

Mediterraneo-Levanzo ed Horcinus Orca

Book review

I recently wrote about Mediterraneo- Levanzo. I wish to recall the theme starting from beauty and from reading of the D'Arrigo's extraordinary book "Horcinus Orca", little known, but the most beautiful book about Mediterraneo than the Odissey and, surely, the most important text set on the Strait of Messina. The beauty concerns an experience of overcrossing the feeling of potential loneliness. In levanzo little island, not much far from the town there is, as however in Sicily, and I imagine in all the Mediterraneo, there is a stack (Polyphemus rule). Near the coast.

In front of the stack (south) you can see Favignana and in the background Mozia and Marsala and on the right (east) Marettimo. As I usually do in this place, in the morning at sunrise I go for a walk and for swimming. I come into the sea from the pebbly seaside in front of the stack and I reach it. A place with low level of water allows me to across it and to come to the other side where the sea bottom climb down in open sea.

It's a wonderfull day, sky and sea are terse and clear. It's not too hot weather and the light is pure Mediterran delight. We just lack for an appropriate music. In this climate I go around the sea stack. Just to find myself, unbelievably, inside a cloud of little fish of any kind and species. An incredible moltitude and present in my memory. An incredible show, seen from the inner space, since avoiding sudden motions the fishes don't escape. The sirocco rises, as often happens, and the day after I go in a blind zone that faces the north. Here also, same scene, a huge number of Castagnole, Saraghi and even little Groupers passed through an elegant and shining sun. I allude to one of many terms suggested by D'Arrigo. The other one, that the fishes reminded me building a big natural fish tank is "nuovoliare". He invented it to describe the games of the "fera" that jumps out from the water, seduces and has a laugh, ecc. The "fera", known in the world as "dolphin", but so called from old fishermen to whom it

broke the nets, stole the fish, ecc. The fera-dolphin, double size of men (or women) to some features beautiful, tender, seductive, playful, ferocious to others, cruel, greedy, destructive. Among mythology and psychoanalytic ambivalence there is enough.

Why is Orcinus Orca, extraordinary book, known only by a vicious literary circle? Because it isn't crawler, it's complex, it says the hard truth about life, about death, it doesn't use a charming style but a magnificent one, sometimes attending to the psychological detail, interpersonal, nonverbal, colorful, ecc. It looks like a difficult book but it actually use and invent an extraordinary style. I have just learned something I always supposed. In the Mediterranean Sea, till the nineteenth century, existed a Frankish language understood in all ports. Maybe D' Arrigo is inspired, maybe, by that. The Mediterranean Sea, the Braudel and Matvejevic united sea, has is ancient homogeneity. It was already clear to me because of the people lifestyle and food. The "purpiceddi affucati", the little octopuses cooked in the tomato sauce are the same everywhere. Personally I always metaphorically related my professional job, the group therapist, as the Mediterranean Sea. Both, in effect, has many significant things in common (among people), differences, solidarity, anxiety and discord. So, the fullness of relationship "me - others", therapeutic and previously life factor or psychopathology. The conflicts between cultures and together similarity and tolerance are the history of Mediterranean Sea, at least starting from the Trojan war and Egadi's battle. The most extreme Islamic fundamentalism, which throughout his brutality is destroying the world, has in our culture his ancestors. The scream "God Want it" was the crusaders' maxim.

We built internment camp and gulags (and the psychological mind relative to them) and the the mother of all the fundamentalist mistakes: the inquisition. I often compared the inflexible psychopatology and a form of psychic fundamentalism. The psychic manifestation motivated by uncontrollable and unthinkable emotions invades the psyche and prevent the thought, the doubt, the "pietas" and respect for himself and for the other.

An intense thought about the D'Arrigo description of exterminating effects of the war just came to me about fundamentalism. Studying mafia's psychology explained us how it ("Cosa Nostra" and "N'drangheta") is the most known form of psychic fundamentalism. The Islamic terrorist, in effect, thinks that who is different from himself deserves to die. He has, but, motivations, although insane and murderous. The excuse of faith, the hate for the enemy who, in turn, killed someone of his relatives, the need to protect a cultural identity from globalization, the certainty of dying and of going to the Muslim heaven within beautiful virgins and so much water. The Mafioso, doesn't. He is a perpetrator of death

and brutality, he is indifferent to any pleasure, he doesn't feel emotions, he kills as well as a bureaucratic deed. He is only a robot that acts as ordered with indifference, as Dr. Coppola wrote, it is built like a "non-person" that kills a "non-person". It's the extreme example of total neglect of the other's humanity. Also Stalinists and Nazis were made like that, and also for them the only counting thing was the power of the church-faction. In the case of Mafioso, but, there isn't even an ideal to mystify the horror, both noble and inferior it was. There is only the total power over the other, as the only important thing. On the contrary it is in Horcinus Orca and in general in the old fishermen's culture and ethics. One of them, in the great Crialese's film *Terraferma*, says "io a mari unnaiu lassatu mai a nuddu" (I've never left anybody at sea) referring to the unfortunate migrants drowning in front of Lampedusa. The other's humanity, the identification with him and with his pain, the humble knowledge that in the sea anybody needs the other, the ethics of promise and integrity of relationship and work , were the essence of the great culture of fishing work in the Mediterranean sea. Without denying the pirate and plunderer aspects of this story.

It resumes the agreement with the genuine psychotherapy, in particular, for me, the group. The other is here so important that he becomes potential instrument of therapy and transformation. Identification, mirroring, discrimination, incomprehension, it becomes with him an instrument of therapy and deep transformation.

The imagine of the little fishes that "nuvoliano" between beauty and serenity makes me think in an optimistic way about the help and care possibility that our work can offer to the psychic pain. And about the hope to be in a sea full of life. Naturally if, as in the sea, there will be competence, accuracy, ethics and full attention to the other.

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