

MagicWorld



Guided meditation: "how to reconcile with yourself in 20 minutes"

Hello and welcome to this new Quest day!

And if the other that I encounter is a part of myself that I encounter through the other?

This part of me can be either positive or negative depending on the contexts, situations, moods, state of mind of the moment, of those in front of me.

The meaning that I can give to these meetings is a meaning that can nourish my conscience, allow it to be reinforced by these confrontations.

Feeding this germ of conscience, so that little by little I stop, or rather my conscience stops, being influenced. For this, I must always look at the place in me, which is the most suffering. And stay with it. This interior reconciliation then of the bottom in oneself brings an interior stability without precedent.

If the other I meet is negative towards me, whatever the reason, my conscience becomes aware of the effect that the other has on me. This is thanks to mirror neurons.

My conscience which raises awareness of this negative effect in itself, is reinforced by this direct observation in itself, of the suffering caused.

This is how my consciousness brings a balancing, regenerating energy to the unpleasant, negative, painful part of living in one's own soul, in one's own inner world.

My consciousness remains more then, uninfluenced and increasingly strong, peaceful and joyful as my consciousness is strengthened by this conscious practice.

Moreover, I can accept the negative situation as it is and try to live calmly, with benevolence, in this situation.

The emotions that inhabit me, I am completely responsible for them, so I don't make the other feel guilty for it, even if the provocation comes from the other. It is essential to understand the responsibility of one's own inner world.

My emotion belongs to me, it lives in me and the other by its provocation in a state of mind, most certainly negative or not, made me aware of my negative emotion, which belongs to me totally and for which I am completely responsible.

What if today I considered others as myself?

For what ?

Because they are in my Destiny, in my life. My life is precious!

To be able to perfect my soul, to make it less conflictual, more whole, therefore reconciled, at peace with itself, others and the world.

What if this was the last time I met them?

What message would I like to convey to them before my death?

How many people have I made happy today? This week ? This month ? And in my existence?

The other that I encounter is myself that I encounter! In another form, another appearance, another life, another level of evolution, another mood of the moment...

Do we want the "us" in front of us to be authentic to us? Be true and sincere? How do we want to be with ourselves? Pleasant ? In a good mood ? Happy ? Peaceful ? Elegant ? Strong ? Or rather slanderous, bad tempered, disrespectful, dirty, weak and unworthy?

We are not that different!

We tend to forget too much that life is short, important and really essential.

Let's stop our superficiality! Let's get into real encounters. Deeper encounters, with a sense of reconciliation with oneself and others. Like it's the last time I talk to the people I meet.

I take care of the well-being of those I meet. Like they were me.

For example, giving them some of my attention and time.

I cultivate benevolence with a look and a conscious smile.

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!"

I can also practice looking at the heart.

It is about a deeper look which is not limited to the superficiality of the personalities that I meet, but which sees beyond, the Divine Spirit who inhabits them. This Great Spirit buried behind the different masks of their little people with whom they are identified. The gaze of the heart is the meeting of my Great Spirit with the Great Spirit of the one I meet. The Hindus call it "Namaste".

The right attitude and feeling towards those I meet are:

- *Those of kindness, benevolence. Or take care of the good. And always and in all cases, with a look and a conscious smile. A gaze that recognizes the existence of the other and tells him, I accept you as you are, as you are.*
- *Also this state of mind of reconciliation with oneself, of self-acceptance, of benevolence towards the suffering parts in oneself, by an inner smile, which is the manifestation of one's intention of progressive reconciliation with the bottom in oneself and which is therefore not hypocritical.*
- *The other that I encounter is myself that I encounter! I take care of their well-being, as if it were me.*
- *What message would I like to convey to them before my death if this was the last time I saw them?*
- *The culture of empathy, which does its best to understand the situation of the other, by putting oneself in their place.*
- *The practice of the gaze of the Heart, which recognizes the Great Spirit who dwells in the other. As in relation to oneself.*
- *I do not blame others, I am responsible for my negative emotions despite their provocations.*
- *I cultivate respect.*
- *I take care to give, rather than seeking to take and wanting to receive. I know that the more I give, the richer I become inside. Whether my gift is intellectual, emotional or material. The best of gifts is that of myself, that is to offer his soul as an offering, which is the sharing of his quality of being, of his own Consciousness and of his Light.*

Practical aspect :

- *I become aware of what in me makes me suffer and I stay with that. I develop my Consciousness Force.*
- *I become aware of the "effect" that others and the world have on me. And I come to terms with this "effect" within me, through acceptance and the conscious inner smile.*
- *The other that I encounter is myself that I encounter. What is my attitude towards me?*
- *The emotions that inhabit me, I am completely responsible for them. I don't blame others, even if the provocation comes from someone else.*
- *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".*
- *I practice the gaze of the Heart, which recognizes the Great Spirit who dwells in me and in the other.*

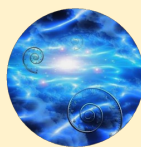
Those I meet show me the places in me where I have to reconcile with myself and therefore become more whole, more unified and self-heal my inner wounds.

I look at these spaces in me suffering to meet others, I strengthen my consciousness by remaining face to face with my wounds and I practice the gaze and the conscious smile towards these parts that inhabit me and the others that I meet, simultaneously. My soul then becomes Pacified.

Tomorrow, we will see how to let go of the mind in practice and how to relieve ourselves of this enormous weight that it represents, to live more lightly, authentically and joyfully.

Influenceability is the greatest blemish of human beings. Gurdjieff

"Live as long as possible to do as many good deeds as possible." Taoist idea



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