

MagicWorld



“Meditation: Disconnect your mind, harmonize your vital energy and become a mysterious unknown within yourself!”

Hello and welcome to this new Quest!

We saw yesterday the importance of entering into relationship from a relaxed body. Relax. Constantly returning to our body relaxation.

We also saw the importance of creating space between one's silently observing consciousness and one's physical body with its sensations, emotions and mechanical thoughts. Succeed in doubling yourself to become a mysterious stranger in yourself. This mysterious stranger is therefore no longer the "self" that I usually take myself to be, but I become an "other", silent, detached, conscious and above all free!

We had also seen that getting up in the morning whose essential goal of the day is to free ourselves internally from everything that limits us, hurts us, is the meaning of our existence which can only make us happier! Because not only do we enjoy all the benefits that this beautiful day has to offer us, in our difficulties, we have the immense luck of being able to succeed in transcending ourselves, transforming the negative parts of ourselves into spiritual and even cosmological inner liberation.

We have also made aware of the Intelligence and Wonder of the body, in its instinctive part. Thousands and thousands of cells that work on their own to give us the experience of life on Earth.

I take advantage of this moment to return with my consciousness well placed in my body.

I simply become aware of my sensations, my emotions and the thoughts that come to me mechanically.

I become aware of the existence of what I experience in my inner world, without fleeing.

I look within myself with courage.

I welcome and accept my inner world as it is, my well-being or my limitations as they are.

I let everything pass.

I am relaxing. I relax the muscles of the body wherever I become aware of tension.

And I smile!

This smile has the effect of relaxing the zygomatic muscles of the face and calming my body.

I inhale through my nose, inflating my stomach.

Two-second hold pause

I exhale and my stomach slowly expands.

My body, which is then better oxygenated by this diaphragmatic breathing, can nourish its thousands of cells to make them even more efficient and regenerating.

I make my hara aware.

The hara is a central physical energy point, located two fingers below the navel. It is the center of physical energies. It allows you to maintain a stable base, improve your concentration and generate your inner strength.

The consciousness brought to one's hara brings us unprecedented inner stability.

I get in touch with my breathing.

And I relax.

I inspire...

I exhale slowly

I smile at my inner world as it is, as it presents itself.

I accept myself as I am.

My conscience remains pure, silent and benevolent.

My breathing is soft and deep.

I observe my inner world as it is, without wanting to change it, but to welcome it, accept it, love it.

Now let's become aware of our emotional world.

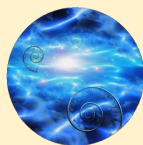
And where do these emotions come from?

According to traditional Chinese medicine, emotions which come from the Latin word: "ex-movere", means "an energy moving outwards". This energy is according to Chinese acupuncture an energy which circulates through our thousands of acupuncture meridians which cross our entire body and connect all the organs, the cells, even our environment and also our relationship to time, the past, the present and the future.

This universal life energy called "Qi" by the Chinese or "Prana" by the Hindu is found everywhere and everything is formed of this energy, however in various forms of density. In matter, for example, this energy is densified. It is also found in the atmosphere and even in the air. It enters primarily through the crown chakra, above our head and passes through the thousands of acupuncture meridians throughout our body. When this life energy circulating at full speed in our energy channels gets blocked somewhere, this blockage causes us suffering that we call a negative emotion or a non-integrated disturbance (PNI).

If we correctly recirculate this universal life energy "Qi" or "Prana" where it is blocked, the negative emotion disappears and we find our inner well-being.

We will also see further in other Programs, how to stimulate this energy wherever it is blocked and where it tends to freeze, through specific areas in the body, which are energy centers, called "chakras", "lataïf" or "tan tien", which will allow, by simply stimulating them, to recirculate this energy correctly throughout the body, so that it circulates harmoniously again.



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