

DAVID A SILVA MD

6-15-1953 -

ONE: THE BIG DIPPER



David A.
Silva was
born on June

June Fifteenth: Nineteen Fifty Three: In Lowell General Hospital: At Lowell: Massachusetts: USA: His favorite activity as a child was reading and getting away from his family: His first job was pumping gas at his father's Standard Oil gas station: David A Silva's mother was born in San Miguel: Azore Islands: Portugal: David A Silva's father was born on Madeira Island: Portugal: As a child David A Silva lived in Lowell: Massachusetts: He loved Lionel Trains: French Toast: Greek Mythology: Sailing by himself in Buzzard's Bay: Cape Cod: Massachusetts: David A Silva was once an anesthesiologist pumping gas 18 hours a day in the darked operating rooms of Mount Sinai Hospital: NYNY: In the 80's: One day or night: It was impossible to know which in the dark of Operating Rooms: Unless a surgeon was in a hurry to fit in a golf game and butchered a patient fast: David A Silva said to his Self: What am I doing cooped up in a dark room pumping gas eighteen hours a day?: He got in a car shortly after and moved to the: Lux: Calme: Et Volupté: Of San Francisco Bay: Now: David A Silva lives in Northern California: With his wife Rebeka Gomez Silva OD: And his daughter: Estrella Virginia Silva TGTBT: In a sprawling four bedroom mansion in the East Bay hills with a view of San Francisco and San Pablo Bays: Overlooking in the far distance the three big bridges: Bay: Golden Gate: San Raphael: And: The City And County Of San Francisco: Oakland: Berkeley: Richmond: Sausalito: Mount Tamalpais: And the old gigantic Chevron refinery: Né Standard Oil: Whose gas he pumped as a child: The other day David A Silva sent me this e mail: 03/24/03: Woke up at 6:30 am when Rebeka went downstairs to meet Estrella who woke up and was at the stairs calling for her: After 20 minutes of lying in bed: My back was aching and I couldn't get back to sleep: So I got up and decided to take a hot soak for my back and cold: As the tub started to fill: I sat and read Fenichel's Collected Papers chapter on Respiratory Introjection: Where the client masked identifying with his father with making noise: And then exhaling to reverse his action: At this point I sat in the tub: The water was almost to my knees: I started doing my morning exercise: The water was very warm but not hot: I had more difficulty than normal placing my attention on my feet and legs: I noticed that my shoulders were aching: As I sensed this and said: "I am big Dave [David Silva: The abusive father of David A Silva] and I fear no thing: Then: My upper back posture straightened 2 or 3 times relieving the shoulder ache: I then noticed I was breathing more shallow and quickly than usual during the exercise: and thought that I must be frightened: Then: The fear turned into an aching emptiness in my solar plexus: I said: "I miss big Milly" [Millie Silva: The abusive mother of David A Silva:] By this time the bathtub was full: I had shut off the water faucet: Then I decided to drink a little water to see if that would help: I bent forward: I placed my face the warm water and took a sip: It helped a little: But now I felt a slight warmth in the center of my chest: I was afraid of something: I asked my Self what I was afraid of: The fear seemed to quiet down: My breathing was normal: And I felt relaxed: I decided to wash my hair: But didn't want to in a bath: So I started draining the bath and turned the shower on: I made the shower slightly hotter than the bath water and it felt good: I put shampoo in my hair and washed my face: With the soap on my face: I thought the shower water was too hot to wash the soap off. So I started turning down the hot water: I was frightened: With a little taste of panic: I said: "Don't worry, I'll cool the water down": As I adjusted the shower temperature: No effect: I then turned from the shower and bent to the cooler water still in the tub: The water was still up to my mid calf: [The bathtub of David A Silva is a real 5 foot deep California bathtub:] And rinsed my face with a few cool handfuls of water: The fear was replaced by an idea: Not quite a memory: That after either washing my hair or my face: My mother got soap in my eyes: My eyes burned: I screamed: And rather than using the bathtub water to rinse my face she was merrily playing with the temperature of the water out of the faucet to get it cool enough to rinse my face: The fear was gone: I had a difficult time keeping the memory of the whole incident in my mind while I dried off and dressed: And worried that I wouldn't remember it all kept popping up until I sat to write this incident down: On my way to traffic court to clear a fixit ticket: I realized that I felt frightened as if I had done something wrong and was going to be punished: Trying to understand that there was nothing to be frightened about: I realized this was a residue left in me from my past experience: Nothing more or less: Once in the courtroom: I decided to try to stop my thoughts and emotions as best I could: And slowed my breathing down: Four relaxed full breaths a minute: I looked around the bright courtroom: And I realized that everyone felt frightened in the same way: There were roughly 70 people of all ages and races: All dealing with their fear in their own way: Some with bravado: Some with anger: Some near tears: Some with denial: And even more varieties of expression: I realized that we were all the same in this way: All emotionally and or physically pre beaten frightened human beings doing the best we could do to live from our Selves and the world around us: I was seeing reality as it is: Despite the continued presence of my residue of fear: I felt very interested: Alive: And content to be part of this medley of humanity: A state of being closer to my Self than my jugular vein that I too easily forget in the hustle and bustle of everyday life: I do not want to forget life as it is: Again: Now: As an adult David A Silva loves his Self: Chocolate: Friends: Bonsai: Computers: Telescopes: Star Gazing: Reading: His favorite animal is a cat: His favorite idea is: Inner Life: Outer Life: And the pearl in between: His favorite objects are: A Myrtle Bonsai: And a Starmaster telescope: David A Silva is a considerable Computer Engineer: Now: David A Silva earns his living as Silva Consulting Solutions: <http://silvaconsulting.com/>: The aim of the art of David A Silva is: To express his Self as he can best perceive his Self: The aim of David A Silva's life is to live from his Self: And so I will say farewell to you: And I will sing of another Self Cultivated Self to:



REBEKA GOMEZ SILVA DMD

3-3-1958 -

TWO: THE MEDIUM DIPPER



Reb eka
Gomez Silva was born on March Three: Nineteen Fifty Eight At Beth Israel Medical Center:
NY: NY: USA: Her favorite activity as a child was: 1: Riding the kiddy cars at Gaslight Village: Up
State New York: 2: Pony Rides: Rebeka Gomez Silva's first job was baby sitting: Her first adult job was
A summer job: 1975: As a Switchboard Operator at Bowne & Company: New York New York: Rebeka
Gomez Silva's mother was born in Havana: Cuba: Rebeka Gomez Silva's father was born in Oaxaca: Mex
ico: As a child Rebeka Gomez Silva lived in the Williamsburg section of Brooklyn: USA: Then the Canarsie section
of Brooklyn: USA until kindergarten: As a child she loved Horses: Horses: Horses: Barbie: Horses: She now lives
in Northern California: In a sprawling four bedroom mansion with her husband David A Silva MD: And her
daughter: The charming Estrella Virginia Silva: In the East Bay hills with a view of San Francisco and San Pablo
Bays: Overlooking in the far distance the three big bridges: Bay: Golden Gate: San Raphael: And: The City And
County Of San Francisco: Oakland: Berkeley: Richmond: Sausalito: Mount Tamalpais: And in the far distance:
A white hospital complex in the cold wet fog of San Francisco: The Veteran's Administration Medical Center:
Where she says she takes care of the people doing Oral and Maxillofacial surgery and teaching: She is: In fact:
Director of Dental Services: Chief of Maxillofacial Surgery: Assistant Professor of The University of California
Medical School: Training residents in Oral and Maxillofacial surgery: Rebeka Gomez Silva DMD is proficient at
things like extracting teeth: Placing posts in jaw bone: Replacing jaw bone with rib bone: Nerve and blood vessel
reconstruction: Bone grafting: Replacing hinges in jaws: Removing cancerous and benign tumors and palate
warts: And many more: And all with exquisite: Elegant: Tender: Loving: Care for all who come her way for
medical attention between ear and throat: When she was little Rebeka Gomez Silva had many difficulties in life
The most hurtful being the hostility from Jews who ridiculed her as a Latina: And The Latinos who ridiculed
her as a Jew: When she was thinking of moving to California from New York she would stay a few weeks: For
a few years: With my family: I would see her do thorough preparations for the California Licensing Boards: Of
course most dentists being the jerks they are: They insist on testing surgeons in their ability to make false teeth:
I saw Rabeka Gomez Silva: A woman who made jaws from ribs: Make perfect sets of test preparatory false
teeth for three years: For three years I saw Rabeka Gomez Silva: A woman who is proficient at many complex
things like extracting teeth: Placing posts in jaw bone: Replacing jaw bone with rib bone: Nerve and blood vessel
reconstruction: Bone grafting: Replacing hinges in jaws: Removing cancerous and benign tumors and palate
warts: And many more: And all with exquisite: Elegant: Tender: Loving: Care for all who come her way for
medical attention between ear and throat: Failed in the California Dental Boards in San Francisco for mak
ing perfect false teeth: I said to Rabeka Gomez Silva: Maybe the examiners have the sick prejudice: Of the in
stalled dull plodding lucrativionary inadequate who fear the arrival of the naturally talented: Against Women:
Or Jews: Or Latinas: Or all three: Or many many more: The next Year Rabeka Gomez Silva: Easily passed
the Board exams in Los Angeles: A City replete with Jews: Latinos: Blacks: Hindus: Asians: And many other
newly arrived talents: I'm sure it was just a coincidence: The dental examiners in San Francisco couldn't possibly
be sniveling: Narrow: Greedy: Exclusionary: Cheap: Jew hater: Or: Woman hater: Or: Latino hater: Good
Little Whitebreads: Everyone who has ever gone to a dentist in San Francisco knows that: The upshot of this
bittersweet ironic history of prejudice: Of the type that are so very warmly relished by Jews from the melting
pot of Greater NYC. Not to mention Jews from the rest of the world: Rebeka Gomez Silva moved to California:
Some foolish people believe that she was appointed to be assistant professor at The University Of California
Medical School because The University Of California Medical School could satisfy three quotas at once: Jew
Woman: Latina: But I don't believe this for one moment: I know deep in my heart everything that The Univ
ersity Of California Medical School does is motivated by its great: Abiding: Deeply compassionate love for:
Not money or phony status grovelings: But the wholesome relief from pain: Illness: And suffering of humanity:
There is a reason: Laben Lach: Live And Laugh: Was: And is: The Think Yiddish Anthem of the: Act British
Professional Jews: In Russia: France: England: Germany: Austria: And all the other especially Jew Loving Nat
ions of the world: But not of course in the USA: Where everyone just loves the Jews: In 1999 Rebeka Gomez
Silva became a mother: Her daughter Estrella Virginia Silva is the apple of her eye: The watermelon bubble
gum of her Smile: The perfect deep set post of her jaw: The curve of her cheek: The hum of her grinder: The
pick of the cavity of her loneliness: The asuaging prosthesis of all neglect and abuse of her childhood: The
peace of her laughing gas: The calm of her novocain: The epoxy of her joy: The hammer of her hope: The bite
block of her caution: The bone splint of her ambition: The probe of her intelligence: The screws of her joinings:
The sweet sutures of her dreams: The up and down lift of the big chair of her life: The packed tray of her happiness: The
Procedure order of her needs: The dam of her traumas: The pliers of her good fortune: The wire of her happiness:
The porcelin on her weakness: The chisel of her smile: The truss of her bridge: The gold in her inlay: The
Jewel in her crown: As an adult Rebeka Gomez Silva loves: Her husband David A Silva: And her daughter:
Estrella: Her garden: Planting trees: Writing endless reports: Science Fiction: Reading about Astrophysics:
Also singing in private: Her favorite object is a charm bracelet from her childhood: Her favorite animal
is the horse: She also loves cats: Dogs: And little birds: Her favorite Idea is that she has a special con
nection with the spirits of other people around her: Like her babysitter: This comes from Santaria:
The aim of Rebeka Gomez art is to create beauty: And healing: The aim of her life is to be kind to
her Self and others: To be a good listener: To enjoy her family and home: And to enrich her soul
with interesting ideas and love: And so I will say farewell to you: And I will sing of another Self
enriching Soul to:

