



Day of work: Service Ceremony

7 - 8 hours

Morning (3 hours)

-Service Ceremony

Work plan

This day of work is basically an attempt to respond to many friends who have mentioned the difficulty of experiencing the Force in the Service ceremony in our weekly Message Encounters.

This day is not a retreat or a seminar. This is not a retreat of The Force, there are already 2 retreats dedicated to the Force in the Messenger's Manual.

This is thought of as a day of work, practice and interchange about the difficulties many of us have experiencing the Force in the Service Ceremony. This is a day to explore how to make the best internal conditions to experience the Force, in a very relaxed way and without any pretension that we are going to experience lightning or anything extraordinary. As Silo says in relation to the ceremony, "*In reality this work is simple, but it takes a lot to put it in motion.*" We are going to go step by step and take advantage that we all have difficulties that will help us go deeper in ourselves. We will use the paradox that we are so fond of which is that only when I am able to recognize my difficulties in my internal work is it that I can continue to go deeper within myself.

The work we will do is guided by the video *Silo: Laying on of Hands November 19, 2006 La Reja*. Most of the comments we will use are those given in this video. This is actually a ceremony of Laying on of Hands but we will just listen to the first 16 minutes which are completely applicable for the Service, which is our interest.

- **Interchange** in small groups with 2 or 3 people about this question: How have the recent difficulties in our lives enabled us to grow internally?
(duration 1 hour)

- Watch and study the video from 0:00 to 16:35 min.
(duration 1.5 hours)

Lunch

(duration 1.5 hours)

Afternoon (2 hours)

Practice – procedures and difficulties in different moments of the Service

Previous Meditation (duration: 10 min.)

What do I really need?

SILO: *“And in these situations with the Force we'll organize our askings. We'll derive them from the work with the Force. If we move that energy, we'll catapult them to another level. To where? Towards an intention. That intention will be towards something we truly need. And so we are going to launch that force that we have mobilized so that what we truly need may be fulfilled. To give it a push. How does this happen? We have no idea, but we give it a push. Before starting the work of the Force, the suggestion would be:”*

Practice/reflection (read calmly with time to reflect over each phrase): *“....what do I truly need? not everyone needs the same thing. What do I really need?It would be very good to be able to define that situation..... What do I really need?”*

Brief pause and repeat the reflection

Commentaries

Expectations (duration: 10 min)

SILO: *“This ceremony is not extremely poetic, but neither is it technical. It's not a matter of levers, screws, buttons, so that things happen. It's poetic in the sense of the mental position that would be good to achieve. And that **mental position is of trying to reach inside of oneself**, as much as possible, without worrying about what is happening in the external world and in the world of the representations that have to do with the external world.”*

We are going to recognize our worries and expectations and the best would be that we encouraged them to relocate themselves in our co-presence for a moment so that we can just pay attention to what we are doing.

Tensions (20)

SILO: *“Nothing (bad) will happen if we leave aside our tensions a little. And so through the mind, the heart, and the body, we enter into this relatively simple work, but we try to clarify things, and we ask ourselves about each one of those steps. My mind is restless, I ask myself.....My heart is troubled, I ask myself.....And by asking myself, it's like I soften all of that. My body is tense. And by asking myself, I tend to loosen it up. “*

I observe my tensions and what is bothering me. This a soft, observing attention. I just follow what is being said, nothing more, simply attend to what is being said and my sensations.

Practice 1 (duration 5 min.)

My mind is restless.

But is it really restless?.... Is that true?..... Not true?.....And in what way is my mind restless?.....

What is the concern in my mind at this moment?..... Could we not quiet it down for a few moments?.... My mind is restless.

My heart is troubled

Is it really troubled? Or is it very calm?....Is it accompanied by a kind of shallow breathing?.....By a kind of subtle fright?.... Is my heart troubled?.... Can we make a little effort to get into a softer situation?

My body tense

This is easier....it's easier to locate these tensions....easier to locate but not to soften... In the muscles.....or more internally?the tensions that you know well.....or others?.....there are particular tensions in each one of us.....my body is tense....where?.... I examine this thing of 'my body is tense'.... I attend to this for a few minutes and get closer to myself.....

Brief pause

Practice 2 (duration 5 min.)

My mind is restless

But is it really restless?.... Is that true?..... Not true?.....And in what way is my mind restless?.....

What is the concern in my mind at this moment?..... Could we not quiet it down for a few moments?.... My mind is restless.

My heart is troubled

Is it really troubled? Or is it very calm?....Is it accompanied by a kind of shallow breathing?.....By a kind of subtle fright?.... Is my heart troubled?.... Can we make a little effort to get into a softer situation?

My body tense

This is easier....its easier to locate these tensions....easier to locate but not to soften... In the muscles.....or more internally?the tensions that you know well.....or others?.....there are particular tensions in each one of us.....my body is tense....where?.... I examine this thing of 'my body is tense'.... I attend to this for a few minutes and get closer to myself.....

What's been created with all these questions?

SIL0: An ***ambit has been created***, an interesting change to put myself into other things. That's what has happened. Nothing more extraordinary, but something very useful has happened. ***I've created an adequate field to put myself into this thing of the Force.***

Comments

Pause (duration 15 min)

Attention

The difficulties we have in going deeper inside. Here Silo has placed all the difficulties within the ceremony. In this sort of dialogue with myself I have to reach inside, go inside and begin to look for the perturbations in my mind, heart and body from inside, not outside looking in.

The attention that we could practice is a type of attention that is placed deeper within ourselves, not superficially. This is when I place my attention on *the sensation of looking from the internal space behind my eyes....the sensation of being behind my eyes and looking at them from the back.* I pass my look over each one

of these zones of my inner body, making a kind of “scan” of the sensations of my inner body. Just placing the attention over an area or a tension, without trying to do anything, the zone begins to relax.

Here the key is to connect with the sensation of an internal attention that is located inside the head in a space behind the eyes. For this one needs to go inside, behind the eyes and begin this calm conversation with yourself while moving the look through the areas of my mind, my heart and my body.

Practice: I close my eyes.....I feel the sensation of the zone of my eyes in my face....now I let this sensation float inwards, beyond my eyes towards the inside of my head....a little further inside...I feel the sensation of this space behind my eyes.....I look at the back of my eyes from this space....now I attend to the sensation of looking....calmly....without forcing anything...I register the sensation of this space of attention....this is an attention that is calm, soft.

Break 15 min

Configuration of the sphere (duration 30 minutes)

How do we configure the sphere? The most important is that the register of the sphere “fits” with you. It is not important the height, if it is close, big, small. No complications how it arrives, what is important is that it ends in your heart and transforms into a sensation. Between the visual representation or the coenesthetic, what is important is the sensation of the sphere and that this sensation goes expanding. We go internalizing the representation and it converts into a sensation. **Without a sensation nothing will happen.**

Expansion of the sphere:

What is important is that you are attentive to the sensation that expands. You don’t put anything in the experience; you don’t try to have certain emotions or to breathe in a special way. All of this will happen as the experience unfolds. Your attention is placed on the sensation of the expansion and everything just happens as a consequence.

Interchange/comments

To mobilize that Force we need two things:

SILO: *“First: that the previous work be more or less well done. If the tensions and things are so great, I can't get into them. And the second thing is that this Force shouldn't be forced. It's not brought here with great intensity, but instead calmly, softly. That sensation of internal softness is what helps to mobilize the Force within you. All the above has also been a matter of internal softness. No tensions in the mind, no tensions in the body, no tensions in the expectations. All of that creates this softness.”*

SILO: *“Now we are going to speak about the Force. You move this psycho-physical energy with an affective tone. This is the most important point. You will not be able to move the Force if there isn't sufficient emotional, affective force. This force is similar to love, that which makes those internal movements. This is the poetic part of the work. We create an adequate field, then we put ourselves inside of this internal field and we charge it with affection, affection, friendship.....the first is friendship with oneself.”*

Pause – 15 min

Evening (1 hour)

Ceremony

- Meditate on what I really need
- Service Ceremony (introduce the brief phrases of reflection about the state of my mind, heart and body)

Break (20)

Ceremony

- Meditate on what I really need
 - Service Ceremony (introduce the brief phrases of reflection about the state of my mind, heart and body)
-

Materials:

Silo's Message book

Video: Silo, Laying on of Hands, La Reja. November 19, 2006

Link: <http://silo.videos.mensajedesilo.cl/?cat=8>

Text transcription of video (optional)

Karen Rohn

Tuesday's Community

Salita El Mensaje de Silo – Barrio Brasil

Santiago, Chile

06/28/2016