

MagicWorld



**“Systemic Meditation: how to invoke the Forces of Life,
Earth, Ancestors, Destiny and God”**

Hello and welcome to our new MagicWorld Adventure!

We have seen in our latest Meditative Experiences:

- *Say to yourself: “I accept and love myself as I am, even if I have all of my limitations” and adding: “I accept and love others as they are!”*

The key is acceptance of my state of mind, with related emotions, sensations and thoughts. This, without adding anything to what is already painful.

His consciousness must become more and more silent, anchoring itself in his body, his sensations, his hara, his breathing.

It is the way we are in our soul that makes it sacred or not. Transform your soul which is still a place of fair or market into a truly serene, peaceful and Sacred Space.

- *Remember the Great Spirit that we are, deep within ourselves.*

- *Discerning between the Essential and the accessory.*

Create this inversion of the value of “doing” which is always and in all cases secondary, compared to “Being”. No justification can justify this order of priority.

There is nothing more important to achieve in the world right now than to free ourselves from our negative emotion of the moment.

Valuing the Essential of Being over the accessory of “doing”.

- *Stop adding to our negative emotions, fuel, energy with additional complaints, bad words and creating harmful actions. Because a negative emotion arrives and passes as quickly as it came. If we add fuel, fuel, energy, we allow this negative emotion to persist further, burn our relationships and intoxicate us.*

- *We therefore saw the importance of living in "self-awareness" and "self-acceptance", of our soul, of our destiny as they are and that this acceptance of self and of life as it is it is, is the very key to crossing a mystical threshold, of entry into a soul deeper within oneself, freer, more joyful and happier. An access, which through this simple reminder of acceptance of oneself, one's life and others as they are, will open the door for us.*

We had also seen how to harmonize one's own soul with the Universal Principles of systemics. The System, whatever they may be, constantly seeks to balance the System Itself, for its own survival. Of which there are three higher Principles and six lower Principles. These Principles are inseparable and work together.

The first higher Principle is the principle of Belonging. Everything belongs to the system and nothing can ever be excluded.

The second higher Principle is the principle of Order. Everything in the right place.

The third higher Principle is the principle between giving and receiving. Let's always give a little more than what we received. This, to make Love grow. Let's cultivate gratitude.

Regarding the six lower Principles:

The first lower Principle is the Principle of Commitment. This is seen by our actions, our commitments, the responsibilities we take. These commitments give strength to the system.

The second lower principle is the double hierarchy. The first is the official hierarchy. The second is the hierarchy of influence.

The third lower Principle is the principle of result.

The fourth lower systemic Principle is the principle of competence.

The fifth lower systemic Principle is the principle of individual realization. An individual achievement, however the priority and overriding interest must pass to the system.

The sixth lower systemic Principle is the principle of external influences, which takes into consideration others, also part of the system, without considering its service as more important, to avoid any imbalance in the system.

Let's come back to ourselves for a moment.

Let us observe our inner state at the moment.

This, without making any judgment, either positive or negative, about our observation.

Let us be aware of our physical sensations as they are, pleasant or unpleasant at the moment.

Our awareness brought to ourselves, it alone allows us to nourish our Being in depth and already feel more satisfied.

Now let's get in touch with our hara and our breathing.

Let's smile at our tensions, at our negative emotions, at everything that is unpleasant in itself. This, in order to include what we superficially do not like, in itself, in its Being, to reconcile us with our lower, painful nature. This one needs Love, Compassion, comfort.

Let us remain present to the body, to the Intelligence of the body.

We can connect to the Forces of Life, Earth, Destiny, ancestors and the Universe.

We can position these Forces around us before our meditations.

For example we can position the Forces of the elements and the Earth to our left. These Forces are the elements of earth, water, fire, air and ether.

We can position the Forces of destiny and individual karma to our right.

We can position the Forces of our ancestors in front of you, to the right.

And we can position the Force of the Quintessence of the Universe, either of the Divine Spark that lives within oneself, or of God, in front of oneself, on the left.

We can then ask internally for help from these Forces, because they are so much Greater than ourselves.

We can bow to these Forces.

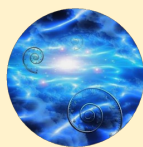
Our job is to have learned everything perfectly in the past, which we do today.

For the future, we can entrust everything to these Forces. So we don't have to worry about it anymore.

In our immediate present, we do what we have to do well, in our work before us, with gratitude and respect.

Finally, if we have forgotten something, we can ask these Forces, if they can notify us, to let us know.

This state of mind is the secret of secrets, to living in harmony, from a systemic point of view.



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