

Investigation on the possibility of time travel: living experiences of individuals and peoples from other historical times

Peter Noordendorp
Park La Belle Idée
2022

"The ultimate aim of the school is the control of time and energy." SILO

Acknowledgements

I would like to thank Christophe Coudert, Eric Gadoullet and Denis Morillere for their important contributions in the search of the places, the organisation of the two trips and for the unforgettable experience throughout this adventure, carried out together and with an extraordinary spirit and human warmth. Without them, this research would not have been possible.

Table of Contents

Note.....	3
Introduction	4
Part One: Teamwork	6
Part Two: My Experiences.....	10
The Experience in Montsegur,.....	10
The Cathar Grotte de Bethlehem	12
The Experience with Mount Bugarach	15
The experience with the trembling rocks	16
The Experience with Devil's Chair or Isis's Chair	18
The Experience at the Hermitage of San Antonio de Galamus	19
The Experience with the Dolmen of Sem:	21
The Experience at the Celtic settlement of Entremont.....	24
The Experience at Saint Victoire Mountain	25
The Experience at the Hermitage of Saint Jean du Puit	28
The Experience at the Grotto / Church of Sainte Baume:.....	31
The Experience of Cogolin.....	33
The Experience of Béziers	36
The Experiences in the 3 caves of Cathar initiation	38
The Experience of Montailou	44
The Experiences in the Dolmen of Sem	46
Synthesis of Repetitive Experiences	50
Symbols that have appeared in the different experiences, in the different locations..	50
Significant Apparitions (with great inner charge).....	51
Final Observations	51
Conclusions.....	53
Epilogue.....	53
Materials that served as inspiration	54
Appendix.....	56

Note

It has taken me many years to come to interpretations and conclusions that gave me the register of fitting which I was looking for with this research: the understanding of how living in other Times and Spaces works, and what Time actually is. My experiences confirmed that it is possible to move in time, to be present in rituals, events and mystical practices of other historical moments, or to feel immense Forces that seemed to send messages, as if the whole universe was speaking; there was no past, present and future, only a great and powerful symphony that overtook me.

But how to synthesise all this into an understanding, I had no idea. So I decided 'to wait' letting my obsession operate in co-presence. This attitude produced moments of inspiration, in which I could write down what was going through my mind. At other times, texts by Silo appeared in which I recognised a clear connection with the subject of my research. And all the time, for years, the experiences I lived through kept me linked to a state of contact with something I could not name, always in co-presence and regularly bursting in. And the questions kept on acting, without finding answers. Gradually, I realised that I was waiting for a kind of 'revelation' of a deep intuition. I knew that the lived experiences had produced strong impacts on my consciousness and nothing was as before, and still these impacts are operating within me, still processing in some way. With all this, I have come to the realisation that I have to finish this research, with the elements that I have managed to clarify, with the certainty that it is only a first step, an intuition, and that there is still a lot more to deepen.

Introduction

The inspiration for undertaking this challenge originated in an informal talk by Silo, at which I was present, about the existence on the planet of what he called "Timelines". Geographical lines that pass through places and countries and in which unusual phenomena occur with Time, giving an example of a line that passes through different parts of Europe, starting in the south of France, Luxembourg, Prague and from there curving southwards, passing through the Balkans and ending - more or less - in Macedonia. He commented that, along this line, alterations in Time have occurred and can occur: Time shifts, in different ways. Places can appear and disappear from other times, clocks going backwards, alterations in radio frequencies and other phenomena. He also commented that, in general, the consciousness of populations living on this line tends to have particular alterations that influence their work, producing phenomena that are out of the ordinary, in art, architecture, literature, legends, etc. Furthermore, he commented that a timeline of this type generally occurs where there have been strong cultural clashes, sometimes accompanied by a high degree of violence.

This small informal talk, which was part of conversations between friends about strange phenomena and during which Silo invited each to tell of their experiences with unusual situations, had an impact on me and continued to operate in my consciousness. Although at least 12 years went by without doing anything with it.

Until, at the end of 2010, one day in Park La Belle Idée, some masters were talking about unusual phenomena and, in fact, this little talk by Silo was clearly present. I told my friends about it and suddenly there was a great interest in investigating this phenomenon. And, as two of them lived in the south of France, we agreed that we would investigate strange occurrences in the Occitania region. And inspiration was born. After researching the sites, we chose 18 for their particular significance and location throughout history, thus covering stages up to 2600 BCE.

What follows is an account of places, procedures, experiences, interpretations and conclusions.

Some clarifications

As we were interested in researching the phenomenon of Time, our work focused primarily on the internal experience as an object of interest, leaving aside historical and archaeological research, although in order to familiarise ourselves with the different places, this contribution contains some indications about each place visited and something a little more extensive about the history of the Cathars. This also helps the reader to find his or her way around.

Although we started this research with four masters, at a certain point it became clear that it was not possible to carry this work through as a group work, recognising that it is almost impossible because of differences in purpose and personal interest.

In any case the journey made together, with much sharing and reflection, has certainly been a great contribution, as well as the maintenance of a high mental frequency, permanence and inspired connection.

So the first part of this contribution is the result of a joint work of preparation and description of the places and preparation of the mental conditions and procedures to ensure that we did not fall into questionable (uninteresting) states in order to undertake fieldwork focused on 'travel' experiences in Time.

The second part of this contribution is purely the work of the author.

Part One: Teamwork

For our research we first chose the Occitania region and then extended it to Provence (both in France). We focused on places charged with a high concentration of energies and sometimes accompanied by unusual phenomena. Places that, throughout history, were centres of rites and ceremonies in relation to contact with the Sacred and the Profound, or places where historically there was an extreme concentration of religious violence, as in the case of the Crusades against the Cathars (see below).

We chose 21 points, in relation to different populations and cults throughout ancient and more recent history. Each one of them with remains of practices of their spirituality, in the form of altars (natural or constructed). Of some of them, only a few indications remain in the form of sacred stones or mountains; of others, caves, grottos / churches, hermitages. In the end we were left with 18 sites.

A further part of the research concerns the history of the Cathars, a Christian religion based on a Middle Eastern Gnosis, which arrived in Europe around the year 1000. The practitioners of this inner religion called themselves true Christians, they practised non-violence and sobriety, with behaviour highly inspired by kindness and good treatment. The Cathars developed between 1000 and 1200, especially in the region of Occitania where the majority of the population was attracted by this vision and practice of Christianity. But their influence also extended to Italy, Spain, the rest of France and as far as the Netherlands, Germany and the Balkans. In the Balkans, they were called Bogomilos and in Italy, Patareni.

Influenced by the Cathar religion, Occitania was the region where the art of the troubadours, the courts of love and chivalry, bearers and transmitters of Cathar values, developed. Literature and science also flourished in this region, supported and practised by the nobility. The towns had a certain independence and were governed by councils headed by a nobleman.

The Perfecti (Parfaits), the initiates of the Cathar church, travelled from place to place to radiate the good Christian life and to heal the sick. Each man and woman could choose the path of initiation to become a Perfecti, a process of transformation linked to contact with the Divine.

The Cathars repudiated the story of Jesus Christ as man, adopted by the Catholic Church, saying that Jesus was a name for the soul, and Christ another name for the Spirit. For them, the purification of the soul and its unification with the Spirit was the deepest meaning of Christianity and its main goal in life.

The region of Occitania became so important, because of its influence over the whole of Europe, that the Roman Catholic Church decided to start a real crusade against the

Cathars, their adherents and their protectors. The Catholic Church, seeing the disastrous decrease in the number of its believers, who adopted the practice of the Cathar church, decided to eradicate this "heresy". These crusades (there were two) lasted 100 years with interruptions, and in 1345 the last Cathars were eliminated, their history falling into total oblivion.

We have included the Cathars in our research because of the enormous violence this inner religion has suffered and because of some similarities with The Message of Silo.

This research is inspired by our interest in experiences of 'time travel', with the aim of living the sacred experience of religions and cults of communities, which no longer exist or have been exterminated. This journey of experiences finally led us to the crux: "What is Time really?"

The procedures

In establishing the procedures, the concern was to avoid the magical and the hallucinatory.

Internal disposition

Letting oneself be guided by intuition, accompanied by a deep resonance that has an impact. An inner listening to see if there was something in the place that produced an unusual vibration, an unusual energetic charge. If so, then we connected. If nothing was felt, then we left the place without doing anything. This happened in three places, which is why they have not been mentioned here.

Description of the method of work

When we arrived at a place, everyone positioned themselves where they felt best to get into the experience.

We tried to connect with the place, feel the place as deeply as possible while relaxing, making inner silence and appealing to the Guide, strongly launching askings related to each place and what we wanted to live in the place by direct experience. After having done this preparation, we remained in total inner silence, attentive, listening without any expectations in humble waiting. This silent listening was set in motion by the fact that we had no idea what was going to happen.

We did this preparation procedure in each of the places we visited, always in the same way, following the same steps.

After the experience, everyone took the time to make their own notes.

We then exchanged about our experiences, trying to describe them in detail and without self-censorship.

In synthesis

- We are driven by a purpose (always the same): Is time travel possible? That purpose is highly charged.
- We don't preoccupy ourselves with the purpose during our experiences, but a strong emotional connection comes to us when we feel the place.
- We let go and wait for it to come, we listen, with confidence. We make use of all our tools to help us in this practice: the guide, askings, etc.
- We recorded it through our descriptive exchanges and the writings of our experiences.

Facilitating elements

- Places as facilitators of experience (a place with history, known or not, and a place of energetic charge).
- The fact of feeling oneself to be the fruit of a long human process, as significant in diminishing the 'I' (ancient memory).
- A purpose that leaves no room to enter those spaces with rationality and self-censorship.
- A relationship between the four of us of a great human quality with a common direction.
- Staying in theme for several days.
- The accumulation of experience.
- Increased frequency of exchanges.

The exchanges

In the many exchanges throughout the two research periods, we were inspired by different texts that appeared in connection with our experiences. *The Tokarev Report*¹ and especially the tale of the Giant with the frozen heart (Aconcagua) and the love of an Indian woman who with her love awakened the Giant from his long sleep, and the tale of 'The Huntress' from the book *The Winged Lion*², where energetic phenomena are translated into images beyond Time. And we seek to find relationships between these stories and our object of interest.

¹ *El Informe Tokarev*, Salvatores Puleda. Centaurus Ediciones. 1994. Pag. 125 y siguientes.

² *El león alado*, Silo. Ed. Antares. 1992. Pag. 85

We also exchanged on reconciliations and integrations in relation to the lived experiences, which facilitate the 'recomposition' of the human process within us, as a vital stream of life, reinforcing the path of the YES throughout history.

We lived moments of 'obsessive' exchanges that allowed us to fly from understanding to understanding, from discovery to discovery, from question to question.

Throughout the days, during our many exchanges we oscillated between doubts and certainties, pushing us to constantly re-examine our experiences, beliefs and imaginations, in order to verify whether we were in magical consciousness or not, whether our experiences were hallucinations or something else.

We have had the growing intuition that all the strange phenomena experienced have to do with energy and that it is therefore possible to travel through time or to eliminate time.

Connecting with other times is like connecting with other energies, giving them the possibility to "express themselves". And the consciousness translates this into images that are related to the place of research, a "meeting" between energies, a communion or a fusion.

We conclude that our research on the possibility of moving in time, of travelling in time, is nothing other than allowing oneself to be transported by energies, by 'spirits' from other times that the consciousness translates into images and/or registers that correspond to the object of research.

It is also clear that they are nothing more than intuitions that encourage and guide us on an endless journey.

Part Two: My Experiences

Interpretations of lived experiences

What follows is an attempt to summarise the "key" moments of each experience and some reflections.

The Experience in Montsegur,

01/09/2011



Montségur is an ancient "Castrum", a place to live. Fortified and in which many Cathars found refuge during the period of the first crusade against them. The "Château" is on top of a high and difficult to access hill. The capture of Montségur marks the end of the First Crusade and the victory of the Crusaders. After months of resistance, Montségur was taken on 16 March 1244. At the moment of surrender, the Crusaders proposed to the Cathars present there to renounce their religion and thus save their lives, or else be burnt alive. 200 Cathars chose to be burned and it is written that they were singing. Shortly afterwards, the château was rebuilt on the site of the old castle. This date, 16 March, is very symbolic and highly charged, because it presupposes the end of Occitania and Catharism. Today it also symbolises the 'survival, of the Cathar spirit.



Interest

To connect with the time when the Cathars lived in this place.

Procedure

I focused on the lives of the 600 Cathars who had been refugees for 40 years in this place and experienced a deep compassion. I used the emotional charge of that compassion to achieve a shift in time and space, making silence and a deep asking, backwards and upwards in my head. Then I waited in silence, in the void, with faith.

Key moments in the experience

There is a change of space, a kind of time lag, accompanied by a moment with a strange wind. The atmosphere remains suspended.

- A strange wind and a strange internal displacement. Then the wind stops
- Presence of energies and shadows
- Transparent forms of a household
- A very sharp coloured icon with a golden frame (a woman with a child)
- Materialisation of a Perfecto, half-transparent (energies translated into forms?)
- Asking to be shown the experience of the Cathars, what it was that they transmitted
- Arrival of an enormous goodness: "The pure heart".
- I extend my hands to the front and the Perfecto takes them in his hands.
- Experience of elevation into a huge, empty space, filled with great goodness.
- Experience of pure happiness.
- Communion with the figure of the Perfecto.
- Gratitude with my hands folded across my chest.
- The pure sound of a bird's song

Reflection

Internal register of the displacement of time and space that produces the perception of being in another time and space, where manifestations of the life of the Cathars begin to appear. First intuition that time must be energy in which one can travel to other historical times. I also have the intuition that the manifestations of people are translations of energies.

The Cathar Grotte de Bethlehem



The Grotte de Bethlehem was revealed to us a few months before our first trip.

Through many concomitances, we discovered this place, which is part of a series of 3 caves.

The Grotte de Bethlehem was restored by Antonin Gadal (mystic and specialist in the Cathar movement).

He claimed that the Grotte de Bethlehem was a place used by the Cathars for their initiation ceremony and Consolamentum.

We also know that this grotto is still used today as a place of ceremony (perhaps by Rosicrucians).

Access to this grotto is not easy either, because you have to climb a winding path, sometimes so steep that you have to use a rope to help yourself. There are two ruined gates that you have to pass through to finally enter a large space in front of a high, sloping rock wall. To the right is the entrance to the grotto.

The experience in the Grotte de Bethlehem (Cathar initiation grotto) 01/09/2011

Interest

To move in time and space in order to attend an initiation ceremony for new Perfecti.

Procedure

To seek contact with the time when the Cathars performed their ceremonies there. With eyes closed, hand on my chest, I make a deep asking backwards and upwards of my head. Then I wait in silence and with faith.

Key moments in the experience

- The Perfecto of the Montsegur experience appears next to me.
- Register of half-transparent energies, which materialise in a fleeting manner.
- Fleeting figures in brown robes, holding torches in their hands
- They move in a kind of order
- Wooden altar on 4 legs. On its sides, vertical lines curving upwards.
- The figure of a red heart, with a white flame above it, suspended in the air.
- The very clear appearance of a large golden pentagram, also suspended in the air, in the centre of the grotto.
- Register of a shift in Time and space, half here and half there
- Soft materialisation of a figure in front of me. Radiation of great kindness

- Emanation of a luminous energy from that figure, of an intense blue colour, towards my outstretched hands.
- Blue and luminous energy enters my hands and the rest of my body.
- The flow of that energy all over my body, increasing in intensity
- The emergence of a cry from deep within me
- It is not sadness or suffering
- A deep emotion
- Circular movement with upward undulations, increasing more and more in speed, until almost falling into a trance.
- Sudden stop of the movement and opening upwards, as if all the energy was thrown upwards.
- Everything is filled with a bright and intense light.
- Internal register of liberation, an irruption of accumulated energy upwards, at the moment of reaching the limit of endurance.
- A large circular window with bright colours in the opening of the grotto in front of me
- The grotto is filled with men and women in a very clear way. They are all smiling with illuminated faces
- Formation of a circle in which I am included, all holding hands.
- The energy passes through the circle, from one person to another and through my body.
- The energy is gentle and radiates kindness and joy.
- The energy of the whole circle rises and rises.
- An intense communion with all those present, almost ecstatic.
- Return to the grotto of that sacred experience
- It all disappears in a sigh in which I register a sort of thankfulness around me, fleetingly

Reflection

Experience of imposition and passage of intense and strong energy, kindness and joy, communion and ecstasy. All this is a gift from another time, handed down by those Cathars who performed their initiation and ascetic ceremonies more than 900 years ago. How is this possible? If time is pure energy and, perceived and lived in that state there is no time, can an ancient memory manifest and materialise, I ask myself.

Symbols appearing

Heart with a white flame on top
 Golden pentagram
 A circular window with bright colours

The Experience with Mount Bugarach

Sacred mountain, place of energy full of history and legends. Located in the Corbières region (very old medium altitude mountains, 65 million years old), the highest point being the Bugarach Peak (1231 m).



It also has the name "reverse mountain" because from a geological point of view the peak of Bugarach is a curiosity. Its upper layers are older (135 million years) than its lower layers (15 million years), contrary to the normal constitution of a mountain.

Bugarach attracts many researchers and those with spiritual, mystical and esoteric interests. Shamans from Latin America also frequent the place regularly. It takes 2.5 hours to reach the summit of Bugarach.

Experience with Mount Bugarach, 02/09/2011

Interest

Connect with the energies of this mountain which seem to be very particular.

Procedure

Connect with the silence and the void within, with eyes closed. Then connect with friends at the top of the mountain (I couldn't climb the mountain because of a knee problem).

Key moments in the experience

- Internal register of a 'call', something that begins to pull me towards the top of the mountain.
- An invisible and ever stronger current
- The current wants to make me fly to the summit
- Register of a strong stretching of the body (physically)
- Body position in diagonal forward direction
- The pull becomes a powerful sound that passes through my whole body and is connected to something at the summit
- Everything is illuminated and I feel filled with a luminous force.
- The stretching becomes unbearable. Either I let myself fly (which seems impossible and, if it is possible, I am afraid that my essence is separating from my body), or I cut the experience short.
- I decide to cut the experience short
- In the exchange afterwards it turned out that one of the friends saw me fully illuminated and another felt a huge force coming out of the mountain and shooting up into the skies with great force.
- That explains the enormous pull I felt in my experience.

Reflection

A very powerful current of energy sucks me towards the top of the mountain. The double almost separates from my body. The inner register is that the mountain is a magnet between forces from the earth and forces from the sky. The forces coming out of the mountain suck me into the sky and into infinity, it is as if the mountain is the base of a monolith of invisible energies that is launched towards infinity, upwards. I was afraid.

The experience with the trembling rocks



We know nothing about the trembling rocks. There is no information at all. Only that it is a sacred place since ancient times, which is clear from incisions carved into the stone a few steps from the trembling rocks, which show the existence of a kind of sacred spring, a place of rites with the element of water. This place is also on top of a hill. Today there is dense vegetation and trees, due to an afforestation plan of about 100 years ago. It used to be a bare mountain and the trembling rocks 'open' to the sky.

The experience with the trembling rocks (Celtic site), 03/09/2011

Interest

To awaken in me a deep inspiration

Procedure

Inwardly to seek silence and emptiness, and throw the asking upwards and backwards from the head, and wait in silence.

Key moments in the experience

- For a long time nothing happens
- Suddenly the inner space is flooded with a bright light.
- In this light, I look for contact with the other friends
- They materialise suspended in mid-air, all enveloped in the same bright, pure light. They balance on a rope of light
- I feel a total unification with them and an internal register of being balanced on a suspended rope.
- Understanding and recognition that all human beings have the same inner light that unites us, that it is only this light that can unite us and that we must awaken and radiate it.
- Inner register of unification with heaven and earth, of being of heaven and earth.
- I feel a distant murmur, like a humming that seems to come from the mountain itself. The rhythmic hum of a great heart.

Reflection

There are unseen forces at work in sacred places of other times.

The Experience with Devil's Chair or Isis's Chair

It took us quite some time to find this one-piece rock chair. Finally down a narrow and quite steep path we reached the place. It is still quite high up and with an open view of the sky and the landscape in front of us.

It is an open place and after crossing a wooden bridge over a cliff on the left side of the chair there is a natural spring.



Experience with the Devil's Chair (Celtic site) 03/09/2011

Interest

Transportation to another space and time to experience what they did in this place.

Procedure

To internally empty myself in total silence and connect with the place.

Key moments in the experience

- Only 2 symbols appeared to me suspended in the air: a circular gold-coloured plaque and a cane with a half-circular symbol at the end, with two points upwards.
- From the fact that the chair is facing east and on the edge of a cliff, it seemed to me that rites were performed here in connection with the rising of the sun.

Appearance of symbols

A circular gold plaque

A cane with a symbol of a half circle with the two points open upwards

The Experience at the Hermitage of San Antonio de Galamus



St. Anthony was a 20-year-old son of a rich family in Egypt, who distributed all his wealth among the poor and went to the desert (250 years after Christ). Later, he founded a religion and community based on Gnosis.

The Hermitage of San Antonio is a grotto in a rocky wall of a deep ravine, where hermits withdrew for centuries. The first hermit made his abode there in the 7th century CE. Later, the grotto was transformed into a church. At the far end of the grotto there is a natural spring.

The experience at the hermitage of San Antonio (grotto/church, where hermits originally went), 04/09/2011

Interest

Connect with the experience of the hermits who were there from the 7th century CE onwards.

Procedure

To seek inner silence and emptiness, with eyes closed, and ask to be transported to another space and time from that place, and then to wait in faith.

Key moments in the experience

- Inner register of a sort of click and before my inner eyes the grotto is empty, without benches or other ornamentation.
- I register some voices of tourists in the distance and I feel as if I am inside a sphere of silent energy.
- Deep asking for the experience of the hermits in that grotto
- Register of being involved in an energy that filled the space and gave it order
- A deep register at the level of the heart, a deep Peace
- Suspension in that other space and time
- Again a sort of click, like a knock, and my whole head lights up.
- Intense white light
- Register of action of form over the entire grotto, accompanied by a profound inner calm.
- In the centre of the energy the heart calm and an intense, radiant light in my head
- Feeling like I could stay there forever
- Register of having had an answer as to what the hermits were doing there: joining and merging with the divine light of the Spirit.
- All was silent
- Need to restore the sacredness of this grotto
- Projection of my inner state of deep calm and intense light onto the grotto.
- On returning, the atmosphere in the grotto/ church had been transformed. The people, the visitors, very calm and reverent.

Reflection

I experience the two clicks as two crucial moments. The first as a time shift that opens the 'door' to the grotto's past. The second as access to the profound experience of who was there at the moment of their merging with the divine Light. The feeling of being able to always remain in that state I interpret as the state in which the hermits sought to remain in their communion with God.

The Experience with the Dolmen of Sem:



The Dolmen of Sem is located two hours from the Hermitage of San Antonio in the high Pyrenees mountains, on top of a mountain.

The final access is along a very steep path made in the rocks.

Arriving at the Dolmen, which is situated on the edge of an open space, reveals a breathtaking view, with a large valley below and, in front, the

majestic Pyrenees mountains. You immediately register the power of this place in complete silence.

Opposite and on the other side of the valley stands a powerful mountain that seems to be the focal point of the Dolmen.

A force field between the Dolmen and the mountain, most probably in the Celtic period and its druids. It seems to us that the dolmen has a magical attraction, a magnet.



The experience with the Dolmen of Shem (sacred place of the Celts), 04/09/2011

Interest

Let it be revealed to my inner eyes what the Celts were doing there.

Procedure

As always, seeking inner silence and emptiness and then asking deeply to be transported in space and time and to live what the Celts did there. Then waiting in silence with faith.

Key moments in the experience

- Again there is a wind (as in Montsegur) and the perception of a shift in space and time.
- I feel simultaneously in two times and two spaces
- The atmosphere is charged with energies
- I stand in silence and in the void without any image, and I wait
- Suddenly the wind disappears and a figure 'materialises' in front of the Dolmen, a being with his back to me.
- He is there and at the same time he is not there. Energy transformed into image, transparent and non-transparent.
- Symbols on the figure's clothing: white clothes with repeating symbols in a spiral square shape, a ribbon around his head, a belt, leather sandals, a cane with a crescent moon on the end (the same cane with the same symbol that I have seen in the Devil's Chair experience).
- the figure is a druid / shaman
- The figure moves above the Dolmen and raises its arms towards the sky and the mountain in front of it.
- Perception of force, a communion, an asking in the direction of the mountain and the universe.
- The figure begins to move in a sort of shamanic dance.
- Register of a transfigured atmosphere
- The figure stops and stands motionless in front of the Dolmen
- Materialisation of a female figure on my left side
- Druid / shaman-like dress
- Feeling that she is the most important factor in this ritual
- She on top of the dolmen with her arms raised, communion with the universe.
- Perception of presences behind me and to the sides - energies, worshippers and witnesses of the rite?
- The figure of the priestess makes me perceive a communication with something great and powerful, as if her asking has brought the gods closer.
- Registering an omnipotent protective presence

- The healing of my knee, done by the priestess, energies shifting in the knee and leg, small pieces shifting.
- The fixed gaze of the priestess in my eyes. She is from another world and another time. The shaman totally immobile
- In my thanks for the testimony of their existence, I register their acceptance and acknowledgement
- The two of them disappear into the dolmen and I am left in a trance.
- The materialisation of my parents in front of the dolmen, merging and separating the two, as a message that they are together and serene in their transformed life.
- When I greet them with love, they disappear.
- The impact of the landscape after the eyes have been opened
- I hear the sacred life in everything, very powerful, almost in an ecstatic way.
- In this state of communion with the sacred force that is in everything, I ask for the enlightenment of humanity.
- Register of a vacuum, but in peace
- The rain on my face as a blessing from the heavens, feeling each drop as the bearer of a message. Ecstasy and fusion with all that exists and with all that has existed, a One in All.
- I register being able to stay like this for ever

Reflection

Again, first there is a wind that suddenly disappears and the scene of another time materialises. All very clear and detailed. The performance of a shaman's ritual in relation to natural forces, in this case the mountain on the other side of the valley. The priestess seems the central figure of the ritual with her invocation of omnipotent protection and the communication with her was direct and intense. She seemed to acknowledge my presence by looking me straight in the eye and answering my question as to whether she could do anything for my bad knee by approaching me and placing her hands on my knee. Something happened there, because afterwards the knee worked very well and without pain. And also something happened between her and me when I was grateful for being able to witness her existence. A silent communication of acceptance and acknowledgement. Her eyes very much alive.

That my parents appeared later, I interpret as a consequence of still being in a dimension that is not my usual one. That the landscape seemed transformed and much brighter after having opened my eyes and being in communication with all that exists, I interpret as a projection of my particular state in the external world, feeling the sacred in everything.

A gift...

Second trip, 1-8 April 2012

The Experience at the Celtic settlement of Entremont

These are the archaeological remains of a Celtic citadel (castro) on a plateau. With a great panoramic view, you can see on the other side of a large valley, the Saint Victoire mountain. Although there is no indication of a temple or place of worship, we know that the Saint Victoire mountain also has a long history as a sacred mountain, for the Celts and other more ancient peoples. Both from this Oppidum (hillfort) and from others in the surrounding area, there is a clear view of this mountain.



The experience in the Celtic Settlement of Entremont (Aix en Provence), 01/04/2012

Interest

Connect and live what was there.

Procedure

Connecting with the place through silence and inner emptiness, asking for the displacement in time and space. Eyes closed.

Key moments in the experience

- Register of energies rising from the earth, entering through my feet
- The direction of energy upwards from below
- The direction of the body towards Saint Victoire mountain
- Register of the Saint Victoire mountain as a focus of energies
- Register of an energy shift and overlay of the presence of a woman
- I feel like the woman, with long braided hair. I am and I am not the woman
- The woman has a lot of strength and is connected to the Saint Victoire mountain.
- Impression of an invocation
- I open my eyes and the overlay is still at work.
- Dissolution of the overlaid figure, with a suspended charge remaining

- Great force and connection with Saint Victoire mountain
- Perception that the mountain had a meaning for the Celts that goes beyond the simple perception of the mountain

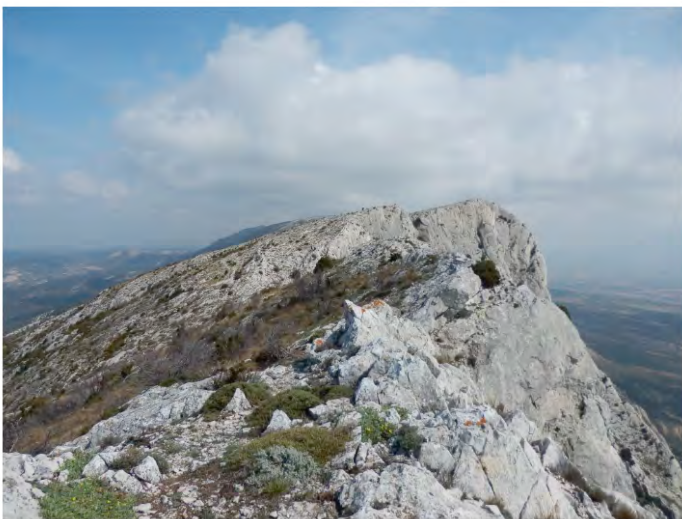
Reflection

The overlay of the woman (priestess?) left me as a simple observer from a corner of my consciousness, she taking up all the space of my body with her particular presence and intensity. It was a very strange, unfolding register. It was not a possession (as in a trance) because I continued to exist, to observe.

I have the intuition that everything is energy and that it is possible to connect with energies from other times, which are translated (by the action of the consciousness) into presences and sometimes into manifestations of people before the inner look.

Note: the next three places are the result of a dream I had had, in which a voice appeared saying "Aix en Provence". That was reason enough to do some research on the region and we discovered these three places, three mountains, all with a long history as sacred mountains.

The Experience at Saint Victoire Mountain



This mountain resembles a huge wave. On one side, it can be climbed quite easily because of its gentle slope, taking a little more than 2 hours to reach the summit. The opposite side is a vertical precipice of white rock. At the summit there is a point called the Signal. This fact inspired us to attempt a connection between this mountain and the sacred Aconcagua and Punta de Vacas (which is another Signal to the world).



Experience at the summit of Saint Victoire Mountain, 02/04/2012

Interest

To verify the possibility of an interconnection between this mountain and Aconcagua, an interconnection between sacred mountains (this was agreed upon with a friend who was at the time in the Punta de Vacas Park).

Procedure

I position myself on the edge of the cliff with the world at my feet, locating the direction of Punta de Vacas and Aconcagua. And I close my eyes, connecting directly with the Saint Victoire mountain.

Key moments in the experience

- Very strong winds with strong vortices that pull on the body
- Inclusion of the winds and their strong sound by letting the wind and me become one.
- I ask to the interior of the mountain requesting it to speak to me. I wait in silence

- I register the powerful force of the mountain contained in the stone
- Its domination of the landscape for millions of years
- Strong register of the mountain as a petrified Teutonic wave
- Register of a powerful language between the mountain and the wind until I let myself merge with them.
- When I see Punta de Vacas, it appears very clear to me, as if I were there at the same time.
- Register of disappearance of the distance. I am here and there at the same time
- I am in the Plaza de las Estelas in front of the Sala
- I call the friend with whom we agreed to try a connection.
- I see my friend's face very close and smiling
- Feeling that I'm looking at him through a hole in the fabric of space
- Appearance of Aconcagua, which slowly rises until it is seen in all its majesty.
- Aconcagua begins to vibrate and thousands and thousands of rays of luminous energy materialise all over its surface.
- A mesh of luminous threads moving at high speed
- Register of a symphony that increases in strength and intensity
- Communion with Aconcagua and register that it is speaking to me, transmitting
- Strong register of being in both places at the same time
- Extension of the mesh of very fast energetic and luminous threads, especially in Punta de Vacas and the surrounding area, absorbing everything.
- Ecstasy and transportation opening up my whole being
- For a short moment I feel the presence of God
- Disappearance of any notion of where I am, and total silence.
- Opening my eyes, I am invaded by a register of total insignificance, the "I" means nothing. It has its function and nothing more
- An understanding that hits like a hammer
- Total destabilisation, accompanied by sweet and joyful peace
- Something has taken possession of me and now dwells within me and I welcome it.

Reflection

There are realities that sometimes manifest themselves to the inner eye if the disposition is great. Very powerful realities that tell a story, interconnected forces that somehow influence human consciousness. It makes me understand why in history entire peoples chose certain mountains as sacred places to direct their prayers and offerings to. They felt something strong within themselves about those mountains, as beings that 'spoke' to them and revealed things or gave teachings.

The Experience at the Hermitage of Saint Jean du Puit



The hill on the top of which the hermitage of San Juan del Pozo stands is situated in the centre of a circle of mountains. The tower of the hermitage has two windows (open without glass). From the window on the north side you can see the massif of Saint Victoire and from the window on the south side you can see the massif of Sainte Baume. The hermitage is more or less in the middle of the two. The Saint Victoire cliff is on the south side of that mountain and the Sainte Baume cliff is on the north side of that mountain. So the two cliffs face each other, with the hermitage in the centre, between the two. The intuition came to us of an action of force between the massifs, with the hermitage as the focal point. We can thus well imagine why the hermits chose this place for their meditations and deep communications with God. The tower was built in 1328, but the hermits came here long before the tower was built. Indeed, there is still a very old well next to the tower. We have found no information about other, older cults connected with this place.



The experience at the hermitage of Saint Jean du Puit, 03/04/2012

Interest

Living the experience of the hermits who were in this place

Procedure

Situating myself in the upper level of the tower, I ask to live the experience of the hermits, casting the asking backwards and upwards, into deep and unfathomable space, and then I wait in silence and in a state of emptiness.

Key moments in the experience

- There was no image
- From a certain point onwards strong registers of 'something' that was occurring
- First experience, of several, of a state of uncontrollable emotional and corporeal reactions.
- A very impactful communication or communion, with nothing, no images.
- Strong register of communion with something unnamable and powerful
- After several of these experiences, there was an overlay of a monk living his raptures.
- I was the monk of the past, completely in communion with his God.
- I have had the experience of God. I couldn't get out of the impact of these raptures.
- I register as being "half-witted", as someone who doesn't have his head straight.
- Entering a cave, passing into total darkness
- Suddenly, a strong, uncontrolled emotional and corporeal reaction and a soft illumination of the whole space of representation occurs.
- Register of deep and complete peace
- I thank God three times, with all emotion and intensity
- The overlay of the monk vanished
- Difficulty to go down the three stairs outside the tower, as if I were in another dimension and time.
- Again, a sudden impact of something very powerful, and I close my eyes.
- I let go and register, around me, a huge power that includes the whole landscape up to the two mountains, Saint Victoire and Sainte Baume.
- Everything is transformed into an immense mountain and its interior
- Again the register of God's power
- Opening my eyes, my eyes were in two different times at the same time, seeing the landscape and seeing another space

Reflection

I am very surprised by this experience with God, because the religious theme is not charged in my formation landscape. New understanding of the real and deep need of hermits to unite and merge with their god and to achieve that in total isolation.

The Experience at the Grotto/Church of Sainte Baume:



Initially we did not know much about this place. Only that it was a grotto used by different peoples and cults in history, and more recently by the cult of Mary Magdalene, who to this day is a central figure of veneration throughout the region, with many churches dedicated to her. The grotto was finally taken over by the Dominican order, who transformed it into a church, a fact that we only discovered when we arrived at the site. It was, in fact, this religious order that led the crusades against the Cathars with their inquisition. One wonders why they wanted to take over the grotto. Our interpretation is that the place was so important spiritually for the people of the region that the Dominicans decided to erase all that came before and impose their vision of the Catholic religion.

Later, we discovered that in pre-Christian times Sainte Baume was the sacred mountain of the Greeks of Phocaea, who around 600 BCE founded Massalia, today's city of Marseille: an important place of fertility cults, and in particular of Artemis of Ephesus with its sacred forest. We had to climb more than 900 metres through the forest (which is still there) to reach the grotto.

Even further back in history, the massif was known as the Gargaro, the mountain being the mystical connection between earth and sky, as it is often struck by lightning and because of its east-west alignment, which corresponds to the path of the sun.

The grotto, the Holy Grotto, represented the Northern Gate of the Indo-European peoples, separating the world from the world of the eternal souls.

It is a place steeped in historical mysticism and full of legends.

Experience in the Grotto/Church of Sainte Baume, 03/04/2012

Interest

Connect with the different peoples who have used this grotto as their sacred place (probably since ancient times).

Procedure

To make an effort to eliminate all presence imposed by the Dominicans, and to seek inner silence and connect with the grotto and its long history... To wait in silence without expectations.

Key moments in the experience

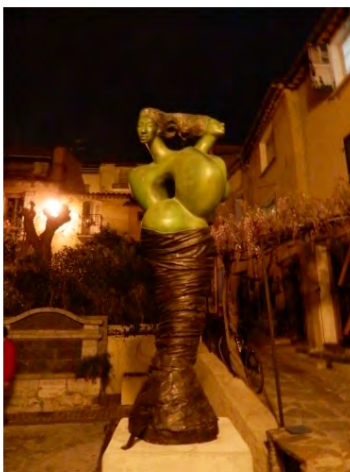
- I register a movement inside my body, in my trunk and head.
- An inner spiral movement, from bottom to top and top to bottom at the same time

- A slow spinning that lasted for a long time and accelerated at an ever-increasing speed.
- Beneficial energy
- An image of a Tibetan (shamanic?) prayer wheel, spinning rapidly to lift people's askings, is imposed.
- Register of interior elevation
- The beneficial energy in contrast to the heavy and imposed atmosphere of this church/ grotto
- Intuition that the image of the Tibetan prayer wheel is related (as a translation) to the ceremonies of raising askings that took place here over a long period of time.
- Sacred place of other cults and peoples

Reflection

The experience was not very clear. The heavy overlay of the Catholic church over the grotto interfered. In any case, the Dominicans must have had a strong desire to eradicate all 'heretical' practices from the region.

The Experience of Cogolin



We have included this small town because of the connection with a story Silo told at the beginning of the year 2000, on a terrace, in Copacabana (Rio de Janeiro). This storey was placed directly in the same context as what he afterwards told about these aforementioned Timelines. It was the story of an experience in a small town that appeared and disappeared during a trip from Spain to France, confirmed by another friend who was also present. The name of the village was not mentioned at the time, so it was not known where it was located. But after a communication with this friend, who was there during that trip and also during that strange experience, it became clear that it was called Cogolin

and that it was in Provence near the sea. We found it on the map and included it in our list of places to visit.

We arrived in Cogolin around 22:30 and found some very strange modern sculptures of women in various parts of the citadel, which left a rather disturbed feeling. We also found a shop with the name *Art of Time*. The narrow streets and stairs give a dreamlike impression and climbing to the highest point we came across an old tower, with the name written on it: *Clock Tower*. Next to the door of one of the houses there was a plaque with the word *Orpheus*. References to time, Orpheus and strange sculptures of women, the place left a rather unusual impression.

There was also religious violence here in the past. A religious war in 1579, in which the castle was destroyed, leaving only the tower, the clock tower. We chose the tower as the place to make our experience.

Experience in Cogolin, 03/04/2012

Interest

Because of a strange occurrence told by Silo at the end of the 90's, in relation to timeshifts to another historical moment attempt to live the same experience (displacement in time).

Procedure

Choice of the place to make the experience, which is the site of the clock tower, the highest place in the village. A ruin of a castle destroyed in a religious war in 1579.

Search for inner silence and emptiness, connect with the strange atmosphere of this village and wait. It is night and the village is completely empty of people.

Key moments in the experience:

- Internal manifestation of a spiral movement
- An energy that circles around itself, from the bottom upwards, rising and falling at the same time.
- Feeling that the spiral is inside a column
- Progressive increase in the speed of the spiral
- Suddenly the energy of the spiral rises above my head, spinning there swiftly, producing light.
- Register of elevation
- Internal centre from where I observe the registers
- Pain in the back of the neck and the whirlwind of energy descends and rises again now at the level of the back of the neck, circulating around the neck and throat.

- The whirlwind rises above my head again and the pain in the back of my neck has disappeared
- I keep looking at the whirlwind above my head, not knowing what to make of it.
- Asking to the Inner Guide for help in understanding
- In response I begin to feel a limit
- Registering the limit of the space of consciousness, not knowing how to jump beyond it
- The image of the Guide moving behind a veil, blurred
- Inability to understand his gestures and words
- Reinforcement of the perception of being on the borderline
- The image disappears and a part of me is catapulted backwards
- I see myself from behind, far away and very small, moving a little in the empty space
- Reunification of the two parts of me and reappearance of the whirlwind above my head.
- I try to launch myself upwards, but to no avail
- Register of having to stand up
- Concentration on the silence while continuing to observe
- Perception of an approaching presence in front (an energy)
- Scary moment
- A presence passes through my body and leaves me with a deep peace
- In this state of peace, I register an energy in front of me, spherical in shape and enormous in size
- It is transparent but I can't see anything inside
- Soft and changing colours that move
- The sphere presses against my body and I hear the word "Time"
- Inner openness to accept the sphere and its energy
- Sensation of passing inside the sphere
- Diffuse image of a door, like the entrance to a cave
- I enter and everything dissolves

Reflection

As this place, this town, is linked to Silo's story, I interpret my experience as linked to time and its possible displacement. I did not achieve this displacement because I lack the knowledge to be able to produce it, but I have the suspicion that there is a direct relationship between the management (control) of energy and the management of Time. Energy in the form of a huge transparent sphere of changing colours and hearing the word Time I interpret it as a received signal that time and energy are the same thing. There remains the mystery of how to physically transport or teleport oneself in time and space.

The Experience of Béziers



Béziers was an important centre of the Cathars and was the first town to be sacked by the Crusade against them in 1209. In the town, Catholics and Cathars lived in harmony. Because the Catholics did not want to deliver the Cathars into the hands of the army and the Inquisition, the city was attacked and sacked and 20,000 citizens were killed.

Many of them had taken refuge in the churches, which were burned with the people inside, especially women and children. "*Kill them all, God will recognise his own*", were the words of the bishop leading the crusade, in response to a question about what to do with the city's Catholics. Next to the main door of the largest church in the city, there is still a plaque with a text describing the victory of the Catholic Church over "the Cathar heresy".



The experience in Bézier, 05/04/2012

Interest

To connect with the time when 20,000 Cathars and Catholics were killed in one day in the city, and experience what happened.

Procedure

To connect with the churches in which they were burned alive, to stand on top of the tower of one of them, to bear witness to their suffering and to ask them to speak to me. Waiting in silence and emptiness.

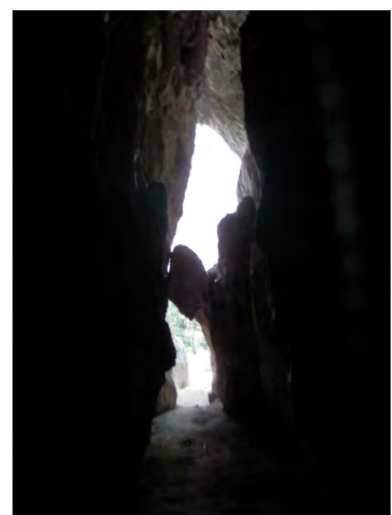
Key moments in the experience

- I connect and before making the asking I am overcome with compassion.
- From the strong register of compassion, I launched my asking (that the spirits, souls, energies of the time, speak to me).
- Energy waves in the form of flames, very soft, kind, peaceful.
- Perception of a communication that they were living in peace in Bézier and that all was well.
- Change of energy, becoming rigid, registering a change of situation from beneficial to violent.
- I hear screaming and wailing and I feel a lot of fire. Then total silence
- From the silence comes light, lots of light and waves of colours from the right to the left. Soft waves of light and colours
- Register of reconciliation of souls and a message that I should not be preoccupied about them, that they are fine.
- Register of deep gratitude and asking for their help in enlightening the world.
- In response, a pulsating light and, again, I am grateful and let myself be abandoned in this light of thousands of souls and spirits, allowing myself to be bathed in it.

Reflection

The experience was very expansive, the space of representation immense. The experience reinforces my conviction that in human history nothing is lost and everything is stored in a kind of ancient and collective Memory. A process in which every human being has his or her role and place in connection with all the others. A fabric of light in which everything is stored.

The Experiences in the 3 caves of Cathar initiation



In Ariège, in the Pyrenees, in a place called Ornolac Ussat les Bains, there are three Cathar initiation caves.

Actually, there are five grottos, **the first three** forming a unique ensemble which bear the name 'churches': the first one is very large and looks like a church in a natural way. The second was a place where the adepts and Perfecti lived, and has two entrances, like a kind of curved tunnel. At the time, there must have been wooden constructions, as well as several dwellings. You can still see where the wooden beams were in the rock.

In the third grotto there are several niches and excavations that are clearly not natural, and at different levels. We got the impression that these were spaces to go inside, to meditate or do other kinds of work. The three grottos are interconnected by very narrow pathways, which run along the rock.

The second initiation grotto is very large and with a very high, magisterial entrance. You have to climb quite high to reach another level where there are several grottos, one after the other, and all in total darkness. It is said that, in these dark grottos, the initiates prepared themselves for acceptance as Perfecti. The name of this grotto is The Hermitage.

The third grotto, the Bethlem grotto, already mentioned and described above, is a place where the ceremonies of acceptance of the Perfecti took place.

Also between the Hermitage and the grotto of Bethlem there is a very narrow path in the rock.

Experiences in the three Cathar initiation caves, 07/04/2012

1st experience in the meditation grotto

Interest

Connect with the place and experience what the Cathars did in this cave.

Procedure

I climb into and sit in one of the niches in the rock, I ask for the limits registered in the Cogolin experience to dissolve. Then I connect, internalising more and more and waiting in silence and emptiness.

Key moments in the experience

- At times the perception of presences, kind energies, that were in their things
- Asking to participate in their work
- Inner peace and rising energy and the space is illuminated, with gentle surges of energy from above.
- Materialisation of a shining silver-coloured symbol. A caduceus with two snakes. At the top, two lateral wings diagonally downwards. And at the end, a small sphere with a half circle with the two ends upwards and, coming out of the sphere, a straight line upwards as well.
- As I look at the caduceus, the back of my head (skull) disappears. All open and luminous towards the back and diagonally upwards.
- A kind of soft luminous current
- The caduceus gradually disappears and is replaced by a triangle.
- The triangle dissolves in the light
- A register of much inner peace

Reflection

The caduceus I see clearly is the caduceus of the god Hermes, messenger of the gods. It seems to me that it may be related to my asking for the dissolution of the limits of the space of representation of the consciousness and the 'disappearance' of the back of my head, and the light a message indicating which way to go.

The triangle that replaces the caduceus perhaps corresponds to yet another message, the triangle being the representation of the number 3, the key to geometry and divine proportion. The meaning of the message escapes me and I decide to make yet another experience.

2nd experience in the meditation grotto

Interest

Deepening the experience

Procedure

Taking inner peace as a thread, I resume contact and ask: "What is time?" and "how to reach the worlds of the past", repeating these phrases several times as I internalise the questions. Then I become silent.

Key moments in the experience

- Increase of light with internal and rhythmic movement
- The grotto opens upwards
- Register of a bowl of light above my head, almost touching it.
- There is an inner contact with friends, an energy that unites us.
- With my inner eyes I see a friend in his niche on high, in the lotus position.
- His image begins to move very slowly, floating towards the centre of the grotto.
- A signal comes: 'ELEVATION'.
- With my inner eyes I see another friend with his head down.
- A signal comes: 'HUMILITY'.
- A triangle suspended in the air materialises with the figure of the first friend at the top point and the figure of the second at the right point of its base.
- The image of the third friend is 'shifted' to the third point on the left.
- A little time goes by and I remain silent
- And then comes the signal: 'PERSEVERANCE'.
- State of suspension and the triangle staying in place and the bowl of light above my head.
- Everything dissolves

Reflection

Understanding: By elevating oneself with Humility and Perseverance, one can pass through time.

Meditation on the experience of the merging of energies between the three friends and myself, in which everything is the same and one.

I perceive the bowl of light above my head as a portal of entry and identify it with the half circle above the sphere in the image of Hermes' caduceus in the first experience, and the wings as the possibility of passing the boundary.

Experience in the Grotto/Hermitage

Interest

To deepen the experience.

Procedure

To connect with the place and go on with whatever arises from the silence. The grotto I am in is totally dark.

Key moments in the experience

- Gratitude for the revelation received in the previous experience.
- Experience with my loved ones, born out of gratitude, bringing everyone to the inner grotto of my heart.
- Conversation with the Profound about wanting to live the spirituality of all peoples in history, to connect, learn and understand, and at this particular time the spirituality of the Cathars and those who were there before them.
- This conversation felt like a preparation.
- I ask for the spirits, the energies of that place, to accompany me.
- Remembrance of the triangle ELEVATION, HUMILITY, PERSEVERANCE and rhythmic repetition (like a mantra) of these three words, internalising.
- Silence and waiting.
- Maintenance of internal silence.
- The ceiling of the grotto elongates, and the walls go up very high
- The walls begin to glow softly with luminous spots.
- Strong emotional shock and altered breathing.
- Dissolution and everything goes dark.
- The same scene is repeated.

- Another severe shock and disturbance of the heart rhythm.
- Dissolution of the scene and darkness.
- I repeat inwardly that I am not afraid of the night, as an inner affirmation, I can stay there for a long time, as an act of willingness.
- Moment of fleeting presences and I feel accompanied in the experience.
- Suddenly, internally, the night is transformed into a wall of the grotto.
- I fix my look on the rock wall, as a point of focus and concentration.
- The wall disappears and I find myself in a huge space with no limits in all directions.
- Some stars shining softly.
- Launching the question: "What is time and how do I through it?"
- Suddenly a billion stars materialise, an ocean of stars with a denser ribbon in the centre.
- I feel immersed in that space and in the nothingness of the immense darkness.
- For a very short moment, I feel like a god at the centre of his universe.
- I hear the phrase: "Here time does not exist and everything is possible" (a translation of the deep register I am living?).
- I am suspended there, I am not afraid, suspended in the infinity of space.
- I give thanks three times with my whole being, forcefully drawing that gratitude deep into my heart.
- Exit the experience with a register of deep peace and fulfilment.

Reflection

Internalising the triangle 'Elevation, Humility and Perseverance' from the previous experience and its meaning, I am catapulted into other spaces and from there into a space without limits, and the launching of the question "what is time and how do I pass through it?" catapults me into a universe of millions of stars and the nothingness of immense darkness, from where the phrase "Here time does not exist and everything is possible" arises. What is this space and why does this sentence arise there? I have had an answer to my question, but how to interpret it, does it mean that in a certain state where time 'disappears', I can move into the past and into the future? In a certain sense I have experienced the disappearance of time in the lived experiences, like being in a place frozen in time, i.e. in a non-time.

Experience in the Grotto of Bethlem (at 20:00 hrs)

Interest

To thank and ask the Perfecti of the Cathars that they, from their transfigured dimension, help us to enlighten and humanise the earth.

Procedure

An inner discourse with the Perfecti in this grotto of initiation, culminating in putting the discourse and the asking in a sphere and launching it from my heart into the deep spaces.

Key moments in the experience

- The sphere takes on the bright orange colour of its own, like a fire in the shape of a sphere.
- I see it launching at high speed
- After waiting in silence, in peace and without expectations, the grotto is filled with presences (energies).
- Appearance of the image of a pillar of fire, inside of which there are figures
- I saw the image from the outside, but I felt the flames and their strength inside me.
- I felt myself in that column at the same time as I saw it outside me
- White doves flying around the column of flames
- Internal register that this was the answer: from the purification of the flames come the doves of peace and that they do their part.
- Sudden disappearance of the image and register of the total emptiness of the grotto.
- Register that there was a conclusion, an inner confirmation and total silence.

Reflection

Once again I have the impression and /or intuition that it is possible to communicate with other historical times and that these times exist permanently, in the past, in the present and even in the future; as energy stored in an Ancient Memory, alive and accessible, and that there is a way to access it. And I am reminded of the phrase from the book *Silo's Message* about the Hidden City: *In this city is kept what has been done and what is to be done...*

The Experience of Montaillou



Montaillou (revival and end of Catharism between 1294 and 1320).

In the Middle Ages, Montaillou, a small Occitan village at an altitude of 1300 metres in the Haute Ariège, was steeped in the Cathar faith.

This small community of herders and shepherds led an organised existence around the family home. A hard-working Pyrenean people who lived according to the rhythm of the seasons and agricultural work. At that time, they warmly offered shelter and food to the travelling Perfecti, who in turn preached good knowledge, gave instruction, cured ailments of the soul and body and reconciled families in conflict.

The influence of the "good men" generated an atmosphere of humour, good manners and a pleasant and moderate freedom of behaviour.

Montaillou, the last bastion of Cathar dissidence, fell into the hands of religious repression.

The experience in Montailou, 08/04/2012, the last Cathar stronghold

Interest

Paying tribute to this place, with a poetic text written by one of the friends.

Procedure

Reading of the poetic text (by Eric), connecting with the place and its inhabitants at the time. Then continue with the ceremony of well-being for all those who died in this place in the Pyrenees.

Key moments in the experience

- In the tribute, register of great compassion
- In the well-being ceremony, connection with that great compassion for all suffering and abused human beings in the world today.
- Internal register of the immense space of the valley and the mountain ranges on the horizon.
- Launching my asking for well-being to this space and beyond, to the whole world: may the inner light and the goodness of Silo's Message reach it.
- Illumination of the whole space and sunshine
- Within this illumination, connection with the spirits of the shepherds and Cathars who died there because of the inquisition.
- The warmth of the sun as a blessing
- When I opened my eyes I saw a hole in the rain clouds and, in the middle, the sun that was warming us
- The phrase from the end of Silo's harangue in 1969 came to me: "*My brother, my sister, keep these simple commandments, as simple as these rocks, this snow, and this sun that blesses us.*"
- I felt the blessing of the sun, as if our asking had been heard.

Reflection

The whole time it was raining and the sky was completely overcast. Only at the end of the ceremony did the sun appear precisely through a hole in the clouds and then, again, the clouds closed in. The register of having received a sign was strong. I don't know if it was a coincidence, but at the moment of connecting with the spirits of the shepherds and Cathars who died there, at the hands of the Inquisition, the sun appeared and warmed me...

The Experiences in the Dolmen of Sem



1st experience in the Dolmen de Sem, 08/04/2012

Interest

To deepen the experience, in this same place where we were in September 2011.

Procedure

I stand on the left side of the Dolmen because of an intuition that comes to me. I connect inwards and upwards and ask my question: "Why does time exist?" I wait in silence and inner emptiness.

Key moments in the experience

- A figure appears that I see from behind and at the same time from the front. It is and is not before my inner eyes.

- The figure has his arms raised diagonally and in each hand he is holding an object that I can't quite see.
- One of the objects, in the left hand, has an elongated shape.
- The figure is dressed in white with a belt and a gold-coloured disc on his chest.
- A Sumerian-type cone on its head.
- It is making an incantation into the universe.
- As I watch, I register a displacement and the figure dissolves.
- Repeating the question again, but this time asking for help from my guide, Silo appears on my left side and steps in front of me.
- He puts his hand on my chest and pushes gently.
- He presses further into the chest... pushing still more.
- Clear register of his hand pressing in and I let myself be pressed in.
- I perceive myself inside my heart.
- I perceive my body as very large, with part of my trunk and head on top and my legs underneath.
- The body is inert. I know it is my body, but I perceive it as alien and distant.
- I register myself in a sphere inside my heart.
- From my heart I look straight ahead (from the height of my heart), looking out into a circular hole of translucent blue.
- The hole dissolves and I am on the edge of a bottomless abyss, with a strong wind around me.
- I am not afraid of losing my balance and I listen to Silo's voice: "**when you are in your centre, there is no time**" ...
- I remain in this state and presences approach, one on either side of me and a third in front of me.
- Register that the two on the sides serve to keep me in balance, like assistants.
- I surrender with complete confidence.
- The third presence does things with my body without touching it: gestures, figures.
- I let myself go in this kind of ritual and the expression AXIS MUNDI comes to me.
- At that moment, something focuses inside me and suddenly I feel the sun on my face.
- I open my eyes and see a blue hole in the clouds, expanding, just where the sun is above the mountain massif on the other side of the valley.
- The entire external landscape is transformed into something majestic, a powerful sign.
- Internal register of a connection between worlds. It is beyond me.

Reflection

My question was "why does time exist". And the figure appears dressed in white with the elongated object in one hand and a golden sun on his chest that makes an incantation to the universe. What does that have to do with time? It is not very clear to me. Looking at it

from both the front and the back, perhaps it means that universally time runs in two directions simultaneously. The experience with Silo, taking my being into the space of my heart and from there to the edge of a bottomless cliff with strong winds around me and his voice saying: "**When you are in your centre, there is no time**" ... I experience it as an important message. The two directions of time simultaneously and being in my centre, where there is no time, makes me think that there is a timeless centre where time directions are cancelled and where one IS. The third experience culminating in the expression AXIS MUNDI and the following transformation of the landscape (with open eyes) into something majestic and powerful, I interpret it as a connection between multiple worlds. The two opposing streams of time simultaneously, the timeless centre and the AXIS MUNDI seem to be interconnected. As if there is a crossroads, where all three meet, disappearing Time and opening a door to other worlds and other realities.

2nd Experience in the Dolmen of Sem, 08/04/2012

Interest

Connect internally with the sun that blesses me from the state in which I have emerged from the first experience, from the register of being in touch with a powerful signal.

Procedure

From the register of a powerful signal, I close my eyes - as always - and connect internally and with the sun, and wait in silence.

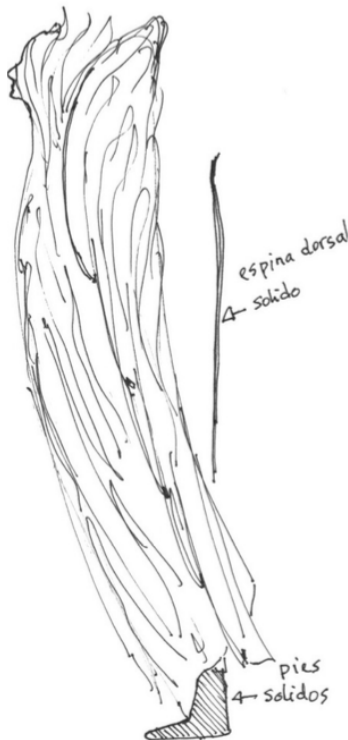
Key moments of the experience

- I feel like I have to keep my arms close to my body.
- Register that something is going on with my body
- I see that the front part of my body is disappearing, it dissolves, even the head.
- There are only my feet left and a back part that I register along the spine.
- There emerges from my half disappeared body a being made of white, glowing flames that all move, and with wings of the same substance.
- I see the being and at the same time I am this being. I am inside and at the same time I see it from the outside.
- The being, I and not I, is about to rise up and spread its huge wings to take flight towards the sky.
- I have a precise register of all that
- The being wants to fly into the sky and is about to do so, and I feel part of that being.
- Something keeps me anchored, it's a double sensation

- I registered two things in the same instant: the being preparing to fly into the sky, and my feet, still solid, anchored to the ground.
- Register of a possible separation between the solid and the ethereal
- At that very moment I hear: "It's not your time yet".
- Everything suddenly becomes normal
- I am left with a very light register inside my body, as if I had no weight at all...
- An outburst of immense overflowing joy
- I salute the sky and the All and thank three times deep inside me

Reflection

The almost total disappearance of my body is a new experience. Only my feet and spinal column remain present. The being of white flames with wings of the same material and colour, preparing to fly into the skies, makes me think of two things: Axis Mundi and high frequency energies organised to be able to travel to other dimensions, to other worlds. I don't know if this being is the luminous manifestation of the spirit, but registering this being as part of me and outside of me at the same time, makes me intuit the existence of a state of being that transcends the space and time in which we normally move in this world. The register was of a great silence, but very charged, a powerful "nothingness", a promise... but not to be realised now ("it's not your time yet"). To have been able to glimpse a new dimension of being.



I see this as the culmination of a whole process of lived experiences and I have the suspicion that, in this possible new dimension of Being, everything is possible, even travelling into the past and into the future at will.

I can imagine that, until one has full control of this dimension of being, it is not a good idea to get carried away without knowing how to return and/or manage clear directions.

For the moment there is a promise, and that is already a lot.

Observation: I find an analogy with the experience on Mount Bugarach but much clearer.

Synthesis of Repetitive Experiences

- A time shift, usually produced by a wind that arrives and then disappears.
- Describing more precisely the time shifts, the register was as if the whole universe for a tenth of a second was tilted and a door was opened. As if a timelessness had opened up where everything is preserved in the form of pure energy, where it can be accessed.
- Protective energy
- Suspension. Transfigured atmosphere
- Inner circular/spiral and wave motion
- Opening upwards with bright, intense light. Illumination of the head and the entire space of representation.
- Upward internal energy (vortices)
- Powerful sound
- Unification with heaven and earth (I am heaven and earth, Axis Mundi)
- Sacred life in all, potent, ecstatic (fusion with all that exists and all that has existed, the One and the All).
- Luminous, high speed and high intensity energy
- Register of elevation
- Register of the limit of consciousness

Symbols that have appeared in the different experiences, in the different locations

- Caduceus of Hermes in shining silver. The appearance of this symbol gave me a very strong register. A connection and an attraction that resonated deep within me. I know that the caduceus has several meanings and that the messenger god of the Greek gods, Hermes, wore it on his arm.
- Triangle (elevation - humility - perseverance) and (harmony - divinity - proportion). The internal register with the appearance of the triangle (2 times) was of a precise and profound ordering. The triangle is also the symbol of the universe and appears in different religions and spiritual currents.
- Circular golden plaque. I interpret it as a symbol of the Sun or Sun God.
- Staff with a horizontal crescent at the top. Perhaps a Celtic symbol, but I have not been able to find a picture or description.
- Bowl of light above my head.
- Golden pentagram. A very old symbol that has been used throughout history. In the Middle Ages it was still a Christian symbol, but with the Inquisition it was banned and replaced by the cross. Perhaps it appeared to me in connection with the Cathars because they saw it as a divine symbol and a symbol of the connection between man and God.
- A red heart with a white flame above it (in the Cathar initiation grotto experience). It symbolises the mystical altar where the sacred fire of the spirit burns.

- Column of flames with white doves. I have not been able to find this type of symbolism. My personal interpretation is that it represents the sacred fire with doves of peace.

Significant Apparitions (with great inner charge)

- Mount Aconcagua radiating webs of bright, multicoloured lights
- The Sun that blesses us
- The experience of God
- Interaction of strong energies between mountains and sacred sites (natural altars, grottos, hermits)
- Bearers of messages and teachings (the Perfecti Cathar, Inner Guide, powerful voices, initiations, signifiers of meaning).
- Columns of luminous and powerful energy
- The word TIME
- The word AXIS MUNDI. When I looked up what Axis Mundi means, I found these explanations, which confirm the internal register I had at that moment of the experience: Axis Mundi expresses a point of connection between heaven and earth where the four cardinal points meet. At this point the journey and correspondence between higher and lower realms takes place. Communication from lower realms that can ascend to higher realms and blessings from higher realms that can descend to lower realms. It represents the starting point of the world.
- The Winged Being of white flames

Final Observations

All this work was focused on discovering whether it is possible to travel in time and, in this case, to travel back in time, to pre-established historical moments of interest, in order to experience those moments in real time. That is, in their real time in history. A kind of "teleportation" to other times in the past, actually living those moments, being there.

Although it was Silo's account of a village in the south of France, appearing in a moment in the past, that inspired this research, my experiences were only mental, with no external physical phenomena. I have the suspicion that Silo was able to transport a group of friends to a moment in the past and that he did so to awaken in us a curiosity to investigate phenomena that go beyond what is normally perceived. Our consciousness rejects what it cannot understand, and this mechanical response ("it is not possible") greatly reduces our ability to open ourselves to 'uncharted territories' of the mind. Another obstacle is the self-censorship that keeps us in rationally acceptable territories. To remove these two obstacles of consciousness, we need an inner register outside the normal, a register without answer,

a register that produces an opening towards a wanting to know, a wanting to investigate what is outside the normal, a wanting to be guided by an **Intuition**.

And it was precisely this register that led me to want to investigate Time, and displacements in time and space towards events of the past, living in real time what was happening there.

It became clear to me that the chosen places had to have a strong charge of accumulated energies, important events, positive or negative, had to have taken place. Places sacred to this day, places where strange phenomena occur, places of rites and practices, initiations and/or meditations, or places of strong violence against a people (for example, in the case of the Cathars and the crusades of the Catholic Church against them and their adherents).

All experiences remained in the mental field, no external phenomena. And that is why I see this research only as a first step in one direction, as a further intuition that there is a whole field of possible development, which has to do with the control of time and energy. A control that will certainly require much more work and that is linked to teleportation and the materialisation of mental energy at will.

I am sure that I have been able to touch the 'periphery' of this field, mentally experiencing the 'materialisation' of precise people with concrete characteristics, in an exact place in the past, living what they lived, receiving what they showed me because I asked them to.

As for the three sacred mountains and Aconcagua, very powerful energies led me to the realisation that our eyes see only a tiny part of reality and that everything is organised and interconnected by energies that the normal eye does not see or perceive, but which, on another level of connection, can be experienced and lived as 'living' beings of a greater and divine scale.

If everything is energy, the Universe, the Sun, the Earth, Nature, the human being, etc. then time itself must be energy. For sure, there are different levels of energy, from the densest (rock) to the finest or purest.

It is the energy that animates everything. Without energy everything would be inanimate. If energy has a high level of 'organisation' it keeps its form, it remains, it does not disappear. As all celestial bodies (suns, planets) have a spherical shape, one could say that this spherical shape is the most suitable to contain in an organised way enormous amounts of energy. And all these energies are interconnected and operate.

In the book of *Silo's Message* there is a paragraph, in the chapter on "The Guide to the Inner Road" ³ which says: "*When you find the hidden city in the great mountain chain you must know the entrance—and you will know it in the moment your life is transformed. Its enormous walls are*

³ Silo, *El Mensaje de Silo*, Cap. XIV *La guía del camino interno*, pág. 54. Ediciones León Alado

written in figures, are written in colors, are "sensed." In this city are kept the done and the yet-to-be-done. But for your inner eye the transparent is opaque. Yes, the walls are impenetrable for you!"

This paragraph makes me intuit that nothing is lost and everything is kept and that in this Mental City time, as we perceive it and live it daily, does not exist.

Conclusions

My interest was to investigate the possibility of time travel, inspired by a story by Silo. Throughout the two journeys through the places visited and experienced, time was always the central theme, the common thread. The mystery of Time became more and more present, until the question "what really is Time?" My intuition, based on my experiences, tells me that time is energy, as an integral part of the whole Universe. And that it is therefore possible to move or travel in time. Or, in other words, to project or teleport oneself to historical moments in the past and, as a consequence, also to the future. The same is true for projecting oneself in space from one point to another.

My experiences are limited to having experienced displacements in time and space only on a mental level. But they were no less real for that. I am certain that the connection to other times was made possible by a great predisposition, openness and a neat procedure and that a 'door' was opened as a result. Always in the same way in the different places: a clear register of timeshift accompanied by a wind and sudden change of scene. The messages and teachings have produced very strong impacts on my consciousness, generating new connections and inner openings that continue to operate. This research has led me to move forward in my search for the deeper meaning of Life and the Greater Destiny that I need to unveil.

Epilogue

This research and the experiences I have lived have strongly increased the direction in which I am doing my Ascesis, where I want to go and how this is linked to a lifestyle that favours the advancement in that direction. My experiences have led me to worlds in which I have always found the same central register: the interconnectedness of all that exists and the cosmic harmony as a powerful symphony that speaks to me in languages beyond the usual hearing. Signals coming from far away, bridges that make time and space disappear, the presence of something that holds in its hands all the threads of the past, present and future, a fabric into which I am allowed to enter if my asking is sincere and profound. It is as if in all experiences something is watching, always present and ready to open the door if one rings the bell with sincere intentions. An ancient, stored and dynamic memory. All this has transformed my life once again and my view of the everyday world has changed significantly. It is like looking from a certain distance, from behind, from a more inner, quiet and empty place. I observe the world from there and I also observe myself from

there, my thoughts, my emotions, my actions. Everything has become more transparent and easier to recognise, in myself and in others. And my perception of the world has broadened considerably. It is as if the space of representation has expanded enormously. A particular register of much empty space in which thoughts, emotions and actions 'float'. All of that is acting in co-presence and continually influencing the operations of my consciousness. I don't know where all this is going, but I perceive that my future is very long and goes far beyond physical death, towards a Destiny without image, but strongly felt and desired.

Materials that served as inspiration

The Tokarev Report by Salvatore Puledda

The Cathar Miracle, by Andre Nataf (Editorial Bruguera S.A.)

The Huntress, story from the book *The Winged Lion*, by Silo

The Universe and Time. Silo <https://www.elmayordelospoetas.net/1962/06/15/la-imagen-del-universo/>

"Thus, in the bosom of time, a point suddenly emerged. This point expands in curved space, to disappear again in randomness, until a new moment when the Universe is possible and emerges in another cycle.

Everything in the Universe is Time and expresses itself differentially, complementarily or synthetically. We formalise these three instants of time or falls of time or ecstasies of time as destruction, creation and conservation.

In an instant of time differentiation a point, energy, emerged. This energy radiates from its centre, bending and influencing (complementation). The variations of energy are different as they occur, so that by concentrating they are transformed into matter, it is transformed into energy (destruction of synthesis and new differentiation).

From the first differentiation of time, through the irradiation and complementation of energy, to the synthesis of matter and from there to the slow elaboration of the elements as a new synthesis of creation, the universe is born and develops".

The School and its ultimate aim (Silo 1969, Jujuy, excerpt from a transcript of an audio cassette recording of Silo).

In particular the sentence: "*The ultimate purpose of the School is the control of time and energy*".

And the following text taken from the same material: "*It is assumed that the past can be rescued not only as an incorporation of elements from other epochs into the present moment, in the way history or archaeology might operate, but in a radically different way. To rescue the past is, for us, to transport it from its moment to today, with all its attributes, with the consciousness of those who remain immersed in that dimension. As for the future, the same claim applies. The control of energy will be effective if it can be materialised at will. Likewise, matter must be converted into energy. To limit the field, we clarify that we are referring to mental energy. It does not escape notice that the issues of immortality and the evolution of consciousness are in the background of such claims. We are assured of such possibilities as real facts as long as the School is continued over time. We believe that conscious work enables a few men to achieve personal immortality; but we need to secure and control these processes, given the possible accident in such a development. As an encouragement to some, I point out the correct experimental verification carried out in: Cases of contact, not only with scenes, but with facts of the past which have objectively emerged in the present day, sometimes by the will of the subject of that time, sometimes by the will of the contemporary teleporter*".

Appendix

Full descriptions of the experiences, for those interested in reading them.

Experiences of the 4 days of research in Occitania on the timeline 31/08/2011 - 04/09/2011

The experience in Montsegur, 01/09/2011

After a fairly difficult climb to the entrance to the ruins of Montsegur castle, we move towards the back of the castle, where the remains of the Cathar Castro (village) are located on several artificial terraces that descend from the top of the mountain. We look for a place within the remains of the fortification, letting our intuition guide us, to begin the search for a connection with the time in which the Cathars lived there.





Everything that follows is my experience, made with my eyes closed.

I concentrate on the lives of the 600 Cathars until I experience a deep compassion for the suffering and violence they must have endured.

I recognise their existence and their religion, I testify to it, with all the emotional charge of compassion....

I make a deep asking, upwards and backwards, towards the profound spaces, asking for a displacement in time and space to the time when they lived in Montsegur...

I wait in silence, in the emptiness, and with faith...

Suddenly a strong wind rises up, which seems to come from far away... Something changes in the space where I am... I begin to perceive presences of energies...

The atmosphere is suspended...

I start to 'see' human-shaped shadows moving in the room of the house. Very ethereal, almost transparent... Suddenly an icon materialises in the middle of the room, very clear, with sharp colours and a golden frame. It is the figure of a woman with a baby. Very sober and very beautiful... the icon disappears... I wait...

In front of me a figure materialises, in a brown garment, with a leather belt. At first he has no staff, at the next moment he does...

The figure is not big, about 150 cm, I think. His head comes more or less up to my shoulders.

Also its form is half-transparent. I have the feeling that what I see, in reality, are energies translated into forms.

It occurs to me to ask the figure, who I believe is a Perfecti, to show me what is the experience of the Cathars, what is it that they transmit to others?

During all this time, my hand has remained on my heart. In a heartfelt way (without words) the Perfecti 'asks' me to remove my hand from my chest. I do so and he makes a gesture with his hand, palm facing me, index and middle fingers straight and close together, and the thumb leaning inwards, at the level of his heart.

Immediately I experience how an enormous goodness comes over me.... The heartfelt answer comes to me: "the pure heart" ...

In the meantime, I keep seeing blurred figures, moving in that space.

I feel I have to extend my hands forward, palms upwards....

The Perfecti takes my hands in his and I have the sensation of being lifted upwards... A huge, empty space then appears where there is only great goodness. This goodness pervades my whole being and I experience pure happiness... All this time the Perfecti is in front of me and I perceive his presence.

I feel I must thank him deeply and tell him in a heartfelt way that the Cathars are not forgotten. I do this thanks with my hands folded over my heart, because I feel it is right to make this gesture... There is a moment of strange contact in which I perceive his recognition... and... I hear a bird singing, its pure sound... (later, in the exchange, only I heard the bird, the others heard other sounds).

Everything fades away. I wait a moment... and open my eyes. I see the splendid, mountainous landscape in front of me. Everything seems to be shining brightly and sharply...

It takes a while before I am fully back in this space and time. I spend some time in silence, watching my companions in the same state.

After an exchange about our experiences, we all still feel the presence of another time and space. I still sense the presence of the Perfecti and, towards the air, I ask him if he can accompany me on our next quest. I feel an affirmative sensation.

Experience in the Bethlem Grotto (Cathar initiation grotto), 01/09/2011, 7.30pm



The journey from Montsegur to Bethlem grotto takes 2 hours.

We climb up a fairly steep and winding path. There are parts where we have to use ropes at the side of the path. We pass two ruins that were entrance portals to the sanctuary and arrive at a large space in front of a high, sloping rock wall. To the right we see the entrance to the grotto, it is an open door in a wall, made of rocks, which closes off this part of the grotto. We enter and have to go down a recent wooden staircase that was probably put in place to make it easier to enter the grotto. It is high and has one side open to the sky from where you can see the mountain on the other side of the valley. There is a natural sitting area on one side of the rock.

Again the interest is to move in space and time in order to attend a ceremony of initiation of new Perfecti.

I sit on the stone bench and look for the contact with the time when the Cathars performed their ceremonies here...

I close my eyes and place one hand on my chest and make a deep Asking backwards and upwards....

I wait in silence and with faith...

The Perfecti of the experience at Montsegur appears beside me. He puts his hand on my hand...

I have to repeat that the register is always of energies that 'materialise' and in a fleeting and half-transparent way.

I immediately perceive fleeting figures that seem to be dressed in brown clothes and holding torches in their hands. They move with a kind of order...

In the middle of the grotto there is a sort of wooden altar on four legs, with vertical lines on its sides and curved lines on the top.....

For a short moment, the shape of a red heart appears suspended in the air, with a white flame above it... it quickly disappears.

Then a large golden pentagram appears very clearly, also suspended in the air in the centre of the grotto... The register of the state in which I find myself is one of a shift in time and space, half here, half there...

A figure materialises softly in front of me, with his face towards me. Inwardly I recognise him as a Perfecti because of the great goodness he radiates...

I feel my hands reaching forward with my palms up, as if he had asked me to do that....

The Perfecti is motionless, and I see a bright, deep blue energy coming from him into my hands... I see the energy moving from him into my hands and I feel it flowing through my hands and my arms and all the way through my body. It is a continuous flow that increases in intensity... From deep inside me, I feel tears coming up. It is not sadness or suffering. It is something different, a deep shock that comes over me...

The intensity of the energy increases so much that my "transmission" gets interrupted. I have already received too much... I put my hands folded in front of my chest and send a deep thank you... But the Perfecti invites me to continue, so again I extend my hands forward...

More energy comes to me and I feel how from inside my body a circular, undulating movement starts. I feel it stronger inside me, but I don't know if my body is also moving in a circular way.

The circular movement with upward undulations increases faster and faster up to a maximum speed, and I think I'm going into a trance...

But suddenly the movement stops and there is an 'opening' upwards, as if all the accumulated energy is thrown upwards and everything is filled with a bright and intense light... I register an inner liberation, an irruption of the accumulated energy upwards, just when I could not hold it any longer....

In the light I see the outlines of the grotto and in the background, on the side open to the sky, a large circular window with bright colours... As this happens, I notice that the grotto is full of men and women that I can now see very clearly, and they are all smiling with illuminated faces. They move to form a circle that includes me...

I feel how I move my hands to the sides to participate in the circle. I feel the presence of my little Perfecti, on my right side. It is as if he is holding my hand and, on the other side, I have the same sensation...

Then I perceive how the energy travels around the circle and passes from one person to another, and also through my body. The energy is very soft and radiates goodness and joy... I experience a rising of the energy upwards. The energy of the whole circle rises and rises upwards...

While this is happening I see Christophe twice in the centre of the circle, sideways and with his face towards me, but a little upwards, with a faraway look in his eyes....

I am filled with an almost ecstatic goodness, joy and light, an intense communion with all present... I could stay in this state forever....

Then I feel the need to give something back, and it comes to me that I want to restore this place as a sacred place of the Cathars. So, in the midst of the experience, I give the best of myself, all that is in me at this moment, and I bear witness with all the strength of my being... I give back to the grotto this sacred experience...

Everything disappears in a sigh, then I register a kind of thankfulness around me, fleeting... and then nothing...

I open my eyes slowly and I feel how the grotto is charged with a fine energy... I look at the side open to the sky and I see on the mountain on the other side of the valley, very sharp, a crack in a piece of rock. It's like my vision is super sharp. Afterwards, when I moved towards that opening, looking at the mountain, I could no longer see such a crack.

We stay in the grotto until darkness comes, interchanging.

Note: Only later do I discover in the small museum above our apartment that the Perfecti in their initiation ceremonies for new members performed a laying on of hands and that the pentagram was a very important symbol in these initiations, as was the new 'garment' in which the Perfecti went into the world to help others and administer healing.

Thus, I understood that I was given a passage of the force through the laying on of hands and a purification to free myself and get in touch with the Spirit.

Experience with Mount Bugarach, 02/09/2011



Once again, we are on the move for two hours of travel. Before going to Bugarach, we settle in a hut that was originally a monastery of the Templars. After settling in, we drive to Bugarach Mountain.

I can't go up the mountain because of my knee, but we agreed to *text* me when the other friends are ready to start the experience. In the meantime, I have found a quiet place a bit higher up with a good panoramic view of the mountain and the valley. There I prepare myself with some reading and reflection.

At 7:15 p.m. I receive Christophe's *text message* and we start our experiences together.

Again I connect with the emptiness and the silence, with my eyes closed. When everything internally has been silenced, I connect with Christophe, Denis and Eric. By this time, the top of the mountain had disappeared into the clouds. I connect and wait...

After a while I start to feel a 'call'... something that starts to pull me towards the top of the mountain. At first I think Christophe is calling me, but then I put it aside and let myself be carried along by this strange current, invisible but getting stronger and stronger...

It is as if a force is pulling me towards the summit, and internally I experience stronger and stronger pulls. It is as if a powerful energy wants to make me fly towards the summit. Physically I feel my body stretching more and more, and I have the sensation that I am diagonal to the ground. The pull becomes a powerful sound that goes through my whole

body and is connected to something at the summit. Everything is illuminated. I am filled with a luminous force that pulls me towards the summit. I don't know what happens and, at a certain point, the stretch is unbearable. Either I let myself fly (which seems impossible to me and, if it is possible, I am fearful that my essence is separating from my body, and I am afraid) or I cut the experience short. I choose to cut the experience.

The experience in Rennes le Chateaux, 03/09/2011



About that experience I can say only one thing. We all registered a very chaotic and unsettling atmosphere. In the small church, I almost vomited and had to leave. The place is 'taken' by the actions of a pastor, who seems to have discovered something, of which no one else could know anything, and suddenly, after having visited his bishop, had a lot of money with which he restored the church with his own imagination and rather bad taste; a house and a garden with an equally tasteless tower, dedicated to Mary Magdalene, were built next to it. He died without having revealed what he had discovered. This mystery was fertile ground for many people to search and interpret to this day, and produced a whole cult around Rennes le Chateaux. We thought we might find something interesting in terms of energies, but we didn't, although the history of the place is very long and full

of meaning. There remains the ruin of a very old castle, but closed to the public and without any information, and other ruins that we do not know what they are. So we decided to research the history of Rennes le Chateaux to see if we could find anything.

In any case, it is clear that the site and its surroundings are important as a charged place, and we conclude that the site can produce deep inspiration or strong delirium.

We discovered that the French composer Debussy visited the site and later composed a very strange and ethereal symphony, entitled *The Submerged Cathedral*, which we interpret as a translation of the experience the site inspired in him.

Experience with the trembling rocks, 03/09/2011



Nothing is known about the trembling rocks, only that it is a sacred space from ancient times (possibly Celtic) on a mountain where there are also other places of worship, such as 'the devil's chair' (which is the name the locals have given to this rock seat).

Now the whole mountain is covered with trees, but before there were none, and these spaces were open to the sky.

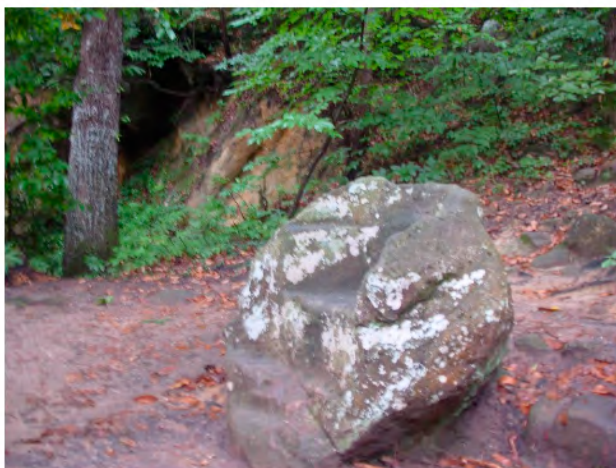
After a small picnic on the mountain near the trembling rocks, we moved to the different locations. It was raining all the time, but just as we were about to start the experience, the rain stopped. We agreed on the asking: "Awaken in me a deep inspiration".

After having sought inner silence and emptiness, I launch the asking upwards and backwards, repeating it many times and internalising it, and I wait...

For a long time nothing happens, I think... and suddenly I am flooded with a bright light. In this bright light I seek contact with the others... Christophe, Eric and Denis manifest suspended in the air, and I see them totally enveloped in the same bright light... Their bodies and their essence are of pure light and they balance on a rope of light... I feel totally united with them and I register within myself how I balance suspended also on a rope... At that moment I recognise and understand that within all of us and all human beings lives the same Light that unites us, that it is only that light that can unite us and that we must awaken it and radiate it... At that moment I feel united with heaven and earth, I experience that I am of heaven and earth... I feel a distant murmur, like a humming sound that seems to come from the mountain itself. I let myself go in that union... until it disappears... and I open my eyes.

It takes me a while to feel fully connected to this world again.

Experience with the Devil's Chair, 03/09/2011



Somewhere on the same hill there would have to be that chair. It takes us a while to discover it, helped by some Englishmen who show us where to go. We had made a mistake, we imagined that the chair was also located in the heights and, going down a fairly steep path, we were in doubt and went back up, looking for directions. Only when

we returned again to the same path and found the Englishmen going up, we had the confirmation that we had to go down.

After a long descent, we cross a bridge over a small cliff and a little further down we come to an open space with the chair rock in the middle. On the left side of the chair and outside the space around it, we see a fountain.

The experience of most of the people present was the same as they sat on the chair: they suddenly felt transported upwards, a vertical energy.

I stood beside the chair to connect with the place and asked for transportation to another space and time. Only two symbols appeared to me: a circular, gold-coloured plaque and a staff with a semi-circular shape at the end, with both ends pointing upwards. The same staff would appear to me the day after in the experience at the Dolmen of Sen.

We don't know anything about this place, but we think it was a sacred place of Celtic rites. The direction the chair faces is towards the east and the space where the chair is located is on the edge of a cliff.

The experience at the hermitage of San Antonio, 04/09/2011



My first impression on entering the grotto was twofold. The place is undoubtedly charged with energy, but I also felt that the place was desacralised because it was too touristic.

I choose a place to sit on the edge of a wall of the grotto (I leave aside the wooden benches to connect better).

I begin my experience as usual, emptying the consciousness and seeking inner silence. Then I make my (repetitive) asking to be transported to another space and time in this place. I had a hard time staying focused on the asking because of the continuous camera flashes and the rather loud voices of children and adults.

After a little time and effort, I open my eyes and look towards the entrance where the tourists are and I look at them trying to get away from their presence and noise. In the meantime, I see Christophe in a reflective pose and Eric and Denis with their eyes closed. So I decide to try again.

There seems to be less noise and less camera flashes and I concentrate again on my asking, waiting silently and with faith...

Suddenly I register a kind of click and before my inner eye the grotto is empty, without benches or other ornamentation... I register far away some voices and I feel as if inside a silent sphere of energy... nothing can distract me now.

I ask deeply for the experience of the hermits in this grotto... After a time of waiting in silence and enveloped by an energy, of which I felt as if it filled the space to which it gave an ordering. I register a deep feeling at the level of the heart, a deep peace... I have remained with this register for a long time, suspended in this other space and time.

At a certain moment I feel a kind of click, like a jolt, and my whole head is illuminated. An intense white light... I registered a sort of floor under my head at the level of my neck. I felt my heart, with a deep calm, and at the same time the experience of intense light in my head... I wanted to stay there... I felt at one with the light in my head... I also registered a kind of 'action of form' over the whole grotto...

It was an intense experience, in the centre of energy, with a calm heart. The intense and radiant light in my head. A feeling of being suspended in the space of the energy... the grotto very present, but empty...

I realised that everything was silent....

After having been in this state for a long time (at least, it seemed like a long time to me) I felt the need to restore the sacredness to this grotto. So I projected my state of deep calm

and intense light onto the grotto... Only after having done this, I managed to open my eyes.

I saw that there were more people than before, but no one was talking or taking pictures. It seemed as if the people coming in were connecting with the place. It was very particular. Some with unsettled looks and who moved carefully.

I could not speak. I could not break the silence, which I still registered as sacred. So I moved to the back of the grotto and behind a simple stone altar, unadorned, with a cross with a fully clothed Christ, behind the altar, I discover a natural spring in which I see many coins.

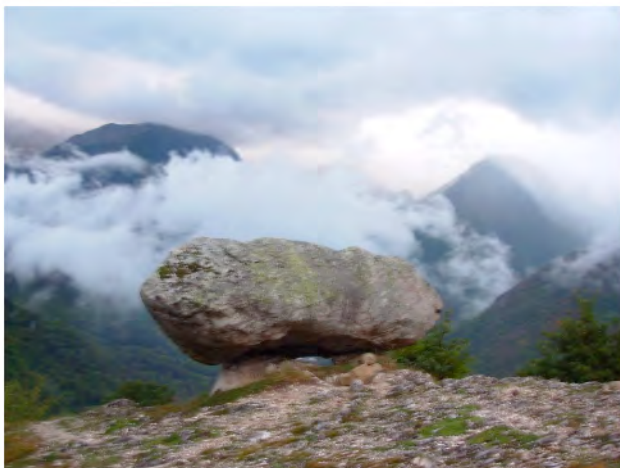
I walk back to the entrance of the grotto where I see Denis sitting on the edge of the rock wall, and sit down next to him. Always silent. I see that Christophe and Eric are still in their experience. Without saying anything, I had the feeling that the experience was continuing in the space of the grotto. I felt connected in a particular way with the other visitors to the grotto, who also said nothing, or spoke very quietly. The atmosphere was charged with a luminous energy (by register).

I think I have got the answer to what the hermits were doing there: uniting and merging with the divine Light of the Spirit.

After a while, always in silence, I leave the grotto, go through a small tunnel and come out onto a small porch, with the landscape of the gorge before me. Eric and Denis arrive shortly afterwards. We gaze at the landscape in silence, each in his own reflections. No one spoke, but there was another kind of communication, very close and very united. Finally, Christophe also appears and the silence between us continues, but we are all very connected.

Only after a while, and when we all felt that we could take another step, we moved to the small patio with tables and chairs, to start our exchange of experiences....

Experience with the Dolmen of Sem, 04/09/2011, 7:30 p.m.



The Dolmen of Sem is located at a distance of two hours from the hermitage of San Antonio.

After a small picnic and with the sun still in the sky, we set off southwards.

The closer we get to the Pyrenees, the heavier the rain.

We arrive at the foot of the mountain in torrential rain, which we have to climb in the car to reach the dolmen. When we start the climb, the rain begins to ease. And when we reach the place where we leave the car to climb the rest on foot, the rain has completely stopped. It seems that always, when we want to make our experiences, the rain stops...

We climb up to the dolmen along a small path, marked in the rocks. It is quite steep and we only see the dolmen at the last moment, before reaching a clearing.

The Dolmen is located on the edge of this rocky space, with an impressive view of the valley (very deep) and the majestic mountains of the Pyrenees.

Suddenly we register the force of the place. All is silent. Directly in front of the dolmen and on the other side of the valley, stands a mighty mountain that seems to be the focal point of the dolmen. A force field between dolmen and mountain. I sense the charge of that force field and the gods seem to be very close. A sacred place from ancient times, possibly from the Celtic period and its druids.

The Dolmen has a magical attraction, a magnet.

We are silent, no one speaks and each one of us begins our experience in silence...

I stand a few metres away from the dolmen, looking towards the mountains and the focal point. I close my eyes and begin my profound asking: that what was done here, may be revealed to me... I ask deeply for the transportation in space and time...

Once again, suddenly there is a wind (as in Montsegur) ... and I perceive a deviation, a displacement... Although I see with my eyes closed the dolmen and the whole landscape, I feel at the same time in two times and two spaces. The atmosphere is charged, there are energies... I remain in the silence and in the void, without any image, and wait

The wind suddenly disappears... and a figure materialises in front of the dolmen, a being, with his back to me. He is and at the same time he is not... energy transformed into an image, transparent and non-transparent... His hair is red / yellow, tousled and flowing down his back. Around his head is a kind of headband. He is dressed in a white tunic that reaches down to his feet and is belted. On the edges of his sleeves and at the ends of the garment is a repeating square-shaped symbol. His feet have leather sandals. He has a staff in his right hand, with an open crescent at the top end, with the 2 points facing upwards (the same staff I have seen in the Devil's Chair experience) ...

The figure has moved up the dolmen (I didn't see how), and raises its arms diagonally upwards... I perceive strength, a communion, an asking, in the direction of the mountain and the universe... then the figure starts to move, in a sort of shamanic dance... first on top of the dolmen, then on the ground in front of it... the atmosphere is transformed...

The figure stops and stands motionless in front of the dolmen...

On my left side, a female figure materialises... I see her diagonally from behind. She too is dressed in a long white garment, and with the same symbols. Her hair is blonde in colour and ends in a point, almost on the ground... She walks towards the dolmen and stands next to the other figure... I get the feeling that she is the most important actor in this ritual...

She too moves on top of the dolmen and stretches her arms diagonally upwards. She is motionless, as if she were in a deep trance of communication with the universe...

While she is there, I begin to perceive presences, as if the whole space behind me and next to me is full of presences, energies, worshippers and witnesses of that rite....

As the priestess (I perceive her as such) stands on top of the dolmen, with her arms outstretched, I sense a communication with something great and powerful... as if the priestess' asking has brought the gods closer... It is as if she has asked for protection, because I feel an omnipotent protective presence...

The priestess comes down from the dolmen, how, I don't know, it escapes me... Now she is next to the shamanic figure, and both of them turn to me and look at me... their presence is transparent and at the same time not...

In this transfigured state I ask the priestess if she can do something for my knee?
I ask that with the voice of my heart, there are no words, no languages.

She moves towards me and squats down near my knee, which I have extended forward a little.... I don't know if she has placed her hands on it or not, it's all a bit confusing, but I feel how the energy moves in my knee and in my whole leg... it's as if small pieces are being displaced...

After a while, she stands up again and looks me straight in the eye. She is from another world, another time and space. I register it... I bow my head and thank her... all in silence... she looks at me again... the shaman is totally still...

I express my gratitude to them and also to the place for having allowed me to attend this ritual and I tell them with words from my heart that I bear witness to its existence and to what has taken place there....

I vaguely sense that they recognise me and accept my testimony... and very slowly they move backwards, until they disappear in the stone of the dolmen...

I am in a kind of trance... I cannot move... and my father and mother materialize in front of the dolmen... something that was really very surprising... they merge and separate, merge and separate... it is as if they want to show me that they are together, serene and united in their transformed life... I register a calm and soft joy and I know that everything is ok... I greet them with love and they disappear...

I find it hard to open my eyes, I don't want to break the state I am in... finally I open them and I immediately receive the impact of the landscape, which I feel as much more than just a landscape... It is as if I hear without sound the sacred life in everything, very powerful, almost in an ecstatic way... and I close my eyes again, I feel the great need to make a deep asking for all my loved ones, wrapped in this kind of ecstasy. I ask for their protection and luminosity with all my being... and then it appears to me to ask for all humanity... in this state of communion with the sacred force that is in the whole universe, I ask that the Sacred descend upon all Humanity and awaken and illuminate its heart... I do it with all my strength, like a hymn to creation... Afterwards I feel empty, but at peace...

Meanwhile, I feel a few drops of rain and open my eyes. Again I register the sacredness of the place in connection with the mountain opposite. I see Denis in front of the dolmen, with his hands on the stone and leaning towards the stone.

Suddenly, I feel the urge to do the same, remembering that the two figures have disappeared inside the dolmen. I walk towards the dolmen and press my hands on the stone. I feel force, but I think it is a sensation produced by the muscular pressure in my arms. Then I stand up straighter and put my hands without pressure on the stone. I see on my left side Eric, also with his hands and head on the stone.

The rain is heavier now, but it doesn't distract me. I feel the need to put my back against the stone and stretch all the way back, curving until the back of my head rests on the stone. And I open my whole being towards the universe and repeat internally: 'invade me, invade me...' I feel as one with the immensity of the Universe and I want to remain, feeling immense happiness... I feel the rain falling on me like a blessing from the heavens. I feel each drop as a carrier of a message... I feel a fusion with all that exists and with all that has existed... one in all...

I could have stayed like this for a long time, but somehow I sense that the others are about to leave this place. So I open my eyes. It's already dark.

As I descend the narrow, rocky path, I realise that there is no pain in my knee and that the descent is fast and easy.

It is 21:30 when we get to the car. By the time we get in and set off, again, the rain becomes torrential.

Some notes

Throughout all the days together in this research, we had long conversations and read texts that seemed to relate to our experiences.

We also had many conversations during the day. A continuum that accompanied our visits and car journeys, a permanent flow, an atmosphere that took us through our inner landscapes. All accompanied by a lot of joy, humour and deep reflections.

14/09/2011

Peter

The experiences of 8 days of research in Provence and Occitania
1/04/2012 - 8/04/2012

The experience at the Celtic Oppidum of Entremont (Aix en Provence), 01/04/2012

Introduction

Archaeological remains of a Celtic city / citadel on a high plateau.

Interest

To see if I can connect with what was there before.

We have not found any remains of a temple or place of worship. I searched rather by intuition, letting myself be 'guided' by the place itself. I found a place that gave me an internal register. Denis chose the same site and Christophe and Eric another one very close by.

Experience

Connecting with the place I began to feel energy coming out of the earth, entering through my feet and moving up my whole body. The direction was clearly from the bottom upwards. I let it enter and fill my body for quite a while. Eyes closed. The direction of the body was towards mount Saint Victoire (Saint Ventura originally) which was very prominent, like a focus of energies.



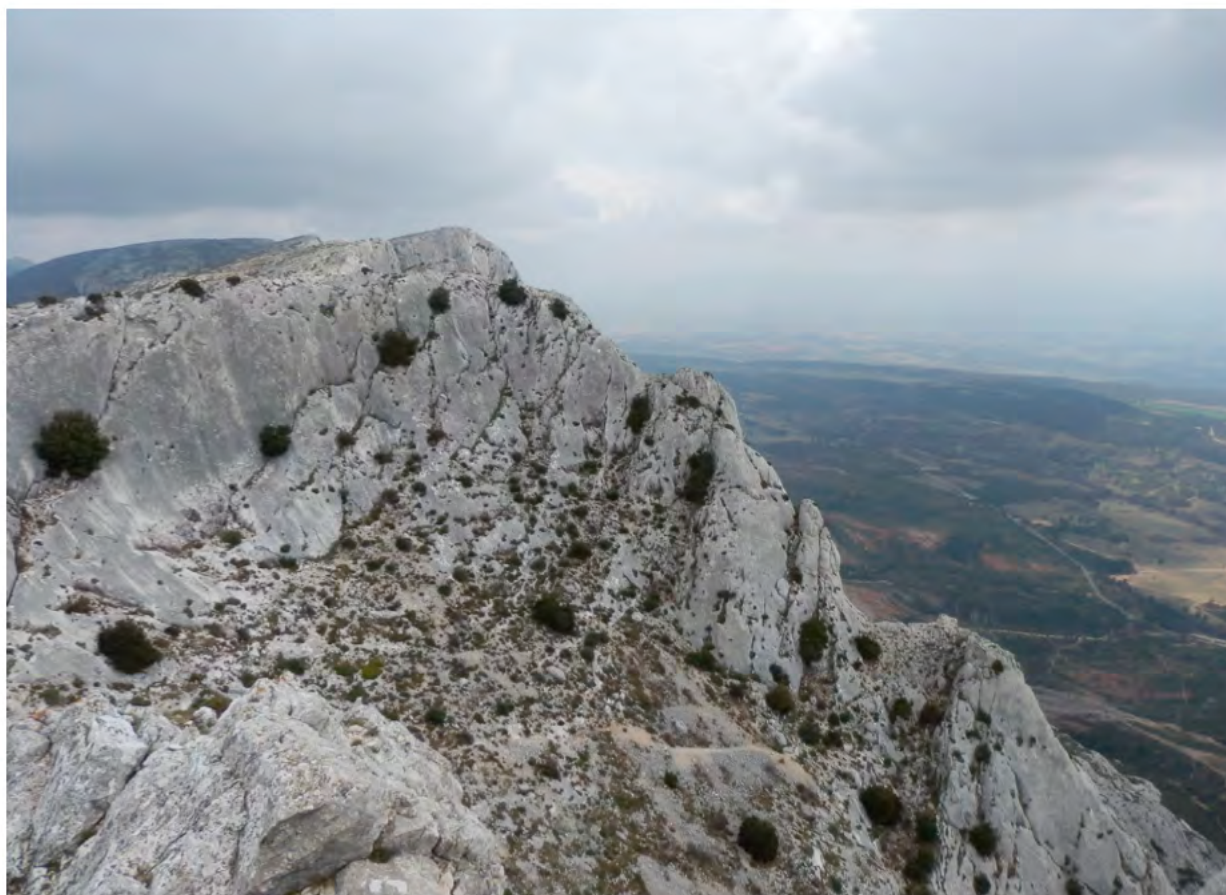
At a certain point, I feel a shift in energy and I feel overlaid by the presence of a woman. I feel the woman, with long braided hair. She has a lot of force and is connected to the mountain Saint Victoire. I get the impression that she is calling. I open my eyes and the surcharge is still at work, giving me a rather strange register. Gradually it fades away, but a suspended charge remains in the air.

Looking at the mountain, I register a great force and connection. It comes to me that this mountain has a meaning that goes beyond the simple perception of the mountain.

I see the friends also in a strange state and we keep silent for a while longer, looking at each other. Later, the two friends from Marseille, who had been with us, said that they had been frightened by the presence and had left the place.

First intuition that everything is energy and that one can connect with energies from other times, which are translated (by the action of the consciousness) into presences and sometimes into manifestations of people, before the inner look.

Experience at the top of the Mount Saint Victoire, 02/04/2012



Introduction

We included the Mount Saint Victoire in our research because of a dream I had had several months before. In the dream, there was nothing, just a voice saying Aix-en-Provence. So we started to investigate what was in and around Aix-en-Provence and the Oppidum de Entre Monts, Saint Victoire with its long history of connection with Celts and other peoples, the hermitage that is situated between Saint Victoire and Saint Baume on top of another mountain, and sacred places on the Saint Baume mountain came up.

The connection between Saint Victoire and the Oppidum of Entre Monts was already clear and on April 2nd we climbed to the summit of this mountain with the aim of connecting with Punta de Vacas and Aconcagua. It was an inspiration, an intuition.

Climbing Mount St. Victoire was quite difficult because the route has many steep sections. It took us more than two hours to reach the refuge and another half hour to get to the point of interest. Throughout the ascent I encountered a lot of resistance. The climb was very tiring for the body and also breathing became quite difficult. I thought that I would not be able to reach the summit and images crossed my mind inviting me to abandon the undertaking. But also the intention and the fixed image were at work. So, at various times, I had an internal struggle between the two options. Several times I solved this difficulty by making rhythmic requests that followed the steps and the breathing, repeating "give me strength, give me strength". And the strength came and I could continue. Phrases from the book of The Message came to me ("your body is heavy, and it makes the ascent difficult"). I often felt the weight of negative thoughts and emotions. But I overcame them with tenacity and askings, being clear about the phrase that I had to fulfil the proposed task: to reach the summit to have an experience.

So finally and with the help of the presence of the other friends I reached the refuge, where I could rest for a while. The refuge was originally built by monks who went there to meditate. It is also the place where people from other places and other times have passed through, for the same reason or to carry out their sacred cults. There is an excavation going on at the moment that goes much deeper and much further down the mountain, where they seem to have discovered other much older sites. So it is an inspiring place because of its ancient history.

We entered the refuge, which was originally a small monastery of Romanesque construction. There was a peaceful silence and we let ourselves be carried away by this deep peace. This recharged my energy and, after half an hour, we continued towards our destination, climbing again on very difficult, almost non-existent trails.

The experience

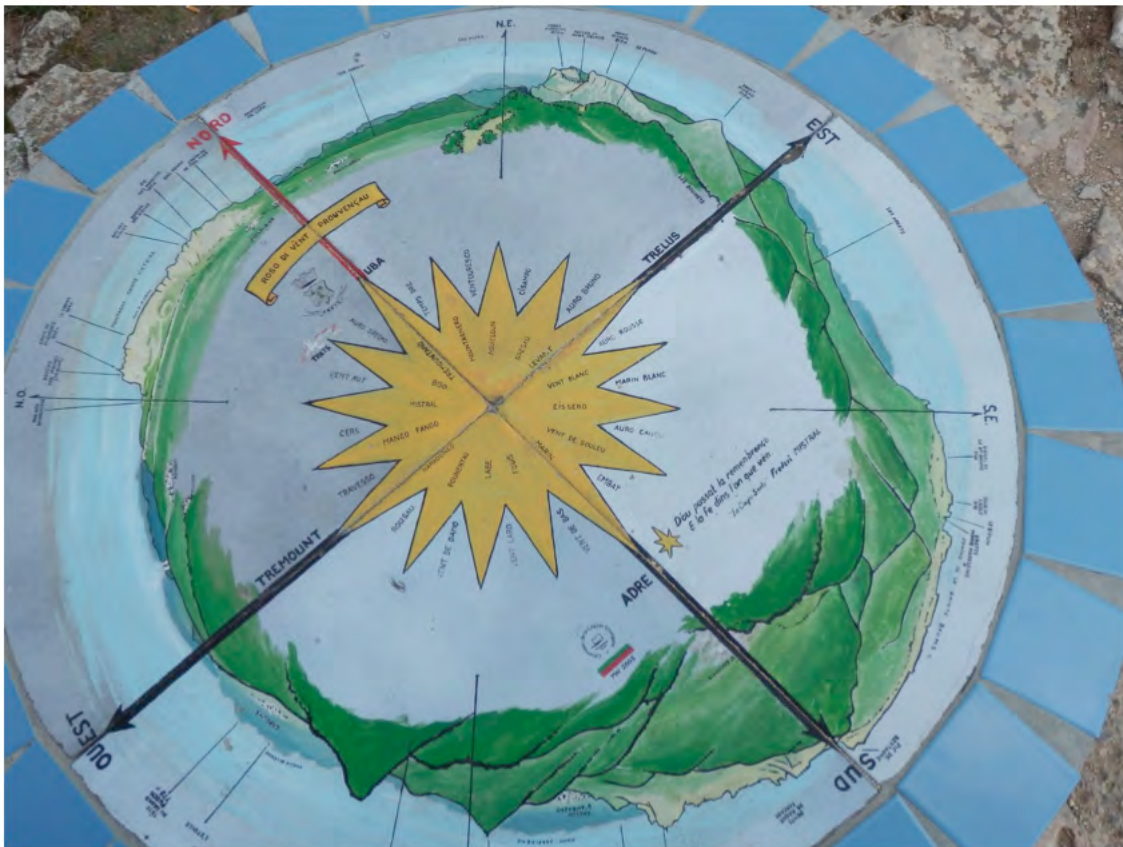
The place where we stood is on the edge of an almost vertical cliff. The wind was very strong. I stood up, almost on the edge of the cliff with the world at my feet. I position myself to the southwest for a while, to more or less face towards Punta de Vacas and Aconcagua. I close my eyes. The wind pushes my body and envelops me, accompanied by loud sounds.

I decide to incorporate the wind into the experience, to welcome the wind, to let the wind and I unite. At the same time, I connect with the inside of the mountain and ask it to speak to me... and I make myself internally silent... I begin to feel the mass of the mountain and its power, its force contained in the stone, its domination of the landscape for millions of years. How it rose by a tectonic movement like a petrified wave. I register the force and power of nature, the powerful language between mountain and wind. I let myself be carried deeper by this powerful 'music', until I feel myself merged with it. And I begin to internally visualise Punta de Vacas, which appears with such clarity as if it were there at the same time. There and on the mountain. The distance disappears and I find myself in the Square of the Steles, in front of the Hall. I call Eduardo (who is in Punta de Vacas and with whom we agreed to try to make a connection). He appears very close, his face very clear and smiling. Almost as if I am looking at him through a hole in the fabric of space. Behind him Aconcagua begins to rise, rising slowly until I see it fully in its majesty. Aconcagua begins to vibrate and thousands of rays of luminous energy materialise across its surface, like a web of luminous threads moving at high speed. They take on very varied and luminous colours, a symphony that increases in strength and intensity. And I feel a communication with this giant, as if the Aconcagua was talking to me, transmitting... I am at the same time in the Square of the Steles and on Mount St. Victoire, as if I were in two places at the same time. The web of luminous energetic threads extends from Aconcagua over Punta de vacas and the whole landscape is absorbed in this web of lightning-fast energies, up to and including Eduardo as well. I am enraptured and transported and I open my whole being and, for a moment, I feel the presence of God and all notion of where I am disappears and there is total silence... I open my eyes and a register of total insignificance invades me, that the I means nothing... that it is only there to fulfil its function and nothing more. It's a realisation that hits me like a hammer. I feel totally destabilised, but at the same time a sweet and joyful peace comes over me. As if something has taken possession of me and now dwells within me, and I welcome it.

From that experience and during all the days of the research, and afterwards, I feel different, lighter and a bit out of step.

The experience at the hermitage of Saint Jean du Puit, 03/04/2012

Introduction



The hermitage of St. Jean du Puit is on the top of a hill, situated in the middle of the surrounding mountains. The tower of the hermitage has two windows. From the north window you can see the Saint Victoire massif and from the south window you can see the Saint Baume massif. The hermitage is more or less in the middle of the two. The precipice of Mount St Victoire is on the south side of this mountain and the precipice of Mount St Baume is on the north side of this mountain. So the two cliffs face each other, with the hermitage in the middle, between the two. We have the intuition of the action of force between the two massifs, with the hermitage as the focal point. In this way, we can well imagine why the hermits chose this place for their meditations and deep communion with God. The tower was built much later, in 1328, but the hermits came to this place much earlier. We have no information as to whether there were other, earlier cults.

The experience

Arriving at the esplanade, below the final path to the summit and the tower, the place inspires me a lot. The tower attracts me like a magnet. On the way up there is a portal. Passing through the portal I feel the change from one space to another.



In the background you can see the massif of Mount Saint Victoire.



The hermitage tower



The gateway



The tower

I arrive at the tower and enter. There is a very rudimentary stone staircase and a small platform which is not original. I can see that the tower has been restored. Entering again I feel a change of space, a kind of strong concentration due to the shape of the narrow and round tower. I walk out onto the platform and stand in a corner under the south window. I connect with the tower, with the many centuries and the hermits who were in this place. And I make inner silence... for a long time, emptying, emptying... and I ask to be able to live the experience of the hermits, throwing the asking backwards and upwards, towards the profound and unfathomable space. And I wait...

There are some tourists making a lot of noise with their loud voices outside the tower and I internally ask them to leave. Miraculously they leave and the silence that remains for the duration of the experience returns.

There was no image, but - from a certain moment on - I feel a strong register of 'something' taking place. And I enter for the first time into a state of uncontrollable emotional and bodily reactions. They arose suddenly and were repeated several times, as if there was a communication or communion without anything, but which had a strong impact on my being. In these moments of impact I felt in communion with something unnamable and powerful and from a certain moment on there was an overlay of a monk living his rapture. I was the monk, I felt the monk communing with his God. And I had the experience of God. I couldn't come out of the impact. I felt a bit foolish, with the register of someone who doesn't have his head on straight. I felt good and connected with that state, estranged but comforted by God. In that state, I register how I enter a cave, in total darkness. But suddenly, I have a strong emotional and bodily reaction, again uncontrolled. And there is a soft illumination of the whole space of representation. It is then that I register deep and complete peace. With all the feeling and intensity, I thank God three times. Then the monk's image fades and I open my eyes.



Very unstable internally, I walk down the stairs very slowly to the front door. I struggle to get through the door. Some part of me wants to stay inside. I see the three steps I have to go down. Each step takes me time, until I get down all three. And suddenly, I am hit again by a powerful 'all', I close my eyes and let go again. I feel around me an enormous power that includes everything, even the two mountains (St. Victoire and St. Baume). And everything is transformed into a huge mountain and I am inside it. I feel again the power of God...

When I open my eyes, I seem to be in two spaces at the same time. I see everything around me, but - at the same time - my eyes are in another space. And the feeling of being dazed continues. That lasts for a little while until I make an effort to start writing down the experience. That act connects me little by little with this world again.

Observation

The experience of communion with God surprised me very much, because I have had no religious education and I am not burdened at all with the subject of God. But now I understand the real and deep need of the hermits to unite and merge with their god; in other words, to do their asceticism in total isolation.

Experience in the Grotto Church of Saint Baume, 3 April 2012



Introduction

We didn't know much about this place. Only that it was a grotto used by different peoples and cults in history, and lately by the cult of Mary Magdalene before the grotto was taken over by the Dominican order, who transformed it into a church. We discovered that the church is Dominican when we arrived at the site, and we didn't like it. It was the Dominicans who led the crusade against the Cathars with their inquisition.

Entering the grotto-church, we felt the central stone mass of the high altar as a heavy imposition. It dominated the grotto as a clear sign that no other cults could survive there. So it was difficult to remove such an "imposition". In any case, we tried.

The experience

Making an effort to eliminate any presence imposed by the Dominicans, I seek inner silence and connect with the grotto and its long history. And I wait in silence, with inner calm and without expectations. After a while, I begin to register a movement inside my body, in my trunk and head, a spiral movement, from bottom to top and vice versa, at the same time. A quiet spinning that lasted for quite a long time and was accelerating more and more. A beneficial energy. At a certain point, an image of a Tibetan prayer wheel appears to me, spinning rapidly to elevate people's askings... and I too register an inner elevation.

Observations

It is not clear to me why the image of the Tibetan prayer wheel came up. I don't see any connection with the grotto, but perhaps this is the place where ceremonies of the kind of raising of askings took place. The interesting thing was that such beneficial energy contrasted with the heavy atmosphere of the church. We know that the cult of Mary Magdalene was linked to a gnosis, perhaps that's why the connection with the elevation. And if the church has appropriated this grotto, it must have been a sacred place for other cults and peoples.

The experience in Cogolin, 3 April 2012.

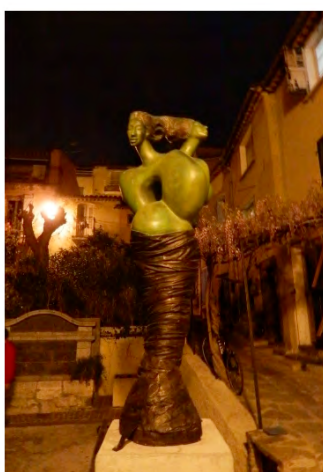
Introduction

We include Cogolin as a consequence of a strange event that Silo recounted on a terrace in Copacabana (Rio de Janeiro) at the beginning of the 21st century. This event was confirmed by Pepe Prako. Synthetically, it was a small town from another era (early 20th century) that appears and disappears and where Silo and three other friends arrived one night on a trip to Europe.

After telling this story, Silo spoke of a timeline that ran through Europe, passing through France, Luxembourg, Germany, the Czech Republic and ending in the Balkans. On that line, strange things happen over time and altered states are produced in people. He explained that lines of that genre occur where there have been strong violent clashes between cultures. It is this story that originally inspired us to start researching this issue of time and the possibility of 'having experiences of other times, moving in time and space'. In other words, time travel. For this reason, the region of France called Occitania was particularly intriguing to us given the violent and complete elimination of the Gnostic church of the Cathars in the 13th and 14th centuries in this and other regions of Europe.

Initially, we thought that the village had to be in this region, reinforced by stories of other phenomena of appearance and disappearance of places there. After a communication with Pepe Prako, it became clear that it was the village Cogolin in Provence. So we decided to include Cogolin in our research, which we extended to other places in Provence because of the dream I had had (Aix en Provence).

In any case, our growing intuition is that all the strange phenomena we have experienced have to do with energies and that it must therefore be possible to travel through time or eliminate time, which has led us to certain conclusions that we will discuss below. The experience in Cogolin has had a strong influence on our desire to go deeper into the subject.



The experience

We arrive at 22:30 in Cogolin. We leave the car in the central square and go up to the oldest part of the village. We go to the highest point, where there is a tower. It is all that remains of a castle that was razed to the ground in 1579, because of a religious war. The tower is called the Colck Tower. There are other signs in the village that refer to time (Art of Time, for example). And there are also strange sculptures of women. We chose the tower as the place for our experience.

We had already agreed to go in without any expectations and let ourselves go.

I started the experience, sitting on a wall, looking for the inner centre and enlarging the silence and emptiness. It was quite easy as I had already had two other experiences that day and was still quite unsettled, out of my usual state. Also, the strange atmosphere of the village (we hadn't seen any people on the streets) helped me to centre myself quickly.

Also in this experience the inner spiral movement begins to manifest. Something, an energy, circling around itself, up and down, up and down, the sensation of a spiral within a cylinder. I observe it carefully, remaining in inner silence. The spiral increases its speed and, all at once, rises above my head and there it spins swiftly for quite a while, producing light. I feel an upward register. There is an internal register of a centre from where I observe and also registers in the body. I feel pain in the back of my neck and the whirlwind of energy comes down and goes up again, but now it stays circling around the back of my neck and I register the movement outside of the body. Then it rises again above the head. The back of my neck does not hurt anymore.

I keep observing this spiralling movement above my head. I don't know what to do with the situation and I ask Silo to help me understand. In response I begin to feel a limit, as if I have reached the edge of the space of consciousness, not knowing how to jump beyond it. Silo's image (in movement) seems to be behind a veil, blurred, and I cannot understand his gestures or his words. The perception of being on the edge is reinforced. The image disappears and I register how a part of me is catapulted backwards, and I see (from behind) a small figure of myself, moving freely in the empty space.

Then the two parts come together again and I feel the whirlwind of energy above my head again. I try to throw it upwards, but nothing happens. Again the register of the limit. I feel I have to stand up. I concentrate in the silence, continue to watch and begin to perceive a presence in front of me (an energy) approaching. I have a moment of fear, but I calm myself by putting faith and registering the friends next to me. The presence passes through my body and leaves me with a deep peace. In this state, I begin to register an energy ahead, spherical in shape and huge, very big. Transparent but I can't see anything inside. There are soft colours that move and change. The sphere starts to press against my body and I hear the word Time. I open myself to accept the sphere and its energy. I have

the sensation of passing inside and I see very vaguely a kind of door, like a cave entrance. I enter... and everything dissolves... I open my eyes.

I feel out of phase and without good control of my body balance. Gradually the balance is restored as we are exchanging our experiences. There were many similarities.

Wednesday 4 April 2012: Visit to the archaeological museum of Latte.

On that day we have not planned experiences in specific places.

We decided to visit the archaeological museum in Latte because it is next to the ruins of a Celtic Oppidum (castro) and we were hoping to find out more about the Celts. It turns out that the museum contains Celtic, Etruscan, Greek, Phoenician and Roman objects and artefacts. We discovered that the maritime city of Latte has a very long history and was a strategic trading post as far back as the archaic era.

We discovered that the Celts already had iron coins with an equilateral cross 600 B.C.E. They had pottery with grey and white colours, with very fine abstract figures. We could not enter the Oppidum because it was closed until July. But in a book in the museum there were quite a few pictures of Celtic statues in a Buddha position which were originally placed on square columns that served as an entrance portal. There is no explanation of their function, but the statues give the impression of worship and sacredness. We continue with the impression that very little remains of this culture.

The Bezier Experience, 5 April 2012-04-15

Introduction



Bezier was a very important centre of the Cathars and the first town to be sacked by the crusade against them in 1209.

Catholics and Cathars lived together in harmony in the city. Because they did not want to surrender to the army of the crusade and the inquisition, the city was attacked and sacked and 20,000 citizens died, many of them taking refuge in the

churches that were burnt with the people inside, especially women and children. "Kill them all, God will know how to recognise his own", was the order of the inquisition.

The Cathars and their Gnostic religion are an important part of our research. This religion has its origin in the Middle East and comes possibly with the first crusades. The Cathars did not accept the Christian version of the Catholic Church, which considered Jesus as a living person and son of God. For them, Christianity was an inner process of asceticism, in which the word Jesus represented the soul and the term Christ, the spirit. By purifying the soul (Jesus) one could reach Christ (spirit) in order to be united with God. It was therefore an internal and not an external reality. They did not build churches.

There were only two levels of religious practice: that of the believers and that of the initiates, the Parfaits (Perfecti). To become a Perfecti, a woman or a man had to go through a process of gnostic initiation that ended with acceptance as a Perfecti. Anyone could decide to undertake such a path. This process was done in grottos withdrawn from the world, to return to it "with luminous hands and foreheads", with the task of guiding and assisting the believers in their daily religious practices. The Perfecti also knew the medicinal virtues of plants and cured the sick. Because of their great kindness and sober life they were called Bons Hommes (Good Men). All Cathars lived a sober life and, for them, the spiritual life was the centre of their existence.

They gained a lot of influence, especially in France and Italy, but also in Spain, Holland and Germany. The Catholic Church was in crisis because of its high degree of internal corruption and people saw the Cathars as the true practitioners of Christianity, converting to Catharism. The word Cathars comes from the inquisition of the Catholic Church and means heretics. The Cathars themselves called themselves true Christians. Almost everything that is known about the Cathars comes from the writings about them by the Dominicans, before and during the crusades against them, describing their life and practices, but from the point of view of the Vatican. The extermination of Catharism was so precise and rigorous that its existence was forgotten and only mentioned in historical books as a heresy without further ado. But in Occitania in the south of France many remnants and legends remained, which were investigated and interpreted.

At the time of the Cathars, Occitania was a region independent of the crown of the kings of France, with each town governed by a council, in which a count participated. Of these, the Count of Toulouse was the most powerful.

Occitania was also the cradle of the troubadours, who went from place to place to distant regions, to spread the luminous and non-violent religion of the Cathars and the Courts of Love (Courts d' Amour) which were practised by the nobles of Occitania. It was a rich and progressive region, which produced much literature, music and science. It had good relations with the kings of Aragon.

The Cathars practised nonviolence and had nothing to defend themselves with. For this reason, when the Church launched a crusade against them, it was the nobles and citizens of the region who protected them with their weapons. The crusade lasted 40 years until the last Cathar stronghold, the castle on Mount Segur - where some 600 Cathars had taken refuge for 40 years - was taken. 200 Perfecti were burned alive. In the writings of the Dominicans, it is said that the 200 sang in the flames.



Experiences in Béziers

We took a whole day for Béziers, in the interest of connecting with that city and its history of Catharism. There were many strange and unusual moments. Here are a few, which we thought were the most illustrative.

The four of us had the same experience in the square where we arrived at the end of the day and from an underground car park. Coming out of the lift into the square, it gave us the impression of being too big for such a small city. We wondered why so big. We continued along a very long pedestrian boulevard with large trees. At the end, we saw the theatre and headed that way. We did not know the city and had no idea where to find the old part and the cathedral. When we arrived at the theatre, we saw a writing on a plaque on the wall of the theatre. The writing is a thank you from Belgian refugees to the city and its citizens for having welcomed them in 1940. A first sign that seemed to correspond to the gentle atmosphere we perceived.

We ask two young men where to go to find the cathedral and they point us in the right direction, very kindly too. In the alley, a woman comes up to us very cheerfully and asks us for a light for her cigarette. The attitude is very gentle and cheerful. We reach the end of the alley and see part of a Romanesque church. We think it is the cathedral. We cross a small square, continue along another alley and come out onto a square with a church and tower in front of it. We see that it is not a cathedral, but we are curious and discover that it is the Church of Magdalena. It is clearly Romanesque in structure. We see a single

gargoyle attached to the tower and strange symbols on the roof. In the square, next to the church, we discover a memorial stone.

The stone mentions the sacking in 1209 by the crusade and the massacre in the church, accompanied by the phrase: "Kill them all, God will recognise his own". A clear reminder of the Cathars and Catholics who lived together in this city.

In the cathedral we had some strange experiences with some people. There was a little man behind a small table at the entrance of the cathedral, who was continually moving his lips, as if he was talking to himself or praying. Denis, when he had gone into a side chapel to make his experience, suddenly felt the little man behind him, murmuring. And Christophe, coming out of the tower staircase and passing in front of the little man, who was again behind his little table, heard him say that yes, it is time to close the tower, looking him straight in the eye. Christophe had not asked him any questions.

Walking down the very narrow staircase of the tower and out onto the middle balcony, I met a young boy and girl who were patiently waiting for me to come out. I ask them if they are going up and they confirm. When I say "good luck" (because the climb is very hard) the young man bows his head and puts his right hand on his chest - the way we make askings - looking directly into my eyes. There was a communication without words, but very deep.

These three events followed profound experiences in relation to our connection with what happened in 1209; Christophe and I on top of the tower, Denis in the chapel and Eric in the catacomb of the cathedral.

When, after the visit to the cathedral and our experiences there, we sat down on a terrace of a bar and I went inside to go to the bathroom, I met an elderly man sitting at a small table, who looked at me from the moment I entered with a bright smile on his face. The strange thing was that the man had to turn his head to see me. Walking in the direction of the old man, I greet him and he greets me back with a radiant soul. Another moment of very intimate contact, like the recognition of an old friend. Coming back from the bathroom, again the little man looks at me with the same smile and another farewell greeting.

On the way back to the car park, at the end of the day, we pass this square again and remember the alley to return through and the small square to cross. We cross it and enter the other alley, which we recognise perfectly well because of a shop with Middle Eastern carpets that we had seen in the morning, which should lead us to the theatre. But, at the end of the street, there is no theatre and we feel lost. There was no one on the street, but suddenly there is a young woman in front of us and she asks us if we are looking for something. We explain that we are looking for the big square with the car park underneath. She very kindly points us to a street that seems to us to go in the opposite

direction. But we thank her and take the alley. In less than 5 minutes we come out onto a square. We don't recognise it, but as we look across the square we see the door of the lift that we do recognise. However, the square seems much smaller than it did in the morning. We feel surprised and disoriented because the distances are not at all the same as in the morning and the square also looks very different from a few hours earlier. Everything else seems normal, even a couple of homeless people standing in front of the lift door chatting. But the experience matches the strange atmosphere of this city, where the inhabitants are all very friendly.

These strange encounters (there were more), have left us with the feeling of a time and space mismatch, a "deformation" in the temporal and spatial fabric, as if these people were there or appeared there on purpose to give us a sign. Because in each of these experiences something happened that consciousness could not explain, but which has left us with a more internal register of a communication with other spaces and times.

Bezier Cathedral (Saint Nazaire Cathedral) is also full of strange objects. It also has a plaque with a writing mentioning the sacking of the city in 1209, and the construction of a new Gothic cathedral to record "the triumph of the church over the Cathar heresy".



The experience

I climbed up the bell tower by a very narrow, spiralling staircase. The climb was an experience in itself, the steps were very high. The ascent seemed endless and twisting around the little central column and took its toll on the consciousness. I reached the ramp

around the last part of the tower, where the bells are, a sort of walkway with a balustrade. I was there with Christophe and we found a corner. There was a longer part and I stood on the ground, with my shoulders resting on the balustrade. And I connected... I connected with the place, with Béziers, the cathedral where those who had taken refuge in 1209 were burnt alive. I also connected with the Church of Magdalene, where the refugees were also burnt alive. I connected and began to feel a great compassion for the 20,000 victims of the crusade against the Cathars.

In the midst of this compassion, I launched my asking: I wanted to bear witness to their suffering, I wanted the energies of the time to reach me and to speak to me (souls, spirits) and I became silent....

After a while, I registered rippling energies in the form of flames, but very gentle, kind, peaceful... and I registered that as a sign that they were living in peace in Béziers and that all was well. That lasted for a while.

Then the energy changed, as if it stiffened, and I register a change of situation, from beneficial to violent. I think I hear screaming and wailing, and I perceive fire, a lot of fire. Then silence, total silence... and out of that silence comes light, a lot of light and waves of colours from right to left, soft waves of colours and light.

I register it as a reconciliation of souls, that I need not worry about them, that they are well.... I feel a deep gratitude, I thank them and ask them to help us in the illumination of the world, which is again very darkened.... In response, I register a pulsation in that light and again I feel grateful and let myself be abandoned in this light of thousands of souls and spirits, letting myself be bathed in this living light.

The experience was very expansive, the space of representation immense. It took me a long time to come back to the world. When I opened my eyes, I saw a filigree of clouds above the cathedral. They looked like angels. They were just above the cathedral.

In the evening, we again had a long exchange about our experiences. There were many commonalities, similarities in the experience in the cathedral.

Note

The 6th of April was a strange day, because in the three places we had chosen there was nothing left, nothing was happening. A Celtic Oppidum, the Minerva village where 140 Cathars were burnt and the dolmens of Minerva. The Oppidum was closed and was very touristic, commercialised. A pity. Minerva the same. This little village, situated between two cliffs by the thousands of years of river erosion, was full of restaurants and the tourists clearly did not come for the history of the Cathars. There was no indication of their existence there, only the name of an alley called "Rue des Martyrs". We didn't

manage to connect. Only Christophe, who had gone down the cliff and was attracted to the place where there is now a big bridge, has had an experience. On the place where possibly 140 Cathars were burnt.

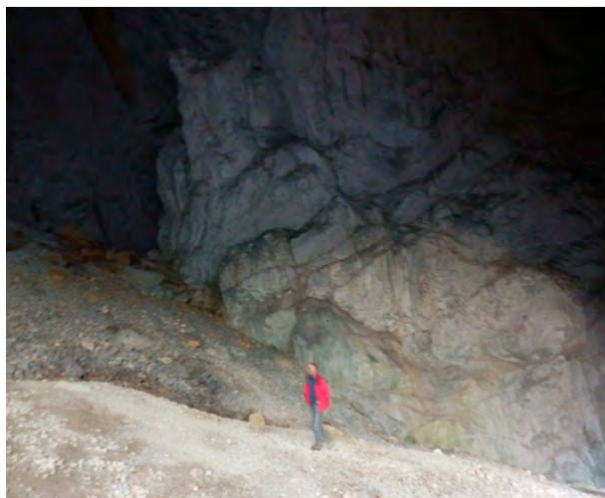
The dolmens were so destroyed that almost nothing was left and we got the impression that the standing stones were erected in this era. So an empty day that reinforced our conviction that some places are charged with energy and others are not. In these three cases, we thought that something in time 'destroyed' that charge, because the places themselves were impressive.

Experiences in the 3 caves of Cathar initiation, 7 April 2012.

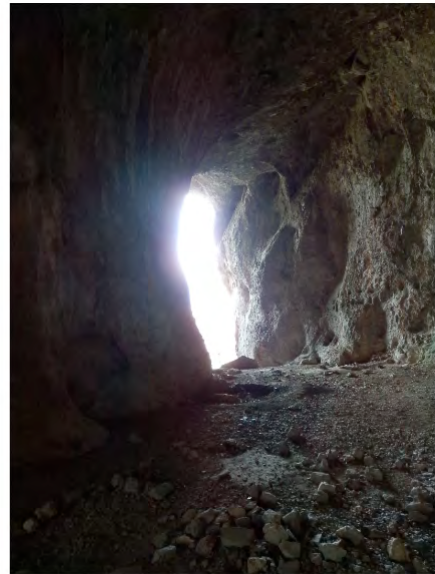
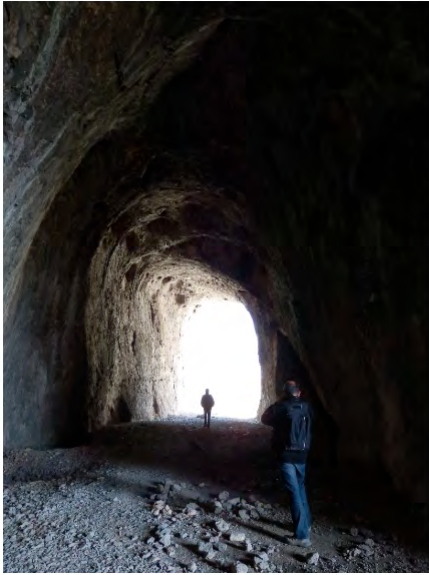
On the evening of 6 April, we drove to Ariege in the Pyrenees and arrived at Ornotac Ussat les Bains. This is the site of the Cathar initiation caves.

On the 7th of April we started our experiences. There are three grottos that make up an internal process: the first is the Church, in another of them, the adepts and Perfecti lived, and it is a grotto that has two entrances, like a kind of tunnel. The third of this grouping has excavated niches, where - we got the impression - they would go to meditate or do other kinds of work. The three grottos are interconnected by very narrow paths.

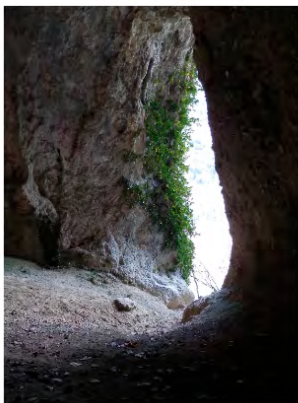
The second grotto is very large, with a majestic entrance that goes upwards. Inside there are several grottos, one after the other, and all is dark. It is said that in this grotto the initiates prepared themselves to be elevated to Perfecti. It is called the Hermit Grotto. The third grotto, the Grotto of Bethlem, is the place where the ceremonies of elevation to the Perfecti were performed. This grotto has ruins on the road leading to it: fortifications and portals.



Church



Tunnel grotto



Meditation grotto



Grotto of preparation for elevation (hermit grotto)



Elevation grotto to Perfecti

1st experience in the Meditation grotto

I sit in one of the niches and connect with the place and the Perfecti, internalising more and more. But before that connection, I ask for the limits recorded in the Cogolin experience to return. The experience is not visual, in some moments I perceive presences, kind energies that are in their things. I ask to participate in their work... There the experience is one of great inner peace and rising energy, the space is illuminated, with gentle surges of energy from above, and the image of a symbol materialises. It is shimmering silver, a kind of caduceus with a snake. At the top, two lateral wings pointing downwards, and above it a little sphere with a half circle whose ends point upwards, and coming out of the sphere a straight line upwards. As I look at this caduceus I begin to feel as if the back of the head had disappeared, all open and luminous backwards and upwards diagonally. A kind of soft luminous current... Gradually, the image dissolves to be replaced a little later by a triangle dissolving in the light. I gradually emerge from the experience in inner peace.

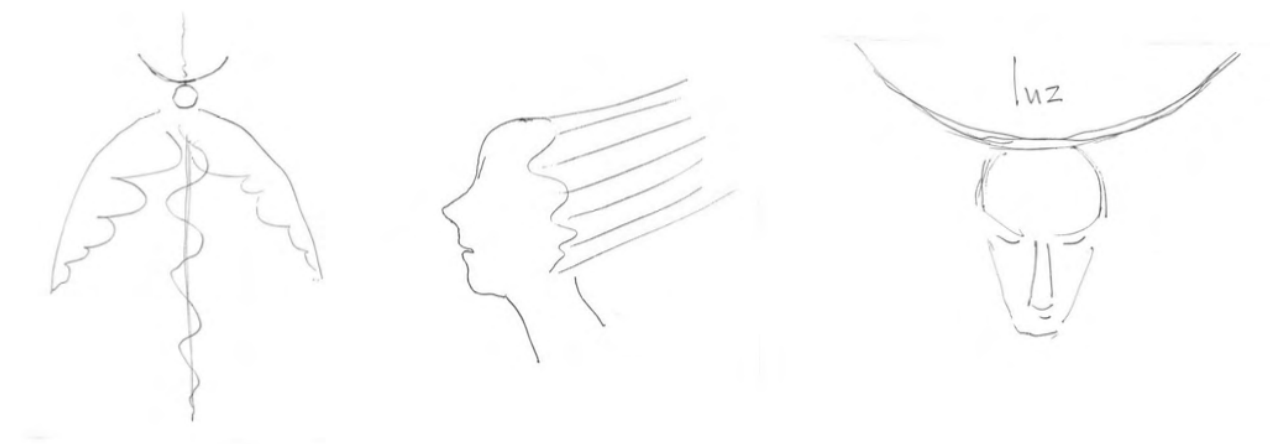
2nd experience in the meditation grotto

Taking inner peace as a conducting thread, I enter again and ask "what is time?" and "how to reach the worlds of the past". I repeat these phrases internally several times and become silent.... I feel light rising with inner and rhythmic movement simultaneously... the grotto opens upwards and I register a bowl of light above my head that almost touches it... and there is an inner contact with friends, an energy that unites us. I see with my inner eyes

Eric in his niche high above, in lotus position, and his image starts to move very slowly floating towards the centre of the grotto, like a buddha. And I get the signal 'ELEVATION'. I see Christophe internally with his head downwards, and the signal 'HUMILITY' comes to me... A triangle materialises suspended in the air, with the figure of Eric at the top point and the figure of Christophe at the right point below... the image of Denis is "brought" to the third point, to the left below. But without a sign. Like a question mark, something I don't understand... silence and I wait. After a while, I get 'PERSEVERANCE'. All that in a suspended state and the triangle that remains, while the bowl of light above my head continues... Gradually it all dissolves and I come out of the experience.

I think I have understood the answer to my question: by Rising with Humility and Perseverance, one can pass through time.

I also meditate on this experience of fusion of energies between Christophe, Eric, Denis and myself, in which everything is equal and One. I perceive the bowl of light above my head as a portal of entry and relate it to the half circle above the sphere in the image of the caduceus in the first experience, and the wings as the possibility of passing the boundary.



Experience in the Hermit Grotto, 7 April, 6:00 p.m.

I have sat down in the second grotto on a rock. I am practically in total darkness. I close my eyes and begin with a thank you for the teaching (or revelation) received in the previous experience. After the thanksgiving, the image of Lory and my daughters, Jenna and Chloë, appear close to me in this grotto. I saw them very vividly and felt my great love for them, but they were wandering around the grotto a bit disoriented. So I brought them in front of me and together. Lory was with our daughters on both sides and in a protective attitude and I hugged all three of them. The register was of a lot of light in the heart. The images of my mother and father materialised, directly behind Lory and the girls. They too, luminous and protective. Finally, the image of Desiree materialises. I feel a deeply felt union. They were moving away. First my parents and Desiree, then Lory, Jenna

and Chloë. My parents and Desiree about to disappear into a crevice that had opened up in the wall of the grotto. I saw that Lory, Jenna and Chloë were also moving around and I was hesitant to follow them. But something told me that it wasn't the case and that I had to do something else. So I decided to take them all in the "grotto" of my heart. And so I did and love merged with their images.

In this inner state, I begin to speak inwardly into the Profound and say that I want to know and live the spirituality of all the peoples of history, to connect, to learn and to understand. And at this moment, in particular, the spirituality of the Cathars and those who may have been using these caves before them. I felt this conversation as a preparation for the entrance.

Having had this conversation, which lasted a while, I was ready to continue. I ask the spirits, the energies of the place to accompany me. I remember the triangle ELEVATION, HUMILITY, PERSEVERANCE, and I start repeating these three words, like a mantra, internalising. I want to enter into the experience by connecting with these three words and then I become silent and wait... connecting with the place... I remain in inner silence, removing distractions from my head, and after having spent a long time with nothing, concentrating on nothing, the ceiling of the grotto was getting narrower upwards and the walls were getting narrower too. They were very high. I followed this movement with my inner eyes. The walls start to glow very softly, with luminous dots and I have a strong emotional shock with respiratory disturbance. The scene dissolves and everything is dark again... after a while, the same scene is repeated and I have another strong shock in my chest and disturbance of heart rhythm. The scene dissolves again and I go back to darkness.... I begin to tell myself internally that I am not afraid of the night, as an internal affirmation, and that I can stay there for a long time. I am willing... There is a moment of quite fleeting presences, and I feel myself accompanied in my experience.

Suddenly, the night transforms into a wall of the grotto, as I see it in my experience. I fix my look on the rock wall, as a point of concentration and focus... And after a while the wall disappears and I find myself in a huge boundless space (the inner register is boundless) in all directions. I see some stars shining softly. And I ask again the questions of the previous experience: "What is time, and how do I pass through it? And suddenly, thousands of stars materialise, an ocean of stars, with a denser ribbon in the centre. I feel immersed in that space and in the nothingness of the immense darkness... and for a very short moment I feel like a god in the centre of his universe... and I get the sentence "Here time does not exist and everything is possible". I experience it as a translation of the profound register I am living. I'm suspended there, I'm not afraid, suspended in the infinity of space... And I feel the need to give thanks and I do it three times, with all my being, introjecting strongly into my heart, more and more inwards... and I come out of the experience with a register of deep peace and plenitude.

Experience in the Grotto of Bethlem, 7 April, 8 p.m.

I connected internally with the place and began by saying internally that I had returned to this place, where we had already been in September 2011, after an experience in the Grotto of the Cathar Church and in the Hermit Grotto, thus completing the two steps preceding the initiation in the grotto of Bethlem. I expressed my deep gratitude for the fact that the Cathars and their Perfecti existed in Occitania, bringing to Europe a religion of light, goodness and nonviolence, and a process of inner workings of experience open to anyone who wished to embark on this path. I have expressed that the world today is very dark and that we need help to enlighten it. So I ask all the luminous spirits of Cathar history to help us to enlighten and humanise the earth, to help us in the battle between the Yes and the No.

I take all those words and put them and concentrate them into a sphere that I throw from my heart into the profound spaces (the sphere turns bright orange, like a fire in the form of a sphere. I watch it leave at great speed). Afterwards, I wait in peace and without expectations... The grotto fills with presences, energies. I wait... and suddenly, the image of a column of fire with figures inside 'materialises'. I see the image 'outside', but I feel the flames and their power inside. I sit in that column at the same time as I see it 'outside'. And suddenly I see white doves flying in circles around the column of flames. The inner register is that this is their response. That from the purification of the flames come the white doves of Peace and that they do their part.... The image suddenly disappears and I feel the grotto totally empty. I feel as if there has been a conclusion which is very good. An inner certainty, a silence.

The experience of Montailou, 8 April 2012



Introduction

The Cathar history of Montailou was discovered by Eric and is very special. It is a lost village in the Pyrenees near the Spanish border. After the first crusade against the Cathars, the few who managed to escape the inquisition took refuge in Italy. In a calmer moment they returned to Occitania and came to this little shepherds' village which was not discovered by the first crusade, but eventually the second crusade reached here as well. Touched by this story, Eric proposed to visit this place and make a ceremony of well-being in commemoration of their lives. He was also inspired to write a tribute text and we decided to start the ceremony with the reading of this text.

To get to the place we need to go through the snow, descending on the other side and arriving at a beautiful valley where there is only this small village, where there are still shepherds. On the hill, inside the village, we saw some ruins and discovered that there was a castle of the lords of Foix. We decided to hold the ceremony there. The day was rainy and cold and we started the ceremony with overcast skies, wind, rain and cold. During the ceremony we felt the sun and when we finished there was a blue hole in the

clouds, through which we could see the sun, which accompanied us until the end of the exchange about our experience. Then the hole closed and again everything was grey. Something very special happened in our experiences, which were also very similar, and the appearance of the sun for us was like a divine blessing and a sign.

The experience

The text of homage

A tribute to Montaillou, the shepherds' village in the Pyrenees, where the Cathars once lived.

A profound thanks to all the simple women and men of that time; anonymous peasants and shepherds, who, despite their existential conditions and the violence inflicted on their faith, have left us - in their own way - a message of spiritual freedom.

A wind, which joins thousands of others, comes to us with force to illuminate anew the fire of inextinguishable faith in the human being and in the possibility that expresses itself in thousands of spiritual paths.

Cathar friends, seekers of Sacred spaces, so distant and so close, the smoke of the pyres went with the wind of Time, transporting and containing your spiritual message that today accompanies us in our hearts.

You transmit to us this beautiful renewed experience that nothing can take away. The freedom to believe or not to believe and that nothing can take away the freedom to follow new paths.

In this present moment, we feel you as part of this evolutionary intention that transcends space and time, a wind that sweeps through and turns the valleys of past tears into future joys.

Thank you...

We listened to it with our eyes closed and relied on the words to connect internally with this place and its inhabitants then... and I registered great compassion....

In the ceremony of well-being, with that great compassion, I tried to connect with all the suffering and abused human beings in the world today. I internally registered the immense space of the valley and the mountain ranges on the horizon. In that space and beyond, towards the whole world, I launched my asking for well-being, that the inner light and the goodness of Silo's Message may reach them. I did it with all my being and projected it with all the force I was capable of. And the space was illuminated and I felt the sun. In the part of the contact with loved ones who are in another space and time, I connected within that inner light with the spirits of those shepherds and Cathars who died

there for the crusade. And I felt the warmth of the sun. There was also the fleeting sound of a child laughing. When I opened my eyes I saw a hole in the clouds, right where the sun was warming us, and the phrase at the end of Silo's 1969 Harangue of the Healing of Suffering came to me: "My brother, my sister, keep these simple commandments, as simple as these rocks, this snow, and this sun that blesses us." And I felt the blessing of the sun, as if our asking had been heard.

The experience at the Dolmen de Sem, 8 April 2012, 5pm.



This is also where we went in September 2011. But there we had the feeling that we had to come back again.

1st Experience

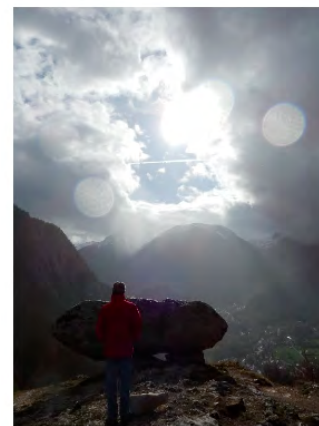
I stand on the left side of the Dolmen because my intuition invites me to stand there, very close to the stone, but without touching it. I connect with the place, high in the mountains, with the massif in front of me and on the other side of the valley.

I go inwards and upwards and ask the question: "why does time exist? ". And I wait in inner silence... A figure appears that I see from behind and at the same time from the front. He is and is not, before my inner look. His arms are raised diagonally, with an object in each hand that I can't see very clearly, but one of the objects, the one in his left hand, is elongated. He is dressed in white with a belt and a golden disc on his chest. On his head is a Sumerian type cone. He is making an appeal the universe. I remain observing and register a shift. The figure dissolves... I ask the same question again, but this time it comes to me to ask for help from Silo to guide me... Silo appears on my left side and steps in front of me, puts his hand on my chest, and gently pushes...further inside...and pushes...I clearly register the weight of his hand pushing and let myself go inward.... I inwardly shift backwards, as I continue to register the push, until I perceive myself within my heart. My body is a bigger thing. I perceive part of the trunk and the head up higher and the legs down lower. It is an inert body. I know it is my body, but I perceive it as alien, distant and inert. I register myself in a sphere inside my heart and from there I look forward. It is as if I look out from my heart into a circular hole of translucent blue, and nothing else... the hole dissolves and I am on the edge of a bottomless abyss, with the wind strong around me. I am not afraid of losing my balance and I hear Silo's voice: "when you are in your centre, there is no time" ... I remain in this state and presences approach me. One on each side of me and a third presence in front of me. The register I have is that the two on the sides serve to keep me from losing my balance, a kind of assistants, and I surrender to them with total trust. The third presence did things with my body without touching it, gestures, figures... I let myself go in that kind of ritual... and the expression AXIS MUNDI arrives. At that moment something focuses inside me and suddenly I feel the sun on my face.

I open my eyes and see a blue hole in the clouds open and expand, right where the sun is and above the mountain massif in front of me, and the whole external landscape is transformed into something majestic, a powerful sign. I register internally a connection between worlds. It overtakes me.



Still in that state, I feel the urge to photograph this masterful scene, so as not to lose it.



Note

In searching for the meaning of Axis Mundi, I found these explanations, which confirm the internal register I had at the time of the experience: Axis Mundi expresses a point of connection between heaven and earth, where the four cardinal points meet. At this point, travel and correspondence between higher and lower realms takes place. Communication from lower realms can ascend to higher realms and blessings from higher realms can descend to lower ones. The point functions as the starting point of the world.

2nd experience

I entered the second experience in the state in which I had left the first, that register of being in contact with a powerful signal. I stood looking in the direction of the dolmen and the mountain massif, still illuminated by the sun through the blue hole in the clouds.

I close my eyes and connect internally with the sun that blesses me. I feel that I have to keep my arms close to my body and I do so. I start to feel that something is happening with my body and, with my inner eyes, I see that the front part of my body is disappearing, dissolving, even my head. There are only my feet and a part behind that I register along the spine. And a white luminescent being with wings emerges as at the same time I register myself as a white luminous being with wings. It is made up of vibrant white and luminous flames, and everything moves. I don't know how to explain it better, I see the being and at the same time I am this being, I am inside and I register it, and I see it from the outside. It is me and it is not me, it is something else, but it emerges from my body that had disappeared. The being, me and not me, is about to spread its enormous wings to take flight towards the sky. I have a precise register of all this. The being wants to fly into the sky and is about to do so, and I feel part of that being. Something keeps me anchored. It is a double sensation and, at that moment, I register two things at the same time: the being preparing to fly towards the sky and my feet, still solid, anchored to the earth. I register an instant of possible separation between the solid and the ethereal, and at this precise moment I hear: "it's not your time yet". And everything suddenly becomes normal, but with a very light register inside my body, as if without any weight... An immense overflowing joy invades me and I salute the sky and the All, and I thank 3 times in the deepest part of my interior.



"The disappearance of the limit of time will be for our consciousness a qualitative leap as important as was the opposition of the thumb in primates, which allows new functions that will generate new nervous connections, modification of the system in general and, in synthesis, another species." (excerpt from Consequences of the technological revolution, May 1989, non-textual notes from talk by Silo).

21 April 2011, Peter Noordendorp