

## Testimony<sup>1</sup>

In April 2010, for several weeks I had a series of experiences unlike anything I had known before. It wasn't only because of their intensity and the fact that they went repeating and developing but because during the process a type of "new being" was being born inside of me. Even though it was difficult to define and evaluate what was happening I knew by the way I was experiencing my daily life that something profoundly different was taking place.

Leading up to the experiences were several factors which I consider helped to set the conditions. In February Silo decides to leave the School producing great instability and the need for profound change. The work with the monography leads me to important integrating comprehensions about the sacred feminine. The intense search for the East Coast Park in the US was a guiding proposal in the world. And above all, there was a clear intention to deepen my work with the Ascesis and my Purpose.

Fortunately the meeting of the School in Punta de Vacas at the beginning of April was dedicated to the themes of Ascesis and Monographies. Many conversations with Masters of different Disciplines triggered new approaches to my work. There were two main themes I was concerned with in terms of the Ascesis, how to deepen my Purpose and how to "let go" so one could truly enter the Profound and I wanted to take advantage of the retreat to advance in those realms.

During those days I worked strongly with my Ascesis and felt "pregnant with energy" with the clear sensation that "new relations have yet to unfold". I also took the work with the Purpose as primordial for the Ascesis and realized that it belonged to a much deeper space within me that I had yet to reach. I did Askings day and night to reinforce my intentions as well as Thankings.

During one of the interchanges, I started to register an internal white spark inside my heart, deep in the background. Later, when I did my work with the Purpose that spark transformed into an impulse of light that was located in the depths of my heart with the sensation that something was alive and pushing, something was waking up.

*It is an impulse that is beginning to become clearer and feels like for the first time I'm beginning to touch the region where the Proposito lies. It feels like this light is there guiding me towards the Sacred, leading me in the direction of the Light.*

I read again about the Purpose in the Notes of School to understand more and I discovered: "The Purpose is in the spirit and is what makes things work. A great Purpose goes generating that process." (El propósito está en el espíritu y hace que las cosas funcionen. Un gran propósito va generando ese proceso). I was struck by the relationship between the spirit and the Purpose.

With regards to "letting go" in order to experience the Profound, I made a slight variation in the procedure, which was very helpful. Since the third quatern I would connect with

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<sup>1</sup> In May 2010, during the meeting of the School in Manantiales, I had several conversations with Masters about some experiences. Afterwards, some of them asked me to write a "testimony" about what happened so I have written this as a response to their request.

the Purpose before my practice, but now I decided to connect again just prior to the moment of letting go. I went experimenting with this and it seemed to work....the Purpose was so alive that when I remembered it, it would activate and carry me energetically towards the Profound.

### Energetic transformation

*Experience in the Hall at Punta de Vacas: When I connect with my Purpose in no time I begin to feel an incredible energetic connection within my heart that goes manifesting more and more. I have never felt this energy with such strength, like a dense concentration that moved by itself. It moves deeper and my heart starts pounding. I bring the energy up to the summit and a strong energetic wave moves throughout my body, I'm completely electrified. The energy again concentrates in the heart, on its own and when I move it to the summit, my body feels another strong wave. It's happening automatically. The same thing happens the 3<sup>rd</sup> time, but now the wave not only goes through my body but my spine turns golden white, from the sacrum up to my skull and again the energy distributes throughout my body. I can't breathe and I feel a complete "energetic transformation," it was as if I'm being cooked. I re-connect with my Purpose and it moves automatically to hit the summit and it's like the Spirit and the Profound unite and the encounter is so strong that the concomitances overwhelm me. I feel totally luminous inside and very deeply connected. I end giving great thanks.*

I don't understand what happened but when I finish I have the sensation of this being "the most extraordinary experience I have ever had."

*I'm uncovering a tremendous energy that has a life of its own. I'm unveiling that part of my being that has a direction and it is moving me and has always done so. This seems to be a whole new configuration but its potency is extraordinary and it is connected with an absolute love. I get close to it and I can barely breathe. It's almost like I love this "spirit" inside of me ... it has to take over and lead me to the Profound. It's not the "I" that wants to go to the Profound; it can only get me nearby. I feel I'm on the verge of something totally new.*

The following day I feel the internal urge to make a pilgrimage of Punta de Vacas Park to deepen my Purpose. Right from the beginning, I feel taken by a state of inspired consciousness. As I approach the fountain, my body becomes fully energized and I experience the form of the fountain internally, the energy goes rising and I am approaching a hallucination as I "see" the top of the fountain made of glowing crystal.

Everything is vivid as I walk to the hermitage (the ermita), the sound of rocks beneath my feet, the wind, the intense blue sky, all the senses are awakened. As I am about to reach the hermitage I have a dense thought, "maybe I'll be bitten by a scorpion," but I don't let that thought distract me and I proceed to go inside. When I sit down on the rock in the corner, in a short while I feel as if I enter a tunnel of time and I go back in history to when Silo was there and how his Message of the Profound arose from that zone, and a huge burst of energy overwhelms me, like the wave I felt the previous day. All sorts of images from my life appear that have to do with Sacred moments and it's as if my Purpose is being lived in those images, the Purpose contains them. I start seeing the Sacred connected to everything and the lifelong desire to fuse with it.

I continue my pilgrimage and when I reach the Mirador my heart grows enormous and

goes tapping into another level. In the Hall, the energy starts intensely moving up and down – producing a “circulation of light.” I fuse with the Monolith, feeling its immensity, its solidity and the Light. As I walk back to the Center of Studies I comprehend that it is only from this higher plane that things can be resolved.

That night a group of us are melting iron in the workshop and the image of the white-hot crucible takes on another meaning, just as the luminescent blue gas that arises from the molten mixture, it all becomes associated with what is happening in my interior.

On my way back to New York I had the chance to stop by Santiago to discuss these these experiences<sup>2</sup> and to understand important aspects about the work, which can be summarized here:

— The Purpose begins to change your internal landscape in a way that you begin to have different interests, you see the world differently, you feel yourself differently. The Purpose is linked to the Center of Gravity.

— Regarding the entrance into the Profound: there’s a space that is very cenesthetic which one can travel through before going into the Profound, and because the memory is not functioning in a normal way it could be that you are actually leaving the Profound, instead of entering.

— It was important to take lots of notes. For example, to understand my state before going to Punta de Vacas; what happened beforehand so you could enter a deeper Ascesis?

I also had many questions that could not be answered about the nature of the Purpose in that moment: it seemed like this “being” was something other than what I had known to be the Purpose because it had its own course or, could it be that it was precisely the Purpose that had awakened with the strength of a volcano and remained nameless?

### Return to daily life

Normally upon returning to my daily life, the intensity and depth of the internal experiences tend to weaken but in this case it was the opposite, they kept on deepening and developing. I started becoming obsessed with the experience, which I couldn’t define nor follow in any known way.

*I connect with that underlying structure of light that now is pretty much my whole body although it starts with the chest / heart and moves outward until it encompasses everything. It began as a molten bubble, yellow-red and it went growing and expanding. I don’t understand its direction or what to name it ... At one point towards the end of the experience, there is a very interesting phenomenon of introjection, it’s as if all that energy became a rocket and automatically pointed inside my head to meet with the Profound. And the “I” has nothing to do with it.*

Sometimes I would make a plan to carry out my normal practice, but as soon as I would “connect”, immediately there is a strong sensation of Force in my chest that leads me somewhere else.

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<sup>2</sup> These points refer to conversations with Karen in Santiago.

*As the energy increased in my heart, it gained depth and began to appear in all parts of my body, notably the energy hits the productive plexus and it easily goes into the summit. I feel the Circulation of Light as it increases, becoming bright white, beautiful, sweet, delectable, it takes me into ecstasy but I want to educate it a bit. I want to know its name -- it's as if it's the son or daughter of the Profound.*

*I feel like a "new being" is awakening in me with an incredible power that is capable of surpassing all of this dense life. Anything becomes doable from that space. Life wakes up, relationships heal, and everything has Meaning.*

*Two weeks after I had left Punta de Vacas, I synthesized what took place: Something changed within me of immeasurable importance. I feel like for the first time that a "new being" has been registered and consolidated within me. It's strange and interesting, with the beautiful feel of a child, a jewel, a guide, a direction which I'm trying to decipher, it's raw but magnificent, wild and precise. I'm discovering it day by day, a little lesson every time as it goes defining itself. I also don't feel "me"; I'm a bit numbed inside, quiet and observant. All a bit odd yet beautiful and surreal.*

*On the other hand, I want to know what is this "new being"? Is it the Purpose? Is it the Spirit? I don't know but whatever it is, it has a life of its own and I want to give it space so it will continue to unfold.*

*As the days passed, the experiences continued, with different levels of intensity but always within the same "world".*

*Additionally there were comprehensions during the day, apart from the practice itself that I did almost daily. Every day I did Askings that my Purpose manifest itself in daily life, so everything had to do with strengthening and nourishing it. The result was my daily life activities took on a new dimension; even the simplest thing becomes inspiring.*

*I'm tying my sneakers and everything feels lucid and clear. I also feel a very soft sensation of protection that surrounds me. It feels as if the Profound is very gracefully interrupting my daily world, or is it the Purpose that generates so much grace?*

*The world feels surreal, I go outside and I stare at everything as it were the first time. I see the attraction of couples, and intuit this force of the universe that can't be denied. Love is eternal as so many songs and poets express, it transcends time and space. It is a power that moves mountains, heals or destroys.*

## **The Spirit**

Since the first irruption, I was unable to define the experience within my Ascesis. It was part of the mystical world but of another nature. Finally, I mentioned all this to someone who had had an equally powerful experience several years earlier and they mentioned a talk<sup>3</sup> where Silo said, "one knows when their spirit is born."

*Question: Are there indicators of the birth of the spirit?*

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<sup>3</sup> *Apuntes de 2da. reunión conjunta de El Mensaje. (Notes of the 2nd joint meeting of The Message), Buenos Aires, April 20, 2003.*

*Answer: This has very clear indicators, one knows very well with this happens. Nothing is the same after that moment, life takes on a meaning, there is a reality that one knows that exists and life is no longer the same, although one continues doing things in daily life with their "I".*

*If you have a transcendental experience, it acts daily in one's copresence, and gives meaning to many things. It remains in the copresences: it happens because one has had the experience. The "I" would function differently if I have that experience in the copresence. That experience changes you.*

Upon hearing this, I registered the truth of this statement and I felt profound joy that such a thing could occur.

### Comprehensions and the heart

Toward the third week I began to work more with connecting with that Being that was growing inside, knowing that I needed to allow it to go developing by itself, as if I was accompanying its process and it was guiding me. The experiences continued in their intensity and commotion but there was more control. And they were often accompanied by exquisite comprehensions, like "revelations" or truths connected to The Message that went unveiling themselves.

What struck me as a constant was the deepness of the heart. When I "connected", my heart appeared in a myriad of ways -- at times like a flower fully opening, at times it was a glowing crucible or an exquisite jewel that shone inside producing a brilliant overpowering light. At times it was a white molten stream or an enormous sun, -- regardless of its form, the Light originated from inside my heart and it was endless and constantly changing. It was always accompanied by great affection and strong commotion or at times it produced profound recognitions.

*As I went connecting, I felt the chamber of my heart opening deeply. I continued inward as if I was going inside the mountain and the register of love came up with such strength that it hurt. And words from "The Inner Look" arose, "love for the body, nature, spirit" and as I experienced those words the love spread to all things and everything was unified by that extraordinary sensation. And it carried me to the Profound and there were moments of blackout, the "great nothing". There were no major energetic conversions, but something else appeared—a clear recognition of the "evolutionary intention." And then a love for the transcendental world swelled up which was also very new. And the love gave Meaning to everything and I felt I wasn't alone in the universe.*

These experiences continued to act in my daily life and in different situations.

*In these last few days I have felt completely different thanks to this New Being, as if everything is OK. I have the feeling that death does not exist, and that I am separate from my body. Everything is softer and more neutral and when I call on the Purpose in the proper situation it always responds, not only at the moment before going to sleep or at the time of my practice but also during daily activities... I feel at moments like a "transmutation" has taken place, strange that I should use that word -- for the first time -- but I don't recognize myself.*

*Everything feels structured and with meaning and I'm part of that larger process. I don't "worry" or get "anxious" when I'm in this state, on the contrary, everything has its place. My body feels light. Every morning I have new comprehensions if I allow myself space.*

*Also at times during the day, new thoughts come to mind which I write down. The Asceticism is becoming alive. All this is a feedback system where the more you nourish it the more it gives back, like life itself. The circuit of reciprocity is wise.*

Various themes started emerging, which I noticed in odd images, strange associations, accompanied by strong commotion as if things were being structured in a new way in vigil. And when I would do my practice they began to take on life and be understood within a deeper context.

*In the morning as I'm doing household chores I have internal sensations of everything being connected, and thoughts arise which feel internally alive but make no sense to me, "death isn't death and life isn't life, but rather there is a continuum between the two."*

In the practice that followed: *Strange images appear, I experience that I am the mold, the negative, the screen becomes B&W with the negative and positive and then it switches back. I hear a voice saying that the real truth is told in riddles and koans because it belongs to that world which can't be structured by the "I." The "I" has to be fragmented in order to understand. Then I followed the energy inside of me and it went deeper and deeper, a pole of light, a river, a molten light reaching all the way back to a deeper source. I allow myself to feel everything and then the "heavens" open and I am drenched in the most beautiful light imaginable, pouring down producing commotion and ecstasy, then flashes of comprehensions that the Profound was the dark and then there was light and then the dark then the light and the dark and the light and they were complementing one another. And I understood the earlier "thought", that death wasn't death and life wasn't life but it was a continuum.*

As I finish this experience the commotion continues and I realize that this experience that allows one to no longer believe in death is the most important thing that exists. And I did a deep Asking to "please allow me to transmit this great truth to others". I could experience people going to the Parks, all of us looking for the Profound. I ended with giving great thanks for the opportunity to feel all this and with the profound aspiration to share it with others.

During this period, the comprehensions were often themes of The Message: the Principles, Compassion, Love. I also noticed that if there were conflicts, manipulations, expectations, I would feel it in my heart clearly, as if the walls would close shut and the light would be cut off. So I had to keep an open heart in daily life and feel goodness towards others if I wanted to keep the fire alive.

## The Gift

Almost four weeks into the experience, it was my birthday and I wrote this synthesis:

*I have received a great gift, the best that I could have imagined. It began to manifest itself a few weeks ago, just before going to Punta de Vacas. My work on the retreat was "surprising" and then it continued. On the one hand I was generating a lot of energy and on the other I was searching to deepen the Purpose as my priority, and all this within the field of the Asceticism. During several experiences it went deepening until something "was born" inside of me, like a new being, as if it was the spirit (although I have never thought in those terms). It was dynamic and alive and the only thing I did was allow it to operate. And this is what I have done for several weeks, connecting each day. Apart from that,*

*trying to carry that magnificent energy to the Profound, or rather allowing it to go there as a direction which is its nature. The experiences of the light have been too beautiful to describe with emotions that embark humanity, where death does not exist, and everything has Meaning. Many phrases from The Inner Look appear as living truths and with a commotion that is so beautiful that I have to watch so I don't fall into ecstasy. I've taken notes of everything and tried to not force it, rather I've been "riding a wave", with the intuition that something is configuring inside that I have to continue nourishing.*

*In sum, it has been a series of the most significant experiences of my life. And I am obsessed! And I also have the absolute certainty that this is the most important Message that can be given, that I can give to the human being.*

*I have experienced all of this in different degrees and forms for years but now it appeared with a potency and clarity that makes me think that something is happening in this moment, and also among ourselves in the School.*

### **Dying and giving birth**

A couple days later I have many copresences about the spirit since I have been reading as many notes that I can find from our materials. The spirit is described as vibratile, as not individualized and it doesn't belong to the world of the "I". In the practice that followed, everything begins to come together.

*The energy is strong right from the beginning and I feel the pounding of my heartbeat. I have sensations of this evolutionary thing and the energy is going up and up and following a course. Then a very strong image appears of me lying in a hospital bed filled with tubes, it's not dark, and I say, "it's time to go." The image produces great commotion and a lot of mental movement. Lots of light is coming out of me. It's time to continue my journey and I'm pleased to go ... I'm giving birth to something ..... Something is coming out of me and going upwards and then a letting go ... I connect with the new being and the spirit, and let the new being carry me to this new world without time and space. And then everything stopped in a suspension – then I noticed I was breathing heavily. The image appears again of me in the hospital bed, but much stronger and I see my body opening up and a mandorlic-shaped spirit is being born out of my body. It was a white light that came out like a being. There is a group of close friends in the room standing around the bed and they have an incredible commotional peace on their faces ...they are receiving the light which is so bright that I can't recognize them. It was if they are there for a birth and not a death. (in the image of myself I am at total peace but physically I am heaving tears.) The image is overwhelming. I'm entering into another space and everything is fine, like a vibration, I just let go and I felt love.*

The quality of the images and the intensity of the sensations were so vivid that I could not stop feeling the impact for many hours and it continues to live with me.

Four days after this experience, we found what was to become the Hudson Valley Park. Everything coincided, the Park and the new being all being born in the same period -- a synthesis was produced.

The cycle of experiences lasted about four weeks. Later they began to subside and it was important to begin integrating what happened. When reviewing everything that

occurred, I am left with these few guiding ideas: something awakened in me, something that doesn't come from the "outside" but "inside" the human being; when this spirit or new being reveals itself everything changes; the greatest gift that can be given to the human being is the experience of the Meaning and the Light and to have the certainty that death is an illusion.

*When they spoke of a city of the gods, which the heroes of many peoples strove to reach; when they spoke of a paradise where gods and humankind lived together in transfigured original nature; when they spoke of falls and floods, great internal truth was told.*

*Later, the redeemers brought their messages and came to us in double nature to reestablish that lost unity for which we yearned. Then, too, great inner truth was told.*

*But when all this was spoken of but set outside the mind it was an error or a lie.*

*However, the fusing of the inner look with the external world forces this look to travel new paths.*

*The heroes of this age fly toward the stars. They fly through regions previously unknown. They fly out from their world and, without knowing it, they are impelled toward the internal and luminous center.*

From *The Inner Look*  
Silo's Message - The Book

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