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***Active meditation: "How to reconnect with yourself and
recharge your Spirit?"***

Hello and welcome to this new Quest!

Let's relax for a moment and allow ourselves this little moment to focus on your body and rejuvenate your Spirit.

Our Spirit needs it so much and this rejuvenating moment does us the greatest good!

We must develop a very important new psycho-spiritual faculty to acquire and train our Spirit tirelessly, to claim any liberation of ourselves!

We have seen previously, the immense importance of strengthening, of nourishing our conscience by the effort of the conscience and of detaching it from the ego, from the masks of the personality by the conscious observation of this one, for which we we take to the habit and that we are not.

This effort of conscious observation is a process that takes place gradually, thanks to the creation of a new style of life, a new more conscious way of life.

When we become aware of elements of his nature which are not free and happy in themselves, we must recognize it, as a part of the ego to have to detach ourselves, to purify ourselves, by the conscious observation of this part in itself. .

As we practice consciously, we will create a gap between one's own observing consciousness and the ego being observed. We will become more and more the master of ourselves. In this breach, in this space, freedom, light and happiness can then gradually be introduced.

Let us now become aware of the sensations of our body, let us become aware of our breathing. Let's constantly come back to it with all our Attention during the whole duration of this Quest.

This effort of consciousness must become our second nature. We must practice it tirelessly.

It is the price to pay to become the master of oneself.

It is an effort that seems hard and difficult. He must become relentless and persevering. We must practice it continuously and relentlessly.

This return to oneself, one's awareness present to the body, to the sensations of the body, to one's breathing is the basic daily practice that allows us to regenerate our Spirit.

It is a meditation that can be passive if we do nothing else than that or active meditation if we are in physical activities, in daily activities.

If we wish to nourish our Spirit with well-being, bliss and Cosmic Grace, it is essential to constantly return our Attention to the body. Our Spirit feeds on consciousness.

This practice of consciousness of the body, of the sensations of the body, of its breathing, allows the consciousness to disconnect from the mind, therefore to avoid wasting its energy unnecessarily in its thoughts which clutters our existence and makes us lose a torrent of enormous energy, for our own vitality, our own well-being and even our health.

Our presence in the body, in its breathing, not only resources our own Spirit, but is also an altruistic act, because this psycho-spiritual well-being has an immediate impact, towards those around us, in our environment.

To take care of his Spirit, which needs energy to grow, to develop healthily, correctly, let us constantly become aware of the whole of our body and our breathing in all our physical activities whatever they may be.

Let us become aware of our body which moves, which looks, which breathes, which moves. Let us remain attentive to being present in the body, rather than remaining in our mind and wasting energy unnecessarily in our inner chatter which only locks us in our mind, rather than freeing us from it and discovering much larger inner spaces. and Universal.

This practice is all the more easy and liberating in contact with others and the world.

The mind, we all need it, of course. The problem is that we use it excessively. We don't need to use it more than 1% of the time, outside of our intellectual activities.

Let's gather our energy in oneself, in one's own body, in one's own inner temple and avoid losing it abundantly through the mind, like permanently plugged in sockets consuming all our invaluable and precious life energy for maintaining our balance. interior and our harmony.

We can set up a new little daily ritual, which will allow us to never again forget the essentials in our Quest for Spiritual Evolution.

Our personal progress leads us to ever deeper and more intense levels of self-liberation and well-being as it progresses in simple, rhythmic and effective practice.

Let's set up a simple little ritual of active meditation. Let's decide now!

Let's not leave this Quest without setting ourselves this little daily ritual!

For example, this little ritual can be, as soon as we wake up in the morning, we can decide to return fully to our attention to the body, to our breathing, to disconnect ourselves from the mind, during all our morning preparation, during the 10 to First 30 minutes after waking up, or until our first coffee!

Or, the first ten minutes we leave our homes, on our journeys.

Or when we prepare our meal, and eat, just the first 10 minutes.

Or to any daily physical activity that we can decide.

During this activity, let's remember to put all our attention, 100% focused on our whole body, on the sensations that come to us and on our breathing. And let's decide on a predefined time frame that suits us and that we will respect every day from now on!

It is obviously the setting up of the ritual that counts. This ritualized process in a very practical way, will allow us to deepen our own practice with the passage of time and to create a new healthier, more balanced and more harmonious lifestyle.

Let's not forget to nourish our Spirit with this new ritual.

Let's give our Spirit its rightful place in our lives and recharge ourselves with the energy of Universal life.

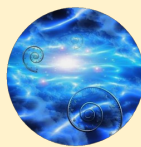
Let's take leaps and bounds, fairly and practically, towards who we really are.

Practical aspect :

- ***I decide to implement a new active meditation ritual in one of my daily physical activities. I choose my ritual activity on which, during the chosen time, I focus all my attention on the body, my physical sensations, my movements and my breathing. I let go of my usual thoughts, disconnect from the mind and I constantly return, my Attention to the body.***

On our next Quest, we will see how to attract more serenity and peace into our lives, an essential and basic state of being even to develop great changes towards our Spiritual Awakening. We will see how to reconcile ourselves with the different parts of ourselves.

“The body is the temple of the spirit.”. St.Paul



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