

# Seminar on Reconciliation

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*The seminar lasts one day and participants arrive in the morning.*

## ***Ceremony of the Service***

### ***A. Introduction***

This seminar aims first – even before thinking of reconciliation – at meditating on the experience of reconciliation, trying to transcend the psychological to place it on a level of profound spirituality. This is not a minor challenge, because it defines the necessary condition of the mental placement for a good work of reconciliation. It also proposes creating a personal aphorism that concentrates a great positive emotional charge to facilitate the process of progressive reconciliation.

We begin with the video of Silo's speech at Punta de Vacas on May 5, 2007. The participants take notes of those parts of the talk they consider important.

**Note:** The total duration of the work will be about 7 hours, depending on the number of participants. The ideal approach is not to set times for each part of the seminar, so that each person will be able to adjust this according to their needs.

#### **Exercise 1 – Work in groups**

Form groups of three. Read and study the talk, with a copy for each participant.

#### **Exercise 2 – Individual work**

Write a summary and synthesis of the discourse.

### ***B. Framing of personal placement with respect to reconciliation as a profound***

After reading and studying the material in small groups, each person makes an individual attempt to carry out an initial reflection about reconciliation as a profound spiritual experience. This includes searching for a register of an internal disposition that strongly moves our whole being, connecting with our most heartfelt aspirations and needs for internal liberty, and the great coherence this implies. In other words, this reflection is done from and for what is deepest in our hearts, with an elevated spirit of internal letting go, without reservations, in order to reach an adequate internal depth, and preventing possible resistances from arising from hidden resentments or skeptical rationalisms that could relativize this or any other profound spiritual experience.

#### **Exercise 3 – Individual work**

Reflection on the dimension of reconciliation as a profound spiritual experience, connecting with that interiority which is most moving. Take notes.

#### **Exercise 4 – Guided practice, whole group**

I sit comfortably and relax my external muscles, trying to dissolve all my tensions, both localized and general... .. I continue inside my body, letting myself go into the warmth of the sensations, and relaxing any tensions... .. moving from my throat down to the bottom of

my trunk, passing through all of my organs... .. then, I gradually relax my head, from the top, moving down and inside... .. repeating this several times... .. now, I try to feel my reconciliation as if it were a migrating bird that travels thousands and thousands of miles, tirelessly, knowing where it must go... .. knowing what it must do... .. I am guided by my rebellion against suffering... ..

### **Exercise 5 – Individual work**

I search for related registers and experiences between Exercise 3 and Exercise 4. I take notes.

### **Exercise 6 – Work in groups**

Interchange about the experiences of Exercise 3 and Exercise 4. Write down conclusions in each group.

### **Exercise 7 – Whole Group work**

Interchange about the conclusions of each group.

## ***C. Framing a personal aphorism for reconciliation***

We would like to propose that we define internally an aphorism that will help us sustain a progressive work of reconciliation, a work that will help us uproot all resentment, in order to transform our lives.

### **Exercise 8 – Individual work**

Reflection on positive, mobilizing images that can be reduced to an aphorism. Work by making a list of possible hopes, certainties, or powerful guiding ideas, until finding a word or brief phrase that fits. We can also use an image that moves us. To construct this aphorism it is essential to consider that our reconciliation must be founded on an aspiration with a positive, emotionally moving charge, which could be, for example, a longed-for flood of kindness toward ourselves and others. Only in this way, it seems, can reconciliation reach the point of becoming a profound spiritual experience. Take notes.

## ***D. Framing: what to reconcile with***

The reconciliation we seek may have to do with accepting the frustrations we have lived through, admitting our failures, acknowledging our mistakes, weaknesses, or deficiencies. It is also related with incoherent actions that we may have done, provoking suffering in others, and with mistreatment by others that has hurt us deeply. This process can also allow us to reflect on the mood of hopelessness at the grave world situation, so charged with violence and intolerance, so that we can change our look, betting on the process of humanizing the Earth and the liberation of the spirit.

### **Exercise 9 – Individual work**

I sit comfortably and relax my external muscles, trying to dissolve all my tensions, localized and general... .. I continue moving inside my body, letting myself go into the warmth of the sensations and relaxing any tensions... .. moving from my throat down to the bottom of my trunk, passing through all my organs... .. then, I gradually relax my head, from the top, moving down and inside... .. repeating this several times... .. now, I search for that look of understanding... .. this look that recognizes in my greatest mistakes, the piling up of factors that overcame my ability to respond, and I try to admit that my ignorance... .. my inability... .. and the weight of circumstances... .. could scarcely have allowed me to overcome that interplay of adverse forces which unleashed situations of suffering... .. I go

over those situations that have caused the most resentment in me... .. and I make an effort to humbly admit my inability to give better responses so that others would not suffer... .. my ignorance in overcoming suffering and conflicts... .. in the same way, I seek to accept the ignorance and the fears of those who have caused me suffering... now, I try to recognize in myself those invaluable moments of hope... .. of getting things right... .. of coherence, that I have lived... .. I try to recognize in those moments the states of internal fulfillment and liberty that I have experienced... .. in this way, I try to balance the scale of my life, to endow it with the luminous meaning I aspire to... .. and, with this, to transform the environment that I live in... ..

### **Exercise 10 – Work in groups**

Interchange in groups of three about the previous individual work. Take notes.

### **Exercise 11 – Individual summary and synthesis**

Write a summary and synthesis of all the personal work you have carried out.

### **Exercise 12 – Whole group interchange**

Free interchange in the group about the day's work.

*Closing: In the Hall (if at a Park), we give thanks for the understandings we have reached and we ask for progressive reconciliation.*

*Closing with shared refreshments.*

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### **Bibliography**

“Reconciliation,” Silo, Punta de Vacas, May 5, 2007, [video](#) and [text](#)