

TESTIMONIAL COMMENTARIES ON  
SILO'S MESSAGE



PATH TO WAKENING

**Testimonial Commentaries on**  
**Silo's Message**

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These commentaries cover a period of my life that goes from 2002, when Silo's Message was launched, to 2018 and they include the first commentaries that I had written in the year 2011. These writings came from the personal need of telling my own experience and the change that progressively was produced in me as I went deeper into The Message. There is also the aspiration that this testimony may be useful to other who take The Message as the path of liberation from our own and others suffering, as the path towards the Meaning of life.

Silo's Message is not based on dogma; rather it is about free interpretation. That is also the framework of these comments, which are made according to the understanding and experience I reached after some time. This came about both through group practice during the weekly meetings in which I participate, and through frequent individual practice as well. The action of bringing this experience to my relatives, friends and others helped me comprehend and achieve a greater opening toward other people, enabling me to reach experiences previously unknown.

This work is a testimonial to an experience anyone can reach if they make Silo's Message their own. It is presented in poems describing experiences that make up a process. The poems are followed by explanations that show the way I practice everything that is presented in the book, and the non-linear process that progressively developed. I have never followed the meditations in sequence, but have accompanied them with ceremonies. The final part includes three complete tales of experiences that have been important in my process.

The message that Silo has kindly given us is a way to a life that is both coherent and transcendent. It leads us to justice, to reconciliation. Through it we can reach the Profound, ultimately unveiling the existence of a permanent Meaning that transforms life, illuminating it. The belief in definite death fall down and thus breaking our enchainment to suffering. It is also possible to reach the unmistakable personal experience of what I call the divine

## Song to hope

*From the darkest night of my existence  
with the slow and careful pace of my steps  
through the corners of my soul  
and of the world of people,  
I look with the non-habitual eye  
at what I read and do here,  
and as I advance this way,  
the inner skies become filled with stars  
until dawn awakes with its radiant sun.  
Then, nothing is ever the same*

I reflected on this part of Silo's Message tirelessly, with attention, without haste, and with a strong intuition that this was the way that led to overcoming suffering and to true awakening. This kept me on a search for the "what for" of my existence, until I reached the experience of that other reality, of the full meaning of my life and of all that exists.

## Song to Intention

### Inner looking

*How is it that they say  
human beings only store up what they perceive  
only reflect what they receive from their environment  
When I am attentive or when I close my eyes,  
I manage to see you,  
eye that regards the world dwelling in me  
and by looking, I discover myself  
What I believe, what I fear  
but also what inspires and uplifts me  
Noble ancestral look that leads to the essential  
to knowing who I am and where I am going  
what impels you, what is your powerful motor*

*Beyond the stillness of my consciousness  
From the center of centers  
where lives that-which-has-no-name  
you make yourself indubitably present,  
sacred creator, and you illuminate me  
Meaning at last!*

From the very beginning, the title "The Inner Look" made it clear to me that this had to do with a look unlike the usual one that goes toward the world of the senses. These words were an invitation to take a look within myself. I associated this with what I had been doing since I was a teenager: reflecting upon different issues that interested me. I recognized that when I did that, I "got into myself," looking at the issue from different angles, relating it to my experience from other moments, until I understood the issue further or fully. However, as I developed the meditation and practice given in the book, I progressively realized that this way of looking also allowed me to know myself more deeply. Thus, I could look at what I wanted by concentrating my attention on it, whether by reflecting on the sentences, remembering dreams or situations I had lived through, or planning a project. That is, relating what I had read to my recent and older experiences and my aspirations for the future. This recognition let me see an inner world I had had only the vaguest sensation of before.

On this journey it was quite easy to see how present, past and future intersect. I realized that I could recognize this because my inner I was capable of seeing all of that. Then, at some point during the journey, by looking at what was happening to me in certain daily situations and the experiences and comprehensions I was having, and comparing them with what was said in the book, it became clear to me that there was something that allowed me to recognize all of this that I am talking about, something impelling this look. In an instant I recognized that which is always present behind all searches, behind all thought, behind all emotion, all illusion, all creation. This discovery made a great impact on my consciousness

and changed my way of looking at and seeing reality. I would not have been able to reach such recognition without the Force, without that energy set in an ascending direction always opening the way. It has been the key for everything.

## Songs of Dawn

### Chapter I. The Meditation

*From so much searching for what gives meaning,  
for my own destiny, and that of all existence,  
I learned that you find what you long for  
if you calmly persist on this humble journey  
When fearless and joyful my heart  
sings and loves this world as much  
as the other, the eternal one,  
seeking without seeking,  
meditating timelessly and profoundly  
I discovered the Meaning of the full life*

The first sentence, “Here it tells how the non-meaning of life can be converted into meaning and fulfillment,” and the last, “Here it tells of the inner revelation at which all arrive who carefully meditate in humble search,” were the phrases that resonated most within me. The first thing I asked myself was about humbleness, recognizing that it is an attitude that I have in front failure. The failures of those illusions I knew could not be achieved and in other illusion that deep down in my heart I knew that they will never come true. That sensation of failure helped me realize that I knew nothing about life, I did not even know myself deeply. Then, this desire and this hope of finding a way out and the need to reflect about what is said in the book with the humble attitude

of someone who realizes that he or she knows nothing about what it really matters arose..

I have reflected again and again on all that is said in this chapter. I kept relating it to my own life, to my placement in my life, and to my searches. Finally, I reached the following conclusion: Life is nothing but a pilgrimage in search of a profound and transcendent destiny, which is revealed little by little as one "carefully mediates in humble search."

## Chapter II. Disposition to Comprehend

*Any pilgrim on the inner paths  
seeking what they cannot define  
comes to know that arrogance  
does not lead you to the right port  
Arguments affirming ones beliefs are but pitfalls  
You have only to predispose yourself  
gently quieting every noise that diverts you  
coming from thought or blind emotion  
keeping your eye always on the path  
Thus I predisposed myself,  
following in the best way possible  
the suggestions of the Guide.  
Well he knows every stone in the path*

This chapter makes it very clear that you cannot advance just any old way. When reading it I felt ambivalence; on one hand I was attracted by what was written there, it was beautiful, it invited to reflect upon one's own existence, but on the other some phrases or words shocked me. I saw how the "I" tended to dominate, taking me out of what I had proposed to do. Prestige often came into play, distracting me from my vital search. Nevertheless, the phrase "if you reply that you are busy with more urgent things, I will answer that since your wish is to sleep or to die, I will do nothing to



oppose it" helped me greatly to achieve the right attitude, and the need I was feeling helped me persist.

### Chapter III. The Non-Meaning

*Scarcely had I seen the words  
which began with failures of the soul  
when being that way myself,  
with an empty life,  
I felt it was to me and none other  
that Silo thus spoke  
So determined was I to discover  
the meaning that does not die each instant  
that day by day, without haste,  
I reflected in silence  
repeating a phrase contemplating my daily life  
in light of what I had read  
I learned much about myself  
following what was suggested  
but my whole being resonated  
with the last words read  
"life has no meaning  
if everything ends with death."*

In this way I kept advancing in the knowledge of myself and of the mysteries that continued to unfold, and every new reflection took me deeper. But the issue of my own death always appeared, closing of the future, as if that were the unavoidable fate of all existence. Death and the possibility of continuing beyond it has been a recurring theme for me since my early adolescence. Never have I accepted the idea that dying was unavoidable; I have always doubted that idea, and at a certain moment, the intimation that things could not end there came strongly to me. Even so, the fear of death was in me.

## Chapter IV. Dependence

*I cast a new look  
across the length and breadth of my life  
Did I ever choose freely?  
Beliefs and desires are chained together  
formed in the distant past  
like banners of truth held aloft through time  
You and others influence me,  
everything does it all the time  
I do what interests me, that is my limit  
Then, do I choose, or does life just happen  
If it simply happens  
unrest and darkness will win my heart*

From the beginning it destabilized me: “Nothing that I do, feel, or think depends on me.” I did not understand what that was about. What do you mean, nothing I do, feel or think depends on me. When the dependence to which I was subjected became evident to me, I experienced a sort of enclosure, like an unfair trap set by fate. At the same time, a strong wish to really choose with complete freedom began to arise, a sort of rebellion that rejected that apparently inexorable determinism.

## Chapter V. Intimation of Meaning

*Was it only intuition  
What happened in my consciousness  
when I knew ahead of time  
what would happen later on  
When in a surprise invasion,  
comprehension and joy  
took my whole soul  
How did it happen that then  
hope rose in me again*

A thousand times I have gone back to what is expressed here. I kept comparing this part to experiences I had forgotten, since I considered them strange, thinking I must be "weird" and that such things happened only to me.

“At times I have anticipated events that later took place. “At times a perfect communion with everything has filled me with ecstasy”... “At times I have seen something for the first time, yet recognized it as though I had seen it before.” Understanding these unusual experiences in this new light freed me from hopelessness, where non-meaning had led me, strengthening my faith in “something more,” encouraging me on my search for the meaning of my life.

## **Chapter VI. Sleep and awakening**

*They tell me nothing exists  
beyond the concrete world  
I perceive day by day  
They say that is the whole truth  
Reality shows you that, so they say,  
in what you see and hear  
in what you touch and smell  
I believed it up to yesterday  
but when I took a peep at thought and feeling  
using the look that sees,  
I left belief behind  
and saw differently what I perceived  
Thus I began to know  
and for the first time I saw  
the real in another way*

It took me some time to understand that the senses deliver inaccurate and naive information. But when I did understand that, I started to doubt daily reality because of what I kept experiencing.

This text served me more as a guide, as a pattern with which to measure my comprehensions and experiences. Finally, I was able to touch that other way of seeing so-called reality.

I took the following affirmation as my main guideline: "There is a real way of being awake..." and it goes on, "and it has led me to meditate profoundly on all that has been said so far. It has, moreover, opened the door for me to discover the meaning of all that exists." The key is in looking with the inner eye, calmly and attentively and in doing so with permanence. It truly is an awakening.

## **Chapters VII to XII, XV to XVIII** **Inner Force**

*Force that moves my soul*

*Force that allows me to walk*

*sublime golden chariot*

*light and winged I lifting me to the skies*

*Essential experience leading me to meaning*

*Oh, majestic Force*

*Gently intense is your presence*

*Oh, sacred your manifestation*

Various points are touched upon in the book regarding the experience of the Force: a procedure to feel its presence, the possibility of controlling it, the manifestations of that energy, the cases in which it is "lost" or "repressed," and the action and reaction of the Force. I will not say here that I can completely manage all the possibilities mentioned regarding the Force; I will simply say that I have understood how important it is to be able to let it to flow freely, that it is easy for me to feel its intense or gentle presence even in different daily situations, and that I have learned to direct it. So far, this is enough for my purpose.

In the beginning I had a hard time following the steps for experiencing the Force as described in this chapter. Often I got distracted by images that came to mind, by some physical discomfort, or by sounds that reached me from outside. But as I continued to carry out the experience and tried to use the principles of valid action in daily life, something began changing inside me. During this practice, my mind quieted, my emotions became neutralized, and then it was quite easy to concentrate on the steps to be followed. Then I began to experience the circulating energy, the inner Force, that force that "move mountains" and that can impel us toward "the heavens."

But this Force that circulates through my body, where does it come from? Is it a Force from the head, from the heart?

## **Chapter X – Evidence of Meaning**

*What did spur that search?*

*What made me get up after every failure;*

*what or who whispered in my ear*

*clearing the way*

Weary with the repetition of life, where everything is taken as a routine and devoid of meaning, I have tried to get out of that wheel that turns always in the same way, just as a clock hands do. Even when I was moved by the enthusiasm of achieving a particular objective, this lasted just a while and, no matter whether I achieved it or not, the sensation of failure and meaninglessness appeared and then I kept on turning and turning. Actually, I was always tied to the same wheel. However, upon working with the inner Force and understanding in greater depth this and other chapters of *The Inner Look* something started to gently change in myself even if, at first, I did not realize it. Some experiences gradually showed me that perhaps I could be able to get out of the mold.

That was the time when my mother passed away. Even if this was the first experience I had regarding this that not everything ends with death and regarding the existence of a transcendent spirit, it took me a while to internalize it and to comprehend it deeply. This experience is included at the end of these commentaries.

All that was referred to my own existence, however, continued to be a question with no answer. I found no meaning in this of being born, life for a while and then die. There should be something that I had to find out. Thus one day I started to read again the chapter Evidence of meaning, frequently reflecting upon it. I wished with increasing intensity that what was really important became evident to me, as it is said in this chapter. At that time I realized that I had just one need, just one: to transcend. Upon recognizing this all other needs became secondary and my life got into place in an instant. Furthermore, this chapter explained how to achieve it. I decided to fully get into it and to maintain it in time. At that moment, the importance of developing my spirit got strength and therefore of carrying out actions that gave me internal unity, trying not to be dragged down by the actions that did not serve that purpose.

I believed in definite death all my life, because that is the way I grew up. A cultural belief that I brought from the first years of my life. Upon reflecting on it, I recognized the obvious in an instant: everything is belief! What I believed about death and about what happened after death was nothing but an imagined plot based on the imagination of others that was sustained over the centuries. They were just beliefs that have generated fear, meaninglessness and, in many instances, religious violence and discrimination towards individuals and entire peoples. What I can certainly affirm is that experience changed what I believed about it.

As a continuation of an extraordinary dream I was reflecting about the Hidden City where “what was done and what is yet to be done” are kept and about the existence of the immutable meaning. Then I suddenly recognized that when I pass away I will

fuse with that meaning. This opened up my future completely! I have a mission to fulfill here and beyond. Whichever characteristic this may take, I do “know” that my spirit will go on. For several years my studies and meditations were centered in the works of Silo on these subjects. At the same time, I continued participating in the weekly meetings, doing the Service ceremony that mobilizes the Force. This way of doing things was, for me, coherent, inspiring and gave me great learnings. I was then losing faith in death and the permanent meaning of all that exists became evident to me, remarkably reducing the suffering that I used to experience.

I would then say that death is the key that opens the door into immortality. In this chapter it is said that “The real importance of mastering the Force in order to achieve unity and continuity filled me with joyful meaning.” Mastering the Force is progressively achieved with frequent practice; this allows the unification of our energy that is divided by contradiction. In this way and by adding up coherent actions, we can increase our internal unity and thus develop our own spirit. When the spirit is already built it needs neither our body nor our memory nor our perception and it transcends the space and the time which we live in. Then, all of this can be reduce to just one thing: to manage the Force, to direct it towards the luminous and towards valid action. “If you repeat your acts of internal unity, nothing can detain you,” Principle of accumulation of actions.

We can recognize the permanent meaning; it exists always, whether I get it or not, and it is the origin that spurs me, that spurs everything that exists in a precise direction. Such is the evolutionary intention; energy and pure light.

## **Chapter XI The luminous center**

*Light of the soul that dwells in me  
illuminate my nights and my days*

*Never abandon me, divine light  
And on the day  
I will depart to other world  
just make me a part of you  
in that glorious flight.*

In this chapter it is said that “In the Force it was the ‘light’ that came from a ‘center’. Later it says, “In withdrawal from the center there was a dissolution of the energy, while in the unification and evolution of the energy that luminous center was at work.”

In this part it is said that In withdrawal from the center there was a dissolution if the energy, while in the unification and evolution of the energy that luminous center was at work. Here two directions are clearly presented, one darkened and the other luminous. No doubt, each produces different registers and consequences.

However, none of the directions in life is permanent, they alternate and the tracks that one makes are of a different depth. I consider important to know them and to decide what direction I want to give to my own life.

Upon talking a look at my process it becomes clear that now I can remain for a longer time in the luminous direction. Obviously, I fall but not as low as before, and I am able to retake the ascending direction more quickly.

Regarding the experiences with the Light, I have had a few and I include their full version at the end. It has been useful to me to remember the recommendation gave by Buddha and mentioned by Silo: do not get distracted by some by those “extraordinary” phenomena that may be produced when mobilizing the inner Force.

For some years these experiences with the light no longer arose, but they started to happen to me again in these recent times. In my case, the Light manifests visually, but I also take into



consideration the clear consciousness, with no reverie, as a manifestation of the Force.

Even if I have never proposed myself to get in contact with the luminous center, I think that the light has manifested as a consequence of the sustained work with the force and with the Principles which, although I have never been able to apply them permanently in every situation, there is no doubt that they have oriented me towards the strengthening of the inner unity, therefore giving rise to the development of the spirit.

## **Chapter XII The Discoveries**

*The mind expands and delights  
in that encounter with the new  
but you, immortal Force, divine impulse  
you stand out amid all marvels  
that await in the depth of myself*

It was somehow surprising that only the Force was mentioned as an important discovery. If Silo considered it as the most relevant then it was obvious that I comprehended nothing about the Force. I experienced it but I did not see what was it capable of producing nor what to direct it implies.

I put this chapter aside for quite some time and I got into meditating about other chapters, depending on the moment I was with my experience and with the themes of the book in relation to my life.

After the work that I accumulated with the Force in time and after a sincere interest to comprehend it in greater depth, I got back to my reflections on the chapters referred to the energy, including “The discoveries.” I then fall into account that here it talked about “the mental energy that accompanies certain images” and about what this produces in the human being, differentiating between the

natural circulation of the Force and its intentional management. It spoke of awakening to another level of consciousness, of a possible new dawn for the human being! Furthermore, as a consequence of this work our own spirit develops, that spirit which transcends the physical and mental limits that we are born with.

The meaning of life which does change with our vicissitudes is close at hand. The obvious finally became evident. This incredible revelation both changed and unified everything.

### **Chapter XIII The Principles**

*Sacred inner unity  
guide that guides my steps in daily living  
mind, heart and action*

*bound in full coherence  
Lighter becomes the contradiction  
that stops the evolution of my life,  
that betrayal of myself  
that my memory has kept*

*Almost without realizing  
I've changed my way of acting  
my focus in daily life  
placed in such unity.*

*It is not what I "should" do  
that moves me as I walk my path  
but instead that which liberates  
from possessive desire  
which in an enchainment  
keeps the mind imprisoned*

From the very first time I read it, this chapter was one of the most relevant for me. "Following the steps slowly, meditating on what has been said and what has yet to be said, you may convert the non-meaning into meaning. It is not indifferent what you do with

your life.” And then, “I do not speak to you of liberty. I speak to you of liberation, of movement, of process. I do not speak to you of liberty as something static, but of liberating yourself step-by-step, as those who approach their city become liberated from the road already traveled.”

As I kept trying to apply the Principles of Valid Action, I saw clearly that they led directly away from the suffering produced by contradictory actions. This was a new observation that gave me a way of approaching important decisions I had to make. Then I started paying attention to what I felt inside when doing one thing or another that was important to me. Later, it was enough for me to imagine deciding on acting one way or another to accurately detect the register produced by each possible course of action. Obviously, I wanted to guide my actions according to the register of agreement between what I thought and felt, moving away from contradiction. Little by little this way of acting began to free me from a "weight." There was no more "tug of war" between knowing what I should do and not wanting to do it, no more doubts about whether what I did was right or wrong. Most importantly, my suffering over what I yearned to possess, over what I feared losing or failing to attain, over betraying myself in my deepest feelings, became less and less. Contradiction is a diabolical mix that leads to the abyss, both for ourselves and for those closest to us because it contaminates everything around it. For some time now I have been able to make decisions based on the register of unity or contradiction produced in me by one choice or another, even if others do not understand my actions.

The fact of attempting to put into practice these Principles and The Path, coherence begins growing within one. Even if we do not think about them every day, they become more and more a part of our lives, we begin to register something new that begins to grow internally, we overcome suffering and our lives become fuller and fuller.

Out of the twelve Principles, the Golden Rule is central. This Principles implies and act through which the comprehension of the other in a wider dimension arises and, in some cases, it lead to reconciliation with the other person and with oneself. This reconciliation is also a unifying act that allows “to put a humanizing look on the skin of monstrosity.” The Golden Rule places us in the direction of overcoming discrimination, intolerance and selfishness, it makes flexible the look we have of others and the concepts of “right” and “wrong” to which we cling to no longer lead to fanaticism or violence.

Upon applying it with a certain permanence, I notice that the feeling of kindness of compassion to other has been strengthened. Another look have progressively strengthened, even in difficult situations. My behavior gently changes. Almost without realizing it, I see the human in other much more easily. Even if I am not able to apply this Principle all of the time, I have notice that little by little it becomes part of my lifestyle. All of this happens because there is a previous intention: to be centered without I being the center but the other, this is key.

The sign of what is truly human is far from wanting to possess, of pursuing desire; far from revenge. We will have to overcome to what is still ties us to the natural sweeping away hatred, getting even, frustration and resentment from inside ourselves. We have to make an intentional effort in order that what is truly human can manifest itself: kindness, joy of living, giving disinterestedly, love and compassion.

What would happen if many of us applied the Golden Rule and this spread until reaching a whole people? There is no doubt that something new would arise. The destruction produced by all kinds of violence would be eradicated, we would live in peace, with joy in what we do, inspiration, meaning, just as in some humanist moments of history has already happened.

Whenever I act in accordance with this Principle your humanity unfolds before me, and this moves me. My beliefs about you and the other fall apart upon recognizing you as human. I become fully human upon recognizing you as human and thus you and I become We. That good thing I want for me I also want it for you, I share with you whatever I have got. Your suffering is not indifferent to me, your joy is my joy. Your inspiration both elevates and inspires me.

## **Chapter XIV The guide of the inner road**

*My Guide wisely says  
that the Force in me living  
leads me to darkness or light  
Certainly I recognize revenge,  
possession, jealousy  
and in the black of night  
frustration and resentment  
Then I've said to myself  
May I leave behind all that suffering  
May I in this rough ascent  
overcome the drag of those heavy actions  
May I manage to stay calm  
impelling the Force  
towards the sacred city of Light*

The first time I read the recommendations in this chapter, I felt a slight uneasiness. "Now follow attentively what I will explain to you, because it concerns the inner landscape you may encounter when working with the Force, and the directions you can imprint on your mental movements." It was saying that we should pay attention to the direction the Force might take, since it could lead us into negativity and dark feelings, but also to positive and luminous states. I told myself it was silly to get scared ahead of time, my imagination was working against me. This part was

describing the inner "path" that takes shape within every human being simply with the passage of life but it was also clear that I could strengthen or change the direction I was leading.

Finally, by working repeatedly with this experience, I was able to overcome my reservations by concentrating in the words guiding the ascent. It was not long before I had that extraordinary experience of the Force, as smooth as a wave gliding gently toward the beach, as intense as the radiant sun, like that special Light high on the mountaintop, inspiring me in my daily routine, opening the future.

It has been already that while that I am able to see more easily when I am getting into one direction or another. In one case, the register is one of lightness and inner solidity, of a profound peace and almost imperceptible joy, of satisfaction with oneself and with the others, with things. The attention level is high. There is no fear and faith is strong. The register of nothing else is needed arises. It is easy to keep centered in front of any type of situation and, if I get out of myself I can get back quickly. The road opens meeting neither internal nor external resistances. Everything is easy and one walks hand in hand with the meaning. Thus suffering progressively disappears.

In the second case, reveries come one after another, the desire to possess something tangible or intangible is paramount. This can be seen at the root of all thoughts, feelings and actions. When this is strong, the beliefs and the situations one passes through manage our life. The registers are lack of faith, fear, anxiety, pessimism. This is how distrust, revenge and getting even are fed. That is, suffering grows.

At every moment, each person goes in one or another direction and the tracks made acquire different depth. I think that it is useful to know these two tendencies and decide in which one we want to lead our life.

## Chapter XIX. The Internal States

*From the chaos of my mind wrapped in shadows  
I slip into a vicious circle barely an attempt to escape  
Two, only two paths I see  
To live, I inevitably need to die  
to leave behind what impedes my flight  
Lightening my backpack this way  
placing in it only hope  
bright banner of tomorrow  
having made the decision to ascend  
I am stopped by a trap of the mind  
doubt enters my soul and I fall  
It is only an instant of betrayal  
weakness from desiring this or that  
Strongly I return to the rise  
My dreams stumble into each other  
I despair, I weep, and then I see  
the illusion of the sirens' song*

*With resolution I decide  
to pick up the thread of a different life  
My longing encourages my steps  
I cross the threshold right at the center  
Light and unstable I go forward  
the path thin as a string before me  
the intense unlimited space  
the mind quiet at last, waiting  
It is hard to keep myself calm here  
Thoughts take on a life of their own  
I persist in attending to a single "point"  
consciousness blank except for that  
With another "eye"  
I manage to grasp in a wink  
that which is alike in one and all*

*and the sun, golden sphere, Light, floods my whole soul  
There is a wherefore of existence!  
Sacred evolutionary intention! Unnamed!*

I discovered that my intuition helped me "know" how to move forward every day on this journey through my internal landscape. But to that I must add the appropriate disposition, gentle attention, and a certain facility for recognizing those internal states, emotional states from the "lowest" to "higher" and sublime states, states of inspiration that come to every human being. It is precisely in those states that I have been able to see all of us truly linked to one another and to everything, all one and the same.

The passage between states has not been linear. I have come and gone many times by the same paths, stumbling every now and then, going up and down from level to level until finally a sort of gentle leap happened. My internal energy was also a fundamental element. I noticed that even if it was the same journey, it kept changing in quality after each leap.

It is certainly at the limits of our consciousness and even beyond, in the Profound spaces of the mind, where we reach the most significant experiences, capable of radically change our lives in an instant.

The chapter closes in a descriptive and beautiful way: "It would not be useful to develop these subjects further, because without experience they can only mislead by transferring to the field of the imaginary something that can actually be achieved. May what has been said here be of service to you. And if you do not find what has been explained here useful, to what could you object, since for skepticism nothing has any basis or reason, it is like the image in a mirror, the sound of an echo, the shadow of a shadow."



## Chapter XX Internal reality

*Those who study the human body- mind  
may pronounce their cogent theories  
I can only speak about the path  
I have managed to walk  
following the unfolded  
inner map of Silo's Message  
in its infinite kindness*

As I meditated on a phrase or chapter of *The Inner Look* and practiced the experience of the Force, I kept going through different interpretations of this first part of the book. "Remember what I have said, and learn to discover the truth behind the allegories, which on occasion lead the mind astray, but at other times translate realities that would be impossible to grasp without such representation." In this way, little by little, with patience and dedication, I learned to grasp what was behind those words, behind what was said. As I have mentioned, intuition has made it much easier for me to understand the inner states described in this book. Every time I reread it, and as I practiced what I could, comparing what was said with what was happening to me in my daily life, things got clearer. In this way I kept going deeper and comprehending more.

I recognize that it has been the desire to stop suffering, the mystical search for those spaces that are far from the mundane, and the search for a transcendent meaning that does not end with death, that have served me as a foundation for transforming my existence, orienting it toward happiness and freedom.

*But where do you come from,  
immortal*

## Part II

# The Experience

## Song to reality

*Vital experience that gives foundation to life  
and in a sigh reveals the Meaning  
from the depths of myself  
The Greatest of the Poets said,  
“whoever dies before dying will never die”  
and that certainty was my guide and my incentive  
for reaching at last that north with undeniable certainty  
Experience is evidence that wipes away all doubt  
It awakens within one fully transforming existence*

Of the eight ceremonies included in this part of the book, those which moved me toward very significant experiences that strengthened the direction of change in my life have been the Service, the Laying-on of Hands, Wellbeing, Assistance and Death. The first three allowed me to feel that enormous energy, the inner Force. Even if in the ceremony of Wellbeing we simply ask the best for loves ones “who are facing difficulties in their emotional lives... in their relationships with others... or with their health ,” placing ourselves in a good attitude towards these people, many times on asking for them I have felt that intense energy. Later on, with the practice of the Service and the Laying-on of Hands I learned how to manage it. The most relevant aspect, however, is that these experiences allowed me to open a "channel" of contact with the profound spaces of the mind, where meanings that “give answers” about themes I consider most important for existence – suffering, death, transcendence, the meaning of life – are found. Thanks to these ceremonies a door into another reality opened for me, as happens when we wake up from a dream.

The beginning of the ceremony of Assistance says: “The memories of your life are the judgment of your actions. You can, in a short time, recall much of what is best in you. Remember then, but without fear, and purify your memory. Gently remember, and calm your mind...” This is a guide for the person who is about

to pass on, indicating a path leading from reconciliation to triumphant liberation of the mind. In the ceremony of Death, the intention lies in freeing those who suffer when a loved one dies, gently leading them to reflect upon their beliefs about these matters and on what these beliefs generate. Both ceremonies have made me face my own disappearance, comprehending how ephemeral and wonderful life is in this space and time. When I carried out these ceremonies for people close to me, and also for people I did not know, who were facing this fundamental and moving fact of existence, feelings of love and compassion arose in me in a way I had never experienced before.

These experiences taught me the importance of valuing every instant, of considering that I can learn something even from the worst moments, of being joyful for the simple things in the seeming routine of daily life. But they also helped me to go deeper into the fundamental experience that makes it clear that nothing ends with death, but that one can continue in another state. And when I hear someone say, "I don't want to waste time on that," whatever that may be, I always try to comment about how nice it would be not to waste time on sadness, on anger, on the pursuit of this and that, on resentment, as it stops the advancement of life. The possibility exists of continuing even after physical death and after the consciousness stops working. We can build our spirit, unifying our own energy, consolidating it by carrying out good actions, actions that bring internal unity, abandoning those actions that lead us in another direction. These certainties were immensely important for my life, which at last was open to the future.

*I raise my cup to you, oh death  
Every time you've crossed my path  
I've looked away in fear  
Why think of you now, so undesirable  
I've told myself  
Anyway, sooner or later you will arrive  
better busy myself now with other things*

*How could I have been so blind!  
When I left my fear behind  
I managed to talk with you face to face  
Thus I've come to know you well, kind death  
How could I have believed in your illusory cruelty  
No longer are you an enemy but a friend  
When the time is ripe you will sever my ties  
to this time and space that my essence might soar light  
toward the heights into the unnamed and eternal!*

The last ceremony, the Recognition, has a perfect balance, blending meditation to improve oneself and action to improve the lives of others. This is a testimonial ceremony. It leads towards deep reflection on mental change and a stance facing the world and its events, which certainly condition us. In particular, the following paragraphs have had a strong influence on me: "The pain and suffering that human beings experience recedes when good knowledge advances, not knowledge at the service of selfishness and oppression." That is, to overcome pain and suffering at the root it is necessary to discover what good knowledge is, because the book only mentions "what it is not" and where it leads us. And then, "Good knowledge leads to justice. Good knowledge leads to reconciliation. Good knowledge also leads us to decipher the sacred in the depths of our consciousness." Here I faced a similar riddle. Nothing could be taken for granted. So, I went around and around with this many times, asking myself again what this good knowledge was, what the meaning of justice was, what it meant to reconcile. I began finding answers that satisfied me considerably, but later on when I would return to the matter, I noticed that the answers I was getting were deeper. So I say that, as I understand it, good knowledge has to do with everything that leads to unity in oneself, in relationships and among people. If this were so in practice, both individuals and human groups would develop in peace and harmony. Regarding justice, therefore, I reached the conclusion that if there is no balance in a society, social

contradictions arise. If social contradictions exist it is because violence is being exercised against the people. If there is violence, there is no justice. Social justice is equivalent to an act of unity because it liberates a people from pain.

I found no difficulty in understanding the importance of reconciliation. To achieve it without forgiving and forgetting has been something else. The word “forgive” is indelibly written in our being, whether or not we manage to do it, but it is not the same as reconciliation, a liberating act of the mind. To decipher the sacred within my own consciousness, I had to meditate often on that theme, taking the point and later letting it loose. That set me into that direction, until I came to achieve a specific experience that made exactly that, the sacred, evident: the divinity.

*And I walk the path  
that nourishes the growing spirit*

## **Part III**

# **The Path**

## Song to the path of life

*Ab, contradiction you always get in my way*

*I do not trust you anymore*

*It is only unity that gives birth to my future*

*And when the sacred spark at last*

*Illuminating what for, why, and where I'm going*

*then I began to live.*

*Trail that on this journey leads me to my longed-for destiny,*

*to being idea-feeling-action, to being one,*

*just one within myself keep me steady in your course*

The meditations proposed here make evident contradictory and coherent actions, meaningless and meaningful actions. They clearly set two directions in life and the possibility of choosing between them.

The first sentence says: "If you believe that your life will end with death, nothing that you think, feel, or do has any meaning. Everything will end with incoherence and disintegration." Here the theme of death appears again. After meditating on this for some time I reached the conclusion that if I were to believe that I was born just to satisfy my needs and desires while passing from childhood to adolescence and so on, to finally end in nothingness, what kind of meaning could my life have, absolutely none. If I were to believe that, it would be all the same to me whether I did one thing or another, because at the end of my life I would disappear and everything would definitely end. I used to believe that for a long time. To think that way left me with an almost bitter taste, without joy, without meaning. However, something told me I was not born just to live like that until I died.

In the next paragraph we read: "If you believe that your life does not end with death, you must bring into agreement what you think with what you feel and what you do. All must advance toward coherence, toward unity." My first thought was: this is more or less where I'm at. I would like to believe that my life does not end with death. I kept asking myself: how is it that what I think is opposed



to what I feel and do. How is it that my head tells me to go one place, my heart somewhere else, and I end up doing whatever? When am I not divided like that. As I studied myself this way, I discovered in time that my heart never deceived me but that my conflicting thoughts did. The trap was precisely there. What would be the best thought, the most valid thought to follow? I discovered that if I first clarify what I really wanted, I had to observe what I felt if I chose one thing or another. This way it became easy to carry out unifying actions. Over time these unifying actions began to accumulate; something good was consolidating in me. Then I started to believe that not everything ended when death and, at one moment I became completely certain, above and beyond my belief system, that life does not end with death, that there is something in me that continues. This happened after the ceremony of the Service where I experienced the inner Force. When I finished the ceremony, in a clear state of mind, I suddenly recognized that there is no separation between life and death. And even if I could not explain that affirmation, I had no doubt whatsoever that it was true. During the following days, I often reflected upon this. Then I arrived at the following realization: before I was born, the Essential, the immortal spirit, already existed and it is also part of us. Contradiction progressively divide us internally, and good actions, coherent actions, progressively strengthen our internal unity. When we pass on, if we have unified our energy, the spirit is once again formed. Thus we “go back” to that which is where we “come from.” The spirit just exists and, in a moment, it materializes, it becomes solid in a human being. When both the “I” and the body dematerialize, the spirit continues being because it has neither beginning nor end. It is an eternal flow that has different moments and manifests itself in different ways.

“If you are indifferent to the pain and suffering of others, none of the help that you ask for will find justification.” Absolutely, how could I justify my asking for help if I think only about myself, about what happens to me, if I am the center of everything? Why should others lend me a hand if I do not care when they feel sad or are in need. “If you are not indifferent to the pain and suffering of others, in order to help them you must bring your thoughts,

feelings, and actions into agreement.” I have sometimes found myself doubting as I helped someone, not being fully convinced of what I was doing. Then, even if you are not indifferent to the sorrows of others, perhaps you end up helping without unity, even compulsively, without being clear whether what you are doing is what the other needs. It is about to give with coherence.

The phrases beginning with “learn to”, point out the fact of the interconnection that exists between myself and others, between the individual internal world and the world in general. Not only that, they also indicate what it is necessary to learn in order to advance in self-knowledge and in coherent action in the world “Learn to treat others in the way that you want to be treated. Learn to surpass pain and suffering in yourself, in those close to you, and in human society. Learn to resist the violence that is within you and outside of you. Learn to recognize the signs of the sacred within you and around you.”

On the last set of phrases I will mention this one, “Do not let your life pass by without asking yourself: Where am I going” – a recurrent theme for me for a long time. I said to myself at one point that I should also ask what I was born for. That if I found that answer it would become obvious where I was going. I was not completely clear why I linked the two points, but I had no doubt that this approach was right. Reflecting on this over time, I found different answers to both questions. I kept alternating between the two questions, discarding one answer and then another, until, thanks to my persistence and to my practice of the Service, the answers were revealed suddenly, shocking my consciousness, strengthening me. I was born to help with human evolution. This means helping overcome pain and suffering in myself, in others and in society and, therefore, contributing to overcoming the violence that generates both pain and suffering. Carrying out actions in this direction, in turn, allows me to evolve, since they are actions that give unity. But I also came to this space and time from somewhere else, and I have the possibility of returning there when I die. However, despite these

experiences and sudden comprehensions that were important for my life, coherence as a consolidated style of life is still an aspiration and a challenge to achieve.

Like the Principles in the first part of the book and the ceremony of Recognition, these meditations – which present seventeen themes – are a reference and a guide toward achieving internal unity and a behavior of growing coherence in actions in the world. Reflecting upon them one by one and over time, I have been noticing that I have been incorporating them into my life almost without trying, even though one can always find something new in them and keep learning constantly. In addition, by returning again and again to each phrase, one can keep evoking new comprehensions and registers that go deeper and deeper. Coherence subtly begins to set in and one's way of living takes on a very different shade.

*Always guide my steps*

**The Message**  
**in my life**

## Song to the new times

*The doors of immensity opened  
then I could see  
what I have never seen before.*

*With other eyes did I see  
what cannot be seen nor touched*

*On that day the doors opened wide  
The greatest illusion  
that tied me to suffering fell  
when my consciousness illuminated  
in a comprehension  
never achieved before*

*The meaning shone with full splendor  
Complete freedom awaited me  
Sacred register of that  
which is seek and aspired!*

*Oh Mind, hidden goddess, immortal spirit,  
that dwell in the depths of myself!*

I came across Silo's Message during a period when I was closing one stage and needed to start a new one. It was like a light coming on in the middle of a dark and stormy night, providing warmth and hope. During those years, my desires for prestige and recognition from others, as well as a chain of ambiguous and negative feelings towards myself and others, began transforming. All those things that were blocking my forward movement were progressively left behind. Instead what arose was the desire to improve myself without comparing myself to others, to be as joyful about others' achievements as I would be if they were my own, to see the stupidity of getting even, and to understand the importance of reaching a life of growing coherence. It became evident that giving without expectation of return is the best thing one can do, that it is important to treat others as I want to be treated; that I

want to be treated with kindness, with complete freedom to choose one thing or another.

As I advanced from experience to experience, from meditation to meditation, the fear of death began to vanish and the construction of my spirit in order to transcend became a wonderful need, radically changing my life. So, I can say that I went from the non-meaning to full meaning when in an instant I heard the signal of the Profound, where what we unknowingly long for dwells.

Looking back, I see myself today with a different placement regarding difficulties and regarding life in general. Even if sometimes some of my beliefs still generate suffering in me, I am able to overcome that suffering faster and faster. It's been quite a long time now since I came across this Message. The space that suffering occupies within me has been emptying out considerably, leaving room for a gentle joy and interesting neutrality. This happens when I am able to place myself in a deeper internal space. When I am there I remain calm, joyful and aware.

I recognize that, despite the many suggestive and sudden experiences I've had, it has been thanks to my frequent study and meditation on the paragraphs of The Inner Look and the Path, related to my experience, thanks to those ceremonies where the Force is manifested, and due to my being thankful, that I have been able to advance. It is clear to me that the practice of the Service and the reflections proposed in the book are inseparable and complementary. The Force is present in that ceremony and the meditation needs that energy to keep going. The first enable the contact with the Profound, the second a greater comprehension on the experience and both of them enable actions of growing coherence. Valid action is of the greatest importance.

As I see it, talking about the endless meaning that does not change with events, is to talk about immortality and, necessarily, about death and about the transcendent spirit. It is certainly possible to develop a process that liberates us from suffering, a path toward a Meaning that does not end with death. I understand this of the spirit at a different depth.

Upon forming it, it is possible to evolve forever; death just indicates that the body and the consciousness are no longer working to lead to a new state, that of the spirit. This possibility changes everything.

I consider my own death as the overcoming of the last limit. The final rest of my body and then my consciousness will give way to the liberation of my spirit that now softly unfold within me.

This humble and profound Message invites us to overcome pain and suffering in ourselves, in others and in society. Its daily or frequent practice leads us to the awakening of the consciousness, to a true spiritual birth and also to the possibility of experiencing the divine within oneself and in everything. Thus my daily living has become full, with a background of gentle joy accompanying me in this new dawn of my life.

The task of bringing the Message to others has placed me in a certain mental disposition with an emotional opening that suits the task quite well.

This extraordinary gift we have received cannot be just for ourselves. Because the pain and suffering of others are not indifferent to me, it is also coherent to oppose all discrimination, all lack of equality and all injustice. I aspire for my profound intention to lead me constantly to bring others this Message of hope.

In these confusing and violent times it is necessary to give a clear signal pointing the way out. Thus, may the signal of the Message reach very far. Experience shows that it makes the human being happy and free.

Yes, there is a hope of eternity. Yes, we can grasp the Meaning of everything that exists and that converts life. Yes, we can overcome fear of death and achieve the register of our own immortality. Then, if that unmovable faith mentioned by Silo arises, that enchained god will awake from the depths of our own

consciousness; then if it lies within myself, in the deepest of my mind, would not I essentially be God?

## **Hope amid the storm**

*I want to bring the news to every house  
to those who search and do not find,  
to hearts waiting and despairing,  
that the guide of guides  
has at last arrived*

*bringing his song of hope*

*I want to be just a voice  
to set his message in motion*

*I want to be the living book  
that contains the word  
that makes happy and free  
all who hear it in the silence  
of their inner night*

*I want to bring  
to my fellow human beings  
the experience that illuminates the soul*

*I want to be a humble messenger  
singing to the times to come  
that already Silo has gently announced*



# EXPERIENCES

## **My mother's passing**

My mother was admitted in the hospital two days before her death. The day before I could read to her *The guide to the inner road* as the ceremony of Assistance did not yet exist. The last time that I have read it to her and when getting to the part of the entrance into the hidden city, where the light is absorbed, she tells me “no dear.” This startled me and I asked her “no?” and she answered “it is not yet time dear.” I was left astounded and I could only say to her “but then you know there is a dark way and another that is luminous.” My mother: “of course.” Then I just said “then, whenever you want just follow the path of light.” What else could I say!?”

On the following day she was asleep until she passed on. I have been with her until some ten minutes before that and, just as I got home they tell me that she had passed on. I arrived to the hospital room and the nurses left me alone with her fully covered body. I started to read *The guide to the inner road* and, at that very instant, I felt a kind and huge energy that engulfed the whole room. That energy was not mine, certainly not. I thank her from my soul but only a few years later, as I advanced in my process of getting into the profound, I realized that on that day I had felt the presence of my mother's spirit.

## **The Light**

Some experiences and comments given by Silo.

We have turned off the lights of the small hall after the weekly meeting, I was about to close the door when I saw a blinking light in the darkness, as if it were a loose light bulb. I got in and checked every one of the light bulbs. Everything was working in order. When I was about to close the door I saw once again the blinking light up above, it was blinking at the same pace. I was both amazed and surprised, I did not understand what was going on. The friends who were waiting for me outside came to see what took me so

long. I explained what was happening to them and I asked them: don't you see that blinking light? No, we don't see anything... let's go – they told me – come on, let's go. We left and that was all there was to that. I was left with a big question mark.

Sometime after that I had the opportunity to tell Silo this experience. He made me several questions: How was the light blinking, how was the whole situation, where did I see it? I answered every question and I added that later on and in different days, something similar had happened to me: one was in the small hall after the Service. The light was larger, spherical, it did not blink and “it was” up, close and in front of me. The next time happened when I entered into my house at night before turning the lights on. I saw a light of a similar size and shape to the last one but it was coming down and down until it almost touched my head.

Once I told him all this he asked me if during this experience I thought the light was inside or outside of me. I told him that this was the problem because what is inside and what is outside? To this he smiled with a mischievous look and said that's it! I continue telling him that, in fact, in another experience I had later on the light seemed to be inside myself, it was spherical in shape, came down and remained in one place, engulfing my head and part of my trunk, without fully “covering” the space of representation. In all these last cases I remained still with the eyes open, almost without even blinking, while the experience was taking place. I was observing the phenomenon with attention from a more internal point, as if it was not “I” who was observing or rather that I was observing from a more inner place, different from the usual. This phenomenon was independent from myself, it moved by itself, I did not have to do anything.

He made me what I thought it was going to be the last question: why do you believe that these experiences had happened to you? I said that I thought they were related to the ceremonies, that they had to do with some energetic thing.

Then in a playful manner he commented something about witches and came back with more questions: what were you thinking those times that you had these experiences? I told him that in all cases I was thinking in the experience itself because it seemed strange to me; even stranger because everything happened while I was in vigil without reveries, with the eyes wide opened.

Very well – he answered - it is more interesting than a dream, because one dreams so many things. it is very interesting because it is in vigil. Yes, yes... and then there are those who say that they are hallucinations and things like that. No, no! With all that, easy my little girl. We will see about that when the time is right. But it is very interesting, it is really something.

## **Need to transcend**

Upon repeatedly meditating on the last paragraph of the chapter Evidence of meaning I got to recognized that I had only one need: to transcend. I sent a mail to Silo telling him this and asking if all human beings, deep down, have the same need. He answered that “even if it were only one need I would present itself with a thousand faces, in many translations and at different and decisive moments in life. We want reach the center of the centers,” adding that soon he would be at La Reja Park and that there we could talk.

When that day came I told him that when it became evident that to transcend was my one and real need, all got into place in my life. Even if I had other needs they appeared secondary in front of transcendence. I added that the problem I had now was what do, how to go forward in that direction because I had no image of transcendence.

He answered: “It is because transcendence has no image. You can call it god if you like, but you do know that it is not god.” I told them that I was putting all my effort into applying the Principles, but I did not know what else to do. He said

emphatically: “if humanity would apply the Principles that would be it! What you can do is that whenever you find yourself in a state of inspiration, you go there (pointing to the Hall) and you go around it once again, you reflect upon the subject and just leave it at that. This gets into place in co-presence and gives direction”.

Note:

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