

MagicWorld



**“The art of equanimity: how to accept the situation
and its emotions with the present moment, the body
and the smile”**

I am now attentive, to the present moment which passes with my five senses alert.

Each time I become aware of myself going into identification with my mind, or to take myself for a little mask, I come back with my Attention, in my body.

I am now listening to impressions of the world around me, to nature perhaps, to all environmental sounds.

I am focused on the moment that passes, constantly returning with my consciousness which is focused on my body, in the present that passes, disconnecting from the mind.

I let the thoughts that come to me pass with their narrow visions, to return to the space that there is between my silent consciousness and the thoughts, like in a beautiful sunny blue sky. I don't take myself for the bird that I see, just as I don't take myself for the thought that comes to me, even if it is indeed closer than the bird. I become more subtle and I remain in my silence, in my blue sky, which adds nothing to the thoughts I perceive.

How today to achieve enormous good thanks to a new ritual for a healthier lifestyle, which once put in place, will transform my emotional world towards liberation.

This new transformational ritual is: "I no longer manifest my negative emotions!"

Because manifesting negative emotions is simply not seeing in oneself the place in oneself where it hurts by making someone else feel guilty and therefore seeing the place in oneself which allows me to be able to free myself.

This with one more aim, to avoid polluting myself internally, therefore weakening it, locking myself in further and polluting others with the harmful energy contained in them with acts which I am very likely to regret in the end. the following.

The goal is to master one's mind and emotions by dominating the manifestations of this ego.

Even if this fight often seems to be the fight against a giant, like David against Goliath.

It's not impossible, because David defeated Goliath!

I understand that a negative emotion is a part of myself that is suffering, and it is my responsibility, since it is a part of me that it is about, to take care of it. To take care of one's own suffering, and for which I am the one and only responsible.

I understand that the situation triggering my negative emotion may come from outside of me, however my suffering is internal. I can solve the problem of the external situation very well, without this negative emotion. Through creative action and a kind heart toward self and others in action.

I can accept the situation as it is, as it is, and understand the yin and yang of existence. And even rejoice in its different environmental weather conditions. Take the yin and yang of Taoists as they are, with the same equanimity.

I then become equanimous.

Plus, anything goes! After the storm comes good weather and singing birds. After dark, the sun rises for a bright new day.

We wrongly think that the events that happen to us will not change! It is an illusion of the mind.

Our Work consists of cultivating the patience of a new inner happiness and while waiting to accept the situation and its emotion, like accepting the fact of bathing in polluted water, smiling inwardly, voluntarily even at all this, remaining certain creatively improve things if they can be improved or cultivate patience for what cannot be improved immediately. All with humility, humor and above all kindness!

Do not show your negative emotion whatever happens!

We do not repress our negative emotion because we carry out internal work of reconciliation with it. We take care of it. Which is not the case when we push her away, because at that moment we really don't want to see her! But here, we are doing quite the opposite! We take care of it.

We do not manifest our negative emotion in order to avoid wasting our energy in its manifestation, polluting ourselves internally, making ourselves and others sick, rather than remaining in a high relational quality.

What is negative and conflicting lives within oneself! This part of ourselves, thanks to this provocation of destiny, allows us to be able to tame it, master it, reconcile ourselves with this part, of ourselves.

Rather than being exclusionary, contemptuous, negative in this situation, I can include this part of myself and become more whole. I can feel myself growing and stronger because of this situation. Unlike falling, losing all my energy, making myself sick. In addition, I lose my high relational quality.

Negative emotion is not necessary to effectively, clearly and creatively solve a problem. I am no longer a child.

On the other hand, I am making my inner child aware! I see that it exists and accept it as it is.

Then I take care to make sure to resolve his problem if it is possible for me to do so. However, preferably in a moment other than when I still feel a negative emotion.

And at the same time, I try to reconcile myself with this suffering.

I cultivate patience for the emotion to pass, without adding negativity to what is already negative and weighing me down further.

I become aware of the effect that it has on me, in my inner world, in my body, in my sensations, my emotions, in my thoughts and I let my energy of Consciousness bring its curative, beneficial, energizing effect and let it quietly dissolve.

I thus transcend my own negative emotion, purifying it with my own Energy of Consciousness.

I am especially careful not to show my negative emotion towards others and pollute them.

Showing negative emotion can only make us mentally and physically ill!

Science proves today by neuroscience researchers that the heart can calm down under the effect of oxytocin, also called the love hormone.

A strong discharge of oxytocin from the brain to the rest of the body and the heart is created and diffused during loving encounters.

This has the effect on the heart, which then beats less quickly.

Conversely, anxiety and anger increase the acceleration of the heart, which deteriorates it and makes it more vulnerable to heart attacks.

My negative emotions are forced to rise to the surface of my consciousness, into my soul, to be recognized. Because I usually exclude them and don't want to see them. I reject them and become mean, exclusionary and negative in contact with them.

Every time I come across cow dung, will I get angry?

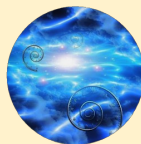
It is sad to note that on Earth, we have the impression of seeing a large giant mental asylum.

Now the goal here is, finally, to be able to see them and above all accept them as they are, for what they are, without manifestations or repression because they are made aware and not forgotten, excluded without wanting to see them.

Become more whole, remembering that I am not this negative emotion that I think I am, but that I am this Great Spirit deep within me.

I then begin to discover a new inner world, the richness of my self.

I am also ready to accept and love life as it is and not as my ego or "I" would like it to be.



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