

Finding Freedom in Jail

A Beginner's Guide to Assagioli's Archives

By Catherine Ann Lombard

Roberto Assagioli intended that his “prison diary” might become an account of the time he spent in Regina Coeli prison under the fascist regime in 1940. Throughout his testimony, Assagioli offers a personal example of how to use difficult life events as an opportunity to develop one’s personal and spiritual psychosynthesis.

As most of us have come to realize during the Covid-19 crisis, you don’t need to be incarcerated to feel imprisoned. Part of the human condition, at different points in our lives, is to find ourselves enslaved by some uncontrollable situation to which we feel bound. *Freedom in Jail* shows us that we always remain free and responsible for choosing how we actively accept the situation and what attitude we take. The mystery is that these circumstances can also lead us to our Higher Self.

Did you know that *Freedom in Jail* is available online through Assagioli’s Archives? While the book that was published in 2016 is only available as a hardcopy – all his handwritten notes are free for viewing.

If you are unfamiliar with how [Assagioli’s Online Archives](#) work, this is your guide to exploring this treasure trove for yourself. *A Guide to Finding Freedom in Jail* gives you the steps you need to enter the world of Assagioli’s Archives. So let’s get started...

Registering with the Archives

1. Go to the website: www.archivioassagioli.org.

A number of interesting things can be viewed without registering. For example, Assagioli’s biography and a bibliography of all his published work. But to search in the archives, you have to first register.

2. Click **Registration**.



3. You register by filling in your email address, name and country. Then enter a password and the language you prefer.
4. Click the **Register** button.

REGISTRAZIONE

La registrazione per accedere all'Archivio online è gratuita. I dati forniti saranno utilizzati solamente per l'invio di informazioni sulle attività connesse all'Archivio Assagioli. È possibile in qualsiasi momento modificarli o chiedere la cancellazione.

Completare il modulo di registrazione e premere **Registra**
Nell'email che vi sarà inviata cliccare il **link** per attivare l'account.
Accedere all'Archivio Online con **email e password**.

REGISTRATION

Registration to access the online Archive is free. We will only use your details to send information about the activities related to the Assagioli Archive. You can unsubscribe at any time or change your subscription details.

Complete the following registration form and press **Register**
Follow the **link** in the email we'll send you to activate your account.
Log in the online Archive with your **email and password**

* Email: * Password:

* Nome / Name: * Ripetere / Repeat Password:

* Cognome / Surname: Lingua / Language:

Paese / Country: Istituto di Psicosintesi - Socio / Member:

* campi obbligatori / required fields

Exploring the Archives

Once you are registered, the Online Archive will open to the **Consulta/Explore** tab. To find Assagioli's notes on Freedom in Jail:

1. Click **Archivio Studio**
2. Click **Psicosintesi / Psychosynthesis**
3. Click **Psicosintesi personale / Personal Psychosynthesis**.

Assagioli's notes on Freedom in Jail are kept in **Faldone / Box 29**.

4. Scroll down and click on **Faldone / Box 29** to open the box. You will see all the folders in the box. These boxes and folders correspond to the hardcopies kept in Assagioli's Archives at Casa Assagioli in Florence.

5. Freedom in Jail is in Folder **2.27.1. Libert  in prigione / Freedom in Jail**.¹ Click on this folder and a list of all Assagioli's notes about his time in jail appear with a document name and title. Note that they are not in any particular order. (That is one advantage to buying the actual book.)

Sottocartellina / Sub-folder	Titolo / Title	ID Doc.
Freedom in Jail	Freedom in Jail	7628
Freedom in Jail - An apology	Preface - An apology	7629
Release - Return to ordinary life - Conclusion	Release - Return to ordinary life - Conclusion	7631
Freedom in Jail - Preface An Apology	Preface - An apology and a ...	7632
Release - Return to ordinary life - Conclusion	The last night - Mental stimulation ...	7633
Freedom in Jail - Arrestation - Journey	Arrestation, Journey ...	7634
Release - Return to ordinary life - Conclusion	Fr. in j. - End - A hymn to inner freedom ...	7637
Release - Return to ordinary life - Conclusion	Details of the release	7638
Freedom in Jail	Freedom - I realised that I was free ...	7664
Freedom in Jail	Freedom in jail - Endeavour to ...	7668
Freedom in Jail	First day - after I was "settled". ...	7670
Freedom in Jail - Reality and effectiveness of inner energies	Reality and effectiveness of inner energies (Psychodynamics)	7672
Freedom in Jail - Reality and effectiveness of inner energies	Radiation: deep conviction of the ...	7673
Freedom in Jail - An incident and "test"	An incident and a test	7675
Freedom in Jail - An incident and "test"	The peaceful but intense ...	7687
Freedom in Jail - Readings Comments	Readings Comments	7696
Freedom in Jail - Readings Comments	Books - A novel of adventures of ...	7711
Freedom in Jail - Readings Comments	Books - 1. Novel on ...	7712
Freedom in Jail - Readings Comments	St. Augustine ...	7713
Freedom in Jail - Readings Comments	Dante's Paradise ...	7714

Assagioli's notes have been individually scanned and referenced by volunteers. You can view more than 6000 scanned documents online. Take a moment to send thanks to all those volunteers!

You can click on whatever document you find interesting or you can work your way through the list. To view a document:

- 1 Click on the document you wish to view. It will appear in a little screen to your right.
- 2 Click **Apri / Open**.

¹ Note that some documents are also found in **Folder 2.27. Accettazione / Acceptance**.

Faldone / Box 27		
Faldone / Box 28		
Faldone / Box 29		
2.27. Accettazione / Acceptance		
2.27.1. Libertà in prigione / Freedom in jail		
Elenco documenti / List of Documents		
Sottocartellina / Sub folder		
TITOLO / Title		
ID Doc.		
Freedom in Jail	Freedom in Jail	7628
Freedom in Jail - An apology	Preface - An apology	7629
Release - Return to ordinary life - Conclusion	Release - Return to ordinary life - Conclusion	7631
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Freedom in Jail	First day - after I was "settled".	7670
Freedom in Jail - Reality and effectiveness of inner energies	Reality and effectiveness of inner energies (Psychodynamics)	7672
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Freedom in Jail - Readings Comments	St. Augustine ...	7713
Freedom in Jail - Readings Comments	Dante's Paradise ...	7714



[Apri / Open](#)

ID DOC: 7628
Titolo / Title
Freedom in Jail
Autore / Author
R.A.
Tipologia / Format
Manoscritto/Manuscript
Oggetto / Object
Appunto/Notes
Lingua / Language
ENG

After clicking on **Apri / Open**, a new screen appears with all the information about the document.

ARCHIVIO ONLINE / ONLINE ARCHIVE
ISTITUTO DI PSICOSINTESI
48 Archivio Assagioli

Utente / User: Catherine Ann Lombard

Home
Consulta/Explore
Ricerca/Search
Inserisci/Insert
Utente/User
Esci/Exit

AS > Psicosintesi / Psychosynthesis > Psicosintesi personale / Personal Psychosynthesis > Faldone / Box 29 > 2.27.1. Libertà in prigione / Freedom in jail
Freedom in Jail

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Freedom in Jail

Trascrizione / Transcription Freedom in Jail

Autore / Author R.A.

Lingua / Language ENG

Descrizione / Description sottocartellina

Tipologia / Format Manoscritto/Manuscript

Oggetto / Object Appunto/Notes

Consistenza / Quantity 1 pag.

ID Img. 007713

ID Doc. 7628

Parole chiave / Keywords 2.27.1. Libertà in prigione / Freedom in jail

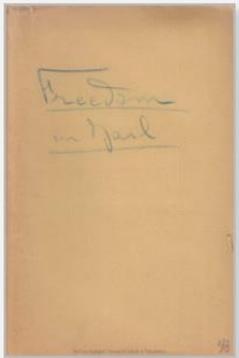
Accesso / Access Base

Scansione / Scanned SI / YES

Completata / Ended SI

Catalogatore / Catalogued by Sabine Breenkoetter, Vittorio Viglienghi

Data aggiornam. / Updated 16-11-2015



Immagini / Images: 1

To zoom in on the document, simply click on it.

The document will appear in a popup window. You can zoom in and out by sliding the widget on top of the popup window. If a document has more than one page, you will see all the scanned pages on the bottom of the popup window. You can then click on each individual page to open it and view it more closely.

The screenshot displays the Archivio Assagioli website interface. At the top, there is a navigation bar with the text "ARCHIVIO ONLINE / ONLINE ARCHIVE" and "ISTITUTO DI PSICOSINTESI Archivio Assagioli". Below this, a user menu shows "Utente / User - Catherine Ann Lombard" and navigation links: "Home", "Consulta/Explore", "Ricerca/Search", "Inserisci/Insert", "Utente/User", and "Esci/Exit".

The main content area is titled "Freedom in Jail" and includes a metadata table:

Trascrizione / Transcription	Freedom in Jail
Autore / Author	R.A.
Lingua / Language	ENG
Descrizione / Description	sottocartellina
Tipologia / Format	Manoscritto / Manuscript
Oggetto / Object	Appunto / Notes
Consistenza / Quantity	1 pag.
ID Img.	007713
ID Doc.	7628
Parole chiave / Keywords	2.27.1. Libertà in prigione / Freedom in Jail
Accesso / Access	Base
Scansione / Scanned	SI / YES
Completata / Ended	SI
Catalogatore / Catalogued by	Sabine Breenkoetter, Vittorio
Data aggiornam. / Updated	16-11-2015

Below the metadata, there is a document viewer. The main image shows a handwritten note on aged paper with the text "Freedom in Jail" written in cursive. To the right of the main image is a smaller thumbnail of the same document, labeled "Immagini / Images: 1". At the bottom of the viewer, there is a zoom control widget with a slider and a page indicator showing "1/1" and "007713.jpg".

Let's take a look at a document with 8 pages. Here I have opened the document **Freedom in Jail - An Incident and "Test"** with the Title **"A peaceful but intense..."**

One of the first things you might notice is that the entire document has been transcribed for you. (Again, send thanks to the volunteers!) You can also see under the document image that there are 8 images or pages.

If you look right under the **Consulta /Explore** tab, you can see the entire string that leads to this very document:

AS > Psicosintesi / Psychosynthesis > Psicosintesi personale / Personal Psychosynthesis > Faldone / Box 29 > 2.27.1. Libert  in prigione / Freedom in jail / *Freedom in Jail – An incident and "test"*

Under this string, you can also see small red arrows. You use these arrows to move through the list of documents, just like you would when using your DVD device. You can move forward or back through the documents, one document at a time. Or you can fast-forward to the end or fast-track backward to the start of the list.

ARCHIVIO ONLINE / ONLINE ARCHIVE ISTITUTO DI PSICOSINTESI

Utente / User : Catherine Ann Lombard

[Home](#)
[Consulta/Explore](#)
[Ricerca/Search](#)
[Inserisci/Insert](#)
[Utente/User](#)
[Esci/Exit](#)

AS > Psicosintesi / Psychosynthesis > Psicosintesi personale / Personal Psychosynthesis > Faldone / Box 29 > 2.27.1. Libert  in prigione / Freedom in jail / *Freedom in Jail – An incident and "test"*

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The peaceful but intense ...

Trascrizione /
Transcription

The peaceful but intense life I was leading was one day troubled by an incident. I was told that my money which had been deposited (?) at my entrance in jail was running/getting (?) short and that when it was exhausted not only I would have to take only the common fare (?) of the prisoners consisting in a pail (?) of soup and a loaf of bread each day, but that I had to leave my special cell and pass into an ordinary one, probably together with others. This I had to do in spite of the fact that the cell had been paid for one month in advance, because the regulations of the institutions forbade the use of a "special" cell to those who could not afford to pay for special food as well.

-----2-----

The news that I had no money available was a surprise for me because, foreseeing that the original fund would be soon exhausted I had written to my wife asking her to deposit another sum in my account and I was sure that she had done so. Therefore I made enquiries on this point about on this/ and was told that the money had been regularly deposited, but that I could not have the use of it without a special permit (?) from the Police Headquarters. This was a special rule concerning political prisoners. That permit had been asked but had not come as yet. I wrote to my wife to hasten the matter, but - as I have said - letters were submitted to a special censorship on the part of the Police and this delayed.

-----3-----

I could not understand/see/ (and I cannot even now) the logic of this regulation. A man with very little money available might prefer to have a clean cell and a comfortable bed rather than more food - but perhaps this choice was beyond the grasp of "those in power"!

-----4-----

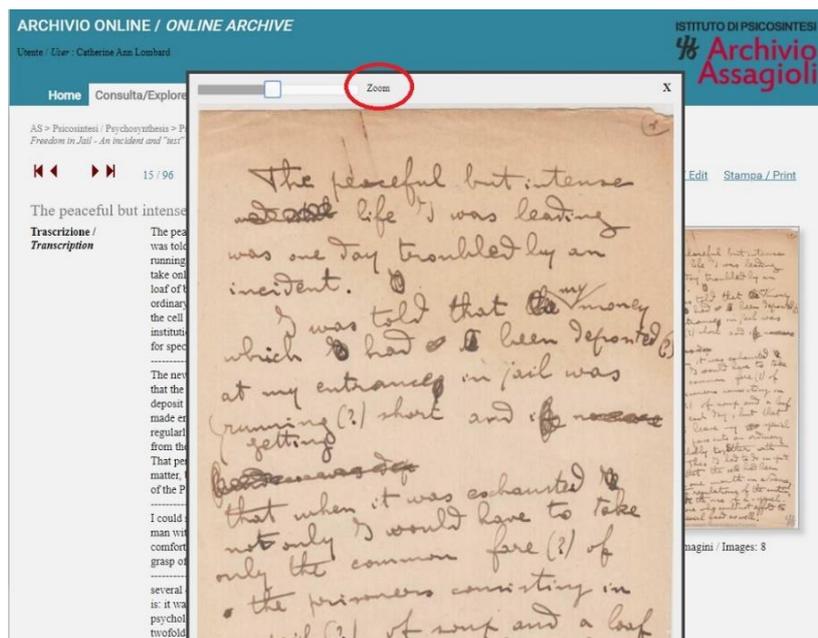
several days their delivery. Thus I had nothing else to do and to hope for the best, that is: it was all about the practical side of the matter. Instead the incident started an psychological test and experience, which I watched with interest. The test was twofold: concerning the food and concerning the cell.

-----5-----



Immagini / Images: 8

Here is my screen after I clicked on the document and zoomed in.



Hopefully you can now try to find your way around the archives for yourself, learning new things as you go.

But before I say goodbye, let's take a quick look at the **Search** function.

Searching in the Archives

1. Click on the **Ricerca/Search** tab.
2. You can search on a single word or a phrase. To search on Freedom in Jail, type it into the field that is next to **Frase / Sentence**.
3. Click **Cerca / Search**.

The results appear below. To view one of the documents:

Click on the **boxed-arrow** under **Apri / Open**. You will then be able to view the document.

ARCHIVIO ONLINE / ONLINE ARCHIVE

Utente: Catherine Ann Lombard

Home Consulta/Explore **Ricerca/Search** Inscrisci/Insert Utente/User Esci/Exit

Ricerca avanzata / Advanced Search Caratteri speciali / Special Characters

RICERCA VELOCE / QUICK SEARCH

Sezione / Section: Tutto / All

Parole / Words:

Frase / Sentence:

Cancella tutto / Clear All

Risultati della ricerca / Search Results Cliccare sull'intestazione di una colonna per ordinare i risultati / Click column header to sort results [Esporta / Export](#)

Risultati per pagina / results per page: 100 [Restringi i risultati / Refine the results:](#)

Sez. Sect.	ID Doc.	Titolo Title	Autore Author	Tipologia Format	Serie Series	Sottoserie Sub-series	Faldone Box	Cartellina Folder	Data Date	Apri Open	Mod.
AS	18454	Freedom in jail	R.A.	Manoscritto/Manuscript	Psicosintesi / Psychosynthesis	Psicosintesi personale / Personal Psychosynthesis	Faldone / Box 29	2.27.1. Libertà in prigione / Freedom in jail	...		
AS	7716	Nouvelle Revue Française	R.A.	Manoscritto/Manuscript	Psicosintesi / Psychosynthesis	Psicosintesi personale / Personal Psychosynthesis	Faldone / Box 29	2.27.1. Libertà in prigione / Freedom in jail			
AS	7717	American Magazine (Harper's?) ...	R.A.	Manoscritto/Manuscript	Psicosintesi / Psychosynthesis	Psicosintesi personale / Personal Psychosynthesis	Faldone / Box 29	2.27.1. Libertà in prigione / Freedom in jail			
AS	7718	The spirit of ...	R.A.	Dattiloscritto/Typed	Psicosintesi / Psychosynthesis	Psicosintesi personale / Personal Psychosynthesis	Faldone / Box 29	2.27.1. Libertà in prigione / Freedom in jail			
AS	7749	Include the exercises ...	R.A.	Manoscritto/Manuscript	Psicosintesi / Psychosynthesis	Psicosintesi personale / Personal Psychosynthesis	Faldone / Box 29	2.27.1. Libertà in prigione / Freedom in jail			
AS	7714	Dante's Paradise ...	R.A.	Manoscritto/Manuscript	Psicosintesi / Psychosynthesis	Psicosintesi personale / Personal Psychosynthesis	Faldone / Box 29	2.27.1. Libertà in prigione / Freedom in jail			

To logout at any time, click the **Esci/Exit** tab.

I hope you enjoyed viewing Assagioli's notes and learning how to explore his archives. Please feel free to support this great service by making a donation of any amount to Archivio Assagioli by clicking the **Donazioni / Donate** button on the bottom of the Home page!

To purchase a hardcopy of *Freedom in Jail*, please contact the Istituto di Psicosintesi in Florence at: istituto@psicosintesi.it. Books are also available from the Psychosynthesis London Trust by contacting enquiries@ptrust.org.uk.

Thank you!

Catherine Ann Lombard

14 April 2020

Under lockdown in Umbria, Italy