

# Seminar on the Golden Rule and Transforming Actions

---

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

## *Ceremony of the Service*

### **Framing**

*This day of work will be dedicated to studying, reflecting on, and interchanging about the Golden Rule and transformative actions in the world, which have repercussions on the people closest to us and in ourselves, and whose influence is never ending. Today we will investigate through our own experience, study, reflection, and interchange the Golden Rule in our personal lives, and also how this Principle of Valid Action is translated in orienting our social action with Silo's Message. For this work we will carry out some of our ceremonies of Experience and we will study the Formative Theme on The Golden Rule.*

### **First Work**

Reading and interchange in groups: Formative Theme on the Golden Rule.

Break

### **Second Work: The Golden Rule**

The guiding ethical principle for our actions is the one that says: "Treat others as you want them to treat you." For us, there is no higher moral principle able to guide human conduct, both personal and social. When we apply it consciously, we immediately locate ourselves as a peer of the other, neither above nor below. This mental placement is what allows true solidarity and the equality necessary for coexistence. "I" am not the center of the world; "we" exist, and in this mental atmosphere it is difficult for violent behavior in any of its forms to put down roots. This principle orients our aspiration for personal coherence, uniting our thoughts, feelings, and actions. It allows us to surpass our personal contradictions and opens the way for new thoughts, new feelings, and new actions, whether in the area of personal relations or at a social level. It entails a moral position in facing life, and its universal justification is the register of internal unity that all people experience when their actions are truly oriented by this understanding.

In Silo's Message we have the opportunity to deepen our internal experience through the ceremonies, and through free interpretation and interchange with others about subjects as diverse as death, immortality, the sacred, and the meaning of life, among others. These experiences seem to form a sort of "internal atmosphere," a new way of experiencing ourselves and life in general, and it is from our own internal world that our actions spread out and reach others. Some of our ceremonies, such as the Service and the Laying on of Hands, are directly related to internal experience. Others such as Well Being, Protection, Marriage, Assistance, and Death are social and have to do with our way of treating others. In turn, the Ceremony of Recognition consists of a personal experience of declaration of principles, but this declaration also has to do with a social commitment to the world to which we aspire.

The Golden Rule is a clear orientation in our relationship with others. If I am interested in “transforming actions” then I will have to consider that all of the actions that I carry out toward others are configured in my internal world – a world that is colored by my mental atmosphere. In this sense, in accordance with how my thoughts and feelings are, so will my actions be configured and expressed in a certain way the world, exercising their influence upon those who are the “receivers” of these actions. My way of treating others reaches and ends in them, benefitting them or not, and in turn their actions reach still others, and so on. I myself also experience my actions toward others, and this register remains in my memory, influencing this mental atmosphere that I am always building, in a form that may be positive, or negative. It seems that we all influence and are influenced by others. This is something important to consider. Inasmuch as our actions do not end in themselves but continue in others and within ourselves, it is not a matter of indifference how we carry out our lives.

In the Ceremony of Death this is very clear. Here we are, the life of our loved one has ceased to act in their body. That body will not carry out any more “actions,” yet we can still feel and recognize the living influence of their actions in ourselves. Let us try to imagine this situation.

### *Experience*

Let’s close our eyes. Let us remember a loved one who has departed.

(without a break) Reading of the Ceremony of Death.

An opportunity is given for interchange among those who wish to speak.

### *Comments*

Here we can see how the way this departed person treated us and the treatment we experienced have changed us and continue to act in us, transforming our actions toward others. In this sense we can see how History, that great accumulator and transformer of the actions carried out by all those who have preceded us, continues in us today. Understanding this can awaken in us a new compassion and tolerance. And just as no one should be held guilty for today’s widespread misfortune, each person will, or will not, take personal responsibility for helping to transform the destructive processes into forces that favor life.

### **Ceremony of Well Being**

Lunch (one hour)

### **Third Work**

We have seen the Principle of Solidarity or Golden Rule which says: Treat others as you want them to treat you. We have seen that what has to do with actions is a complex world, and how their influence has no end, but continues in the human landscape in constant transformation. We have also seen how there are actions that benefit others in the best sense, and others that do not. In Silo’s Message this Principle is translated and elevated into a shared affirmation of experience, ideals, attitudes, and procedures. This can be observed in the ceremony of Recognition, and in light of our interest it is very appropriate to study it.

### **Study and interchange in groups: Ceremony of Recognition**

**Notes of the group**

**Joint reading and interchange**

Break

**Ceremony of the Service**  
**Ceremony of Recognition**

Seminar ends with shared refreshments.

---

**Bibliography**

Book: [Silo's Message](#)

Formative Theme on [The Golden Rule](#)