

MagicWorld



The meditation of the inner smile: “to relax and release tensions”

When the moment to meet a beloved person has arrived, our silent and detached observant consciousness will use a mask of the positive personality, that is, the mask of sympathy and benevolence.

It is essential to understand that these masks are used for everyday life. The masks that make up our personality are not an evil in themselves. The evil, for those who seek to free themselves, is linked to the fact that they dominate consciousness and first of all by the very ignorance of their existence.

Our consciousness is under the influence, unconsciously, without realizing it, of one of its dominant masks of the moment, depending on the circumstances of what we are experiencing.

The important thing is to become aware of them and to free ourselves from them, to better manage them, govern them and regain control over them, rather than the reverse, which automatically makes us act according to their goodwill, their own limited visions and direct our entire destiny towards their own desires.

Instead of directing our destiny with a detached and free conscience, which therefore has a clearer and more global vision, towards a destiny that we have consciously decided, correspond to our true aspirations in life.

If our aspiration is to find freedom within ourselves, we can impose on ourselves a very simple rule to better understand its different masks of our personality, recognize them and see wherever they dominate us, by adopting for example, an external attitude, whatever the case, and whatever happens, always benevolent. Sometimes firmer, sometimes softer, yet never confrontational.

Thus, each time we get frustrated, we get angry, depressed or anxious, we will be well aware at that time, how much its different masks dominate us, dominate our whole nature and lead us towards their own visions and limited projects, this by taking themselves for them, entirely.

In addition, an essential understanding to acquire is not to blame anyone for being responsible for our anger, our anxiety or our depression. We are the only ones responsible, because these negative emotions simply inhabit us.

We can never live in heaven on earth where everything is perfect! We will constantly encounter situations, events that annoy us, that do not correspond to what we want. And if we don't free

ourselves from these negative emotions, then we will never become free, that's a fact. Blaming others will never set us free! On the contrary, we lock ourselves more in our own prison.

We can very well settle our differences with others without manifestations of our negative emotions and therefore without conflicts.

This, to live at the best level of ourselves.

For example, when an individual of red rage gives us the middle finger because in our car on a magnificent landscaped road we are not moving fast enough according to him, and that, at that moment, our mask of anger rises in us, and worse, dominates us at that moment, we must dominate our anger rather than the other way around, with an anger that dominates us and causes even more problems to the already painful situation, by making the other person guilty of our anger, rather than seeing in ourselves our anger dominates us r.

And then commit acts that we may later regret.

By noticing our rising anger in ourselves, we do not add anything more and simply remain faced with our inner anger. Our conscience will then be strengthened by coming face to face with its own anger. We remain moreover, posed in our body, our unpleasant sensations and our breathing.

In a short time, the emotion will pass thanks to the complete acceptance of our anger without adding anything to it, apart from a slight inner smile on our lips.

There is no reason that an individual giving us the middle finger should change our current inner state of peaceful being and allow us to be dominated by a mask. This is because of our lack of maturity and inner subtlety, of clarity of mind. By putting the blame on others, because we do not assume our negative emotions. This is all the more so from an individual who himself is completely dominated by his own mask of anger.

We are not machines that act automatically as soon as we press a button!

We can become conscious! Aware of its phenomena inside oneself and begin to take power over this automatic machine, which is our personality, thanks to its very practical and clear aspects, which we see in this Program.

In the same given situation, another person would act, for example, with the reaction of anxiety. Which amounts to another dominant mask of the moment. And each according to his education, his conditioning, his personality, his temperament, his mood of the moment, would act in one way or another, in his own way. However, a way of being, always automatic, conditioned by different masks, which dominate us, acting.

Our different masks have requirements, expectations vis-à-vis others, on what they should be supposed to do for us and our happiness then depends on others.

Instead of feeling good, responsible for our negative emotions and free in oneself.

It further leads us to have higher quality and more compassionate relationships with others.

Regarding the mask of pride or vanity on what others think of oneself, leave everyone to their own ideas, their own points of view. What I am, that is my conscience, is no less a function of what people think of me! We can simply recognize new limiting parts in ourselves so that we can free ourselves from them. And so thereby lightening us of the dark part in itself.

The more we live in our deep Being, the less we need to feel respected, recognized, admired. Because our values become values of liberation and Quest for inner happiness, towards our Pacified, detached, Luminous soul, which already fills us with bliss through its own deliverance.

Life becomes a paradox to be discovered. And this Paradox is certainly worth all the gold in the world.

It is indeed a world upside down to the one to which we are programmed according to the society in which we live.

However, to succeed in doing this we must be dreadfully happy! Because it is only this inner happiness that gives us the strength to be authentic, without worrying in the least about what people think of us.

Our negative emotions manifesting in us as a result of interactions with others simply show us our own limitations, our own harmful energy to purify ourselves or succeed in circulating again, so that harmony returns, thanks to a more just, freer and more responsible state of mind.

Our conscience observes a mask in itself, observes the influence that this one has on itself, in its own body, in its emotions and in its thoughts.

To remain this conscience which observes the influence which this mask has on him. He remains the observer, in a form of voluntary suffering, but more and more conscious, than suffering. This consciousness which, little by little, frees him from the influence of this mask.

Our conscience, while remaining vis-a-vis its suffering, becomes more and more free then and can penetrate more and more profound, regenerative and blissful Cosmic realities.

Live more and more regularly and intensely moments of Spiritual Awakenings, is the whole objective of this Quest!

Practical aspect :

- *Raise awareness by observing the influence of our different masks in oneself, in one's own body, one's feelings, one's habits, in one's emotions and mechanical thoughts. Study the impact of our masks on ourselves, in the three aspects of our nature to know them better and no longer take ourselves for them. We are the observing consciousness and not a mask.*

To remain one's own conscience which observes face to face, in oneself, the influence that these masks have on oneself, to reinforce, to nourish one's own conscience.

Without blaming others by making them responsible for our negative emotions. We are responsible for our negative emotions because they live within us.

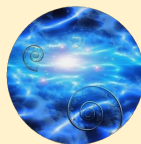
Without ever coming into conflict with anyone. And maintain high-quality relationships.

Tomorrow we will see that the others that I meet are a true Path of powerful transformation, of reconciliation with all the buried parts of myself. How to reconcile myself with all these parts of me and enter my Pacified self, create more space and welcome the Energy of Universal Life!

Moreover, we will see what are the right attitudes and feelings in the encounter with others.

"Our scientific power has exceeded our spiritual power. We know how to guide missiles but we divert man from his path." Martin Luther King

"The eyes of the mind only begin to be sharp when those of the body begin to droop." Plato



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