

MagicWorld



***Meditative Adventure: “How to disconnect from the mind
and reconnect to your Body, your Presence and Silence with
MagicWorld”***

Hello and welcome to discover how to disconnect from the mind and reconnect to your body, your presence and Silence.

- 1. Yesterday we saw that those I meet show me the places in me where I have to be reconciled with myself, to self-heal my inner wounds. This, by looking inside me, in my soul, these suffering parts of me, to meet others without making them guilty of my emotions.*
- 2. I strengthen my awareness through my inner observation of the three dimensions of my nature: physical, emotional and intellectual. I observe my own physical sensations, my emotions and my thoughts with a certain detachment between my observing consciousness and what is observed.*
- 3. I practice conscious gazing and smiling towards those limited parts that dwell within me and the others that I encounter simultaneously.*
- 4. The other that I encounter is myself that I encounter! What is my attitude towards me?*
- 5. I consciously look and smile at others I meet. This gaze which recognizes the existence of the other and which says internally: "I see that you exist and I accept you and love you as you are".*
- 6. I practice the gaze of the Heart, this gaze which recognizes the Great Spirit who dwells in the other, as mine.*

I return for a moment, my consciousness to the body, to my sensations, to my breathing.

I become aware of the air that enters and leaves through the nose.

My breathing is abdominal.

On inspiration, the belly swells. Pause for two seconds. I exhale, the belly hollows out.

When thoughts come to me, I don't follow them and I return to my body, to my sensations, whether they are pleasant or not, and to my breathing.

I remain faced with my sensations, such as they are, in consciousness. I return at the same time to my breathing.

I am relaxing.

I fully accept what lives in me. I smile inwardly at all of this, at all that I am, all parts of me, pleasant or unpleasant, with the same equanimity.

I stay with my conscience which observes and does not judge.

My consciousness observes and remains silent to all that comes. The pleasant, as well as the unpleasant. Everything is included in my Silence, in the space of my Consciousness.

I return to my body, my relaxation and my breathing.

I become aware of my sensations, at which I smile and return to my breathing.

I inhale slowly and exhale deeply.

I let it all go.

My conscience remains silent.

I am present to my body and my breathing during this moment of Quest spent together.

On this tenth day of the Program, we have understood that the dominating power of the ego, the one that says: "me, I..." is our greatest earthly enemy to be tamed, to be fought.

In other words, we absolutely must control it, otherwise it is it that dominates us. And we will then be his toy forever, his puppet, his puppet, who will take us according to his good will, where his own limitations take us.

The goodwill of the ego is nothing other than the education we received from our parents, from our past experiences, the values we received with that of society.

Conversely, it is with awareness and freedom that we decide on such and such values for our own life, our own destiny.

We then become more and more clear with ourselves, deep, freeing ourselves more and more from the grip of the ego, the mind, the personality, to become a conscious actor, towards an inner evolution more and more more free, peaceful, luminous, authentic and happy.

Thought can be likened to insects around you. I don't take myself, neither for bees, nor for ladybugs, nor for fluorescent dragonflies. Not even for green flies, spiders, mosquitoes or grubs.

These insects have their uses in the ecosystem of the world and are essential for maintaining the survival of nature, however I do not take myself for them!

I am a dignified, upright human being, who has a huge Spirit inside him, the largest in the Universe and I am not an insect! I am not a thought that crosses my mind.

Thought must be used for its proper purpose. In the context of intellectual work, it allows you to reflect and carry out the work. But once the work is done, the thought no longer has its raison d'être, it no longer has any use, apart from exhausting us if we use it.

Let's keep our energy instead of letting our energy go on a thought leak.

The play of thoughts is only the play of all these masks in opposition to each other, in continual conflict with each other.

I become aware of the intellectual game of these masks, of my automatic thoughts and I no longer take myself for them.

I make them aware by keeping my awareness in the body, the sensations of the body and my breathing.

And I just let them pass, without taking part in these discussions. So without adding even more thoughts to those that are already there. I am only the witness of these incessant internal chatter.

I am "Quiet". I am Consciousness.

I become a truly subtle consciousness and it is here that I can make a huge leap in my own Spiritual Evolution.

And suddenly freeing myself from a huge, exhausting heavy weight, taking all my energy daily.

Practical aspect :

I practice inner silence. My conscience becomes silent. I identify with silence. What I am is silence. What I am not are the noises. I remain silent continuously.

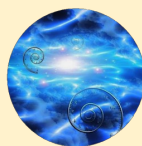
I also anchor myself to help me, in my body, my sensations, my breathing and the present moment that passes. Open to the impressions that surround me.

I remember the immense Spirit that dwells in me, that I am, deep within me.

In our next Quest, we will see how to manage negative emotions when they come to us and with what inner attitude to approach them, in order to emerge most often victorious!

"The mind is difficult to control and unstable. It runs where it wants. It is good to dominate it. The tamed mind ensures happiness." Buddha

"American researchers have just provided new evidence that meditation reduces the symptoms of anxiety disorders and improves attention, memory, immunity, emotional management, cognitive and academic performance, as well as creativity.



MagicWorld

