

Laying on of Hands Ceremony With Silo Manantiales Park Dec. 28th, 2007

Young people were gathered at the Park who had asked Silo if he would do the *Laying On Of Hands Ceremony*. He gave the following explanations, talking and ready very slowly, along with the ceremony.

These are the non textual notes taken after this ceremony concluded taken by Mary Shaver (Hobi)

Laying on Of Hands Ceremony

Officiant: My mind is restless. Participants: My mind is restless.

What do I have on my mind? Friends, Work, etc. Everyone has something on their mind... Examine my mind, see my mind and what is in there at the moment that takes me out of theme and makes me not calm at the moment...

Officiant: My mind is restless. Participants: My mind is restless.

Officiant: My heart is troubled. Participants: My heart is troubled.

My heart is not tranquil... for the things I need to do... for the things I didn't do - with people, at work, with the situation...

Officiant: My heart is troubled. Participants: My heart is troubled.

Officiant: My body is tense. Participants: My body is tense.

I focus on the external muscles.. I check my balance, my feet... my torso... the difficulties with the body. How is the body, the face...lots of tensions? How is my tongue, chin, the body in general, arms, legs...There are also other tensions more internal and more difficult to manage, I can't relax them so much but I've got internal tensions. Examine my body like a scanner...

Officiant: Let's see if we can put ourselves in the frequency...

Officiant: My mind is restless. Participants: My mind is restless.

Officiant: My heart is troubled. Participants: My heart is troubled.

Officiant: My body is tense. Participants: My body is tense.

Officiant: 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 in your hands and the rest of your body...

If you want to experience the sensations in your hands and in order to continue you have to relax everything or you won't feel anything... take some time now to "adjust"...

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

If you want to produce this interesting internal state you will begin to feel sensations. Focus on these sensations, the undulations, soft progressive undulations... Positive memories. Difficult and Negative emotions will impede this... Invoke Positive Memories, peaceful memories... observe what is happening in your head... if not focused on this nothing will happen... am I in another thing? It depends on what you want. If you want to experience the Force in the moment of the Imposition...

Officiant: Let the Force manifest within you, and do not stop it from acting by itself... Feel the Force and its inner light.

Feel the illumination; the sensation in the eyes, put attention on your eyes, you'll freely feel luminous inside.

Officiant: Those who wish to receive the Force may stand.

Officiant: With this force that we have received let us concentrate our minds on the fulfillment of what we truly need...

I ask for what I truly need... or what a loved one truly needs.

The Ceremony is really an exercise, like exercising the muscles. The simpler the better. Why? Because our heads won't be full of complications.

This is really 2 ceremonies in one. The Asking and the Laying On Of Hands.

Questions that arose after leaving the Hall:

Q: How often should one work with the Force, everyday, many times a week?

N: Work when you feel inspired or have a great need. Better to not make it habitual. Don't force, it's all about distending, not contracting.

Q: How is the breathing done? Should one hold their breath?

N: Our breathing is high, not in the belly, high up. It's not necessary to hold the breath. Each one will have to find the best way.

Other tips when working with the Force:

To see the illumination in the eyes look from behind the eyes and look up, just above the horizon without moving the head.

And Put your hand on your chest, on the solar plexus, while working to help feel the sensation of the Force.