

The Service

The Experience

Ceremonies: The Service

This ceremony is carried out at the request of a group of people.

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: I relax my body, my heart, and my mind.

Participants: I relax my body, my heart, and my mind.

When possible the participants are seated. The Assistant stands, reads a Principle or a passage from The Inner Look suited to the circumstances, and invites the participants to meditate on it. After a few minutes the Officiant stands and slowly reads the following phrases, pausing after each one.

Officiant: Completely relax your body and quiet your mind...

Then imagine a transparent and luminous sphere that descends toward you until it comes to rest in your heart...

Notice that the sphere begins to transform into an expanding sensation within your chest...

The sensation of the sphere expands from your heart toward the outside of your body, at the same time that you deepen your breathing...

You will feel new sensations in your hands and the rest of your body...

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

Allow the passage of the Force to take place freely. This Force gives energy to your body and your mind...

Let the Force manifest within you...

Try to see its light within your eyes, and do not stop it from acting by itself...

Feel the Force and its inner light.

Let it manifest freely...

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

The Assistant invites everyone to stand and carry out the Asking. After allowing some time to pass.

Officiant: Peace, Force, and Joy!

Participants: For you also, Peace, Force, and Joy!