



MagicWorld



*“How the microcosm and the macrocosm come together in
meditation”*

In the immensity of our Spirit, deep within, we find the microcosm. This microcosm, in its infinite Universal grandeur, is the very Quintessence of the universe.

Outside we see the macrocosm with the planets, the sun and the stars.

This seems paradoxical and yet a simple observation of reality.

And these are indeed different worlds.

The microcosm joins the macrocosm in its infinite grandeur when we penetrate inside this microcosm.

And yet the macrocosm of planets and stars is just as vast as the macrocosm of the microcosm.

These mysteries of the dimensions of life remain in its Mysterious reality.

The macrocosm of planets and stars works very well, all by itself, without our intervention, any.

Planets that rotate on themselves and around the sun, the moon around the Earth, all in an insane macrocosmic eco-system!

The sun bringing us colossal energy of life

We are immersed in an environment that makes us the creatures we are, here on Earth.

We have become beings capable of thinking for ourselves, freely. We have become free and thinking individuals, thanks to our neocortex. All of this, all of these capabilities, we did not have in previous planetary eras. There are countless things, of course, which must still evolve to achieve greater perfection, such as for example the systems in which we live and by which we are influenced. Furthermore, acquire a spiritual evolution of one's own kind, to free oneself from the ego, and live in peace, love and bliss in our soul.

We survive on heat, rain, oxygen, vitamins and minerals, resources we need.

The planet itself is alive! Through its elements such as earth, water, fire, air and ether. Through its nature and its atmosphere, the planet creates physical, chemical and biological conditions enabling the life of an entire ecosystem.

The rocks, the plants, the animals which surround the human being, in an environment where everything is in its place for the harmony of the system, naturally.

Unless we destroy the earth, through deforestation, pesticides, animal massacres, the extraction of chemical elements endangering our external ecosystem, but also our internal ecosystem, which encourages harmful bacteria to spread there and make the earth and our sick body.

And yet, the universe does not stop there! Within ourselves we have already observed the Intelligence of the body in its instinctive center, including the organs and cells of the body which function wonderfully.

But even deeper, quantum physics is progressing incredibly well in its research, to provide us with more and more verifiable physical proof!

Quantum physics now proves that everything is interconnected at a fundamental level. This knowledge can help us understand that our actions and thoughts can have an impact on the world around us, and encourage us to be more kind and considerate for everyone.

Quantum superposition is a proof of quantum physics that proves that an object can be in multiple states simultaneously.

Quantum physics proves that meditation is considered a practice that helps us access a higher state of consciousness and explore our own nature.

Meditation has beneficial effects on mental and physical well-being, which have been confirmed by scientific studies.

It is a practice which consists of training one's attention and concentration on one's breathing and sensations. It aims to develop a state of attentive, non-judgmental presence in the present moment.

Direct Self-Knowledge brings us to the understanding that human Evolution is infinite and ever more vast, more mysterious and inspiring.

The Awareness that we bring to our entire physical body brings our Attention Energy into it.

Attention to our breathing, and the sensations that come to us, are essential, to lay a foundation for solid, and harmonious, spiritual development in oneself, and to Journey in the Evolution of our deep nature, with high performance.

Acquire the psycho-spiritual faculty, of a solid anchoring in your body, such as through the hara chakra, which is this central physical energetic point, located two fingers below the navel. Or even to his breathing, which can be abdominal. Or even on his entire physical body, his posture, and his sensations.

One of the second essential bases to develop, and to acquire, is to truly create a duality, between one's Consciousness, which must become more and more silent, this is how we sharpen it, like a samurai blade, which observes then, naturally what is, as it is. Or the body with its sensations, its emotions, and its gross thoughts.

We are not this body! We are this silent Consciousness, different from the body, different from sensations, different from emotions, different from the noise of thoughts! This is to succeed in freeing us! Otherwise, we will constantly and continually remain a dominated puppet, imprisoned by a giant, called the ego.

Let's start relaxing our body now.

We can place our Attention, just as well on a specific area of the body, such as on its relaxation, and why not the heart chakra, the heart thymus, if we feel more anchored with this anchoring, at the level of the heart.

We can let everything enter our Heart, there is enough room to accommodate the whole world and even the whole universe.

We can anchor our Attention in the sensations that inhabit us, which come and which pass, to further pose ourselves in the reality of what we are experiencing in the present, in ourselves.

Thus we stop being a leaf in the wind, following the course of events, which carries us away in their own narrow influences, losing awareness of ourselves, of our own autonomy, of our own conscious and authentic independence.

We are placed within ourselves, in our own home, in our own seat of control, as a master and not as a puppet.

Let's get into the habit, to train our neuronal and psychic faculties, of meditating in a seated position a few minutes before starting our day. This, to recharge our batteries spiritually, before starting our day. This little ritual will initiate a new daily habit to start living more subtly and in control, rather than crudely and unconsciously.

Let us take giant steps towards our own inner liberation, from our current state of mind which we perceive more and more clearly, by becoming more and more subtle about our reality, with humility.

We are also becoming more and more malleable as opposed to sclerotic, for an evolution which becomes more and more measurable and vast at the same time.

This is done through the witness that we become, either the silent observer or the unknown within ourselves.

We become a consciousness that remains facing what it observes in itself and that creates more and more space between its lower nature that we are not, since we are this Infinite Cosmic Spirit, living deep within self.

This Infinite Happiness is what we are.

Our limitations and all our internal suffering is what we are not and what we must free ourselves from. Absolutely all!

This through the Force of Consciousness and our ability to gather within ourselves all the necessary forces that we need to successfully complete our Journey towards our deeper dimension. Such as our intelligence, our clarity, our humility, our kindness, our heart and courage.

A courage that observes within itself its lower nature to accept it while being vulnerable. A vulnerability that lets everything enter into oneself to reconcile with everything, in our peaceful, unified soul, therefore stopping being fragmented and divided, conflicting, and superficial.

Diabolos comes from the Latin which means to divide. The devil is what separates. On the contrary, including everything in our benevolent Heart, warmly, reconciling to become whole and thereby entering fully, because separately is not possible, into our interior Cosmic Unity, our Heavenly Heavenly Joy.

Practical aspect :

- ***The Awareness that we bring to our entire physical body, by relaxing it, brings together our Attention Energy within it. I anchor myself in my hara, located two fingers below the navel, I make contact with my breathing.***
- ***I become aware of what makes me suffer and I stay with that, with courage. I develop my Strength of Consciousness, by remaining face-to-face.***
- ***I get into the habit of naming the mask I find myself in. I give it a name to help me dissociate from it, recognize it and observe its influence in my body, in my sensations, in my emotions and the types of thoughts linked to it.***

I can take it as a game. A game of direct self-knowledge whose goal is to free oneself or to have control over each awareness mask.

The liberation will be effective when I have managed to gain the upper hand over this mask. Or, succeed in dominating it, through its inclusion, and my capacity for disidentification.

- ***I smile at everything that is limiting and conflicting in me to reconcile myself and find my Unity, my Peace, to live in my peaceful self.***

We will soon learn the best meditation practice in the world! How to learn to meditate correctly in order to accumulate the maximum amount of Energy within yourself, recharge your batteries, revitalize yourself to live in Consciousness all day long.

"Religions are like different roads converging towards the same point. It doesn't matter if we take different paths, as long as we arrive at the same goal." Gandhi

