

The spiritual accompaniment of Silvia

--A narrative of a sacred experience--



July 2017, with Silvia in Meaux

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Parks of Study and Reflection - La Belle Idée

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Preamble

This is the narrative of the accompaniment of Silvia Bercu-Swinden, who at the end of November 2016 was diagnosed with pancreatic cancer at a very advanced stage.

If I had narrated the construction of a friendship between two people who barely knew each other, a relationship that in time took on a sacred dimension for me, or if I had centred my story on the character of this "incredible Silvia" who knew how to unleash a real "tsunami" of love, friendship and valid actions among so many people, then this writing would be a tribute to this "sacred Silvia", to this model of intentionality and life force tested against everything and I would title it then:

"Thank you, Silvia! To you, who, like the Phoenix, are constantly reborn from your ashes."

If I had put the techniques of accompaniment at the heart of my text, I should have written a manual; but this type of guide already exists, thanks to the professionals and volunteers who have much more experience in this field. Instead, I could have elaborated more on the different internal work tools, teachings and spiritual practices that I have drawn upon and been inspired by, rather than simply referring to them or incorporating some quotes. In that case, I should have written a book that was a tribute to a wise man, and I would have called it:

"Thank you, Silo! To you, spiritual guide who leads us to Meaning and Transcendence."

In the end I chose to write simply the testimony of my experience as a "beginner" companion, with no previous experience in this type of situation. It is not a chronological account of the various stages I have gone through, but a synthesis of what is most significant for me in terms of experiences, discoveries, understandings and learning. In fact, my story was motivated in the first place by the need to integrate, through writing, this unknown and transformative adventure that has been going on for three years now. An adventure that has not yet ended, since Silvia is still with us, so I decided to accelerate the writing process, so that she could read it and endorse it in life.

On the other hand, it is also very important for me to share all this with those who have had (or will have) the opportunity to accompany people who are "at the end of their lives", in the hope of contributing my little stone to the construction of a new emerging culture; a culture that offers a different vision of life and death and, therefore, also a different look at the accompaniment to the "great passage".

"Afterwards, we will go to the people closest (and least close) to share with them all the great and good things that have happened to us."¹

In this context, I will call my story: **Recognitions**.

¹ Extract from the Ceremony of Recognition, Silo's Message, Latitude Press, San Diego, USA, 2007, p.72.

Who decides?

In early December 2016, we learned that Silvia was suffering from pancreatic cancer in its final stage and that her prognosis for life was 3 to 11 months at most.

At the time, I did not feel particularly close to Silvia, and this bad news was just one more among a whole series of "shocks" - serious illnesses and deaths, some of them very unexpected - that marked that year. However, I feel very moved and for several days the image of Silvia obsesses me. Finally, I call her. To my great surprise, the initial apprehension quickly disappears, giving way to a warm conversation, "from heart to heart". I ask her how she feels, what she feels, what she plans to do... Silvia tells me how good this conversation is for her, so I dare to call her again... And each time, I feel "invaded" by a deep affection, a great calm and inspiration, as if I could easily find the "right" words accompanied by the "right" registers... And Silvia's positive reaction that feeds back and reinforces all this. At the end of the conversation, I always stay with the register of "here something special happened, something 'sacred'!

A month later, at the beginning of January 2017, I woke up with the image of a dream in which I was in London, doing a task with Silvia. I reject this idea immediately because I do not see myself in the role of an end-of-life companion at all; I have no experience in this field, while other friends do. Besides, I myself am in the midst of some medical procedures (suspected colon cancer).

But, in spite of myself, or rather, in spite of the "I", I call Silvia and ask her if she would like me to come. Why am I doing this? I can't explain it. I am obeying an "impulse" that does not have the taste of "compulsion"; it is a register of coherence, of something that is just, I feel that "that is what I must do". When I see (via Skype) Silvia's face that lights up, my last resistances are blown away.

And, as every time this Impulse-Intention-Direction (or "Purpose" as I call it), is triggered and takes control, everything is accelerated, everything is organized with a disconcerting ease (in this case: tickets on favourable dates, "promotional" prices, accommodation at the home of a cousin with whom I had lost contact and who is delighted to see me and welcome me, etc.).

And so, a few days later, I find myself on the plane.

How do you want to die? That's the state you have to live in!

I'm on the plane to London. The die is cast... Suddenly, panic sets in.

I make a deep request to my inner guide²: *Oh guide! Tell me what to do and how to do it? And with which inner location? Help me!*

To my great surprise - for my guide's answers are always surprising, I never know when they will arrive or in what form - I hear an inner voice saying the following:

*In what internal state do you want to die? Immediately a very clear register is set up inside me. A "ZIP" register, a "synthesis" of several registers into one. Then the voice comes back: **That's the state you have to live in! All the time!***

I understand that this is what I must do and what I (must) pass on. My "mission" takes on a new meaning: Silvia must not prepare for death but for Life, for transcendent Life!

Now I can really come in with joy. How good it is to work for Life and to purify everything that is opposed to it! Of course, it is not about "denying" death, on the contrary, it is about facing and overcoming it, attending to what lives and survives and what even (physical) death cannot stop. At least this is how I register it in the moment, and with that taste of certainty.

For my part, the "teaching" of the internal guide will become a practice of daily attention: paying attention to the state in which I find myself. This "Zip" register, which represents in a "decompressed" way a long list of Absolutes (meaning, lucidity, unity, freedom, peace, gratitude, joy, goodness, faith, inspiration, etc.), is a very valuable reference point. Often I'm far from it, but just by noticing it, an "internal movement" takes place, as if something were to be displaced, or rather "replaced" in "its place": the return to the internal center of gravity, the return "home", in the intimacy of my own depth, where there is peace, strength, joy, freedom. Where goodness, love, compassion guide my vision and my action in the world... From there, one sees the internal and external world in 3 D, everything becomes interesting, sacred, everything has a meaning... From there, there is only one step to "dive" into the Source...

But this aspiration to settle down in this state "all the time", "What a utopia! What a pretension shouts my "internal wet blanket". However, I also hear another, deeper voice that rejoices: "This is what everyone wants at heart, this is a project that is worthwhile, that gives direction, that opens up the future! Obviously, I am not fooled, it is a matter of humbly going through a long journey, starting with some fleeting experiences here and there, and then more frequent and more lasting ones... until those moments of true happiness have invaded the memory, the consciousness, our whole being.

² Seminar on the Internal Guide, Manual for Messengers, Latitude Press, San Diego, USA, p.65 & www.silosmessage.net

In the face of death: meet with the inner truth!

Working with Silvia made me more humble... Only "in situ" can one really know oneself and others. You cannot really understand another person until you have lived the same situation and experience as her; unless you are able to put yourself in her place, as if what is happening to her were happening to you... The "empathy" or compassion that we talk about so often and practice so rarely...

It is one thing to believe that we are not afraid of death, theoretically so to speak, and another thing to experience it, especially in a "limit situation", when the "grim reaper" approaches us... At that moment we can validate, or not, our beliefs, which we have often taken for certain.

And it is especially at that moment that we can measure, with inner truth, the degree of our faith³ in transcendence or, better yet, the experience we have of it.

It is also at that moment, in a situation of finitude, that we really know how we stand with our fears in general, with our remorse and with our faults? And conversely, how we are with our inner peace, with our reconciliations (with others, with ourselves, and with the human condition).

What if the Purpose had pushed me into this situation to, among other things, prepare me for my own transcendent death/life?

Indeed, the inner work with Silvia - whose first request was to help her reconcile with different issues - constantly refers me back to myself, like a mirror effect. So I take this opportunity to make my own "examination of conscience"...

On the other hand, during this first year of accompanying Silvia, I found myself accompanying another person as well: it was an accompaniment of only a few weeks, but very intense (day and night). This old woman at the end of her life was "a soul like an open book", as she spoke aloud of everything she was experiencing inside, even in her sleep.

And if I were also an open book, what would be coming out of my mouth 24 hours a day? What would be the nature of all my thoughts, reflections, images and emotions that would be going through me?

Face to face with finitude, the need arises to meditate more deeply on our beliefs, on the meaning of life, on the "function" of death, but also the need for a profound and essential change!

³ The degrees of Faith: Negation, doubt, search, belief, faith/certainty see *Silo Speaks, The Meaning of Life*, Interchange with a study group, Mexico 1980, in *Collected Works (Vol. I)*. Latitude Press, San Diego, USA, 2003, p. 584.

On the psychological and spiritual level

Silvia feels the need to review her life. She will then go through her best moments but also through the "great classics": the sufferings that everyone knows in their own way, each according to their own "traumatic" experiences, whether biographical, trans-generational or cultural (wounds, regrets, guilt, resentments, etc.).

The techniques of *Operative: catharsis and transference*⁴, some *Guided Experiences*⁵, as well as the practices of the *Asking*⁶ and *Thanking*⁷, without forgetting the work with the dreams and their interpretation⁸, will constitute the main axis during the first months. A process of reconciliation and mental and emotional purification. The integration of a life...

From there, the energy, blocked in psychological "knots" of suffering, will be considerably released to be fully invested in spiritual growth.

In fact, the psychological work, to harmonize and calm the consciousness, will be gradually replaced by a rather existential and spiritual work: the exploratory journeys of the mental space (the "Exploratories") as well as practices and meditations inspired mainly by the book *Silo's Message* and adapted to the circumstances of the moment.

All this will contribute to building a magnificent path of spiritual growth, allowing access to fundamental, "irreversible" experiences, and to a daily state with more and more peace, strength and joy, despite and beyond the fluctuations of the body.

But if I acknowledge the great value and effectiveness of psychological tools, I also affirm that "existential" problems cannot be compensated or definitively solved by anything or anyone.

Only the transcendental experience is capable of uprooting the fears and contradictions that are at the root of our condition and constitution as human beings.

Only the encounter with Meaning allows us to reconcile ourselves in depth with the "unacceptable".

Only the recognition of our true identity, the encounter with the Self, can produce the deep acceptance of our "psychophysical I" and illuminate its reason for being.

Only the wisdom, strength and goodness of our inner guides can eradicate our disorientation, helplessness and basic ignorance.

Only the insistent question "Where am I going?" awakens our true aspirations and our Greater Purpose to lead us to the Essential.

⁴ See Silo, Psychology Notes, Psychology III, www.silo.net and L. Ammann, Self-Liberation.

⁵ Silo, Guided Experiences, in Collected Works (Vol.I) Latitude Press, San Diego, USA p.99

⁶ Silo, Words on the Inauguration of the South American Park, La Reja, BsAs. Argentina, 2005. www.silo.net

⁷ Silo, Silo's Message, Latitude Press, p41

⁸ Weinberger A., Oneiric Landscape (Fr). www.parclabelleidee.fr/monographies.php

And only in the depths of our hearts can we find what can truly and lastingly fill us. Finally, it is only in the Transcendental Plane where we can transfer and transcend the fear of death by repeatedly experiencing our own immortality.

Living in instability

Silvia lives (as does as her immediate environment) in great instability. Her life expectancy is shortened and extended like an "accordion", according to inexplicable laws...

First, they tell her that she has 3 to 6 months to live, a maximum of one year, if she can tolerate the chemotherapy and if it is effective. But it turns out that the same chemotherapy that could prolong her life could also kill her, since it would attack certain already very fragile organs, in particular the kidneys. One day she finds out that her blood tests are so bad that she must be prepared for any (thing) eventuality at any time, while the next day, everything is restored and the future opens up again. Sometimes the situation seems to stabilize and the future on earth gets longer, leading to new projects. And suddenly the situation changes and she will be admitted urgently...



February 8, 2019, Silvia celebrates her 70th birthday at the hospital

But overall, she'll be out just in time to complete most of her images...



May 2018: Humanist Forum in Madrid (left) and conference in Toledo Park (right)

As for all of us who live in this world and especially in this age, in her case it is more obvious: consciousness cannot escape for long in the face of instability, unpredictability, and imponderability. Every day, every act, every event counts, because it is structured from the point of view of finitude and/or transcendence. A psychologically difficult situation, but so interesting...

Once again I observe this fine "borderline" between, on the one hand, the need to accept the situation and to let go deeply, because

"To go against the (inevitable) evolution of things is to go against oneself"⁹,

and on the other hand, the need to maintain a powerful life intention and future projects, because the consciousness needs to project itself; and while we are in this earthly life, that cannot be done without representable, "dense" images.

It's not about forcing or fighting, nor about resigning and giving up, but about connecting deeply, and asking with strength and faith for the best... Because, we usually don't know what is really "for your good", we usually discover it much later... And this applies not only to Silvia, but also to all of us who accompany her.

Over time, the instability intensifies at all levels (physical, medical, human...) and may even receive several "slaps" and "caresses" in the same day.

"If day and night, summer and winter, are well for you, you have overcome the contradictions," says another of the twelve Principles¹⁰.

But is it possible that life and death are "okay" in the same way? Without a doubt, living longer is better, and that's what Silvia wants. But from another point of view, whether it is an unexpected "slap" or an unexpected "caress", this always seems to produce the same thing: shocking the consciousness, destabilizing it...

⁹ ibid

¹⁰ Ibid.

Thus, this situation of instability turns out to be an excellent condition to learn to resist the temptation to balance the imbalance, and to be able to compensate at another level, that is, to turn the alteration into inspiration. It is when the "I" is most destabilized that Silvia lives the greatest internal experiences. As for me, I have never felt so inspired whilst accompanying as when my own "I" was strongly shaken (feeling ignorant and powerless, not knowing if I was seeing Silvia for the last time, etc.)

Therefore, the principle does not necessarily mean that "day" and "night" are "equally good," perhaps it invites us to realize that we can benefit from both, that everything can serve the evolutionary Purpose. But in Silvia's case, it is clear that all events, information and opinions... no matter how contrary or opposite they may seem, play the same "role": destabilization, and consequently, the opportunity for internal growth.

But this principle, in my opinion, invites us to go even further...

When external instability becomes the "everyday normality", the consciousness needs an anchor that allows internal stability regardless of external fluctuations. The consciousness will, of necessity, seek to overcome its deeply rooted "dualistic" form, it will tire of constantly coming and going between opposites, between "the extremes of the mandorla", to become rooted in a "third point", in the internal center of gravity, in another depth, where...

" ...You are left in inner freedom, indifferent to the reverie of the landscape."¹¹

The dimension of the future

Beyond all expectations and all rational logical-scientific understanding, the classic prognosis of life expectancy for Silvia's type of cancer will be discredited. Despite her ups and downs, Silvia is still here, having already exceeded the maximum term of three years which she was given.

It looks like Silvia doesn't have time to die. It's as if every time they come to get her and take her away for good, she says, "Okay, no problem, but wait for me for a while, until I finish this or that. But, the "bailiffs", nowadays very hard-working, quickly look elsewhere, they see and find other "souls" that seem, so to speak, more "available" to leave,... and when they return to Silvia, they find her, once again, busy, with a new internal challenge to fulfill.

As time goes by, Silvia is more and more confined to her apartment and can no longer carry out physical actions, plan trips or participate in medium or long term projects, at least not on a concrete level. So it is her internal projects that lead her towards a future that is renewed every time. To manage this better, go deeper into

¹¹ Op.cit.p.121.

that, understand this and investigate that... then write it down to share it with others... Thus, from one level to another, she advances and rises.

Many times, after a long conversation or at the end of my stays with her in London, Silvia thanks me for helping her to open up the future. In fact, I realize that this is a very important topic: the dimension of the future! Every time she starts to stagnate internally, her physical situation deteriorates. So I rush to say goodbye and do a "last" work with her... And each time, at least until now, the work in question not only allows her to have new experiences and understandings, but, oh surprise, her body recovers...

There is no doubt: "tracer images" (projects) create future, they create time, they open the time horizon. It is not by chance that the word "project" derives from the verb to project, that is to say, to launch oneself forward, in other words towards the future.

However, what is in vogue today is the "here and now", the sacrosanct present. Certainly, the "here and now" is important, especially when it comes to paying attention to what one is experiencing in the moment, rather than fleeing into the past or escaping into the future. But living "fully" in the present should not become synonymous with living "only" in the present. Not only is this impossible, but it is doomed to failure, since consciousness needs all three times to function. The real problem is that this new paradigm serves very well a society in which the past and the future have become "paths of suffering". Angry at the disillusionment of the past and anxious about an uncertain and even apocalyptic future, society plunges us once again into the famous myth of the end of the world, with the difference that today there is no savior on the horizon.

But, after this brief digression, and returning to Silvia, I observe that she has recovered her personal future that the doctors had taken away from her, she has also recovered her spiritual future that her atheist education had stolen, and finally, she is also recovering the socio-historical future that our society seems to take away from us. Thus, despite her daily immersion in the sad news of the world and despite her limited and painful life situation, her optimism and commitment to this world and its future, is constantly increasing - her numerous press articles testify to this.

It is clear that living reconciled with the past and without fear of death opens up and beautifies the future. And conversely, when the future shines brightly, it radically changes the register of the present and the past, endowing them with meaning. And when, in addition, the consciousness is oriented by a transcendental purpose, a project that goes beyond this life, one has the register of an infinite future... and the joy that is its correlate.

True giving

The accompaniment must be a conscious and free act, a unitive act; this implies a "thinking-feeling-acting" in the same direction; otherwise one feels divided, torn and the register is the contradiction.

But Silvia's accompaniment will not be as specific as I had imagined. Like Scheherazade's stories, in *The Thousand and One Nights*, one work "session" gives rise to another, and it becomes frequent, regular and sometimes even daily (stays in London, conversations by skype, whatsapp, telephone). And since each contact requires a maximum of openness, availability, commitment, connection, inspiration... and since the themes dealt with are profound and the experiences "touching", quite often, I must overcome resistance...

A long conversation with Silvia.

At first, my action is dictated by the head: I have to call her, because she needs it, I feel and I know it. But my body resists and my heart is not fully available... I have to make an effort, but without forcing...

Little by little, something is changing, adjusting, until I feel in unity, in harmony. I understand that my mental direction in the background directs action towards coherence.

Then I observe a new depth opening up in myself, where I can connect completely, and in that moment, as if by chance, Silvia also connects with herself. A law in action. I help others connect only when I myself am fully connected and engaged (with head, heart and body).

I have thus transformed a "moral" action into a valid action, that is, one of internal unity. Internal unity versus morality, intentionality versus mechanicity,...

Lately, this has been happening more and more frequently, also in other contexts, thanks to self-observation; and this "consciousness of self" allows me to choose between different options and to correct my look, attitude, behaviour. Or I immediately stop this act, which is in fact contradictory - indicator: tension in the chest or stomach, distracted listening, parasitic thoughts, a certain impatience, etc. -or I continue the act by turning it into a unitive one with the following indicators: 1/the good register while performing the act, 2/the feeling of internal "growth" (something is raised, improved, strengthened in me) and 3/the desire to repeat this type of act in the future¹². And, after that, I always feel more energetic and happy.

It also happens sometimes that my actions are dictated by that profound voice (or impulse, guide, purpose, evolutionary intention,... according to the name I give it) however my whole psychophysical self resists it, with arguments that are generally

¹² "Valid Action", formative Theme, The Manual for Messengers, p.35.

not very credible, such as: "I don't feel like it", "no time", "why me", "I've already done enough"...

So, this "me in resistance", this "capricious child" must be persuaded; imagine how I will feel after carrying out the action in question. Much better! And if the opposite resistance is too great, I remember the action of the "opportune moment":

*"Do not oppose a great force. Retreat until it weakens,
then advance with resolution."*¹³

In case of doubt, I ask for "additional signs", no matter if they come from inside (for example a dream) or outside (events, coincidences,...) which I could interpret as "confirmations".

But, when I obey "that something superior" or rather "that something deeper within me", it is as if the whole universe converges to dissolve the difficulties and transform the impossible into the possible...

I also observe the other people who accompany Silvia; her sister, her husband, her friends, the health professionals.

When a person is in true giving, in "for the other", without reservation, without condition and without dependence on immediate external results, that person is literally enlightened! They breathe goodness, peace, strength, joy, in short they radiate that luminous and contagious sweetness that comes from inner unity, that unity that is self-sufficient.

On the contrary, as soon as a person focuses on himself (motivated by an external morality, by calculation, by affirmation, or simply by mechanics, disconnected from himself and from his interlocutor), he identifies himself, becomes tense, agitated, worried... in reality he suffers.

I therefore observe this oscillation from one position to another, in myself and in others.

But coherence is only complete when, in addition to feeling, thinking and acting in harmony, I manage to apply the "golden rule"¹⁴, which is the social dimension of the valid act:

*"When you treat others as you want them to treat you, you liberate yourself."*¹⁵

Then I find that exultant register of internal release/freedom! Indeed, I am freeing myself from the contradiction underlying so many "disguised" acts (disguised in valid acts), through "true" valid acts.

¹³Silo, Silo's Message, chapter XIII. The Principles. P.25.

¹⁴ See Formative Theme and Seminar "The Golden Rule", Manual for Messengers, p.57 & p.103

¹⁵ Silo, Op.cit., The Principles. P.25.

And when I'm in this full and true unity:

It is as if the other were another self, as if the usual separation between me and the other no longer existed, and that paradoxically this non-separation allowed me to have more distance, another perspective that allowed me to direct the action intentionally, not in a mechanical or compulsive way. It is as if I treat myself well only when I treat the other as if they were a self, and when I treat myself as a loved one.

It is as if time stopped... as if I no longer felt this "heavy package of sensations/tensions" that I call "me, my body", as if I had become a body of energy, light as a feather, walking on the clouds...

It is as if everything was "possible", as if everything was fine, as if nothing bad could happen, as if I had become indestructible, immortal... as if I was an irrepressible force that knew no resistance in its path...

(Extract from my personal notes)

I understand more deeply the inseparable link between consciousness of self and inner unity, and between consciousness of self, inner unity and immortal transcendence.

When one doesn't know...

To accompany means to put oneself at the service of the intention of the person one is accompanying. It is not a matter of projecting one's own desires onto them and even less of imposing them. It is about "feeling" what they really need and helping them to discover it for themselves; and also respecting what they want, even if sometimes one thinks otherwise. That requires leaving aside my "I" (beliefs, expectations, judgments, personal desires), having a benevolent neutrality, a total availability, a great mental and emotional openness to be able to "welcome" the universe of the other in me. In short, I must forget about myself, become empty, transparent, and at the same time extremely intentional and totally committed.

There's another point, too, which is the issue of affection. This emotion gives an impulse, it is an "entrance". But afterwards, this same feeling becomes an impediment because I identify with it. Then I have to go deeper into myself, beyond the 'I', to go where there is a deeper, purer, less 'personal' affection. I then become an "instrument of the Profound", to translate, with my aptitudes, what does not come from me.

Over time, I started to handle this procedure better.

Connection with my best intentions and feelings for Silvia. I try to feel what she really needs to do her work and also what I really need to support her. But it happens that many times I don't know. After a first "frustration", comes a "click": I understand

that my ignorance and my limitation force me to look for that knowledge and that capacity elsewhere, in my depths!

So I make a "request" and I surrender myself to the "space of certainties", where the most powerful guides live, the Knowledge, the Goodness, the Strength. I also connect with friends in co-presence... and launch myself with faith...

I don't provoke anything, I don't force anything, I wait for something to come up... and, at some point, I feel pierced by inspiration, with the taste of "that's it". In this state, "I know". I know what I have to do or say, and very often I'm totally surprised by what comes out of my own mouth and the impact it has on Silvia. And I also know when I have to let the silence take hold... so that she can find out for herself... or for the "Unexpected" to happen!

I am totally involved, I commit myself without reservation, head, heart and body are launched in the same direction. I feel Silvia from the inside, I feel her fears, her needs, her joys, her turmoil... and yet I manage to stay in my "center" without getting out, without "falling apart" or "getting excited", I manage to keep the distance I need to help her. I feel compassion without identifying with her. I control the doses of my charges: here I have to brake, here I have to accelerate, here I have to insist, here I have to let go, here I have to say softly, here I have to be firm, here I have to leave the void...

On the one hand, I am like "passive", "empty", "transparent" ... on the other hand, I am active, with a great concentration to listen and, at the same time, to ask all the time, as if I was praying continuously so that she can relax, connect, deepen, transfer, inspire... Paradox!

(Extract from my personal notes)

How does that work? I push the "I" out of its central place, I am in a deeper inner space, where *"there are other things that are seen with other eyes"*¹⁶. It seems magic, but it is not magic, all this is based on "laws" that Silo masterfully describes, especially in *Psychology Notes*¹⁷.

Not only do I transmit "words", "instructions", not only do I "read", but I experience myself what I say, and this experience and its register is projected, transmitted, shared,... goes beyond me.

(Extract from my personal notes)

I realize that, over time, that works even under adverse conditions, for example, in the hospital, - in a room with many other patients, comings and goings, noises, etc. - or at a time when Silvia is low on energy, or when I myself feel fragile (due to hunger, fatigue...). In short, it is as if I could enter this state of inspiration "at will". What a wonderful gift!

¹⁶ Silo, Commentaries on Silo's Message, Latitude Press

¹⁷ Silo. Psychology Notes. (Psychology IV).

I also realize that intentionally projecting our love and best wishes is actually a "Projection of the Force", a projection of this sacred energy of high quality. It works even at a distance. How not to make the connection with the "*Ceremonies of Well-being*"¹⁸ ?

Presences and co-presences

*"Do not imagine that you are alone in your town, your city,
on the Earth and in the infinite worlds*¹⁹.

Silvia, quickly realized that she is not alone. Friends from different countries and continents came to visit her, many "Communities of Silo's Message"²⁰ accompanied her mentally when they performed their ceremonies, projecting to her all the Force and Well-being she needed...

These practices become a great internal experience for those who carry them out, and because Silvia is so receptive, they become a demonstration of the effectiveness of our "state of the art mental technology". Indeed, I am convinced, as is Silvia, that the askings and ceremonies performed by so many friends and so frequently, as well as her own very permanent internal work, have played a crucial role in this process which doctors describe as "totally atypical".

And when, on several occasions, Silvia has found herself in critical situations in the face of doctors' surrender, she "resurrects as if by a miracle", like a Phoenix that is reborn from its ashes again and again. Certainly the body is determined, but Silvia is unpredictable, as is the Transcendent Plan, when it bursts into us and operates through us.

But the action of the Profound passes through the "I": its qualities, its capacities... Thus, each companion will intervene at the right moment, with his or her particularity, his or her specialty; each with his or her role, with his or her indispensable function on the various tangible and/or intangible levels.

I am not alone either, thanks to the co-presence of friends, I feel accompanied in order to accompany.

I feel part of a wonderful orchestra of virtuosos. Here I am standing to do my little "solo" with my instrument... tomorrow it will be another one, the day after tomorrow another one, each one with his specific instrument. Each according to his possibilities, his virtues, his form...

¹⁸ Send Well-being to your loved ones. See Silo's Message ch. The Experience

¹⁹One of the meditations from "The Path" from Silo's Message.

²⁰The participants of the "Communities of Silo's Message" meet weekly in a small hall or in a house, or virtually (Skype, Whatsapp, Zoom) to study and practice meditations and the experiences/ceremonies proposed in Silo's message.

But who is this invisible and yet so present, so efficient "orchestra conductor"?

And who wrote this divine symphony?

(Extract from my personal notes)

The co-presence of friends becomes for me an "entrance" into the inspired states.

And when it's my turn to play, the co-present orchestra supports me, accompanies me with its music from the depths... I float in that copresence that I feel like a luminous sphere that surrounds us (Silvia and me), a Light that inspires, that I absorb... because in it is the love, the kindness and the energy that I need for the work that we do...

The co-presence of friends then becomes a "bridge" with the spaces where my "guides" and my "gods" live... A space in which I take the inspiration to say and do what needs to be said and done at the right time; a space from which I enter a final "centre of power" and from which I return with certainties.

(Extract from my personal notes)

The profound guides, the guides of the profound also accompany Silvia. In fact, she will soon discover that her own inner landscape is populated by forces of love and compassion that emerge to help her move forward on her path to the Light. What a great emotion when we feel protected, guided, advised, taught in this way? What a great shared emotion, when she will recognize that the attributes (strength-goodness-love-compassion-wisdom...) of these "entities" is nothing but her own allegorized and externalized virtues, the virtues of her "profound self", her "luminous center"... All this will create new and inspiring co-presences.

Besides, Silvia is always co-present in my daily life. She is rooted in my heart, in my inner landscape, and is very often "omnipresent", as are the underlying themes associated with our work (finitude, reconciliation as a deep spiritual experience, deep and essential change, faith-certainty of transcendent immortality...)

Finally, she is also present as a "model" to follow: How can I let my body win the battle for a little fatigue, when Silvia, in spite of her condition, makes her rebellion, her courage, her intention, her humor and her joy triumph?

Weaving sacred bonds

With Silvia, the experience of communication becomes an experience of communion, a sort of "interpenetration of our souls". It is as if I were in her and she was in me. And at a certain moment, it can happen that we are so affectively and energetically tuned in that a "fusion" takes place. I make the connection with what Silo had told us (in 1997):

"When I go deep into myself and you go deep into yourself, we meet."

This experience is not new to me, I had already lived it many times with other people, and especially with loved ones, but by living this "quality" of communication so often, it will become my new basic reference and also my new requirement for my relational life.

Silvia is in me and I'm in her. Communication becomes a "communion", a sacred experience. And although our bodies are still there, although our mouths pronounce words, we actually disappear (more precisely, our psychological "I's"); we are "in another place," deep within ourselves, where there are no separations, where there are no differences, just a fusional dance of intentions and aspirations in the same direction. And the most interesting thing: when I am fully aware of it, it allows me to enjoy it even more intensely.

(Extract from my personal notes)

I conclude that in reality true communication takes place on another level, in another mental space, which is not usual, and that its material or "formal" dimension, whether physical or virtual, is only a replica, a materialization or "projection" of what takes place on that other higher level. And conversely, communication "down here" must serve as an "entrance" or "springboard" so that we can catapult ourselves together into other more subtle, purer, deeper regions, where relationships are sacred.

I also conclude that it is in this type of relationship, built with love, with compassion, with internal unity as "base material", where a "principle", a "substance", an "energy", a "something" that unites and unifies is developed... In this type of relationship the "immortal spirit" can be born.

And when there are several of us, and even many of us, who live this kind of relational experience... And when what unites us is not to defend ourselves better from an enemy (real or imaginary) or to destroy it, but for the beauty and good that we can produce together, then we are transforming the functional, or simply pleasant dimension of human relations into a sacred construction, that of an "intentional human family".

(Extract from my personal notes)

How lucky we are to be able to participate in this incredible teamwork - the availability, generosity, kindness, friendship, affection of so many people on so many different levels - in this destructured world, where relationships are corrupted by calculation and cruelty. How wonderful it is to form, in these times that we live in, ambits capable of reversing this inhumanity, capable of transcending borders, even those of space and time, where the feeling of belonging has nothing to do with the tribal instinct of the fearful "I's" in search of security and identity, but with the feeling of being part of something "very big", of a community of pure beings, living and dead, human and divine!

Thank you friends for strengthening my faith in the human being of the future!

Thank you to all our ambits and small communities in action!

Thank you for this "current of well-being" in which we are immersed together, transforming a dramatic situation into an experience of peace, force and joy... into a communion, a celebration...!

*Psychic people in becoming, I glimpse you
Finally, I feel like I belong to the Future.*

(Extract from my personal notes)

The psychic community

And how does this "psychic community" work? Let's take the example of its mode of connection and its basis which is intuition and communication of spaces, souls or "intersubjectivity". These phenomena can, of course, be explained in a doctrinaire way, but here I would just like to illustrate them with a few examples.

I had just arrived in London, at the hospital. It's night-time. A brief greeting to Silvia, she is in a very weak state. It's time for the daily virtual ceremony (by whatsapp, with several friends from different countries)! I connect with the need to find inspiration for the next day's work with Silvia. What does she really need at this point in the process? And where to begin?

Ceremony of the Service (connection with the Internal Force)²¹. Rosita (Chile) proposes to meditate on "Who am I" and "Where am I going?"²² It resonates with me immediately, it is as if Rosita had given me the answer to my co-present question (what kind of work to do with Silvia the next day).

At the end of the Service, when it comes to concentrating the mind on what we really need - in that case what Silvia really needs - Silo appears unexpectedly inside me, saying: "That's how it's done!" Strange... But I trust my registers to interpret it: that I have to effectively do with Silvia that work of "who I am" and also that he (Silo) will guide us, inspire us...

(Extract from my personal notes)

After the ceremony, I ask Silvia to comment on her experience. To my great surprise, she says that when asked "what I really need", she felt the need for Silo's closeness. She called him and I saw him appear! What a beautiful teamwork!

²¹ This practice, preceded by a brief meditation, aims at contacting our inner Force, this energy that animates the body and the mind, in order to direct it towards a precise objective (need, aspiration, project, solution of a difficult situation).

²² Meditations from "The Path" in Silo's Message.

And indeed, the next day we worked on these key questions (who I am and where I am going), but in the form of a "guided experience", improvised, or rather inspired, because it occurred to me to incorporate Silo as a companion on her journey! Silvia will have beautiful experiences and a series of important and deeply transferential understandings.

In the evening, virtual ceremony, starting with the Service. Antonio (London) proposes to meditate on the following principle: "You will make your conflicts disappear when you understand them at their ultimate root, not when you want to resolve them".

This principle sums up precisely the work done in the afternoon, although Antonio, for his part, knew nothing about it...

But it doesn't end there. At the end of the Service, Silo appears to me again, and this time I see him making an Imposition²³ on Silvia.

(Extract from my personal notes)

Silvia had missed this part of the ceremony because a nurse had come to give her an injection just then. When I tell her my own experience, she connects and is strongly moved...

The next day, I guide her through a ceremony of *Assistance* that I allow myself to adapt: once again, I incorporate Silo as a companion, and at a certain moment, it occurs to me to suggest to Silvia that she ask Silo for an "Imposition of Force"; which will effectively give her the energy necessary to continue her mental journey and live a meaningful experience.

In the evening, virtual ceremony. *Service*. Dario (Chile) proposes that we meditate on a passage from the "*Inner Look*"(chapter "Manifestation of Energy"):

"This energy in movement could "become independent" of the body while maintaining its unity.

This unified energy was a kind of "double body" that corresponded to the cenesthetic representation of the body itself within the space of representation. (...)

The energy that was unfolded (i.e. imagined as "outside" the body or "separated" from its material base), was dissolved as an image or represented correctly depending on the internal unity that the person operating in this way had. (...)

This completely changed both my conception of ordinary life and of life after death. Through these thoughts and experiences I lost faith in death and since then I don't believe in it, just as I don't believe in the non-meaning of life.

This extract corresponds exactly to what Silvia had just experienced, empirically, a few hours earlier. Of course Dario didn't know! I am truly moved by so many "coincidences"!

²³ "Imposition" (of the Force), one of the eight ceremonies in Silo's Message.

And to end this chapter on a funny note, here's a little anecdote. If during these two years there have been innumerable "occurrences" and "concomitances", or even "oddities", one of them deserves to be told.

At the end of 2018, I propose that Silvia meditate on what she really needs for 2019, and that she tell me once her Request is clearly formulated and emotionally charged, in order to transmit and strengthen it in our ceremony on December 31st, with the friends gathered in *Punta de Vacas Park*, and more precisely from the Hall, this very special place, "amplifier".



Mission accomplished, we're celebrating... Trusting that Silvia's request (and ours) will arrive... "to whom it may concern"...

Silvia writes to me the next day that, as she is about to delete a "rogue" message - an "advertising" email, which instead of entering the "spam", arrived in her main mailbox - she realizes its strange content: a young woman, with a phone in her hand, claims:

"Request successfully received."



In addition, the text is in Spanish, when in England advertising is received in English.

Silvia's illness looked at in a different way...

Why does a person die in a certain way at one time and not at another? Could it be the work of a totally random "god of chance"? And what role does intentionality play in destiny?

Beyond the beliefs that we might have, and leaving aside the mystical experiences that might give us other clues, there is also the point of view of meaning: what meaning could this situation have, not only for the sick persons themselves, but also for their environment and all the people involved?

So where is the sense in Silvia's illness? What is the meaning of this whole process?

As for Silvia, it is clear, in my view, that by preparing, for more than three years, for the "big step", she managed to overcome her visceral fear and to shape a purpose that is also valid for the "beyond". It is also obvious that this path she has travelled has transformed her profoundly psychologically and spiritually, which will undoubtedly avoid her having to do so in the "in-between spaces", allowing her to go directly to the most beautiful Light... (personal point of view). Furthermore, she lived much more fully during much of her illness than when she was in good health. Finally, with her mental direction always oriented towards others, she took advantage of her internal process to widely transmit her new experiences and understanding through her numerous articles for *Pressenza*²⁴, as well as her direct testimonies, especially directed towards people with serious illnesses like hers, and who needed psychological and spiritual support.

With regard to the positive impact on those around her, the list of examples would be too long to mention them all; and people should give their own testimonies.

However, by way of example this is the case of his sister Luci, who came expressly from Argentina, and who has been in London for two years, instead of a few months as she had initially thought. She says that thanks to this she was able to get closer to her sister and get to know her better, she was able to qualify herself more in personal work with the Siloist tools and live deep spiritual experiences, at the same time she took advantage of the opportunity to learn English, to create new friendships. And she had the opportunity to feel useful and to do valid actions whose transforming effects she is beginning to feel! Finally, she also realized the quality of her friendships in Argentina. In fact, since she left, her friends have been supporting her from a distance, morally and tangibly, taking care of her "domestic affairs" (house, repairs, dog, etc.).

On another level, the little trio (Silvia, her husband Jon and her sister Luci) has become a real "centre" that radiates and attracts: several friends lost from sight have "reappeared", other geographically distant friends have returned to live in London,

²⁴ International News Agency (Humanism, Non-violence, Human rights, Disarmament and non-discrimination. <https://www.pressenza.com/en>)

many friends from different countries have come to visit them... and little by little an environment has been built.

In fact, this is also largely due to her husband, Jon, who in addition to being a "super host", is organizing the daily physical and virtual ceremonies in an imperturbable way, "against all odds", so that everything goes on even when Silvia is in the hospital.



In conclusion, this situation, a priori dramatic, turns out to be a great opportunity for the best to be awakened and expressed, fears and resistances can be overcome, reconciliations can take place, and valid actions can be performed, so that the issues of finiteness, meaning and beliefs about transcendence can be confronted, priorities can be reordered, and changes in outlook and behaviour can take place, in order that sacred experiences can be lived, and love and compassion can be deepened, and "that something" which unites us can grow, and physical, virtual and psychic ambits and communities can be formed and radiate, and finally, our "current of well-being" can become stronger, overflowing and flooding more and more needy souls.

Thus, when I observe everything that the "Silvia phenomenon" has produced, I remember, once again, that ceremony in which I had an experience of contact with my late father, where he transmitted to me - or what my consciousness translated as a message from my father, after an incursion into sacred spaces - the following:

"Even if you don't realize it, from here, everything is Goodness!" - he said.

At the time, I didn't expect it and I didn't understand it, although deep down, it resonated, as if I "knew" that any situation, whatever it might be, favourable or unfavourable, was an opportunity to change, to repair, to grow, to evolve, to transcend...

And since then, little by little, a new look has settled in me that makes me see most of the events and situations with an "other criteria" of an "other reality".

Epilogue

Silvia left, in the early morning of April 1st (2020), and this time it was not a false alarm or an April fool's "joke". It was the leukaemia that overcame her in the end... At least that's the official story...

Unless our friend has taken advantage of the moment to "slip away". *Planetary quarantine? Huh! Okay, I make my interstellar journey!*" In fact, as soon as she received the news, she sent me a little message saying, *"There, now I really have to prepare for the launch."*

Faithful to herself, a good rebel, without any respect for "time", Silvia lived three times longer than expected by the medical profession and left three times faster than predicted by these same scientists after the final tests: she would have only a few weeks to live, then no, more likely only a few days... but Silvia decided to leave in only a few hours... very gently...

... and accompanied by her husband (at her side) and more than 60 friends, from different countries (virtually). *"Don't imagine that you are alone... .."* resounds the voice of Luci, her sister, at the beginning of the ceremony on this special night...

And once again I ask, "who decides?"

But let's go back to the days immediately before her departure.

I didn't hear from Silvia for two days. Jon, her husband, told me that she had very little energy and that she was sleeping a lot... More and more friends from different countries join the daily virtual ceremony to send her the best in that particular moment... Personally, I am participating in another virtual community (with people from the city where I live), and our ceremonies are held almost at the same time... But today, like yesterday, I feel the need to follow and participate in the "international ambit of Silvia".

"Strange" things will happen that night...

When I am about to start my little local ceremony, I am invaded by "interferences", my mind is restless and my heart is troubled: *"We should definitely do the Assistance Ceremony for Silvia tonight, but if I propose it, they will ask me to read it, and if I do, there will not be a "next time", "I know Silvia will not come back"*. No, I don't want to accept that! Dilemma! Inopportune alteration...

While all this is going on in my head, my actions become independent of my will: I call a friend in Chile and ask him to propose the Assistance (in the virtual ceremonies for Silvia) and above all to propose himself to read it (knowing the great emotional charge that Silvia feels for him). He accepts, but in reality, I leave him little choice...

A little quieter, I go back to my local ceremony. Finally, I move to "Silvia's ambit", a few minutes late. I don't want, of course, to miss anything, but once again my body moves without my permission, as if moved by something that is not my will: I go up to the first floor of my house, to look for the book Silo's Message in Spanish. I can't find it immediately. I hear the voice of reason arguing with me: *"But how silly you are to waste time looking for a book you don't need while your friends have already started the ceremony without you."* But my body now obeys "something else" it keeps looking, until it finds it. Back at my computer, I see that friends are getting ready to do the ceremonies but not that of the Assistance.

My Chilean friend is mute! But how can that be? He sends me a message apologizing: *"Sorry, my microphone is not working... please can you read it yourself"*. Total panic! "NO", shouts my "I". "YES" resounds Silvia's voice, inside me. I have to make a decision! And now I find myself in the situation I wanted to avoid at all costs. It's like a "remake" of a Greek tragedy.

Later, my friend in Chile will tell me that this kind of "failure" never happens to him. So why on that day, because, despite the surprise of my "compulsion", he was very happy to accept the mission... However, "something" decided otherwise...

So there I am, reading the Ceremony of Assistance for Silvia, with a very special emotion, because I am sure it will be the last time. I accompany her to the most beautiful Light... and I wait until she has entered it... *"Goodbye dear friend, here we part... Thank you, thank you for everything you taught me. What is done is done, but our mission is far from over, we will continue to do what remains to be done, you from there and me from here..."*.

Did Silvia hear my reading, maybe not, because she was "sleeping". Maybe she was "feeling" it, I think so, because the communication between us had become more and more "telepathic".

But then another bewildering thing happened (and I didn't know it until the next morning): one of the participants in the ceremony had the idea of recording the ceremony and sending the audio file to Jon, who played it for Silvia later that night. We don't know what happened to Silvia when it was replayed to her but what we do know is that she did not wake up again...

...or rather, that she awakened... within the Hidden City...

As for me, if at first I had the impression of being subjected to the diktat of an inexorable Fate, I ended up seeing, once again, the work of a Purpose that pushes towards the most favourable outcome. In fact, once I had finished reading the

Assistance Ceremony, very moved, I could only be grateful for this opportunity to complete what I had begun, three years and three months earlier, in an equally singular manner.

Conclusion? I understand that still, and too often, my belief system obstructs my own intuition. Compulsion! Fortunately, the "Transcendent Plan" then bursts in to restore the right direction. And by agreeing to follow the Purpose, I always end up in peace and unity, and with the certainty that "all is well". So, what else can we say about this chain of strange occurrences/coincidences, except that;

"In everything that exists there lives a Plan."

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