

Prólogo*

Por María Adela Palcos

Buenos Aires, febrero de 2006

Curiously enough, this prologue began out of gratitude towards my father, Alberto Palcos; in acknowledgement for all I have received from him through his tenderness, his passion for life and his passion for knowledge.

When I received this book, there moved in me, and I was moved by, that mystery of generations, of the continuity in the line of knowledge and fulfillment between one human being and another. For Enzo, although he is not a child of my flesh, he is of my spirit; I have always felt him to be so, in his desire for knowledge and self-transformation and I confirm this once again, now on seeing how the Río Abierto System has been captured and transmitted so clearly and didactically in this book.

La vida en Movimiento (Life in Movement) is a confirmation of this continuity.

Perhaps it would be appropriate to offer here a brief history of Río Abierto, as I am so often asked about it.

This history is inextricably linked to the events of my life, especially to those in which the personal life of María Adela and the transpersonal life touch, giving to that moment a perfume of transcendence.

These are the moments that enabled that insecure doubting and extremely self-critical little girl to trust in Life and fulfill herself.

The first event that comes to mind, occurred when I was just 2 years old. My grandfather (my mother's father) whom I loved deeply, had just arrived from a trip. It was night and he was pulling things out of his trunk – one of those old-fashioned ones they used in those times. I was lying on my stomach on the floor, contemplating the scene as if it were a strange ceremony, full of meaning; suddenly I felt that I wasn't wholly in that room; stars were shining over my head and around me. I felt my "self", my being; I had consciousness of being for the first time in my life; being in timelessness and transcending space. So, here, then one of the bases of the Río Abierto System appeared, although at the time, I had no way to decipher it:

"There are other realities beyond space and time"

You are a being without age"

The second moment I remember was when I was 11 years old, in my grandmother's (my father's mother's) house. It was one of those big family lunches with uncles, cousins, etc. They were all very well-educated and well-informed and those lunches were wont to turn into a kind of verbal contest to see who could convince whom with the soundest arguments.

So, there I was that day, in the middle of that environment and playing that very same intellectual game with a cousin of my age, when it happened... on one plane I was there arguing, but there arose another being behind me; it was huge and very tall, and said quite clearly (the message was for me, as my cousin didn't hear it):

**"Dialectics are your facility
but they are also your downfall;
follow their road and you will
have great success in life
but you will lose yourself"**

This "encounter" marked me for the rest of my life.

It was an immediate understanding of the difference between the futile and the authentic; that which later in our System we would call ability to distinguish between the False Personality and Essence (to use Gurdjieff's nomenclature).

Here also I acquired the certainty that we have a strong, wise and loving inner Guide that never fails us.

Sometimes we may perceive this Guide as coming from the outside, as if it were another person. This has little importance and if we try to elucidate this we'll only get caught up in the limitation of the phenomenal world. What is useful and necessary is to put the message one has perceived into action in order to discard what may be just one's own fantasy; or rather one must test the validity of the message and see that it is deeply rooted in Reality.

Such was my case.

I'll summarize briefly two other events that contributed to the arising in me of those basic concepts that would later become the Río Abierto System.

My grandmother Clara was considered a saint; she never raised her voice and was always at the service of the homeless and the needy; she treated her maid like a member of the family and, on vacation, she shared her hotel room with her (which was totally unthinkable in the Argentina of the 1930's and 40's).

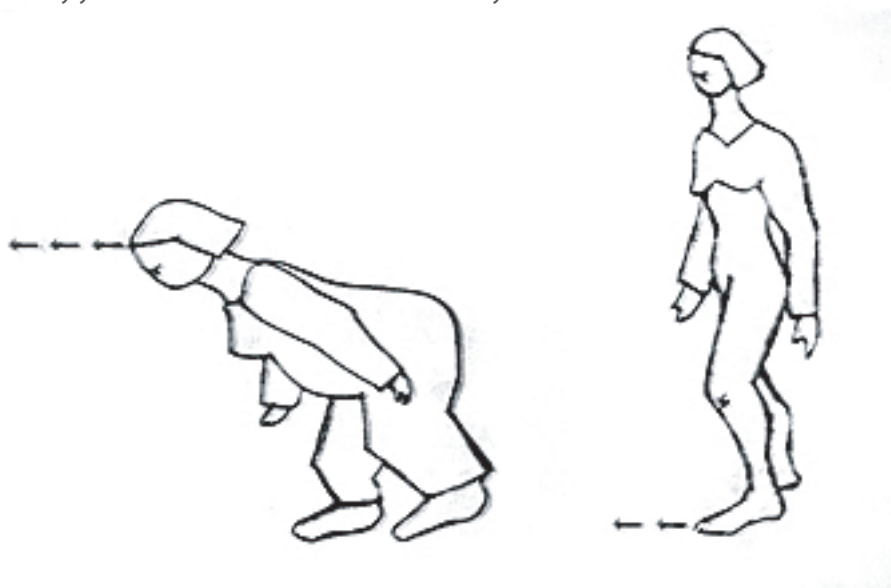
When I was a teenager, she had a cerebral hemorrhage, after which Donna Clara became an irascible, loud-mouthed and ill-tempered being. A heretofore unknown person. A stranger.

This brought me to the awareness, to the understanding, of how opposite attributes live together in all of us, some of which are completely unknown to us because we haven't been able or we haven't allowed ourselves to manifest them. And how, on losing certain controls, these sometimes appears quite crudely as in this case: the person is suddenly able to manifest that aspect of his personality that lay hidden for so many years.

When these heretofore hidden aspects come to light, it is then possible to reconcile the opposites and transform them into complementary attributes, which then enables something new to arise in us, as expansion of consciousness, which sets us on a fuller and more authentic level of being.

And, the last episode which marked the path I was to follow, occurred when I was about 20, totally absorbed in music, and convinced that I was to devote my life to that. I was fat, loathe to move, lazy and lax.

One day, I was travelling by train and the voice appeared again, this time accompanied by images like little cartoon figures that said "you move carried along by an idea and your body comes dragging behind, It should be the opposite, your body should carry you and the idea should show the way."



In that moment, I became aware of the interrelationship of mind-body-emotion and their indissoluble union, in spite of the efforts made throughout human history to separate them. I realized that we live fragmented.

This vision was so clear that it made me think about my body. I had to do something with it. But, what? Buenos Aires in the 1950's only offered sports and I detested them for their competitiveness, besides the fact that they just weren't in keeping with my intellectual and artistic background. Ah, yes, there was also Swedish gym – which didn't attract me at all.

I thought, "The only thing that might interest me is yoga". But it wasn't widely popular at the time and I didn't know where to go. The next day, I got a call from a fellow chorus member who, quite by chance, gave me the first clues to what I was looking for: a kind of yoga that Susana Milderman was beginning to develop, based on intuitively perceived teachings.

Receiving the answer to my need so rapidly and where I least expected, proved to me that when the intention is authentic, what one needs arrives, however difficult it may seem.

And so, I came to take classes with Susana Milderman, who with her teachings marked my life forever.

In order to actually get there, I had to overcome stern warnings of people around me in the spiritualist circles I frequented at the time ("Be careful with the body, you can awake the Kundalini, an energy that you'll be unable to control, one that has unbalanced many people")

But – I enter the room where Susana was working and she herself comes to attend me.

In that moment, something remarkable happened. I felt that we were having two parallel conversations simultaneously. One, in which I asked for information and she gave it to me and another, that took place on a higher level. In this other dialogue I arrived and said "Ah, so it's you who's here!" And she answered: "Yes, who did you think would be?" It was a conversation between two old acquaintances. Some time later, more able to confide in each other, we discovered that we had both perceived this conversation and we came to realize that we had known each other from previous lives.

I spent 12 years with Susana, learning to know myself and receiving many of the wonderful tools that enable me to carry out my work: movement, massage, artwork, self-knowledge, relaxation and the importance of group work. All aspects which are artfully and correctly explained by Enzo in this book.

I had the good fortune to have another master-teacher who accompanied me during many crucial years of my personal growth. His name was Anibal Sabattini and he is the most essential being I have had the privilege to know. He would not have accepted the title of guide or master-teacher, although without a doubt he was so for me.

One of his expressions that always put me into contact with the deepest part of my being was one that he used in the moments that we met, when I asked him: "Hi Sabattini, how are you?" and he would answer: "Almost resigned to being always fine". This statement opened my mind and helped me understand how much energy we waste on complaints and protests. How much personal power we lose on giving to others the responsibility for what is happening to us. And I realized that the fear of taking the helm of our own life prevents us from fulfilling our potential as creative beings.

Susana gave me the tools; Sabattini, the essence of our way.

Later, in the 1960's, in answer to that intuitive connection that always guided her, Susana indicated that the time had come for me to work on my own. At first, this made me feel sad and disoriented, but I accepted her suggestion which at that time I took as a command.

The first day that I set out to begin my independent work, I felt alone, weak, blown every which way by the winds, until suddenly there arose within me the idea "I'm not alone, I'm with myself".

And this was like a magic key to open contact with my own Presence.

From there on, all the teachings I received from all my teachers, including those I haven't mentioned here, and all the experiences lived since my childhood days began to come together and make up what we now know as the Río Abierto System. As its name indicates, it is a system that continues to be open and in constant movement, where the creativity of all those who come is welcome.

The wealth of information that keeps coming in tune with the wisdom of the cells and vibrational transformation, continually open up new spaces and we are led into touch with sources of Wisdom and the beating heart of all Creation.

Over all these years, without my having planned it, the system has extended to other countries: Brazil, Uruguay, Mexico, the USA, Italy, Spain, Switzerland, Austria, Germany, Israel and Russia. I never fail to be surprised by this expansion as it has come about without any advertising or publications. Many people have been formed in this system and today these teachings reach thousands and thousands of human beings.

Dear reader, this is the first book published on the Río Abierto System, which celebrated its first 40 years in this year 2006.

Enzo, I am very grateful to you for your uncringing will to put into words with clearly detailed explanations a system as experiential as ours. I know how very difficult it is and how much intelligence and sensitivity it has required to achieve the beautiful and at the same time, systematic text: something that I thought almost impossible to accomplish.

With great joy, I greet the appearance of this book, which will answer the doubts of many a soul-seeker, of those who aspire to a fullness in life, to a full life.

*** La Vida en Movimiento, Vincenzo Rossi**
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