

MagicWorld



**“How to overcome our masks, our negative emotions and
our anxieties to live in Inner Peace”**

Hello and welcome to our new Quest day!

We saw during our last Quest, the best meditation practice in the world of Direct Self-Knowledge.

We have set up a new daily meditation ritual to seriously engage in the Evolution of ourselves, towards our liberation from all our limitations, from all our suffering, towards ever-increasing dimensions of Conscious Energy. subtle, regenerative, powerful and one day discover and dwell in our true Spirit, our deepest dimension within ourselves, which some call "God" or the "Kingdom of Heaven".

Why such a Quest?

Quite simply because there is nothing more beautiful, more Magical, Greater, more Powerful and accomplished in the world and even in the entire universe, than advancement in this Quest and this which we can discover there at the very end.

The meaning of this Quest is the liberation of our lower nature, of all our personal limitations, which leads us to more Happiness immediately.

In addition we truly become a good, caring, warm human being towards others. Because quite simply, we no longer manifest our negative emotions, because we know that we are fully responsible for them, and that these are our Path in our Quest, to transform our Being.

This awareness, combined with this practice, relieves us of a huge heavy weight and allows us to become much simpler, lighter and happy in every sense of the word.

We achieve more internally and our relational qualities improve.

We move beyond our mask of hatred, which disdains others by recognizing the limitation of this mask, to discover acceptance and appreciate others exactly as they are, without expecting anything from them other than what they are.

We go beyond the mask of pride that believes we are superior to others, by truly becoming Great, not by believing ourselves to be great or wanting to prove to the world that we are, but by living in our Peaceful soul.

We go beyond the mask of anxiety by realizing that we are under its influence and by developing a noble quality, which is confidence in one's own abilities to live at the best

level of oneself and to do one's best. better to transcend it and aim for excellence. The energy of Consciousness brought to one's anxiety is extremely regenerative! In this state of mind we can gradually expose ourselves to what worries us in order to overcome it. We can be kind to it by smiling at it. We can still relax.

Anxiety also has a reason for being. Keep in mind, the value of safety, and act with caution. We can also cultivate perseverance and act with the courage to move forward, despite the anxiety that inhabits us. We can put ourselves in the shoes of others in order to better understand them, if they are subject to our anxiety. We can look for and focus on the solutions, rather than the problem. The culture of gratitude, and recognition of everything we have, of everything good that life brings us, also helps us to overcome our anxiety.

Let us move forward step by step towards more and more Freedom, Inner Strength and Happiness.

The true dimension of Being is accessible through the Quest for oneself. A Quest like this, the one that we live together, of progressive self-transformation, of cultivation of Consciousness and acquisition of Knowledge, for a fair practice.

We have seen the key fundamental elements of Self-Knowledge which have been developed into a very practical aspect and new daily rituals in this Program, to add the element of Being, which enriches our existence from all sides in everything that we do, in our daily lives.

This gives us a solid, reliable toolbox, based on the rich Teachings of the Greatest Mystics of our humanity. This is to lay solid foundations and gradually move forward, at our own pace, towards our own Spiritual Awakening, living in the most sacred and most Luminous dimension of our Being, deep within.

Only our personal experience takes precedence, in the true Quest towards Self. Do not believe anything, but check everything and experience for yourself. What is false, we reject, what is true and which works for itself, we keep and nourish it.

We saw in the previous Quest how to correctly practice Meditation for a Royal Path to Self-Knowledge.

At this moment, what emotion is inside me? Is it a positive, pleasant emotion or a negative emotion?

The goal of this Quest is to immediately transform our negative emotion if we have one.

The Quest for Self makes us realize that there is nothing more important to achieve in the world at this moment than to free ourselves from this negative emotion.

If we don't do this immediately, we are not on this Quest.

We think doing something else is more important to us. Well, this is where our gross error of discernment lies, between the Essential and the accessory.

“Doing” is always and in all cases secondary to Being.

Otherwise, we live in a conditioned, automatic, mechanical way. We are a program, programmed to its tasks and thus live with its negative emotion, in a totally conditioned way.

The Quest that this Program proposes is this reversal of Value, to be understood and realized in one's own existence, to Be in the Quest.

Otherwise, we think we are on a Quest for self-transformation, but in reality, we are not there. Since the Essential is not undertaken as a priority.

We must understand that haste is not the Essential.

The Essential is to overcome our haste by giving priority to what the haste commands us to do.

Our existence is precious, sacred, it allows us through a Quest like this to go towards what is most Magical, greatest, most Cosmic in its nature. Nothing can happen before that. Otherwise, we will remain mechanical and automatic programs, programmed for our own survival, but a survival that is not worth the effort.

We are able to become aware of our existence through our breathing.

We also become aware of our precious existence through our awakened five senses.

For example, by listening to the crackling of crackling wood and the burning embers of a wood fire, by touching the hand of someone we love, by breathing in their perfume

and the delicious rolls that arrive to us just out of the oven. we glare when they arrive in front of our taste buds to devour them.

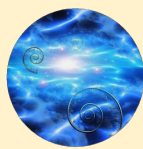
But also, we can become aware of our thoughts that pass through us, for which we take most of the time and in which we take part in all discussions, becoming a full-time thinker, about everything and anything.

Our soul is a true Sacred Space! A Space where if we remain in Silence, even if it is only a quarter of our time to begin with, we will discover new, still untapped faculties.

If in a monastery, everyone started chatting, moving around, shouting, would it still be a sacred space?

It is the way we are in our soul that will make it sacred or senile. Before that, our soul is still, in spite of itself, a place of fair or market.

Let's make our soul a place of exploration of the 1001 Wonders of the World and the Universe. Our soul truly has this Cosmological potential.



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