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“Sleep like a tiger cub with this Powerful and Effective Meditation”

Hello and welcome !

We saw in our previous Quest, the practice of Inner Silence, identifying with Inner Silence and also anchoring in one's body, the Intelligence of the body, one's own physical sensations, one's breathing and the present moment that passes.

To be completely in the present moment, we must disconnect from the mind!

To disconnect from the mind we can, as a strategy, imagine that we no longer have a head.

This practice has the effect of freeing oneself from the enormous heavy weight that the mind represents and of maintaining this Vital Energy within oneself, instead of losing it unnecessarily, in this torrent of energy leakage!

A practice that allows me to get out and free myself from illusions and limiting prisons of the mind.

I also remember the importance of "conscious smiling" towards all the limiting parts that I notice in myself. This has the effect of reconciling me with my own inner limitations, of freeing me from their influence, from the enormous heavy weight that they cause on me and in my life.

We had also seen that consciousness is nourished by the Energy of Consciousness of everything it notices in its soul. By dint of consciousness, one day, this consciousness will be superior to that of the ego to completely dominate and master it. We will then be released.

I also remember my daily reminder ritual of active meditation which reminds me at a given moment, to nourish my own Spirit in a decided space-time and to cultivate silence, presence to my body, to my sensations, to my breathing in a chosen physical activity.

A new life ritual practiced every day to exceed more and more, little by little, the limits of my own ego.

This Quest gives deep meaning to our existence, in my daily life.

I remind myself to also measure my progress, to see my progress on a daily basis.

To do this, I can carry out small daily retrospectives, self-feedback in the evening for example, before going to bed or even why not, while falling asleep.

I thus visualize during these precious moments the retrospective of my past day.

To do this, I can ask myself five essential questions:

- 1. What did I do well today?***
- 2. What did I do well today?***
- 3. What did I do that I could have done better or avoided?***
- 4. What didn't I do that I should have done?***
- 5. What can I do tomorrow?***

Self-feedback questions that allow us to strive for excellence.

I now focus all my attention in my body.

I become aware of body sensations.

I become aware of my breathing which is abdominal.

I let go of the mind.

All my precious attention is focused on my whole body, on my posture. And on my breathing.

I inhale deeply, expanding my stomach.

I pause for two seconds and exhale slowly. The stomach hollows out.

I remain with all my Attention in my whole body. I become aware of my whole body.

...

I split inside.

In my deep silence, I am detached from "me". What I think I am...

I am detached from "I".

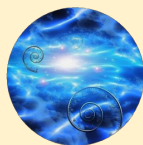
I simply observe.

And always, I remain with all my Attention in my whole body.

The "me"s that arrive, I simply let them pass.

I am more the one who raises awareness, rather than being the one who is the "me".

He who understands this subtlety of being, this subtlety of spirit, will discover here one of the most precious keys in solid gold and diamond, to self-liberation.



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