

# Seminar on The Force I

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

## **Ceremony of the Service**

### **Framing**

The experience of the Force is the central pillar of the Experience in Silo's Message. It is the paramount theme of the descriptions in the Inner Look and it can be experienced in the Ceremonies of Experience of the Service, Laying on of Hands, Well Being, and Assistance. The theme of the Force merits study and reflection, relating one's own experience with the diverse explanations and descriptions found in the writings of Silo. This activity is highly recommended, something to be carried out calmly when the need to understand arises in oneself.

While a seminar of one day dedicated to the Force limits our possibilities to study this theme in depth, we can surely advance in our experience and understanding, and likely increase our store of questions as well. The interest of this seminar is not to reach at any technical conclusions, but rather 1. to let our internal experience go into the realm of personal inspiration and experimentation; and 2. to gain greater context for our understanding of the Force through studying selected passages from Silo's works.

While we can study the phenomena of the Force from many different angles, we will follow what is described in the introductory page of Silo's Message:

“The Experience is expressed through eight ceremonies capable of providing spiritual inspiration and producing positive changes in daily life.”

We will celebrate several ceremonies of Experience today and also study and interchange about texts from The Inner Look in Silo's Message, which are related to the Force and the Principles of Valid Action.

We know that free interpretation is one of the main pillars of the Message, and this should guide our work. Open and fluid communication among us, freely expressing our own experience and having the opportunity to listen to others, is what enriches our understanding as a whole.

### ***Part One: The Force and The Inner Look (2 hours)***

The Inner Look deals with the conversion of non-meaning into meaning. Among the 20 chapters that comprise it, 11 are directly related to descriptions of the Force. The first chapters deal with the correct attitude in this search and descriptions of Non-meaning. Chapter V begins the Intimation of Meaning, and in Chapter VII we enter the theme with the Presence of the Force, followed by Control of the Force, Manifestations of the Energy and, in Chapter X, reaching affirmation in Evidence of Meaning, and Chapter XI with the Luminous Center. Chapter XII, The Discoveries, marks a change, with descriptions of the circulation of the energy and the nature of the Force and its relationship with historical evidence of the sacred. The following chapters consider procedures, the projection, and diverse actions of the Force,

and the different mental situations described in The Guide to the Inner Road, the Principles, the Internal States, and Internal Reality.

Clearly, we relate our own experiences with the Force to the descriptions, reflections, and orientation that we find in The Inner Look. Its style of poetic prose enables us to find the appropriate internal attitude in relation to its theme of internal evolution.

From this book we will study here Chapter XV, The Experience of Peace and the Passage of the Force, and Chapter XVIII, Action and Reaction of the Force.

### **Reading and reflection on each part in groups**

- Paragraphs 1 and 2. Experience of Peace.
- Paragraphs 3 through 7. Experience of the Force.
- Paragraph 8. General considerations.
- Paragraph 9. Relation of the experience of the Force with daily life.

Each group writes a summary of its reflections on the readings.

### **Reading of group summaries. Interchange.**

Brief break

### **Internal Situation**

To begin with, as in all things, we have to consider our internal situation previous to the experience of the Force. We make contact with the Force through the Ceremonies, and in this way a “ceremonial attitude” arises in us, which is vital for the Experience. We are not here to make a precise definition of what the “ceremonial attitude” is, but we know that we celebrate ceremonies, and “celebrate” has a connotation of something special, something inspirational, open and beneficial – a positive event, whether for ourselves or others. In the first paragraph of Chapter XIV, Guide to The Inner Road, there is a very good description of this:

*“If you understand what I have explained so far, you can, through a simple exercise, readily experience the manifestation of the Force.*

*It is not the same, however, to search for the correct mental position (as if this were a question of approaching a technical task) as it is to enter the kind of emotional tone and openness that poetry inspires.”*

We celebrate our ceremonies with others, and our relationship with those “others” is fundamental to the experience. We know that positive and affectionate relations such as those found among friends, family members, and loved ones, give strength to the Force. It is not difficult to understand why these relations of human warmth set an appropriate internal situation for internal opening and well being. It is also not at all difficult to feel and to project this connection to all the others who share with me the celebration of any ceremony, and this is in fact the central feeling found in the ceremony of Laying on of Hands.

### **Service**

Lunch (1 hour)

## Relationship of the Force to internal unity (2 hours)

Let us see some examples from The Inner Look relating internal unity with the experience of the passage of the Force.

Chapter X, Evidence of Meaning, says:

*“The real importance of an awakened life became evident to me.  
The real importance of eliminating internal contradictions convinced me.  
The real importance of mastering the Force in order to achieve unity and continuity filled me with joyful meaning.”*

And later on, the last paragraph of Chapter XV says:

*“Even if you have followed these recommendations, you may still have been unable to produce the passage of the Force. This should not become a source of concern, however. Simply take it as an indicator of a lack of internal “letting go” which may reflect excessive tensions or problems with the dynamics of the images – in sum, a fragmentation of emotional behavior – something that will, moreover, also be present in your daily life.”*

We will take the opportunity we have today to investigate the experience of the Force, in order to share and to reflect together on our behavior in everyday life (with both ourselves and others), and its possible relationship with our experience of the Force. For this we studied The Principles in Chapter XIII, which “can help you in your search for internal unity.”

### **Reading and Interchange in groups of three of Chapter XIII, The Principles Interchange on reflections with the whole group**

Break

Comments

In Chapter XVIII, Action and Reaction of the Force, another procedure is explained, that of “thanking.” We are familiar with the Asking, with contact with our internal guide or internal god, or an inspiring image, when we are in need of orientation or protection. But there are also moments when we experience the need to direct and express the experience of our thankfulness and consciousness of our “good fortune.”

### **Reading and interchange**

#### **Chapter XVIII, Action and Reaction of the Force**

#### **Closing Ceremony: The Laying on of Hands**

Brief break

#### **General comments and closing remarks with the whole group.**

Closing with shared refreshments.

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## **Bibliography**

Book: [Silo's Message](#)