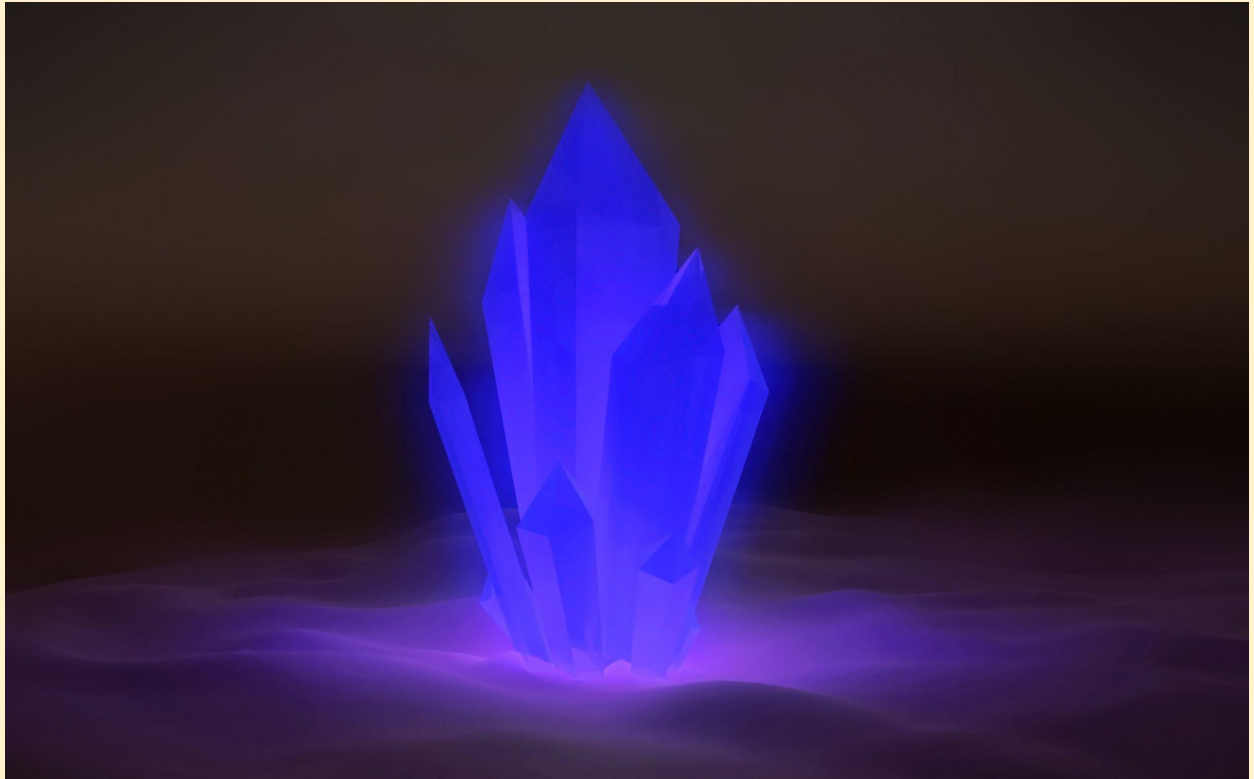


MagicWorld



“How to reconcile with yourself and become fully aware?”

Hello and welcome !

If we are identified with the personality, it is the different masks of it which then take power in turn, and for which we take ourselves completely more. Once we are angry, another time anxious, sad or happy, yet another time we are proud, vain, or under the influence of the mask of shame,...

Become more yourself, your own Consciousness than the manifestation of the different masks inside yourself.

We can say that the source of a mask, originally comes from a thought buried deep in our unconscious.

We have been conditioned from childhood, by our parents and educators, our environment and our experiences, to cultivate certain thoughts. The identical thoughts that we are used to thinking daily, we call them thought patterns.

Our mind releases thoughts with their own thought patterns, which then give rise unconsciously or consciously if we become more and more self-aware, corresponding emotions and the sensations related to them.

Become more your consciousness, than take yourself for the different masks in yourself, with their own thoughts, emotions and related sensations, in reaction to the different external events that happen to us.

Remain his observant consciousness, be the master on board, who raises awareness and who begins to create a certain space, a space of freedom, a space of mastery, between his observing consciousness and what he observes in his own soul, at the inside of himself: his thoughts, his emotions, his sensations, his attitudes, his physical body.

Raise awareness so that you no longer get caught up in what you observe.

Just as we do not take ourselves for a table, a chair, a glass,... By just becoming more subtle in oneself, the exterior of oneself then becomes coarser, such as a thought, an emotion, a feeling . Its masks then unmasked will no longer be able to dominate us! This by pretending to be oneself, either for "I" or "I am..." instead of taking the good and new habit of naming what we recognize in

ourselves, which we can use or not, but while remaining in control, without being dominated and imposed by unawareness or ignorance of these mechanisms in themselves.

Moreover, we can cultivate a new quality of being, which we can immediately practice.

We can remain constantly aware and also voluntarily serene by a certain effort of the will, being relaxed and smiling in front of all that is observed in oneself. This as a sign of conscious acceptance of its lower nature, to which little by little, we stop taking ourselves.

The one who manages to be like this vis-à-vis everything that happens to him in life, in the face of all situations, can only accelerate at light speed, his growth towards his own Pacified soul and reach one day, his Mind.

So when an event happens to me, for example when my coffee accidentally falls on the floor, if usually I get angry for this inconvenience and release myself by a cry of rage from this anger which is in me, the proposal proposed Spiritual Evolution, is to raise awareness of my inner anger, to see my anger as, for example, an inner child, different from my conscience.

I create a duality between my consciousness and the object observed, my anger, this mask or this inner child, in my sensations, emotions and in my thoughts.

In this observation, my consciousness and the mask of anger observed, there is a space that gradually begins to be created.

This space, as my practice progresses, will expand over time. In this conscious space, a sense of freedom can arise, filled with peace and serenity.

A free and conscious choice possible can happen. And we can decide to remain conscious and calm in order to avoid wasting our energy unnecessarily, in the face of our own anger and being completely victimized in its manifestation, in reaction to the world.

Consciousness must remain consciousness and not become, or identify with an unconscious mask, yet thinking that it is conscious, but in truth caught up in the different masks of its personality. Consciousness is always silent.

Saying for example: "I am angry", instead of: "I silently observe the anger that lives in me".

And then freely to add a voluntary inner smile of acceptance, benevolence, which tries to reconcile with its own anger, its own mask of anger and above all not to let itself be dominated by it!

Therefore create a separation between his silent consciousness and what is observed in consciousness.

This is absolutely essential to see more and more clearly in oneself.

Become truly aware of what lives in us and begin a real process of reconciliation with oneself, with an inner smile towards the different masks that still dominate us. Recognize your reality with humility and gradually free yourself from it.

Practical aspect :

Sit comfortably with your back straight. Back to abdominal breathing.

If we are in full activity, let us simply return to the sensations of the body and our breathing.

On inspiration, the belly swells, retention pause for two seconds. When exhaling it hollows out.

My conscience remains silent. And my state of mind is that of the Mona Lisa or the Buddha, with a slight smile on my lips.

I can smile at everything I observe inside of me.

I relax my body and all the tensions that I am aware of within me.

I am more this consciousness that observes, rather than what I usually take myself for, with its particular way of thinking, feeling and acting.

I remain silent, conscious, facing what I observe inside me, facing my sensations, facing my emotions and facing my thoughts for which I do not take myself. My consciousness is purely conscious and purely silent, like a precious crystal.

- ***Become more and more aware, with a separation between your silent awareness and your own masks. In this space a feeling of freedom can be born, filled with serenity and inner peace.***
- ***Reinforce, nourish your consciousness by taking more and more distance, remaining in front of what you observe inside yourself.***
- ***Remain moreover, at all times serene, be relaxed, with an inner smile in front of what one observes, to enter into a process of reconciliation with one's own masks.***

Tomorrow, we will see how to achieve Spiritual Awakening beyond the masks of the personality which unconsciously dominate us and how to succeed in freeing ourselves from them. Become responsible for our negative emotions without making others feel guilty, making them guilty and entering into conflicts with them. And thereby enter into relationships of very high quality.

"Do not give in to non-attention, do not allow yourself to be absorbed in the pleasures of the senses. One who is fully present and aware, absorbed in his meditative concentration, discovers immense happiness." Source: Dhammapada

