

**Ceremony of Well-Being officiated by Silo  
Inauguration of Attigliano Park  
May 2008**

If my body is tense ... I relax my body.  
I relax my body... if I can.  
Now I see if...  
my emotions are calm inside.  
As if I'm on a lake, peaceful, with no great expectations.  
Without things that I have to do in the future.  
Without worries.  
I try to have my emotions be calm.  
I feel my body without tensions.  
I feel my emotions calmly.  
Without worries.  
I think of people very dear to me,  
who are having some difficulties.  
I would like to feel those loved ones getting out of those difficulties.  
I wish the best for those people who are dear to me.  
I don't worry about my best wishes being fulfilled.  
The issue isn't whether or not my best wishes are going to be fulfilled.  
But rather being able to feel those best wishes for that person.  
Hopefully that person will be able to achieve what they want.  
It's to that person that I orient myself with my best intentions.  
I trust that what I'm feeling will reach that person.  
I try to feel that other person clearly.  
And I direct myself to that person with the best that I have.  
I want this experience of well-being to reach that person, or those people.  
I want the best for them.  
I feel from the bottom of my heart  
a wave of kindness that reaches them.  
I feel from the bottom of my heart  
a great force, a soft, gentle force;  
a deeply-felt force, which grows.  
I feel that force reaching the bottom of my heart.  
That it expands from the bottom of my heart.  
Dear friends, good friends, close friends,  
all the best for all of us.  
Peace, Force and Joy to all of you.  
And for you also, Peace, Force and Joy!