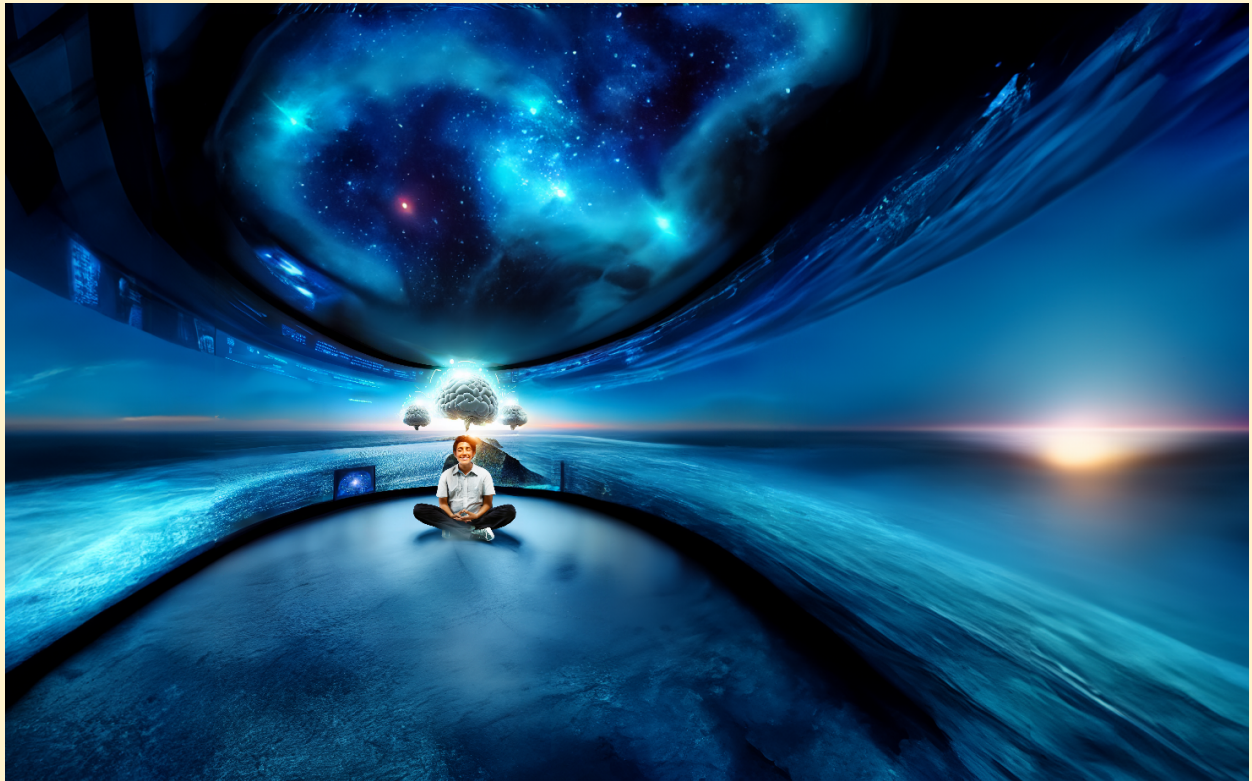


MagicWorld



**“How to Achieve Higher Consciousness in 20 Minutes –
Guided Meditation”**

Hello and welcome to this new Quest!

We can observe the body and its three centers of functioning, motor for movements, instinctive for the organs and sexual which is the center of all energies.

We can also observe our emotions through the physical sensations that these emotions give rise to in us.

And we can observe the world of our thoughts. Thoughts that take us into their own fanciful worlds, into their sleeping dreams, their fantasies. These thoughts take us far away from our lives, often focusing on problems of the past and future, in the suffering that we are going through and trying to resolve. Thoughts that obscure from us the present time of the Awakened, a space of time where everything is dense, where continual emptiness reigns. A void which is not, but which is filled with Universal Bliss.

Living in the here and now is quite a challenge for those who venture into the paths of the Lord.

The present brings peace of mind, psychological and emotional healing, simplicity of life and enthusiasm for what is, as it is.

We have three different brains.

Each brain is also connected to each other.

The first is the oldest and is the one that works best. This is the reptilian brain. It is the one that manages the functioning of all our primary instincts, such as survival and reproduction.

The second brain wrapped over the reptilian brain is called the limbic brain. This mainly manages the emotional system and memory.

And the last brain, the youngest of the three, is the latest in comparison to the oldest, the reptilian, which is called the neocortex and which manages the intellectual system and our thoughts. Its youth compared to the oldest is one of the reasons why it is not yet at the peak of its performance. It would have to be 200 million years short of being as old as the reptilian.

Usually, human beings think of themselves as their physical body, but they also take themselves as their emotions and even their thoughts.

Human beings think that what they say "me" is what they are. He associates the "me" with his body, his emotions and thoughts.

We call a human being that, a being asleep to itself, to its own spiritual nature, including its conscience and its own Spirit.

He only reacts to the stimuli of what he experiences, in his body, in his emotions, in his thoughts and he is only the result of what nature, his education, society has made of him.

Taking himself for this, he accepts his human condition as it is. Or rather he got used to it.

What is wonderful about human evolution is its possible liberation or disidentification from what it thinks it is.

Once the human being understands this, he will become the master of his entire machine. He will live on Earth as an extraterrestrial having taken possession of a human body and soul, possessing all the controls and powers over it.

An alien like this does not see life or the world in the same way.

He is both free and creative. He decides how he reacts to the things and events that happen to him in his destiny and puts into it a maximum of natural and effortless Enthusiasm.

His life becomes Free and Happy.

Do we see a difference between living detached from “me” and living completely identified with everything? Identify with our emotions? To our feelings? To our thoughts that cross our mind?

Moreover, being like this, we are terribly attached to everything and take everything that happens as the end of the world.

Living in one's own silence or making the difference between one's silence and what we think oneself is is obviously the key, the very basis of a possible change of perspective.

In addition, by adding anchoring in the body, to the whole body, its breathing, its hara, we stop being at the mercy of our emotions and the events that happen to us.

We enter a space in itself, simple and exciting.

When we become more conscious, we become more Awake, we then come out of the state of sleep in which we were until then to become more subtle, authentic and alive.

We can observe, become aware not only of our own inner world, our body with its emotions and thoughts, but simultaneously also our external environment in which we find ourselves.

Have a double look, a double attention, both inward, in our soul and also outward, in our environment.

In fact, by standing back from "self", in our silent and anchored observer, we see everything outside of us, because we simply become more subtle. Our Spirit sharpens like the blade of a samurai sword.

We see our emotions, our sensations and our thoughts as objects external to ourselves, like a table, chairs, furniture in front of us.

We have distance thanks to the conscious contribution of the elements that we become aware of within ourselves.

And it is in this space that the Energy of Universal Life can enter, regenerate our body and mind.

Let us be aware of the physical sensations that come to us.

Let's become aware of how we automatically react to external events.

Let us not make any judgment on this so that this observation remains an observation and not a judgment.

These are subtleties to truly grasp.

Our observation must be, like an HD observation camera and that stops there! There is nothing to add! Absolutely nothing at all!

The danger of observation is falling into intellectual analysis or judgment.

In our next Quest, we will see how to further anchor our consciousness in the body, how duality is our space of freedom, and paradoxically of unity.

