

MagicWorld



*“How to connect to your Great Spirit through inner Silence
and the gaze of the Heart”*

Hello and welcome to this new day of Quest!

We had seen in our previous Quests:

- *The practice of inner silence. My consciousness (the observer within me) becomes silent. I identify with silence. What I am is silence. What I'm not is noise! The sound of thoughts, emotions, body sensations. I remain true to who I am, silent, observant, grounded, continually.*

This state of mind allows me to fully experience the present moment as it passes, without leaving through the "neocortex" organ of the brain, either in the past or the future, in thoughts that take me elsewhere. Everywhere else except in the here and now, in the flow of life that flows from moment to moment. In this flow where Peace of the soul reigns, the Energy of Universal Life and the possible manifestation of one's own Spirit.

- *I remember the immense Universal Spirit that inhabits me and that I am in my Quintessence, deep within my soul!*
- *The other that I meet is myself that I meet. How am I going to be towards myself?*
- *I practice conscious looking and smiling. I consciously smile at others I meet. I recognize their existence and I can say to myself internally: "I see that you exist and I accept you as you are! And even better "And I love you as you are!"*
- *I practice the gaze of the Heart, this gaze which recognizes the Great Spirit who lives in the other, like mine.*
- *I am implementing my new conflict management and self-control ritual, which is: "I no longer show my negative emotions!"*

We can very well remain authentic, true, sincere, express what we think and feel, restore justice without the slightest negative manifestation of our emotions. It is through the non-manifestation of negative emotions that we can discover fair, respectful, non-hurtful speech.

- *The emotions that inhabit me, I am fully responsible for them. I don't blame others for this. Because the emotion belongs to me and has nothing to do with the situation or anyone else for any reason whatsoever. My goal is to include what is excluded in me, namely my negative emotion. It is through this state of mind that we can reconcile with ourselves, find our wholeness, inner peace and joy.*
- *I remember that everything passes!*
- *I am not this negative emotion that I think I am, but I am this Great Spirit deep within me! This negative emotion is an ephemeral moment to go through, of disturbed inner energy, which must circulate harmoniously in order to disappear.*

A negative emotion is an inner child. Learn to accept him as he is and resolve his needs, remaining aware of them, and cultivating patience as they pass.
- *All this brings me a new meaning to my existence, the meaning of developing my Consciousness and becoming free from everything that enslaves me.*

*I come back for a moment, my consciousness anchored in the body.
I am aware of my breathing coming and going.
I become aware of body sensations.
I become aware of my whole body, my hara, my posture.*

*I remain silent and conscious.
I observe what "mask" I find myself in.
That of anxiety? Anxiety? Anger? Desire? Sadness?
Am I, on the contrary, in a positive mask? That of gratitude? Love?, passion? courage?
I just observe it and relax.
I return to the sensations of the body.*

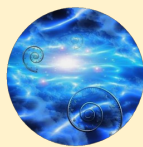
*I open myself up for a moment to impressions from the outside world. I am both anchored within myself, and at the same time open through my five awakening senses.
What sounds are coming to me? What smells do I smell?
What flavors might I be tasting right now? What are the elements that make up my decor and that I perceive? What is my touch that awakens my sense of touch right now?*

*I become aware of my posture.
I open my eyes for a moment with a soft and wide, unfocused gaze. And I close them if I want.*

*I breathe in through my nose, slowly.
I exhale and smile at my inner world as it is.*

*This energy of consciousness generated, structures my entire being.
This does him the greatest good!*

I maintain this presence at my anchor in the body for the duration after this Quest.



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