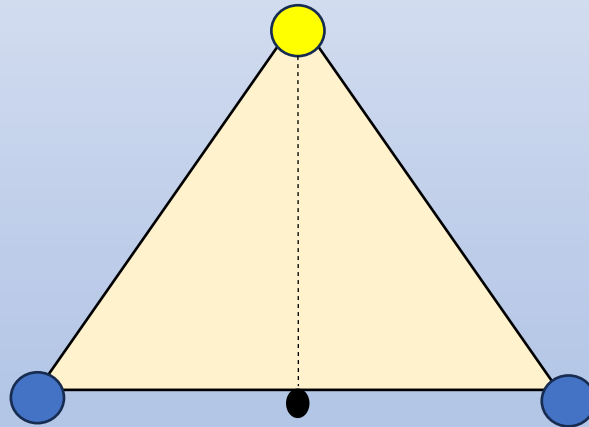
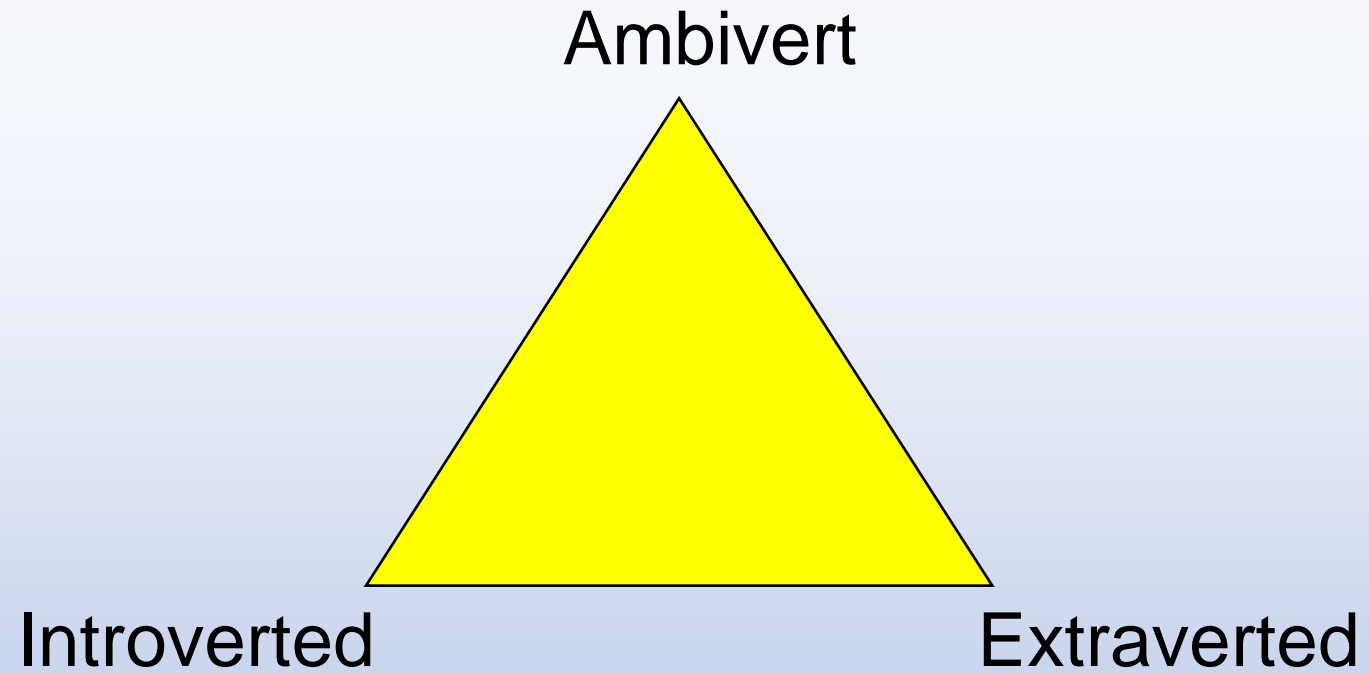


illustration: K. Sorensen



## Two psychological tendencies: *Introversi*on-*Extraversion*



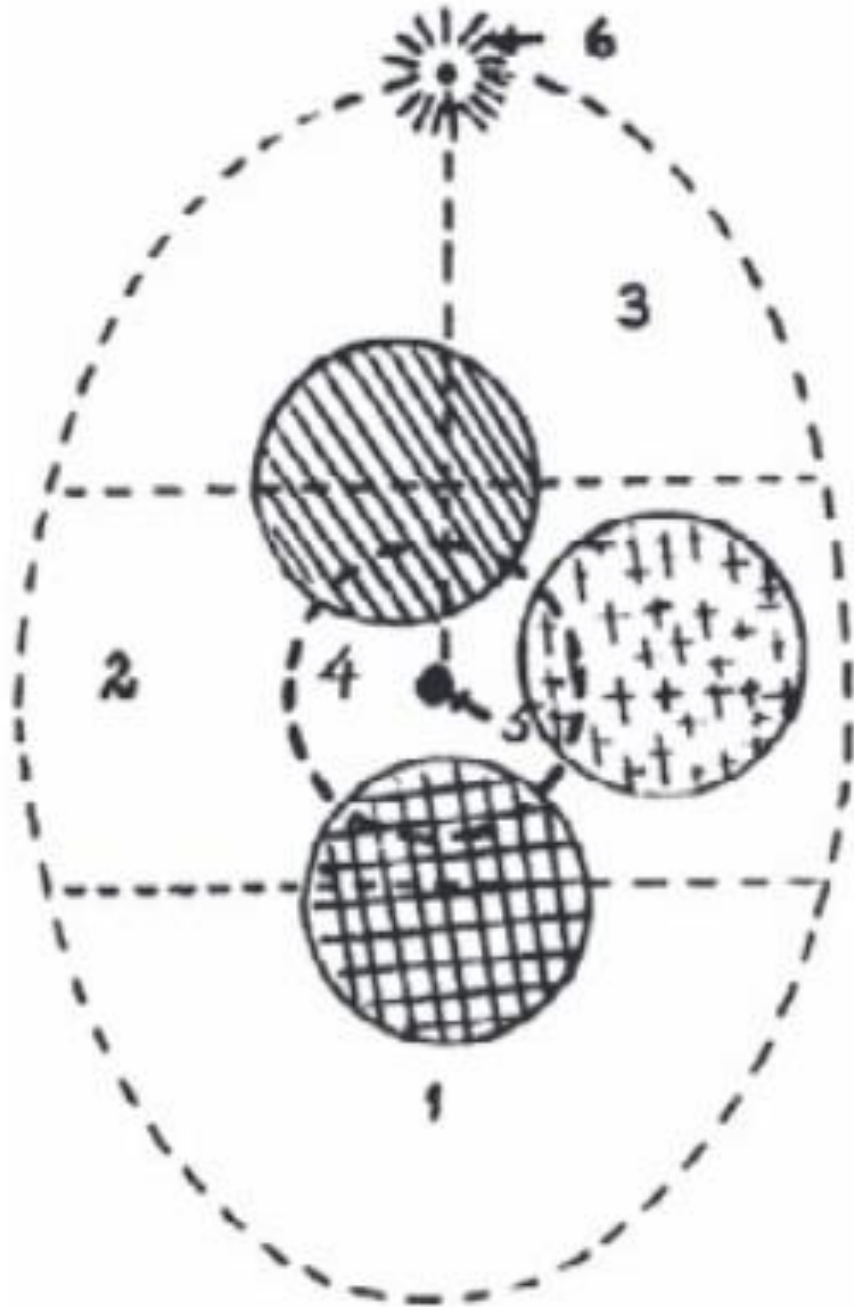
# Subpersonalities

## and the necessity of dis-identification

- “The various social selves” (William James) ...link to the role we play in society.
- “We are dominated by everything with which our self is identified.  
We can dominate and control everything from which we dis-identify ourselves.”  
R. Assagioli
- **Subpersonalities** = identity patterns derives from important relationships that take form of self-images and social role.
- **The self** = *the point of pure self-awareness and will.*
- The process of synthesis:  
integrate and harmonise the various psychological elements within the personality.

# *How to harmonise the opposites poles?*

- 1.) Become aware of one aspect (sub-personality) and its opposite.
- 2.) Adopt the attitude of a detached, neutral observer, listening to both parties to understand the needs underlying each of them.
- 3.) Perceive compatibilities and make compromises in order to satisfy the two sides fairly.  
The opposite poles are adjusted from an intermediate centre:
  - by reducing the amplitude of the oscillations between the two extremes to get closer to the “middle way”.
  - or by consciously directing the alternations so that the result is harmonious.
- 4.) Create the synthesis by a higher principle which transforms, sublimates and reabsorbs the two poles into a higher reality.



## ***The Egg Diagram***

- 1. Lower unconscious
- 2. Middle unconscious
- 3. Superconscious
- 4. Field of consciousness
- 5. The personal self or I  
***point of pure self-awareness and will***  
(observer and directing agent)
- 6. The transpersonal Self



## Law 1 :

*A sub-personality generally co-exists with an opposite pole.*

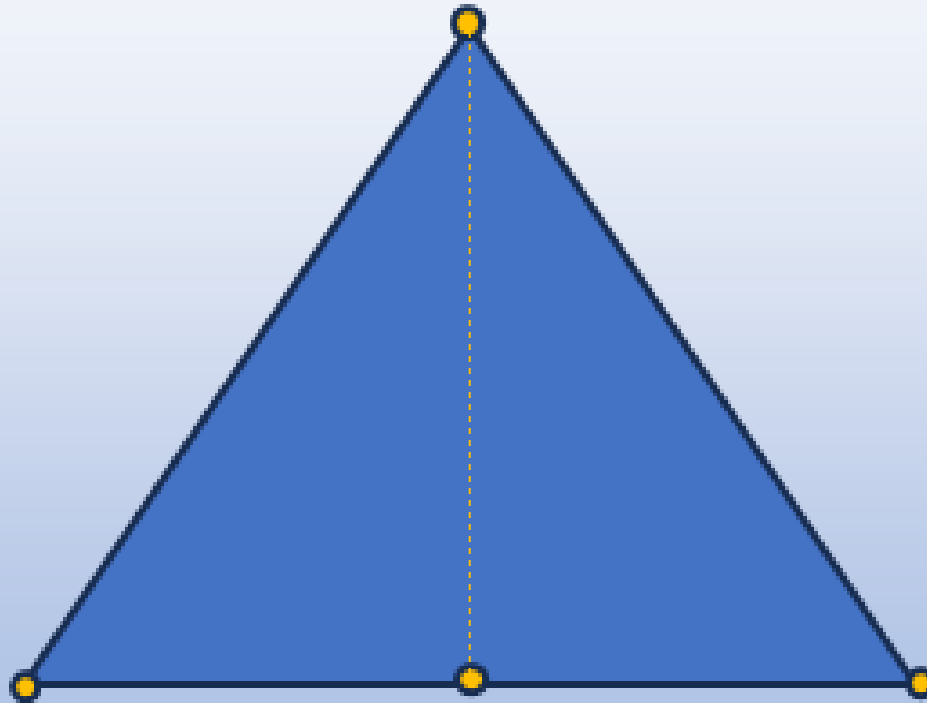
- The winner >< the loser
- The superior >< the inferior
- The abandoned >< the deserter
- The invader >< the invaded
- The inner child >< the adult

...

Law 2:

*From the interaction of opposites, a new element can emerge.*

*Clear Vision of Reality*



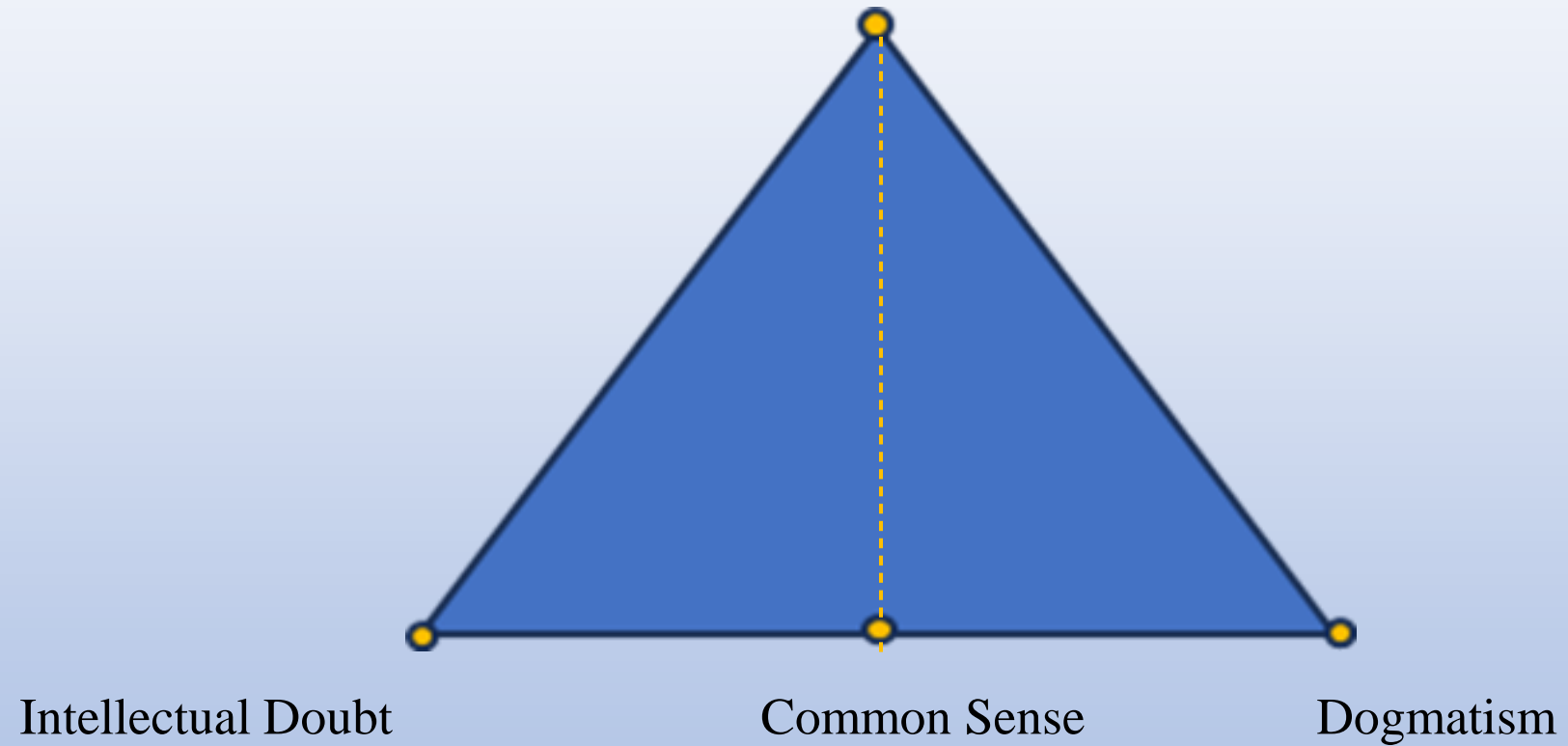
Blind Optimism

Practical Realism

Fearful Pessimism



# Spiritual Understanding





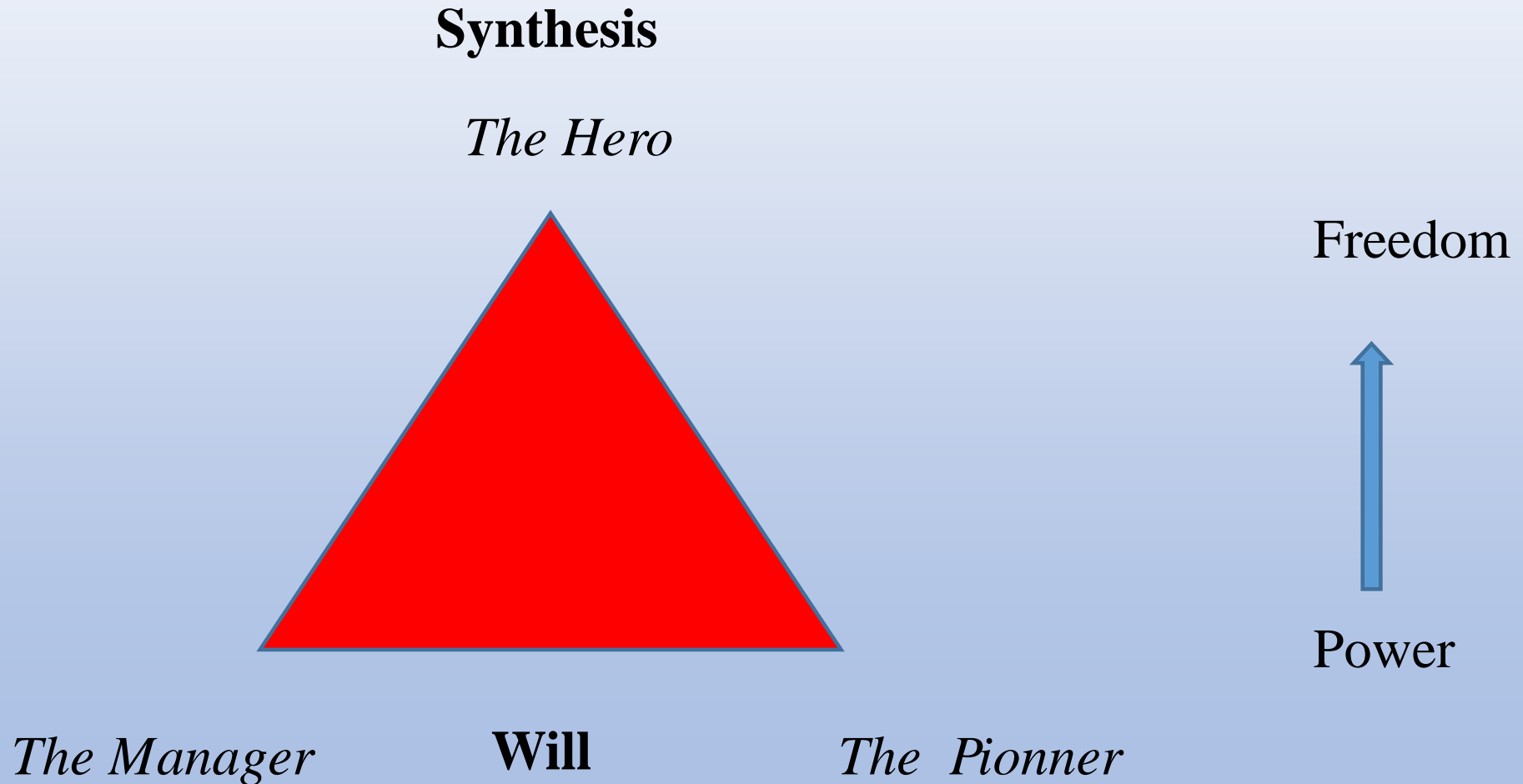
# Seven ways of spiritual accomplishment, from personal to transpersonal

- The Way of Will – *The Way of Heroism*
- The Way of Love – *The Way of Enlightenment*
- The Way of Action – *The Way of Regenerative Ethics*
- The Way of Beauty – *The Way of Aesthetics*
- The Way of Science – *The Way of Knowledge*
- The Devotional Way – *The Way of Mysticism*
- The Ceremonial Way – *The Way of Ritual*

# The seven ways and their expression in the subpersonnalities

- from the book « The Seven Types » by Kenneth Sorensen.

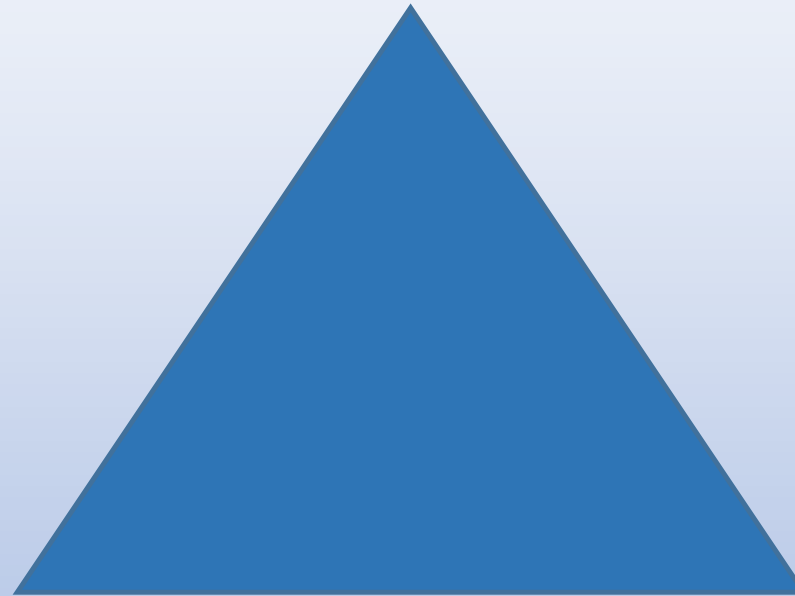
## The Dynamique Type: *From power to Freedom*



# The Sensitive Type: *From empathy to Love*

**Intuition**

*The Illuminator*



Love



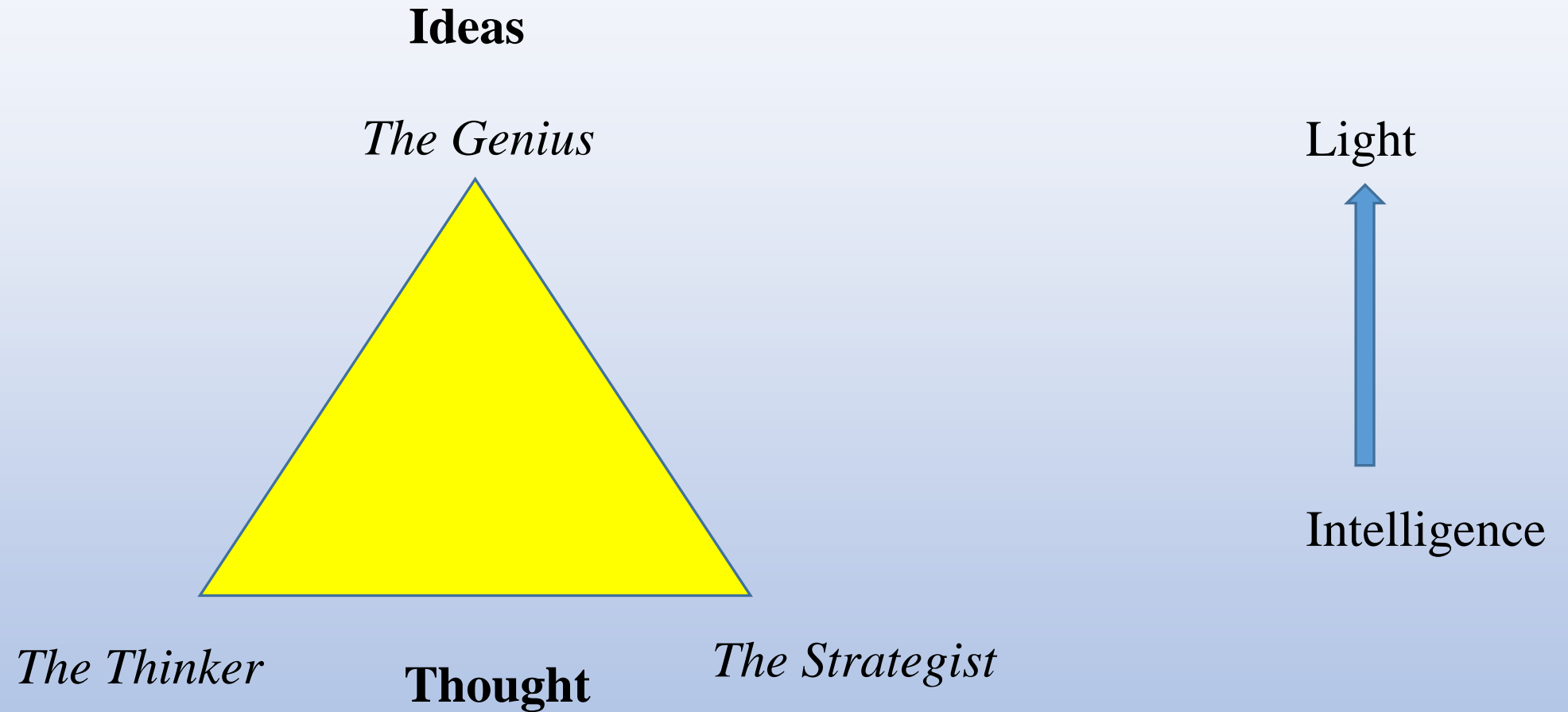
Empathy

*The Guide*

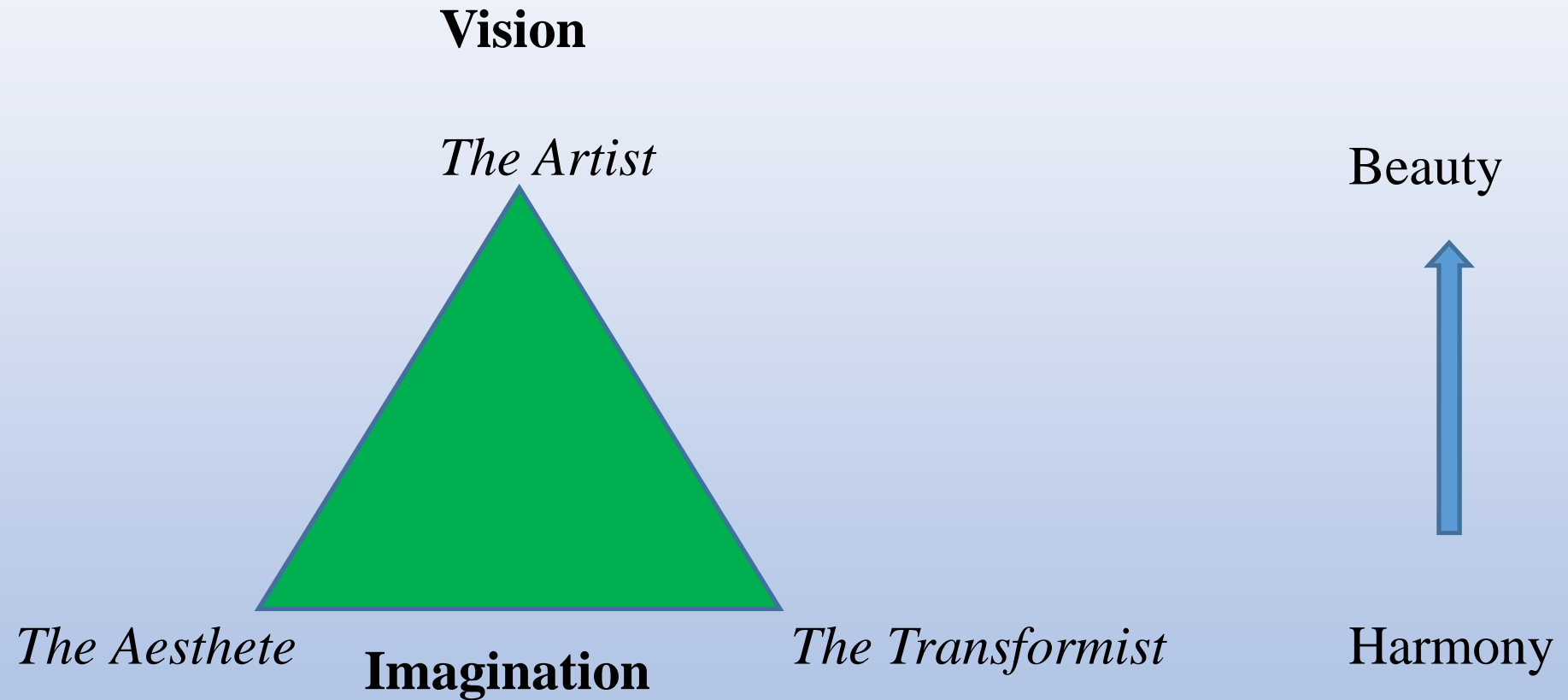
**Sensitivity**

*The Caregiver*

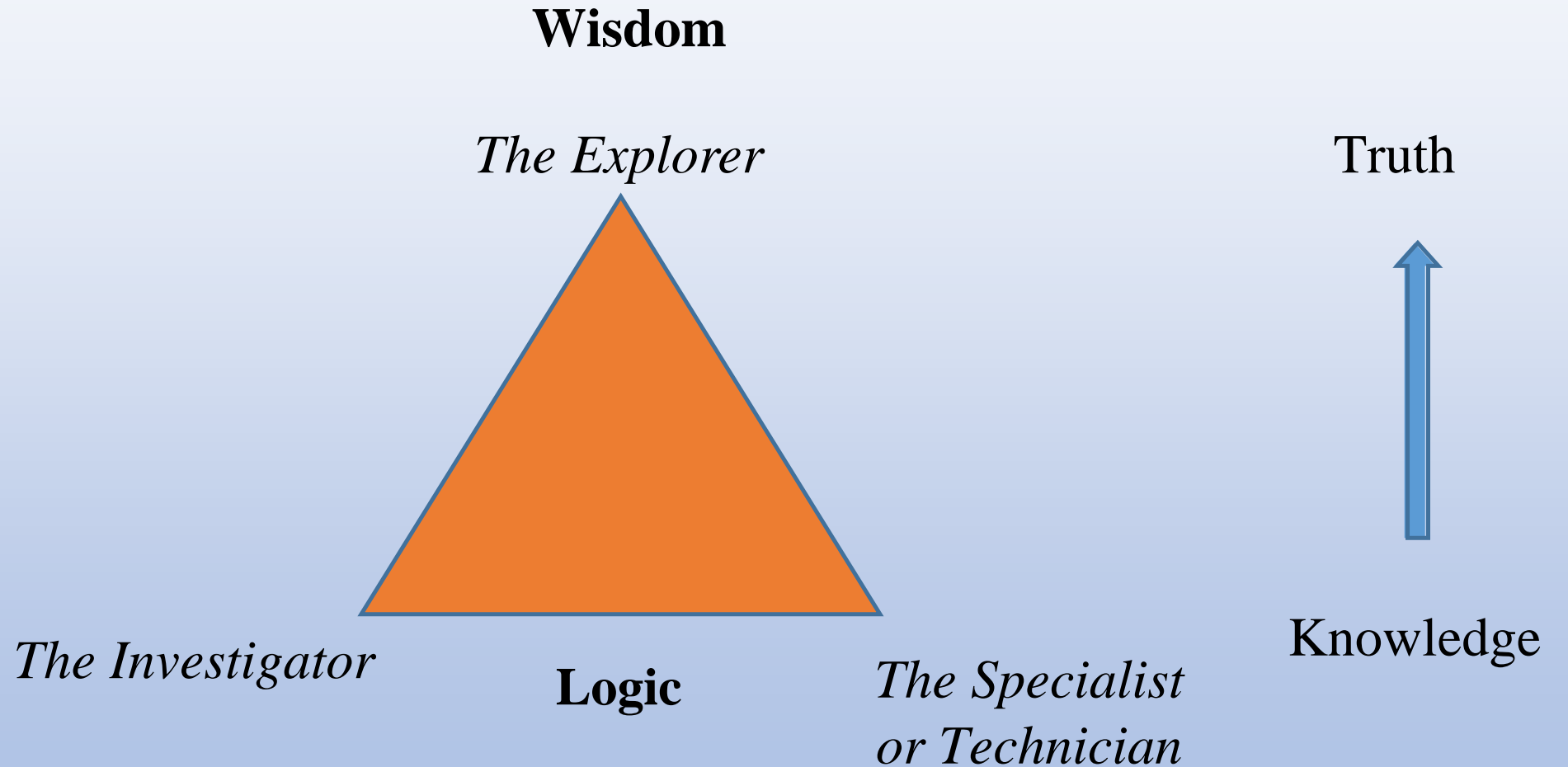
# The Mental Type: *From Intelligence to Genius*



# The Creative Type: *From harmony to Beauty*

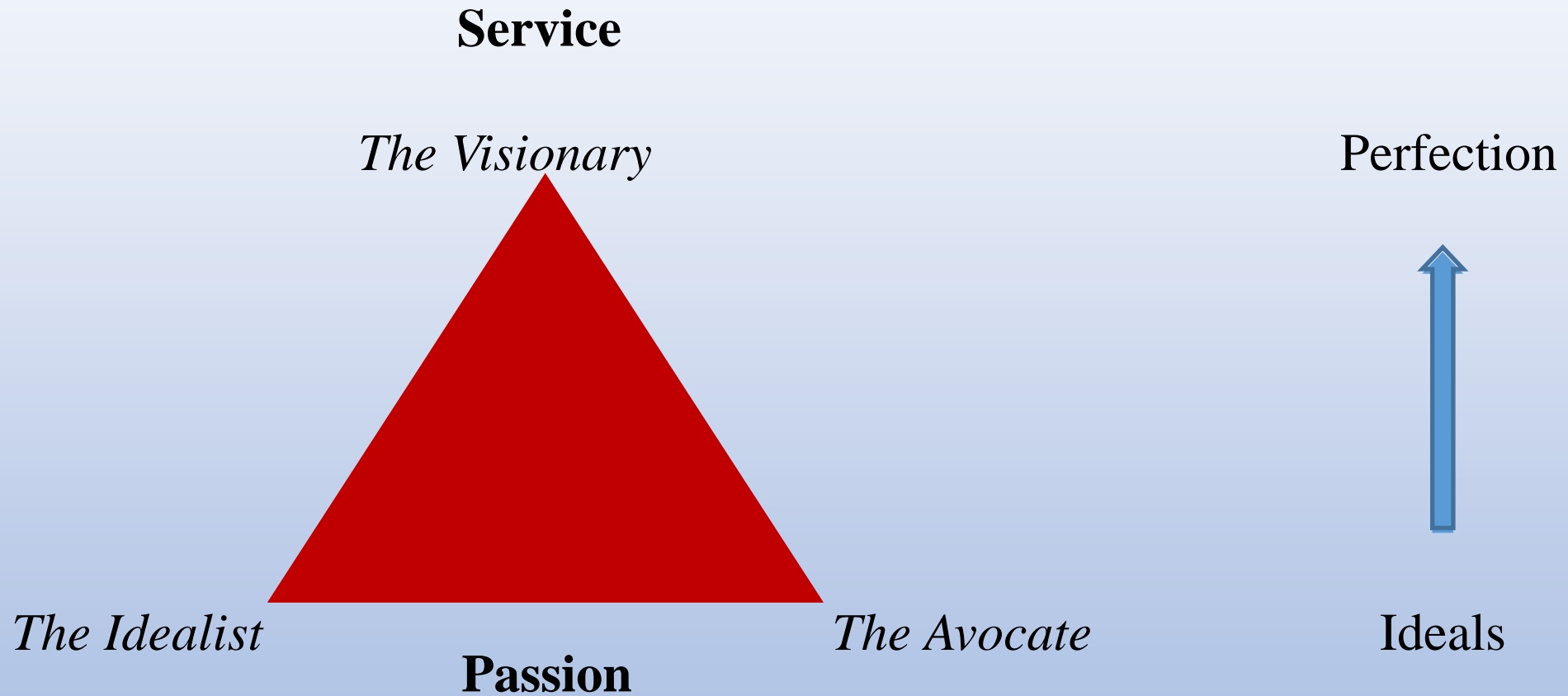


# The Rational Type: *From knowledge to the Truth*

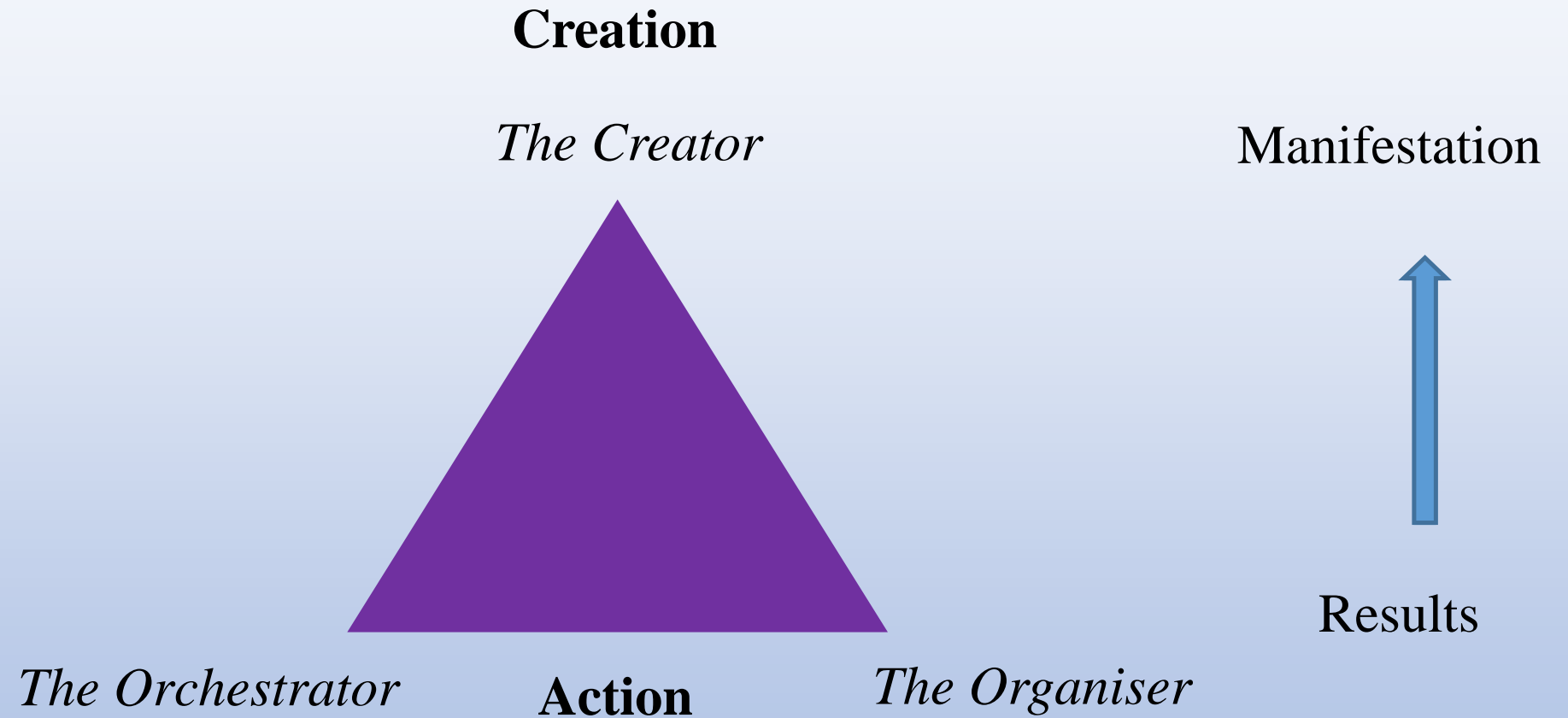




# The Devotional Type: *from ideals to Perfection*



# The Pratical Type: *from results to Manifestation*





## Books about rays of energies

- *A Treatise on the Seven Rays* – vol. 1 et 2, Alice Bailey, Ed. Lucis Trust
- *The Seven Types*, Kenneth Sorensen, Kentaur Publishing
- *Integral Meditation*, Kenneth Sorensen, Kentaur Publishing
- *Inevitable grace*, Piero Ferrucci, Penguin Group Publishing
- *Les sept Rayons d'énergies en Psychosynthèse*, Vincent Claessens
- *La mosaïque de l'Être*, Vincent Claessens

<https://www.publier-un-livre.com/fr>

*Thank you*

