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Book Review

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The Wind of Words

by Ferdinando Testa, Ed. Iod, 2017

“Il Vento delle Parole” is a book written by Ferdinando Testa, a Jungian analyst psychologist, published by Edizioni Iod in the “Immagini dal profondo” series.

The book runs along the thin line that connects Aphrodite's myth to the care of the soul. This care implies the need to overcome the limits imposed by human narcissism and selfishness: in fact the goddess represents Love, an energy that pushes human being to unite and weave relationships. Aphrodite is then used as a metaphor for reconciliation; although she was conceived by an act of pain and separation, her birth seems to have the task of helping

human beings to overcome that sense of initial loss by favoring the passage through the doors of desire, that pushes them to unite the masculine with the feminine, the mind with the body, the ideal with the real. The reconciliation of these elements passes through the poetry, that has the power to reunite what was previously separated. According to the author, then "Aphrodite's imagine become a vital source to get in touch with their own dimension, made of shadow and brightness": therefore creating a link with the images rising from the deep can represents a preferential path to follow during the inner work, in order to get in touch with one soul. In this sense poetry plays a central role in the treatment as it underlines its ability to relate the human being to the force of life and the word itself. The poetic word meant as a metaphor is then used to "penetrate the subsoil of the soul and look, lean forward and allow the vision of the invisible that needs a particular look to be seen".

The theme of seeing is particularly highlighted in the book and described in metaphorical terms: the author explains that, in the poetic art, this concept indicates the possibility of going beyond the events that surround us through the use of imagination. In fact, the imaginative act allows human being to transform and metabolize the events of life which escape from rationality, approaching them to myths, fairy tales, dreams, to all that represents the collective unconscious from which the poets draw; this would allow them to accept the contradictions typical of their existence and thus rediscover the lost unity of which Aphrodite has become a symbol.

In this sense the poet has a fundamental role because his ability to feel is profoundly different from the rest of mankind: he has the ability to make others perceive what he has been able to see, transcending his own individuality and becoming "transpersonal expression tool".

Within the discussion, Testa also focuses on the importance of the dream and its link with poetry as it allows the human boundaries imposed by logic to draw on the world of the irrational. According to the author, in fact, poetry and the dream are "two irrational twin souls, that enclose in the non sense, the sense": in dreams people has the possibility to live in a dimension where time

and space don't exist and where the moment becomes eternity. The poem returns "in its original home, the home of hospitality where the sacred words live, those of myth" and offers man the possibility of redemption, allowing him to go beyond the boundaries of his finiteness and project himself into the "parable of the Infinity".

The poetic word returns then to its original function: it allows man to express his suffering but at the same time "represents the gaze that penetrates the material to rediscover the hidden light, the divine spark (...) it is the fruit of Aphrodite that remind that the world will be saved from beauty ". In the book, the function of the poetic word is also analyzed within the psychotic framework: according to the author, in fact, poetry allows the therapist to access the imaginative and symbolic sphere of this type of patient, differentiating it from the characteristic delusional and hallucinatory activity. Therefore poetry goes beyond the pathological condition and allows the therapist to "enter slowly into the subsoil of psychic suffering", to come in contact with the patient's emotional sphere and to tap into his inner world, thus creating an important communication for the establishment of the relationship.

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