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***“Body Meditation: a journey to discover the Memory of
our Cells, our Ancestors and our Instinctive
Intelligence”***

To Journey towards Self, the greatest tool we can discover is the tool of silent self-observation.

To observe oneself is to become a silent consciousness that observes.

This consciousness observes inside one's soul. Looking inside yourself.

To understand the phenomenon of self-observation, we can imagine being a spirit that leaves its physical body and flies in the space above its body.

Now still immersed in this mind above yourself, imagine having the capacity to enter, or to penetrate the body and soul of another person not very far from you.

We therefore merge with this other person, like a ghost.

The mind also has this very real capacity to achieve this! We can better understand this phenomenon in the practice of Systemic Constellations.

We therefore enter another body, such as the film "Ghost" in 1990 with Patrick Swayze, Whoopie Goldberg and Demi Moore.

Once in this other body, we can feel emotions, which we know very well do not belong to us. Likewise, we perceive thoughts that are not our own thought habits. We also experience sensations that are different from our usual ones.

In this immersion, we discover the body and soul of another human, here on Earth.

It is necessary to fully enter into this immersion to understand what the capacity for self-observation really is. To then acquire the faculty of self-disidentification.

This faculty of self-disidentification then becomes, in practice, totally possible!

It is enough to enter into ourselves as if we were an "other" or an "unknown" in ourselves. To practice this same immersion but with yourself now.

We then observe "self", the entity that we are.

By this very means we can create a space in itself, different from our physical body, with its motor center for movements, its instinctive center for the part of the organs and its sexual center, which is the center of all energies in the To be human.

A space is therefore created different from the physical body, but also different from our emotional center and different from our intellectual center.

A "neutral, free and independent space" is then created. He is naturally silent, aware and observant.

This conscious practice creates space between what he is, or what he observes, still locked within himself in a body until his death however, and what is observed (Body, emotions and thoughts) .

This conscious practice allows you to nourish your conscience and provide vital nutritional elements to grow the seed of Spirit within you.

Our body has more than 40,000 billion cells, including the memory of our father and mother. It is easy to understand that this memory has a systemic influence on ourselves and our destiny coming from our ancestors up to several generations ago.

We can become aware of our physical body, our movements and its instinctive motor reactions. How it reacts mechanically to the impressions and events that surround it.

If we are attentive after a sporting activity, we can observe our heart rate which never stops beating thanks to the oxygen provided which supplies all our cells with CO₂.

We can become aware of the immensity and spectacular grandeur of our body, what it produces in the instinctive part for its survival through our breathing, which comes and goes continually, bringing oxygen to our cells with its hundred thousand beats. of the heart every day, our exhalations of carbon dioxide, in a blood flow that travels 20,000 kilometers through the veins and arteries, all in a single day!

We can become aware of our extraordinary physical dimension, an instinctive Intelligence at work operating automatically, not needing our intervention to function.

We can still become aware of the different senses that are at work, such as taste, smells, our vision, what we hear and touch with our fingertips, feet and body. Becoming sensitive to our different senses of the body for a more conscious life in everyday life. This energy of consciousness coming from impressions is a most important nourishment for our Spirit.

In addition, we can more easily let go of the mind and connect to the present moment. Discover beauty and the extraordinary in nature. We can also find it in unexpected places, even in the simplest and most modest things in life. It can encourage us to take the time to be aware of the world around us and notice the beauty and appreciate the simple things in life.

Let's also learn to relax!

Our physical body in its motor center, or in its movements, are far too tense.

We can start with the simplest thing to do, relax. Entering into relationship from our relaxation is absolutely essential.

Let's make this relaxation a new daily ritual. Let us enter into relationship from a body that is always relaxed. We will then make a huge difference in easing our tensions, avoiding a huge leak of energy, to receive more for our evolution!

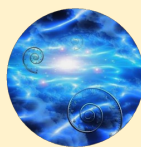
Practical aspect :

- *Let us keep in mind the essential meaning of our existence. The meaning of the search for inner happiness in all situations, all events that fill our existence. Our life then becomes Rich. And above all, rich in meaning.*
- *Becoming a “double” in oneself, like a spirit different from oneself. Silently observe “yourself”, with your body, your emotions and your thoughts. We then understand what self-disidentification truly is and we stop taking ourselves for our lower nature, with the aim of dominating it. Like a wild animal to be tamed.*
- *Let us become aware of the different impressions that enter us through our five senses. And even a sixth which is the meaning of existing. To let go of the mind, gain energy from impressions and live in the present moment.*
- *Enter into relationship from a relaxed body. Relax your body. Gain an enormous flow of energy by relaxing body tensions and find a more harmonious body.*

In our next Quest, we will address the ecosystem in which we live. How the microcosm joins the macrocosm.

We will see the two essential bases of our inner stability, to take more of the seat of control of our lower nature.

We will discover various possibilities for anchoring in the body, including one of the most powerful.



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