

Celebration of Joy
Laying on of Hands Ceremony
La Reja Park, 19 November 2006

We'll do the Laying on of Hands ceremony.

This ceremony is not extremely poetic, but neither is it technical.

It's not a matter of levers, screws, buttons, so that things happen.

It's poetic in the sense of the mental position that would be good to achieve.

And that mental position is of trying to reach inside of oneself, as much as possible, without worrying about what is happening in the external world and in the world of the representations that have to do with the external world.

That is, you shouldn't worry too much about your worries.

You shouldn't worry about your expectations, about what's going to happen tomorrow, about the check that has to clear on Monday.

They're not things that are happening outside - they're happening in our internal representation and they are linked to what is happening outside.

In reality this work is simple, but it takes a lot to put it in motion.

We're going to follow the ceremony in these divided aspects, of the mind, the body, the emotions, and we're going to try deepen all of that.

Because my mind is restless.

Fine, it's restless. But is it really restless?

That is, my mind is restless, it's okay, the phrase refers to that.

But you should ask yourself, is it really restless?

And in what way is my mind restless? Why is my mind restless?

My mind is restless. What is the concern in my mind at this moment?

My heart is troubled. Is it troubled?

Is it accompanied by a kind of shallow breathing?

By a kind of subtle fright?

That's the trouble that is also registered in the upper chest.

Is my heart troubled?

Or does my heart have no troubles, no complicated hope that might also be troubling?

My body is tense. This is easier. In principle.

It's easier to locate.

Easier to locate those tensions in the neck.

Easy to locate, not to soften.

And then there is another kind of tension that you know well, these are more internal tensions. They're also muscular but they're more internal.

And they are there for certain particular reasons that we each have, we are specialists, each one of us, in different kinds of tensions.

And so I ask myself about my tense body.

My body is tense, where?

In the shoulders, the head, the tongue, the jaw, or more internally?

And I examine this thing of 'my body is tense'.

Of course, I can't achieve total relaxation.

But first I ask myself about my tense body and okay, I get closer, a few minutes.

Nothing will happen.

Like those people on airplanes who can't sleep because, of course, they have to keep the plane up so it won't fall.

Nothing will happen if we leave aside our tension a little.

And so through the mind, the heart, and the body, we enter into this relatively simple work, but we try to clarify things, and we ask ourselves about each one of those steps.

My mind is restless, I ask myself.

My heart is troubled, I ask myself.

And by asking myself, it's like I soften all of that.

My body is tense. And by asking myself, I tend to loosen it up.

What's been created with all these questions?

An ambit has been created, an interesting change to put myself into other things.

That's what has happened.

Nothing more extraordinary, but something very useful has happened.

I've created an adequate field to put myself into this thing of the Force.

This thing of the force is not an external force.

That's a long discussion. Whether it is, or it isn't.

But what we do know is that an internal Force can be mobilized which is of a very different quality than the one we put in motion in daily life.

To mobilize that Force we need two things: first, that the previous work be more or less well done.

If the tensions and things are so great, I can't get into them.

And the second thing is that this Force, shouldn't be forced.

It's not brought here with great intensity, but instead calmly, softly.

That sensation of internal softness is what helps to mobilize the Force within you.

All the above has also been a matter of internal softness.

No tensions in the mind, no tensions in the body, no tensions in the expectations.

All of that creates this softness.

Now we're going to talk about the Force.

We're going to try to mobilize it.

That force is there, distributed throughout our whole body, because it's psychophysical energy.

It's not far-out energy.

It's psychophysical energy and it's dispersed in different parts of our body, and it's more concentrated in some points than in others.

We're doing something quite level.

Let's say, it's a pretty simple method.

We're trying to level those charges.

And when we reach that little leveling of charges, bang!

We feel that it moves. What moves?

That psychophysical energy moves with an emotional tone.

This is the most important point.

That force is not going to move if there is not enough emotional force.

That force similar to the force of love, that is what creates these internal movements,

That is the poetic part of the work.

That force that has that allure, that attraction that is so important because it puts you not in the world of daily life which is so interesting.

That world of 24 hours. And 23 hours plus are dedicated to the world of daily life. We are going to another space where we receive those phenomena that we receive continually, which is in that other space, in that other time.

Outside of this everyday space and time other dimensions are moving, to use the terms in fashion.

This time and this space that we are mentioning move in another dimension.

Of course, from this space many translations arise,

All kinds of allegories arise (inaudible).

Allegories that later even take on physical characteristics.

There are people who carry these allegories and mobilize them, but they are translations of other things that may not have that presentation, but they are giving signals, and how!

It's that world that is giving signals, and deep ones.

It's that world—and here's the paradox

—it's that world that ends up affecting this world.

Like it or not, and we're very sorry, that world ends up impacting the world of the everyday, the world of "reality", the world of things, the world of human relationships, the world of intentions, the world of the direction of individuals and of entire peoples.

That space and time are impacting the world, and we don't encounter it very often, except when we mobilize the Force.

Vibrations appear within you. Emotions appear within you, hopefully from the memory.

Kinds of reconciliations with oneself appear.

And they are welcome.

And the force is mobilized and has physical, emotional and mental concomitances.

And everything is fine. Nothing bad can happen.

But when that internal world moves and gets going, when that Force is mobilized, we have little indications that there is something great behind it.

Little indications, little hints.

They are like signals that we can get thanks to this work we are now going to undertake, if you like.

But these are the explanations around this ceremony of working with the Force.

We create an appropriate field and then we get into our internal field and we add affection, affection, and friendship.

First of all, friendship with oneself.

Because if we have an enemy inside this is going to be complicated.

No, we are good people but we have to get used to such a thing.

Let's go with affection towards ourselves, considering ourselves differently, as we are, as good people. Yes, but everything...

They're a bunch of accidents brought on by many circumstances that do not depend on us.

With many accidents that come from other ambits, from relationships with other people, the social situation in which we live, the paths we took where we made a mistake and went wrong, and then you have to un-travel that path.

But the unfortunate thing is that this happens to all good people.

If it were to happen to bad people (inaudible), they'd stay still a while and the good people could do everything.

It would be a way for things to be neutralized, if it only happened to them.
But no, it doesn't just happen to them. It happens to everyone.
Let's see if we care about ourselves a little.
And in these situations with the Force we'll organize our askings.
We'll derive them from the work with the Force.
If we move that energy, we'll catapult it to another level.
To where? Towards an intention.
That intention will be towards something we truly need.
Before starting the work of the Force, the suggestion would be: what do you truly need? Many things, a glass of water, many things. (Inaudible) and clear the table, what do we truly need?
Don't get confused, not everyone needs the same thing.
Well, people need to eat. Obviously.
And they also need to be supported by gravity.
They also need their bodies not to go through walls, they need many things.
What do you really need?
It would be very good to be able to define that situation.
What do you really need?
And so we are going to launch that force that we have mobilized so that what we truly need be fulfilled.
To give it a push. How does this happen?
We have no idea, but we push it.
We push it, we are mobilizing the force so it gives us strength, energy to go in that direction.
In the direction of launching ourselves towards what we truly need.
And sometimes incredible things happen. "It can't be fixed." –Don't say that.
Don't say: "It can't be fixed, there's no solution."
Yes, it can be fixed.
And then we take a short time, and go to the other side and work with an image that is dear to us.
Someone very close to us, very loved, whom we know really needs certain things.
We are not thinking of ourselves, the navel of the world.
No, no. Now we are thinking of someone very dear to us.
I don't know if it would be a family member, a partner, I have no idea, but someone very dear to us, in whom we know there is a great need.
And our asking is towards that person so that the thing for which that person is asking, without saying it, be fulfilled.
That person is asking but doesn't say it.
We take care of revealing that direction.
(Inaudible) ...entire populations at a given time.
At a given time there may be an outcry of many people who do not know how to ask.
And for us that matters. How do we ask for it?
What are we? Representatives of the people who go around asking?
No, we are not representatives, but we do know how to formulate things that others perhaps do not know.

Perhaps we can move things that others do not know, but that they need just like we do.

And there ends this work with the Force.

It ends with that sort of asking, after having mobilized the force.

If that hasn't been put into motion, there's not much sense in asking for things or for mental directions.

It makes sense if there is that force moving inside you.

Do you think we should do something?

Because this conversation is over.

So, let's do this thing, calmly, step by step.

(inaudible)

Let's start.

My mind is restless.

My mind is restless.

My mind is restless. Is that true? Not true?

(Inaudible)

That is what we look at, inside ourselves. Is it restless?

And if it is restless, could we not quiet it down for a few seconds?

And so I said: My mind is restless.

My heart is troubled.

My heart is troubled.

My heart is troubled. Is it really troubled? Or is it very calm?

If it is troubled we can make a little effort to get into a softer situation.

My body is tense.

My body is tense.

Is it true that my body is tense?

We have a look at our body, in the most external part, and then inside, and we try to loosen up.

That's also something we can do.

Relax our body, gently, without tensions.

So, as he said, we do this all together.

My mind is restless, my heart is troubled, my body is tense.

I relax my body, my heart and my mind.

I relax my body, my heart and my mind.

I relax my body, my heart and my mind.

We are ready to advance in the ceremony.

We are ready (inaudible). Softly, we're ready.

If you wish to receive the Force, you must 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.

And positive emotions and memories will arise.

Good things that have happened to us.

Interesting things that have happened in our lives.

How could we not evoke those positive memories that come to us?

Let those positive memories arise.

Let the memory which is blocking those positive memories and positive emotions, become unblocked.

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

And so we have entered the main theme and we want the Force to move.

And those sensation will begin to move, those increasing, gentle undulations,

And those positive memories will appear.

When all that begins to happen, relax, let the Force move, without trying to control anything.

Let that inner force that is already quite harmonized within us move.

Let it express itself.

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

Let the force manifest within you and do not block it, do not impede it.

Feel the Force and its inner light.

It is very possible that many of you will notice a kind of light, not like a flash or an external light.

But like in those lighter spaces, less dense, more illuminated, more inspirational.

Feel the Force and its inner light.

Let it manifest freely.

Good, good.

Those who wish to receive the Force may stand.

We can put our hand on our chest, near the heart.

Now we'll go over what we already talked about.

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 feel increasing undulations, positive emotions and memories will arise.

When this happens, let the passage of the Force take place freely.

Let the Force manifest within you.

And do not stop it from acting by itself.

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

Feel the Force and its inner light.

Feel the Force and its inner light.

Let it manifest freely.