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***“How to free yourself from the ego and access your
Universal Spirit - Guided meditation for the
Awakening of Consciousness”***

Hello and welcome to our new Quest day!

The more we learn about ourselves, the more we see to what extent we are still the toy of our ego, which constantly manipulates us.

But little by little, through perseverance and diligent practice in strengthening our consciousness, to disidentify more and more from our deep primary emotions, such as anger, anxiety or sadness, little by little we let us strengthen, by reminding ourselves to be conscious rather than asleep in the face of our lower nature, our automatic mechanical conditioning, our different masks.

Little by little we can strengthen ourselves through our awareness, in awareness, to no longer be the completely submissive toy of these giant inner monsters.

Beyond our physical body, our emotions and feelings, our thoughts, which come to us and which pass, we become aware with our conscience, which is a human faculty, which animals do not possess.

We can then make our physical body aware of its emotions and thoughts that come and pass.

Not only are we a human being capable of consciousness, we are also bearers of an immense and powerful Spirit deep within ourselves.

For some, the existence of their own Spirit remains in the domain of belief, for very rare others it is a state of fact, through concrete, precise, lived, experienced knowledge.

The human being is indeed the bearer of a Spirit as vast as the external universe of stars and planets, in other forms, other colors and an Immense condensed Energy, equivalent to the explosion of several supernovas simultaneously in unimaginable Energy of Cosmic Joy. This Spirit is the smallest thing that exists in itself, smaller than the infinitely small and yet it is a Magical or Divine Spark, which when we penetrate it, paradoxically is as vast as the universe.

The human being is a truly surprising being. He has a potential in him that we can say is totally Unlimited.

And yet, why 99% of the time does he behave like a being without real consciousness, asleep in his dreams and in his mechanisms.

Without consciousness, he completely identifies with his primary nature, being nothing more than the puppet of his little masks, of his bodily desires. The puppet of his own emotions and superficial mechanical thoughts.

To Evolve as a species, human beings can first of all become aware that they do indeed have a Consciousness. Unlike the animal.

However, we must develop this Consciousness so that our “germ of consciousness” in its raw state can emancipate itself and one day become an “Immense Universal Cosmic Consciousness”.

The growth of our own consciousness occurs gradually.

One day our consciousness will cease to be completely asleep and carried away by the tidal waves of negative character traits, primary emotions, conditioned thoughts that manifest themselves when the various and varied situations of life happen to us.

We are not a leaf in the wind!

We can root our Consciousness in our body, like the roots of a tree in the ground and rise not towards the sky but towards the inner heavens, in our own soul.

No dollar can ever do that, no matter how big a car or how completely heavenly abode we live in. Human beings are wrong about their values. He runs behind the riches which will never bring him the freedom of being, to live in his Peaceful soul, to one day reach his Spirit of Infinite Joy.

Even if money is not a problem in itself, neglecting the development of his Consciousness and his qualities of being will not differentiate him from the animal or rather from the superior animal that he is thanks to his neocortex.

“Consciousness” exists in the human being in germ and we can begin to nourish our Being, our Spirit, thanks to it.

So that the Being can one day become stronger than its own ego, its lower nature, or its personality composed of a multitude of different masks.

The image of the eaglet chick still in its shell, feeding inside it on the white of the egg in its shell, to one day free itself from it, and hatch! It's a wonderful metaphor! One day, this eaglet will fly in the Heavens! The white of the egg is for the human being, his personality!

The human being is indeed the greatest wealth in the history of the world, of humanity and most certainly of the universe as a whole. Quite simply because deep down he possesses the very dimension of the Quintessence of the Universe.

Being is the sure value on which we can rely. There are no greater values, nor greater treasures on earth but also in the entire universe!

We could go to Mars or Jupiter to announce the news to the Martian and Jupiterian if we wanted! Even if they would not understand us, we feel at home everywhere in the universe, thanks to this Knowledge, this Knowledge, if it has become alive because Experienced. And our life would always have meaning.

The meaning of our existence is the search for inner happiness, in all situations, all events, small and large that fill our existence.

It is thanks to the Quest for this inner happiness, that is, liberation from all our internal limitations, that we can experience the events that happen to us with as much Love and joy as possible. Quite simply because we feel good within ourselves.

We are then in Quest for liberation or to free negative traits of character which constantly limits our existence to that of anxiety, pride, vanity, incessant and demanding desires, anger,...

If our entire existence would only consist of finding external happiness, favorable situations without internal evolution, we know very well that these do not last! We would quickly experience the other side of the coin, because of our inner limitations, as simple as it may seem.

Furthermore, to rise to our spiritual nature, the Magical element in itself, we need to free ourselves from what prevents us from reaching it, namely the limiting elements of our being. This is the double essential reason for the vital importance of a point of spiritual life, of such a Quest.

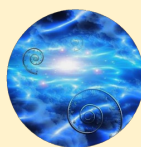
We no longer have to sacrifice anything that life brings us, on the contrary we dive into it head first! The only sacrifice this costs us is the sacrifice of our character traits, those of our inner limitations.

The meaning of a life to succeed in living a spiritual life, without belief, to enjoy a higher happiness and to enjoy in addition the pleasant events that already happen to us in existence, is the addition of

the enjoyment of surpassing oneself, of one's personal limitations. This is what a life is about where the meaning of life is that of a Quest.

Moreover, this Quest, in addition to bringing us the non-sacrifice of the very pleasures of existence, of the 101 flavors and happy events that can happen to us, it brings us the additional Strength, the Energy of a more conscious life, more spiritual, thanks to surpassing oneself. And all, towards a possible discovery of a Treasure deep within our soul, which even if for the moment it is obviously lost, because we do not enjoy it, can only manifest itself sooner or later ! And thus live a totally heavenly life, here, on Earth.

We are not here in a film, neither fantasy, nor science fiction, nor in the latest adventures of Indiana Jones. These films, wonderfully well inspired, do not come close to half-measures of this Cosmic reality. It is indeed about reality, about what human beings can really achieve, here and now, during their existence.



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