

Double

School Production, an account of experience

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22 April 2026.
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“He who dies
before dying,
will never die”.

Salvatore Puledda, The Tókarev Report

We are in the ambit of the School; for it to be useful to others, a testimony must be part of a process. Where does the operator come from? And in what direction is he going with these experiences? This is how I shall situate this writing. And my main motivation for bearing witness is this:

*To show that we can all take steps
towards Eternity. It is within our reach,
for us. And the attempt is worth it.*

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Location

I devote most of my Intentionality and Force to the development of the School. That dedication is the best I can do in the direction of Meaning. It is exactly the register of “living within the Purpose”.

For decades, I have been working with the Force. In February 2018, for the first time, I activated the Luminous Centre (superior centre)¹. Reflecting on this change up to the present day (2026), it becomes increasingly evident that nothing is mine; the Force, the essential changes, the evolutionary leaps are not mine; they are part of the marvellous human structure and human process that transcend us and to which I can adhere (the YES) or reject (the NO).

In these regions of experience, one must have great care to differentiate between the types of experience. That is why terminology is of the utmost importance.

This work is an account of experiences of the “Consolidation of the Energetic Double”.

And where does the Consolidation of the Energetic Double fit in? It occurs after the activation of the Luminous Centre. From my experience, I do not know how to place it otherwise. I have not found in the Doctrine any other ways of reaching this stage; we need testimonies.

Consolidation of the Double

We provide a context in which the accounts are situated.

References.

Appendix to the book *The Message of Silo*, [excerpts] 2002

- “With death comes the dissolution of the body, whilst the separation of the energetic double occurs.”

There are no exceptions. This happens to everyone.

- “It is in the human being that a new principle generated in the double appears. Since ancient times, this new principle has been called ‘spirit’.”

This is a new principle distinct from the Double.

- “The spirit is born when the double turns in on itself, becomes conscious and forms a new ‘centre’ of energy.”

It is an indicator of the birth of the spirit.

- “The human being, through its goodness, the elimination of internal contradictions, its conscious acts and its sincere need for evolution, gives birth to the spirit...”

These four prerequisites (goodness, absence of contradiction, conscious acts and evolution) cannot be dispensed with.

The Inner Look, Silo, ATE Editions, 1979.

- “The double can consolidate itself through its unifying activity or by receiving the Force directly from the luminous centre.”

Unifying acts, activated luminous centre and new flow of Force. It is a key text on the consolidation of the double.

What it is not.

I call it *Consolidation of the double* to differentiate between experiences. For example, I am not referring to the simple perception of the energy field’s presence. Nor am I referring to the perception of the Force’s expansion as a sensation of energy surrounding the body. Nor of the Force acting in the superior centre. That is another stage.

¹ The activation of the superior centre (luminous centre) is the central theme of the testimony *A Process with the Force*, School production, Study Centre, La Belle Idée Park.

General outline.

- a) Consolidation of the Double in the direction of the Spirit. The Force bursts into the point of observation (already situated in the activated superior centre), after an accumulation of unifying acts of major purity. The point of observation becomes *independent* through the action of the Force. This point of observation we may call the *observer*.
- b) Imbuing the Double with a certain kind of intentionality. As I am in the state of “activated superior centre”, the inspired consciousness can act. In fact, at the moment of the experience, I realise that this is possible, and not previously. This intentionality will enable the Double to “look at itself”.
- c) Configuration of the Spirit. To date, I have no experience of this; only intuitions from the previous step. Silo notes that, when this occurs, there is no doubt. More than an evolutionary change, it is transmutative.

Accounts²

In the early experiences, I did not recognize the Double; however, the registers were very clear registers of ‘something new’. Little by little, I understood what was happening. Then, I prepared myself to return to this region of the *Consolidation of the Double*, applying the well-known law of *evolutionary processes* (the law of accumulation).

Exchanges with those at roughly the same moment in the process were also decisive in moving from one step to the next.

These accounts describe the early consolidations of the Double with limited understanding. But over the following years, the accumulation of experiences with the Double opened the way to deeper understandings, enabling further steps. The evolutionary level of the experience is growing. This text does not reflect the marvelous register experienced during the ascent (a transcendental, spiritual, sacred register of fulfillment, of liberation from death, of contact with that which transcends all). Instead, I have focused on the stages of the ascent; I believe it is a priority to encourage the work in process and the study of the Doctrine as the experience requires it.

Chamber of Silence, Friday 21 September 2018

It is a “long retreat” of the Chamber of Silence, in an isolated location near Malagón, Spain. This takes place exactly seven months after the activation of the luminous centre within me.

Two weeks “immersed” in intense practices directly related to ascesis, within a close-knit group, not only exchanging views on each experience, but also sharing the practices - which are apparently only individual - in an ascending whirlwind that becomes a collective process.

In the middle of those two weeks, we took a break to coincide with the seasonal gathering at Toledo Park. These conditions put me in a position for an internal *qualitative leap*.

Seasonal, Toledo Park, Saturday 22 September 2018

I remain very attentive all day as I meet hundreds of friends; I am mindful of staying connected to others without losing force, without draining energy in the hugs; quite the opposite; if done well, everyone replenishes their emotional energy.

- *Force increases when there is a close-knit group, moving in the same direction and with very close relationships. Silo. [Message, appendix]*

During the ceremony in the Hall, a great flow of Force surges in, with a control register.

² Some of these accounts were already included in the production of *School, A Process with the Force* [ibid.]. However, the present text develops the Double in a more orderly manner.

Saturday night, 22 September 2018, still in Toledo Park

After this day of intense inner activity, at 1:00 am, I went to bed. As I drifted into semi-sleep, all the Force accumulated during the day, I raised it to the luminous centre with a gentle background. I am registering this static, unmanifested, potential Force. Better to call it a charge. Without effort, I place it in the luminous centre. On its own, it comes to radiate throughout the head. And the whole body. The level break (activation of the luminous centre) occurred seven months previously, but access to the luminous centre remained available.

- *The phenomena of the superior centre, due to their enormous complexity, speed and external effects appear as the most vivid manifestation of light in man. It is not incorrect to designate this evolutionary wonder as the 'luminous centre'. [Siloism] (in Luminous Center, Luminosity, Light, Inner Clarity).*

Now, simply with the intention of remaining attentive, the point of look (highly charged) shifts in front of the body. I do not register this as something strange.

I observe the body lying down, perfectly still, without identifying with it. This, from an externalized point of look. The body's cenesthetic perception consists of active cells vibrating in the same direction. The body's perception is reduced to a unified vibrating energy.

For two hours, the look has been fixed on the point of the "Double" without any effort of attention. From this point, observing the body, I perceive it from the outside, motionless. The body is lying down and the look is above it.

- *[...] that representational system can become independent and have a sense of unity of one's own Self, not here but there. That is what interests us: to be without a physical anchor and yet have a register. [Drummond II].*

Silo also describes occasional cases:

- *Others have seen their own body from a distance whilst entering or emerging from profound anesthesia. And there are those who have also experienced such a phenomenon, through certain forced practices or in moments of great shock. From where have they seen their body? From the outside, they say. And from where have they seen what it sees? Not from the body, by no means. Because if they had seen from the body what it sees, they would have merely experienced a cenesthetic or visual hallucinated projection, as happens whilst awake, for example. But instead, as they have seen their own body from outside it, they have rather experienced the same phenomenon as in dreams, with alteration and in relation to a real situation in principle. For example, the body was on an operating table surrounded by doctors, and one saw and listened to this from a certain distance, just as one listens to and sees phenomena with an unusual register when recovering from a fainting spell. [Silo Canary Islands 1976 Final Considerations]*

I now understand (from experience) how it is easier to consolidate the Double from the activated Luminous Center. One has more control from the centre of the head than from the centre of the chest.

La Belle Idée Park, with friends, Sunday 16 May 2021

We are (once again) in La Belle Idée Park. During the day, I perform unifying acts in relation to other School pairs. In the evening, I go to bed. I intend to sleep soundly for an hour and wake up. The body will be in a state of profound rest.

I know that, when internal unity grows (unifying acts), a great flow of energy becomes available.

After, by activating the superior centre, I will direct this flow to the point of observation, activating the energetic Double from this highly charged point. This is the purpose of the moment. Then, what was intended unfolds: I am awake by the Force that springs forth of its own accord; the superior centre is activated and the point of observation becomes autonomous from the body. In this state, insights are unleashed in bursts. They are insights directly related to what is happening at that very moment.

Approximately every five minutes, a surge of the Force manifests at the point of observation. I remain at this point. Perhaps I can stay there forever? A long time after, “return to the world...” but nothing moves. There is a kind of inertia in this Center of Gravity. The surges of Force continue. I thank. The session lasted forty minutes.

La Belle Idée Park, study centre, School meeting, Friday 14 April 2023

Already on the first day, right up until the evening, there are intense exchanges on essential topics. For two days, I am accumulating unifying acts. I am very attentive to opportunities to “give” to others in the direction of opening up the future to essential changes. That direction of the acts becomes very present. The School is the most appropriate setting for realizing that intention. And a School meeting is the moment when the greatest number of members are gathered. So it is worth anticipating the endeavor.

The date has arrived. Superior feelings towards friends are growing. There is ever-increasing harmony between us. The Force makes itself felt. Often, the luminous centre is reactivated. In me, acts of major purity occur. In turn, these acts foster greater flows of Force.

- *If you repeat your acts of internal unity, nothing can detain you.*

After those two days, at night, I lie down with the intention of awakening the Double. Then, after an hour's sleep, with the body at rest, the look settles in the superior centre. This reactivates, thanks to the increase, over two days, in internal unity. The observer (that is, the point of the look) settles in the centre of the head, in ‘my dwelling’ (the Luminous Center). Here, there is a state of clear and pleasant attention, without effort. Here I could remain. But this Force of a higher qualitative degree surges upwards.

Then, insights are unleashed in bursts. At this stage of my process, understanding forms part of the experience and amplifies it. The insights are concomitant with the look, which becomes autonomous from the body. The observer positions itself at such a distance that it can observe the body. This is easier to the extent that the body is in a state of total inertia, at rest, abandoned (after an hour of sleep). The body is registered as something vibrant. But at the same time, in the observer, ‘consciousness’ is registered, that is, coordination and register. This splitting of perceptions is not experienced as strange, nor as dissociation, but as complementarity, unity, freedom.

Remaining in this state, at a moment a mental connection with Lucho Mora is hinted at; a friend from another continent, who is working on the same evolutionary shifts. After the experience, in the middle of the night, I see a text message from it on my mobile.

All this between 2:00 and 6:00 in the morning. Previous experiences of the same nature (experiences of consolidation of the Double) had durations between a few minutes and two hours. Now four hours.

Insights that function as experiences

Understanding of the process

A) The superior centre is activated as a synthesis of the other centres. I am experiencing this moment, tonight. The other centres are linked to the body (to the space of representation); the

superior centre is not. I understand that the superior centre will contribute to the configuration of the Spirit.

When the body collapses, the centres die with it. It is therefore necessary to concentrate the most evolutionary aspects of these centres in the superior centre (the law of the old being superseded by the new). These aspects will pass from the superior centre to the Double, and then from the Double to the configured Spirit (only the Spirit transcends). And what are these evolutionary aspects? The unity between the aligned centres. This unity is synthesized in the superior centre... and after in the Double.

B) The point of look becomes autonomous. It is the register of the Double (see the School production, *A Process with the Force*).

C) I understand what it means to place a 'consciousness' in the Double. I realise that all these new insights are gained from within the Double (the point of look, the observer, is in the Double and it is, of course, at the point of look where the insights are gained). It becomes the transmitter of Intentionality, the receptacle. The transcendental bursts forth. It is irradiation. It is a great joy to realise this. These insights are gained in harmony with Lucho Mora. At 6 o'clock in the morning, just as I am about to send him a short message, a message from him arrives.

D) I understand that the increasing duration of each experience corresponds to the stage of consolidation of the Double, becoming ever more deeply imprinted.

E) This phenomenon passes through us and seeks to extend, by irradiation, to the entire human race. I deeply thank.

The central axis of my entire process is intentional unifying acts performed daily. Something far less spectacular than out-of-body experiences, astral travel, etc. I see everything that is happening as a manifestation of growing internal unity.

Dying before death

We know that at death, the Double becomes autonomous from the body (from the space of representation). The body is abandoned. And the Double is liberated (from the body) in an evolutionary direction. And if the Double has accumulated sufficient cohesion, it acts towards the configuration of the Spirit.

In my repeated experiences, the same thing happens.

- *"The Double is nothing other than the force externalized in life or after death" [Silo, (in seminars in Europe in 1980)]*

Death or Dying before dying are two identical phenomena as regards the first steps.

- *"Upon the onset of death, the Force gradually fades away or continues its development outside the body at increasingly higher levels until it forms a superior entity." [Silo, (in seminars in Europe in 1980)]*

I understand that this occurs not only "upon the onset of death" but also in life when the Force bursts forth with a new flow and a new degree of subtlety. Under these conditions, the Observer takes up position at the control point of the Superior Centre and becomes autonomous 'outside the body', continuing its development.

At the very moment of the experience, I realise that I am at the beginning of the process of Dying before death. A great joy arises, connected to the future of the species.

What it is not

It is not an NDE, a near-death experience.

- *"There are those who believe they can prove transcendence on the grounds that someone died for a moment and came back to life recounting strange things. That proves nothing more than that, when vital functions cease or resume, imbalances or adjustments not very different from changes in the level of consciousness, or in some cases, similar to those that*

occur in certain transference circumstances when light phenomena occur.”

[Silo, Canary Islands 1976, Final Considerations]

Many people think of psychological matters as ‘dying to reveries’, ‘dying to a desire’, ‘dying for bodily things’. In this account, it concerns the first stage of death (separation from the Double) and not changes on the psychological plane.

As experiences with the Double are repeated, understanding grows. There are discoveries and, concomitantly, joy.

Increase in subtlety

In my experience, inspired consciousness manifests in the state of ‘activated luminous centre’. And there is a growing degree of subtlety in these manifestations. In the process, at the beginning there are very rare manifestations in the form of Ecstasy (I feel I have little of that experience). Then, when Ecstasy is no longer necessary for development, Rapture becomes habitual. When one moves on to the stage of the Double’s development, it is Recognition that becomes intensely active and the manifestations of Rapture decline.

Understanding. For the activation of the Double to proceed in an evolutionary direction, it is necessary to project some form of intentionality onto it. Subsequently, Recognition conveys this intentionality with the appropriate degree of subtlety (or qualitative degree) that corresponds to the needs of the Double.

Curiously, the phenomenon itself utilized itself to develop understanding (a self-referential phenomenon): understanding of the enigma began to develop from the Double, in the form of bursts of understanding (Recognition) related to the phenomenon itself.

This corresponds exactly to ‘placing inspired consciousness in the Double’. The same applies to the evolutionary transition from Ecstasy to Rapture and Recognition.

Lucho Mora had also stated that ‘all centres synthesize in the Superior Centre’.

Always so enigmatic. It was whilst working with the Double that I understood it. There is an evolutionary trend (the Plan) that unfolds through the activation of the centres, followed by the activation of the Superior Centre, the evolution of the manifestations of inspired consciousness, and finally the development of the Double towards the configuration of the Spirit.

If I place myself at the moment of death, I see that, within this dynamic, some elements are destined to die (the centres, linked to the body) and others to aid transcendence (the superior centre, the Double), even though they face a fate of annihilation. And only the Spirit evolves on other planes.

This is the experience of death (without the illusion).

Finally, I can examine the general understanding of the process once more, by summarizing.

- a) There is a phase of work that we might call the enclosure of purity.
- b) Work with the Force ‘purifies’ the elements that are to enter the enclosure.
- c) The activation of the superior centre opens the enclosure.
- d) Afterwards, one lives in the purpose.

The enclosure of purity

This term is inspired by *Notebook No. 5 [School Notebooks]*, where it is described:

- “It is the luminous enclosure of a crystalline consciousness undisturbed by reveries. [...] To enter the enclosure, a state of inner purity is necessary. [...] Without purity, every effort to penetrate is in vain”.

The quotation provides indicators for entering the enclosure. When the superior centre has been activated, one recognizes the enclosure of purity. And I recognize the impossibility of accessing the enclosure of purity if the luminous centre is not activated.

Digression

Some friends have helped me put the finishing touches to this text. I have already mentioned the enigmatic recommendations of Lucho Mora. Then, a friend commented, “It’s fantastic!” when referring to “introducing the inspired consciousness into the double”. Her comment caught my attention and awakened superior emotions. I then recalled the moment when this act took place: it became in stages. In the first experience, only the point of observation exists, present in the Double. With the subsequent experiences, waves of the Force accumulate in the Double. And they exert pressure in the upward direction of life. And the energetic vantage point becomes a luminous centre within the Double. With accumulations, the luminous centre is accompanied by its counterpart: inspired consciousness, higher degree of consciousness in the human being. Yes! It is fantastic.

Understanding

Joint School Work

If you have previously participated in the construction of human structures, you will know how important it is to work in parity and, at the same time, to replicate that level with others. Of course, distinguishing between the ambits (otherwise it is the Tower of Babel). Today (at the start of the third millennium), amidst confusion, fragmentation and the breakdown of structures, it is a matter of adapting these two ways of working to the new situation.

- On the one hand, I search for ways to replicate for others the stage I am at. In doing so, I realise that I learn a great deal in this process, initially based on the intention “I will replicate by bearing witness to what is most essential”. I learn a great deal even though the intention was to give. And the attitude (positioning) is parity.

- On the other hand, in the attempt to work among peers, I encounter peers who are at the same stage as me (us) but in different, sometimes enigmatic ways. And we rise upward.

It is along this line of action that unity grows. And acts of unity are renewed because we move to a new stage and, therefore, the types of unifying acts we can perform change. They are acts that are increasingly pure, increasingly subtle.

And it culminates in an increasingly real realization of the major, transcendent process manifesting itself in each one of us. That changes the way we act. And these are not words unrelated from experience.

“Do not search for false doors.” We are in the ambit of the School. Its Doctrine is a synthesis of everything useful that has developed in the human process to this day; useful for making the qualitative leap that the species requires. Not only that, but it projects into the future a new evolutionary path for millennia.

“A blessed rapture”. Silo changes the deeply ingrained image of the landscape of death; a human landscape of people dressed in black, weeping and rituals. Raptures are not merely registers of liberation but registers of another plane where we wish to live in eternal unity.

“Death is the ultimate illusion”. I interpret this illusion as having persisted for millennia across all cultures.

Transcendental experience of death

- *“The illusion of the perception of death is not resolved by theories, it is resolved by experiences.*

The experience of death places us in the religious ambit, in the ambit of transcendental experience. At the origin of religions lies the transcendental experience; at the moment of its historical emergence, this experience has such a powerful impact that, despite the fact that the experience later fades and is lost, the momentum it leaves behind is of such magnitude that subsequent generations create rituals, churches and hierarchical organizations that

endure for hundreds and thousands of years after the original impact. This original impact is so powerful that even after it has faded, it sustains everything that emerges and has nothing to do with the original experience.”
Silo, book “Conversations with Enrique N”.

Silo says that “*the transcendental experience produces, at the moment of its historical emergence, a strong impact*”. And “*later the experience fades and is lost*”.

We might add that people receive a strong impact when the experience has occurred in “humans” . If the experience has only occurred in gods or demigods, it is as if it were not attainable. Bringing this to the present moment, the impact is different if it has occurred in two masters or a hundred masters.

So there is a guiding image of overcoming death (configuration of the Spirit, dying before dying) and producing ten or a hundred testimonies regarding it. That could first have an impact on the School, after that, at an appropriate moment, on the entire planet. That is to say, to create the conditions so that *the experience is neither diluted nor lost*.

There is a precondition: that the testimonies correspond exactly to the line of Silo’s writings. Otherwise, over the centuries, it would be a source of deviations, as has been seen many times in history. We are talking about masters. To date, this is the only case of ordered processes, differentiating psychological level and superior works (disciplines, ascesis and other works of the School) into groups, forming ambits, based on the most evolved Doctrine.