

The Asking and Silos Message



Experiences concerning Contradiction and Unity by implementing the Asking

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Introduction

The first impulse to this work was the „present, which Silo gave in his speech in the year 2005, on the occasion of the inauguration of the park of study and reflection in La Reja, Argentina.

In this text it is said:

„Today we are holding this celebration, and since in some celebrations people exchange presents, I would like to give you a gift. Then, certainly, it will be up to you to decide whether it merits your acceptance. It consists, in fact, of the easiest and most practical recommendation I am able to offer. It is almost like a recipe from a cookbook, but I trust you will be able to go beyond simply what is indicated by the words...

In some moment of the day or night inhale a breath of air, and imagine that you carry this air to your heart. Then, ask with strength for yourself and for your loved ones. Ask with strength to move away from all that brings you contradiction; ask for your life to have unity. Don't take a lot of time with this brief prayer, this brief asking, because it is enough that you interrupt for one brief moment what is happening in your life for this contact with your interior to give clarity to your feelings and your ideas.

To move away from contradiction is the same as to overcome hatred, resentment, and the desire for revenge. To move away from contradiction is to cultivate the desire to reconcile with others and with oneself. To move away from contradiction is to forgive and to make amends twice-over for every wrong that you have inflicted on others.

This is the appropriate attitude to cultivate. Then, in the measure that time passes you will understand that what is most important is achieving a life of internal unity. This will bear fruit when what you think, feel, and do go in the same direction. Life grows thanks to its internal unity and it disintegrates because of contradiction. It happens, then, that what you do does not simply remain inside of you, but also reaches others. Therefore, when you help others to overcome pain and suffering you make your life grow and you contribute to the world. Conversely, when you increase the suffering in others, you cause your own life to disintegrate and you poison the world. And who should you help? First, those who are closest to you, but your action will not end with them.

Learning does not stop with this “recipe.” Rather, it begins. This recipe says that you have to ask—but whom do you ask? That depends on what you believe. It may be your internal god, or your guide, or an inspiring and comforting image. Finally, if you don't have anyone to ask, you will also have no one to give to, and so my gift will not merit your acceptance.”¹

Since then many friends and also me implement this „recipe“, what means this mechanism of the asking, and in doing so, we adjust it to concrete situations: We are asking together for

¹ Silo, speech on the occasion of the inauguration of the park of study and reflection La Reja, 2005 (www.silo.net)

people who are in a difficult life situation, for the improvement of a social situation or in other cases, searching for a solution.

So, on many occasions I formed a habit of the asking. As well as of the thanking, when I feel strengthened by positive emotions, inspired or in moments when I simply feel happy. Without doubt the practice of the asking in all its variations is not only an inner support in difficult situations but also produces positive and inspiring experiences.

But at times, taking the text of Silos speech at hand and reading: *„Then, ask with strength for yourself and for your loved ones. Ask with strength to move away from all that brings you contradiction; ask for your life to have unity. ...“*, I felt reminded of the essential and it surprised me that this essential seemed to slip away over and over again...

The second reason to do this work goes back many years ago and consists of an inner experience, an „answer“ to a question.

Reflecting on the subject of contradiction or trying to recognize my contradictions, I felt that all of them are underlain by the same profound contradiction, which I repeat in different ways, which always throws me back and which influences the direction of my life. This one contradiction, which in a certain way is the base of all my contradictions, which operates without me being able to determine it, this one I wanted to see. So, in a meditation I asked myself, what my deepest inner contradiction was.

The „answer“ from within at that time was stirring. Images and emotions appeared whose meaning I could barely capture. Nevertheless I never doubted its truth or meaning. Although I never really understood this experience, since then it accompanied me and helped me in one situation or another to find my way.

Apparently there are profound experiences that you carry with you for many years, without being able to describe, to explain or to relate them. Experiences that always show you the way, even if visual representation fade in the memory. Something remains and determines the further path.

I hoped, that the implementation of the „recipe“ would help me to really comprehend the meaning of that former experience.

And finally I felt an urgency to leave behind the contradictions – especially this profound contradiction underlying all others.

The environments

„...Then, ask with strength for yourself and for your loved ones.“²

Before „pronouncing “ the asking I envision the people that I want to include: people I love, who are close to me, with whom I feel close friends...

There are friends in other places and from other times. Without taking much time, I „travel“ through the various human environments, in which I move or have moved in daily life. This „journey“ starts automatically and I do not stop it.

The circle of people expands and with it my internal space, where all the people are located. A sensation of being close to them appears or is reinforced, even if the visual representation of some people remains vague.

This whole „landscape“ is moving and changing from asking to asking. Some loved ones are always present, others are coming and going. I let this happen without retaining the representation of anybody. Sometimes one or another person appears unexpected from my memory. Sometimes I rediscover positive feelings for some people.

This way I am diving into the different environments. And while they merge into one and also the different times merge into one, gently an inner atmosphere is formed that is not the usual one. It's like being in another mental place. And it's here that I start the asking.

After some time – if for instance I do not have enough energy to visualize particular persons or if I have very little time for the asking – it is enough to remember this atmosphere to feel the closeness of the loved ones and to go to this special mental place.

Sometimes these „journeys through the environments“ continue also beyond the asking or they evoke long forgotten memories. Family, friends, neighbours, acquaintances... encounters of former times... many faces... connected with a strong feeling of affection. An experience of force and warmth flows through me. And again this atmosphere which is not the usual one.

Sometimes I try to apply the asking silently in daily life. For example in the tramway by including other passengers. This changes my look on the environment; I feel the people very lively and close.

But not only dear persons appear in the inner landscape. Also those with whom I have difficulties. And a little bit more drastic: Also those who bring pain and suffering into the world and cause great harm to others. How to deal with them? Can I also ask for them? Including them in the same asking with the loved ones initially feels like a betrayal. It makes the emergence of this particular atmosphere impossible. However, in attempts of two askings it happens a few times - if the first asking is deep enough – that something of this

² See note 1

particular atmosphere is transferred into the second asking. Then there are only the positive sensations, the other mental space and the asking. Rare moments, in which I feel liberated from having to think in categories of friend and enemy.

But the special atmosphere and the sensation of the non-ordinary are nourished by the best feelings towards the beloved ones and by all that I appreciate and like of them. And so, in my further askings I return to the original wording of the “recipe”. I understand that it is a matter of strengthening this atmosphere in order to reach reconciliation, possibly also with those people that are not beloved.

And suddenly I understand in a new way what Silo said elsewhere:

“It is important, then, to direct your attention to the best qualities in others, because you will project into the world those qualities you have managed to configure in yourself.”³

Deep joy and a deep meaning for the future fulfills me!

Response (resonance) and inner space

“... Inhale a breath of air, and imagine that you carry this air to your heart. Then, ask with strength for yourself and for your loved ones. Ask with strength to move away from all that brings you contradiction; ask for your life to have unity. ...”⁴

After visualizing the loved ones I breathe deeply and ask in the proposed way.

The intensity or the force of the asking varies and depends on fatigue, distraction or other factors. At first I think that a „too weak“ or less concentrated asking may miss its purpose. But after a while I find out, that the fluctuations are not decisive, as long as I do the asking as concentrated and strong as possible. This intention and the daily repetition seem to compensate, so that a response to the asking also appears, when I think not having found sufficient energy for it.

As „response“ to the asking mainly two experiences recur. Not always they appear immediately, but sometimes shifted in time – thus a short time after the asking.

During an interruption of the practice of the asking for several months the two experiences do not occur and upon resumption of the daily asking they reappear in the same way.

³ Silo, Humanize the earth, The inner landscape, Chapter XVII The inner guide (www.silo.net)

⁴ See note 1

After several months both experiences begin to become independent. That means they appear from time to time in daily life or they are present for a longer period. Or I can recall them intentionally, when I notice their absence, which means when I miss these sensations. Gradually they reinforce an inner center on which I can rely.

The first „resonance“ appears as a special warmth or energy in the chest – in the heart. Sometimes so intense that it makes me think of fire. At first I experience this energy as an inner response to the asking, as if it had „arrived“ or had been „accepted“. It is connected with a sensation of deep faith (in life and in myself) and a deep affection (as a general sensation). Sometimes this energy stays in chest area, sometimes it expands from there to the whole body. Sometimes it appears as a short signal, sometimes as a longer experience of force.

The second „resonance“, I experience as a kind of brightening of the inner space. Not in the sense of light, but rather in the sense of sound. An inner „tone“ becomes bright, gentle and serene. Everything gets a brighter coloration. My state, my look towards the world and towards myself changes and this change influences everything, what I think, feel and do. It's like the absence of everything negative; a condition that presents itself without contradictions, accompanied by a deep joy. A joy which is felt like coming from far away and sometimes I am unable to say if I can feel it or not, since there is no physical register. A hint... an intuition... present but nevertheless not to be named.

Both experiences have something very essential and far reaching for me that I cannot put into words. Also they are inseparable. They form a unity and influence each other.

By repetition of these experiences I begin to perceive my inner space differently. I begin to experience the inner brightness, kindness, the closeness to others and to myself and also the human profundity in a new way – more ample and lightly. I also begin to attach a higher value to them. And sometimes I notice how my inner space automatically expands backwards so that I can look on things from there.

Then I think of the following words of Silos Message:

„At times I have broken through my reveries and seen reality in a new way“⁵

Shifting the look.

On the occasion of a common asking a friend remarks, that it is not possible to move away from all what brings you contradiction, as you are exposed to many contradictory situations that you cannot elude.

⁵ Silos message, chapter V, Intimation of meaning (www.silo.net)

What shall I reply? There are many situations we are not free to choose and that do not give us a feeling of inner unity. Also the contradictions of other people or institutions affect us and our lives. Sometimes the whole world seems to be so full of contradictions that we cannot imagine the possibility of a unitive life.

Questions arise: how do I relate to my environment, to the outside world; how do I perceive it when I try to move away from all that brings me contradictions?

In the first time of my daily practice of the asking I notice more consciously all kinds of contradictions of my everyday life: starting with my own indecision (shall I do this or that?), to things that I do, although I actually aspire another direction, to a daily rhythm that is defined by obligations and not by my wishes, to social manners and values that are contradictory in themselves, up to brutalities that affect me more or less directly... the spectrum of cases, which I experience as contradictory, is enormous. And not infrequently they pass the limit of the bearable.

How is it thus possible to live without contradictions? What role does the asking play in it? Can it produce something at all?

I start to immerse myself in all the appearing questions. At one point I recognize, that the doubt and the degradation are part of the contradictory concept... that I myself am part of the contradictory concept... And I realize that the immediate or „logical“ answers come from the same inner world as the question and thus the circuit of contradictions cannot be broken.

Again I question my activities, my daily life, my behaviour. Thoughts and ideas appear, are rejected, new ones appear, are rejected again and emerge anew...

One evening I am suddenly enfolded in a sensation of gentle poetry, in which the look turns inwards. And here I understand: to move away from all what brings me contradictions has in the first place to do with myself – the asking is about MY contradictions.

Mental state and meaning

There are these „bad days“. Waking up in cloudy mood, tired. Diffuse dissonance, many things go wrong, many things get on my nerves, many things “do not fit somehow“.

During a break the asking. In between, it is also mentally present.

The sensation of being in two worlds at the same time. On one hand this ill-humoured mood and on the other hand this special lightness that again and again is directing the look to the human in other people... fascinating and beautiful. It pleases me, in spite – or just because of my grumpy mood – to treat other people intentionally well and kind. I am surprised that it works and what special moments it causes.

Back and forth between these worlds I make phone calls, write emails and do a lot of other things.

At a time in the later evening something inside is relaxing. I am reflecting the day. My mood is still very cloudy. But I am surprised that even on such a „bad day“ I could accomplish so many things and experience so many beautiful situations with other people – so, obviously the mood does not matter. And I am surprised that despite the bad mood, there is also this other thing present, this lightness and this unity.

Also this experience reinforces my faith in the asking. I recognize not only the possibility, but also the deep meaning of leaving behind the inner contradictions. Phrases from Silos Message come to my mind ⁶, but the state of these two „parallel worlds“ reminds me above all of the following words of Silo:

„If you choose a path that seems adequate for you and you maintain it, on the day you awaken being depressed, you maintain it, and on the day your partner leaves you, or betrays you and you have a love conflict, you maintain it and throws everything in that direction, then there will erupt a phenomenon that we know as internal faith. And that phenomenon manifests itself as force. But basically everything depends on choosing a direction and maintaining it, whatever happens.“⁷

I observe...

It seems to me, that maintaining the direction produces also an increase of inner truth. There are aspirations that prove to be an illusion and there are others that suddenly come to the fore as real needs.

My areas of life „adjust in a new way“; different interests are no longer incompatible.

Also, I see no reason anymore, to degrade my sensitivities, to fight against them or to flee from them. There are moments of sorrow, of fear, of resentment and of failure. But my direction and the meaning of my life do not depend on them.

„Contradictory or unifying actions accumulate within you. If you repeat your acts of internal unity, nothing can detain you.“⁸

⁶ Silos Message, chapter X, Evidence of meaning (www.silo.net): „1. The real importance of an awakened life became evident to me. 2. The real importance of eliminating internal contradictions convinced me. 3. The real importance of mastering the Force in order to achieve unity and continuity filled me with joyful meaning.“

⁷ Translation from: Silo, extract of a personal chat with someone in Mendoza, 24.12.2000 (24 de Diciembre de 2000, Extracto de charla personal con uno en Mendoza):
Si tú eliges un camino que te parece el adecuado y lo mantienes, el día que amaneces deprimido lo mantienes, y el día que tu novio te abandona, te engaña y tienes un conflicto amoroso, lo mantienes y te la juegas todo en esa dirección, entonces irrumpe un fenómeno que se conoce como fe interna. Y ese fenómeno se manifiesta como fuerza. Pero básicamente todo depende de que elijas una dirección y la mantengas pase lo que pase.

⁸ Silos message, chapter XIII The principles (www.silo.net)

The Yes and the No

One effect of the asking is, that in daily life situations I notice more often how my „inner movie“ is running (which prejudices toward others are operating, when and how I get in a hectic pace, mechanisms of degradation, irritations etc.) Sometimes I manage to choose intentionally another attitude (treating others well, consciously evoking positive experiences, perceiving myself etc.) In such moments a sensation of lightness and joy is growing in my interior.

But at the same time, I recognize my „inner movie“ less and less as a personal attitude. Rather I experience it as part of the social manners that also work in me. In a new way I experience the connection between my contradictory actions and the values of the environment.

Observing these values, I see an excess of negativity. Almost physically noticeable is the dissemination of the nihilism at all levels – it seems to be omnipresent. From despair to contempt, accusation, physical or verbal attacks up to the crudest destruction, nihilism has many faces. And it's alarming me to see how it also operates day by day in my own mind – sometimes very obvious as described in the above mentioned „inner movie“, sometimes hidden and not immediately recognizable as negation.

I think about it and observe... I feel encouraged in the daily practice of the asking.

At one point I remember a story, Silo told:

„After an immense period of time had passed, human life began to flower on this planet. But with the passage of millennia, the peoples and the nations began to grow separate and distinct. There was a time to be born, a time to laugh, a time to suffer, and a time to die. Individuals, peoples, and nations, building and growing, succeeding one another until at last they inherited the Earth. They ruled the waters of the oceans and flew faster than the wind, and they crossed the mountains. And in voices of the storm and with light brighter than the sun, they demonstrated their power. Then they looked back and saw in the distance their blue planet, their gentle protector, veiled by clouds.

What energy has moved all this activity, what motor has propelled the human being through history, if not rebellion against death? From earliest times, death has dogged humankind's footsteps like a shadow. And since ancient times, death has found its way into the human heart and tried to conquer it. What was at first an unrelenting struggle driven by the necessities of life became a struggle driven by fear and desire.

And two roads opened: the road of Yes and the road of No. At that point, all thought, all emotion, and all action became torn by doubt over whether to choose the Yes or the No. "Yes" created everything that allowed humankind to surpass suffering. "No" added suffering to pain. There was no person, no relationship, no organization free of its internal Yes and its internal No. Then the separate peoples and nations began to connect one to another, until at

last the civilizations came together, and the Yes and the No of every language was heard simultaneously in the farthest corners of the Earth.”⁹

In these words I suddenly recognize the response, which appeared to me on my former question of my deepest contradiction... all at once I realize how it was showing me figuratively the conflict between the „Yes“ and the „No“. And I realize that my deepest inner contradiction, due to incomprehension and by being entangled in the prevalent nihilism, is to refuse the inner “Yes” voice and expression.

It becomes clear to me: I will not be able to overcome my deepest inner contradiction, if I do not recognize and understand the nihilism that operates in my own mind and outside of me.

The observations continue... about the „Yes“ and the „No“... in which way the one and the other present itself in my life and in the society... what leads to the one and to the other (as sometimes this doesn't seem to be clear) and how I can replace the „No“ by the „Yes“...

To move away from all what brings me contradiction, means a break with this culture of nihilism, a break with the established values, the beliefs and the thinking habits. I observe... and always, when I discover traces of nihilism in myself, I try to change the direction. Then sometimes I can feel this conflict – this contradiction... as the „Yes“ from time to time means renunciation (of a benefit; of recognition or confirmation; of something that I may consider my right; of rigidity, resentment or revenge...).

I remember: *„To move away from contradiction is the same as to overcome hatred, resentment, and the desire for revenge. To move away from contradiction is to cultivate the desire to reconcile with others and with oneself.“¹⁰*

I also won't be able to overcome my deepest inner contradiction, if I do not follow the traces of nihilism down to its depth, in order to make myself understand that it always leads to the denial of life...

„If you believe that your life will end with death, nothing that you think, feel, or do has any meaning. Everything will end with incoherence and disintegration.

If you believe that your life does not end with death, you must bring into agreement what you think with what you feel and what you do. All must advance toward coherence, toward unity.“

I read in Silos Message. ¹¹

⁹ Silo, PUBLIC TALK , Sports Pavilion, Madrid, September 27, 1981, SILO speaks (www.silo.net)

¹⁰ See note 1

¹¹ Silos Message, The Path (www.silo.net)

To repair

„To move away from contradiction is to forgive and to make amends twice-over for every wrong that you have inflicted on others..“¹²

At first I relate this phrase to the more serious situations. Those, in which I really harmed others or caused them suffering. I notice, how I keep avoiding these memories and how they worry me still today. Not immediately I succeed in forgiving and not immediately it becomes clear to me, how I could repair them twice. But I know that this still remains to be done and I ask internally that it may succeed.

With time, however, I realize that it isn't just about these exceptional cases. It is also about the „small actions“ of everyday life, which contribute to the repetition and nutrition of the contradiction. If – whether by carelessness or irritation – I treat someone in an unfriendly or snidely manner, or if I look at someone with prejudice or generally spread dislike, then I get the sensation of poisoning something in the other and that a pinch of that poison is left in myself. And there I recognize it again: the „No“...

The importance of the double repair I only can imagine vaguely. But for the moment it's sufficient for me, to keep this subject in mind, so that I might not forget what remains to be done.

Timeless Moments

From time to time I experience moments, for which there are neither images, nor words nor a sense of time. Moments in which something very essential is experienced or grasped, or in which a profound meaning shows up but cannot be described afterwards.

Sometimes these moments are part of the asking, sometimes they irrupt later in daily life and produce a kind of internal commotion like recognizing a genuine truth for the first time. Sometimes they cause a huge wave of inspiration that seek to be implemented. There are also dreams or sudden wake ups in a particular unitive state.

While writing down these experiences in order not to forget them, while reflecting about them trying to find a translation, as they seem so particular to me, phrases are whispering in my memory:

...And all this has made me think. It is clear to me that without these experiences I could not have emerged from the non-meaning.¹³

Finally, I observed that my “discoveries” were not discoveries at all, but arose from the inner

¹² Se note 1

¹³ Silos Message, chapter V, Intimation of meaning, (www.silo.net)

*revelation at which all arrive who, without contradictions, search for the light in their own hearts.*¹⁴

Outlook

In the meantime the asking as a daily meditation has become part of my life. The experiences are changing and continue developing. And it has become apparent that this short contact with the own interior has indeed contributed to gradually clarify sensations and intentions.¹⁵

But the most important thing in applying the asking is for me the sensation of a truly valid action that is strengthened by its repetition.

What impresses me is the permanent and tight connection between the asking and Silos Message: „insights“ or thoughts that appear with the asking I find explained or described in the Message. Although Silos Message was not new to me, through the asking I have found a new approach to it. The following words I can confirm with all of my heart:

*„Later on you may reflect on what the Message explains in its Book, in its Path, and in its Experience. And then you will also be able to count on true companions with whom you can begin a new life.“*¹⁶

¹⁴ Silos Message, chapter XII, The discoveries, (www.silo.net)

¹⁵ *Don't take a lot of time with this brief prayer, this brief asking, because it is enough that you interrupt for one brief moment what is happening in your life for this contact with your interior to give clarity to your feelings and your ideas.*

¹⁶ Silo, speech on the occasion of the inauguration of the park of study and reflection La Reja, 2005 (www.silo.net)