

2006/10/28

La Reja, Meeting with Messenger. Laying on of hands Ceremony

We are going to do a Ceremony of Laying on of Hands.

And for us it's about the Force and all that.

We're going to repeat phrases from that text.

And as we say them, those phrases will help with what is being said.

We're going to repeat them so as to help one go in that direction.

Ok.

One has ways of getting attuned, or not.

The best way to get attuned in these things is for one to get into their things,

into my mind is restless, my body I don't know what, and then all that.

But more than anything to try to connect with someone who is inside, who is oneself.

Who is a good person. There's no reason to deny it.

You have to aim for that internal thing of a good person. That everyone has, even oneself.

The whole planet, the whole world has a good person inside.

So why so much trouble and distance when we have something right there to get us attuned.

With ourselves. With that internal thing which often we don't see.

For sure we don't see it when we look in the mirror.

It's better like this.

Let's see how we can get attuned.

At some point, we'll repeat some phrases until we manage to get attuned.

Not with others. Not with "everything" and all that.

No. With oneself. With that deep thing in each of us. With the profound in oneself.

With that thing that doesn't have so many words.

This is already too many words.

Let's try. Let's see, Silvia, let's try.

We're going to do the ceremony of Laying on of Hands.

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We should have this handy, it's a guide... One hundred and one...

We're going to have to open a window because it's very hot.

Where is Ester? Where is she? There, Negro.

Where are you?

There you are, very good, there she is. Good.

And so.

My mind is restless.

My mind is restless.

Yes, yes, but let's think about it carefully.

That is, my mind is restless, but indeed what am I thinking of right now?

Am I in theme, trying to get attuned?

Or am I thinking of what is going to happen in an hour, two hours, on Monday when I have to...?

Right? No, no.

And so: My mind is restless.

Let's think about it a bit, let's see if my mind is really restless or not.
If it's not restless, then no problem.
But for sure it's restless, for different reasons.
Let's see if we can calm it down a little.
So we repeat. My mind is restless.
My mind is restless.
My heart is troubled.
My heart is troubled.
All that which I'm feeling - my anxieties, my fears, my concerns.
My heart is troubled is the phrase that summarizes it best.
And so on the one hand my mind is restless - concerns, things, difficulties, fears.
And on the other hand my heart is troubled.
That troubled feeling you experience when you get scared,
when you have sudden fears about things.
That's what we are discovering.
That's the trick I spoke to you about before.
To get well attuned, before anything we have to start by understanding well that phrase.
But not understanding it with the head, understanding it by doing it.
My mind is restless. Okay, I see what that's about.
My heart is troubled. I see what that's about.
My body is tense.
My body is tense.
You can observe that.
It's not so internal, it's more outside, they are tensions more about...
how I'm sitting, how I clench my hands more than I'm aware,
how I force my neck this way, and who knows why.
My body is tense. I confirm those things.
And so I repeat: my mind is restless, my heart is troubled, my body is tense.
And then we advance.
I relax my body, my heart and my mind.
I relax my body, my heart and my mind.
Let's see, here we have the opportunity to do it all at once.
We have the opportunity, let's see if we can follow it well.
I relax my body, my heart and my mind.
It's as if we were following a process, following an order.
I relax my body, my heart and my mind.
If you wish to receive the Force,
you should understand that at the moment of the laying on of hands
you will begin to experience new sensations.
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You will begin to experience new sensations.
That is, nothing happens. We're in a different situation, mentally.
And if there are sensations, hopefully they are good.
You will begin to experience new sensations, increasing undulations,
and positive emotions and feelings.
Feelings that sometimes come from a memory,

of a situation that you recognize as a very happy one in your life. Positive feelings. The theme of the Force starts around there. Through that positive disposition.

And then it says:

You will perceive increasing undulations.

Positive emotions and memories will arise.

When this occurs, allow the passage of the Force to take place freely.

Let the Force manifest within you, and do not stop it from acting by itself.

And so if we put ourselves in that internal position, if those things happen, if there are undulations, if there are positive feelings and memories, be calm, let it be, let it manifest within you.

Let it go. That's what we're after.

Feel the Force and its inner light.

Let it manifest freely.

This has been the introduction to the theme.

Now we're going to get into the theme.

Now we're going to get into it strongly. It must be said.

Those who wish to receive the Force may stand.

Those who don't, don't stand.

So then, we usually use our hand so that the physical contact helps us (inaudible) and so, let's do what we said.

If you wish to receive the Force, you should understand that at the moment of the laying on of hands you will begin to experience new sensations.

You will perceive increasing undulations. Positive emotions and memories will arise.

When that happens, allow the passage of the Force to take place freely.

Allow the passage of the Force to take place freely.

Let the Force manifest within you, and do not stop it from acting by itself.

Do not impede or interrupt it. Let it work on its own.

Feel the Force and its inner light.

You may even experience a sort of clarity in the mind, a kind of light.

Feel the Force and its inner light.

Let it manifest freely.

Let the Force manifest within you, and do not stop it from acting by itself.

Feel the Force and its inner light.

Let it manifest freely.

With this Force that we have received, let us concentrate our minds on the fulfillment of what we truly need.

With this Force that we have received, let us concentrate our minds, so that what we truly need be fulfilled within us.

Not secondary things. Important, decisive things.

Let us concentrate our minds on the fulfillment of what we truly need.

On the fulfillment of what we truly need.

Truly, truly.

And now let us concentrate

on what we recognize a loved one, someone very close to us needs.

May that person also recognize what they truly need.

May the recognition of what they truly need reach them.

Hopefully we can reach them.
The recognition of what that person so dear to us needs.
Once more.
That which we truly need.
That which we truly need.
And that which a loved one truly needs.
Very good, very good. Thank you all very much.
Peace, Force and Joy for everyone.
For you also, Peace, Force and Joy.
We are advancing.
With this experience we are well.