

MagicWorld



**Become aware and let go: “a guided meditation with
MagicWorld”**

Hello and welcome !

We are today on our 4th day of Quest to develop our full potential of Spiritual Evolution, to gradually enter into a real "process" of powerful inner liberation which brings us a new meaning to our existence. The richest meaning there is to free us from our limitations, from our psychological suffering, linked to our different masks of our personality, for which we take ourselves and that we are not!

-We have seen so far, how to dissociate our consciousness from the different masks that we can name, from our personality, which follow each other in turn, according to the circumstances of our daily life and which manifest themselves in our physical body with their own feelings, emotions and thoughts. This, by becoming a conscious observer of ourselves. Like an "Avatar" of oneself, a witness to one's own existence or a stranger who enters one's own body, one's destiny, one's own personality with its strengths and weaknesses, with one's own sensations, emotions and related thoughts. We have become, in a new threshold of Spiritual Evolution, a detached, free, silent and conscious observer.

These phenomena of Self-knowledge, were for us still unconscious until our study of ourselves, because our self-observation allows us to become aware of these masks which manipulate us all day long to acquire more and more, little by little mastery, which is the only possibility to be able to free oneself from it.

-We have also seen that our consciousness can be reinforced, nourished, by the distance that it puts between itself and what it observes, that is to say the observed masks, for which it usually takes itself. Thanks to this distance between the conscious observer that we are and the object to be observed, the different masks of our personality at work in our three centers: physical, emotional and intellectual, there is space there then, which is created, so that a more subtle form of Energy can enter, which we call here in this Program, the Energy of Universal Life.

The important thing is not to succeed in freeing oneself directly, immediately, but it is the establishment of the process of self-observation that counts. It is this process that leads to understanding that deepens ever deeper with time, self-study, and practice.

-We have also seen the importance of anchoring our consciousness in the physical body, either to a part of the body, the one we desire, or the whole of the physical body, its sensations and its breathing while remaining fully focused on it.

Here again, this process put in place will gradually strengthen over time, little by little at our own pace. We will feel more and more anchored, placed inside ourselves, well with ourselves, others and more and more in contact with our own gathered Energy, condensed in ourselves, without losing it unnecessarily.

-We have also set up a new daily ritual to train us to gradually develop our new psycho-spiritual faculties, of presence, of consciousness in our daily lives, like a developing muscle and thus never forget to take care of our own. Spirit and the harmonious development of its more subtle or spiritual nature.

-This by the methods of the greatest Mystics in the history of the world and practices that have already proven themselves for millennia before.

***Sit comfortably where we are most comfortable, preferably with your back straight.
Nothing prevents us from listening to this Quest standing up and even during our activities. We can then simply return our attention to the body, to the sensations of the body and to contact our breath, preferably abdominal.
If we are sitting, our breathing is abdominal. On inspiration, the belly swells and on exhalation, it hollows out.***

***Abdominal breathing allows better oxygenation of the lungs which expands more with much more amplitude, unlike classic thoracic breathing.
Abdominal breathing is a reflex breathing of newborns, it allows cells and blood to better supply oxygen and therefore allows better elimination of toxins present in the body.
The advantages of this new way of breathing, naturally reduce anxiety and stress. In addition, it stimulates the production of endorphins.
This breathing helps to regulate the heartbeat, creating new neural connections in our brain allowing an expansion of a whole unexplored potential.***

***Become aware of all that we observe of ourselves.
Our physical body and the sensations that inhabit this body, our mechanical attitudes.
Our emotions with their sensations. Our current mood, pleasant or unpleasant. Never mind. Let's just observe.
Our thoughts, which come and go. Let's stay more our observing consciousness than taking ourselves for the thoughts that take us into their worlds in connection with one of our current problems, or one of our masks. Let's let go.***

***Do not take yourself for what you observe.
That is to say, it is the element of consciousness that is important.***

Realize. So, create a duality between the object observed, that is the physical body, the sensations of the body, the emotions, the thoughts and its consciousness which observes that.

I am aware of my body, my physical sensations, my emotions, my thoughts. This with a certain space between my observing consciousness and what is observed.

I observe without wanting to change what I observe either. What is, is.

It is our point of view, our negative judgment, on what is taken by oneself as negative, which must be observed, made aware. To become more subtle, not to take oneself for that, for this judge in oneself and let this judge in oneself pass, as well as its wounded desire which does not accept reality such as it is and which would like to change it. There is nothing to change at all. Absolutely nothing. He who would like to change something, is not in his consciousness which observes and accepts things as they are, exactly as they are, manifestations of life in its thousands of diverse and varied forms.

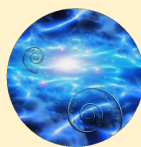
It's just a matter of becoming aware of what you observe.

This Consciousness Energy is the most important element. As well as the duality that is created there between its observing consciousness and the physical body, the sensations, the emotions, the thoughts that are observed there.

This duality seems paradoxical to unity. But it is thanks to this duality that we stop being divided. Divided into our different personality masks, all of which are multiple. It is this created duality that makes us then able to become unified. Unified in one and the same state of mind, state of being conscious, observant, which becomes more "normal", that is, more and more serene and peaceful naturally, since our nature is thus made.

It is by detaching ourselves from what we observe, by this conscious observation that we can become the master on board, living in a naturally pacified and unified soul.

Our Quest evolves by Journeying little by little towards its own Spirit, its own Divine Spark in the depths of oneself, which is Explosion of Universal Cosmic Joy.



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