

How to connect with **Babaji Nagaraj**



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How to connect with Babaji Nagaraj

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How to connect with Babaji Nagaraj – Online

Check this link:

<http://vitalcoaching.com/babaji.htm>



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Intro

The goal of this book is to offer you a set of simple techniques to connect you with Babaji Nagaraj.

I consciously kept the description of these techniques very simple so that you have maximum freedom to interpret and apply the technique in your own way.

I am convinced that the moment you invoke an energy reality, your intention and a simple technique will have the expected effect.

The energies you invoke are intelligent and they do respond to your call.

The techniques and ideas described in this book are only guidelines and mind sets to get you started.

They are never exclusive or unique.

The goal is to help you discover inner freedom and transcend your own limitations.

Good luck and stay in touch

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Part 1 – How to connect with Babaji Nagaraj

Various mind states

As a human being you can be in various mind states.

The wakeful state is the most common.

- Wakeful
- Thinking
- Sleeping
- Dreaming
- Day dreaming
- Meditative
- Trance
- Hypnotic
- Artificially altered (alcohol and drugs)
- Etc?

These are natural states that you certainly observed in or around you.

The goal here is to explore deeper what is behind the idea of meditation.

What is meditation?

Meditation is an activity and mind state.

What happens in the meditative state?

Meditation is a mind state in which you use your mind in a very specific way.

The goal is to enter into a new state of awareness in which the natural thinking patterns tend to slow down or even disappear.

The thinking activity tends to be replaced by a meditative trance in which new dimensions of awareness are being expanded.

You connect with some form of unified consciousness.

The technique you use and your intention will influence the result of your meditation.

There are various forms of intelligences on this planet and the single individual mind is only one of them.

You heard about the concept of collective consciousness which is a sea of unified intelligence which contains all human intelligences.

There are many forms of invisible intelligences at play. Devas, Spirits, Angels or Gods are some terms which express some of these invisible intelligences. Some can be seen as infinitely vast and far beyond human development and some others can be seen as being under the human development level like Elementals (like fairies).

When you meditate, you open new bridges of consciousness. You wake up new mind potentials.

The science of mediation has been on the planet for very long. It wakes up certain natural abilities that you tend to forget about when you follow up on your daily activities.

If you never consciously tried to meditate, you probably still experienced some form of meditative trance at one point or another in your life.

For instance, if one day, looking at the sea, you felt suddenly extremely happy, this experience can be related with a meditative type of trance or bliss.

So, meditation is something which happens naturally.

Sometimes you catch yourself day dreaming and after a few minutes, you realize that you don't really know what happened in that time.

You were still doing things but somehow, something took over and you lost awareness of what you were doing. You were fully focused on the stream of your thoughts, inner vision, or emotions.

You can sometimes observe a cat in some form of intense peace. There is no movement. In a way, this is a similar type of "meditative" trance.

All these minor aspects of human and animal experiences are the signs that our mind can be in various states of awareness.

Is this meditation? Well, not exactly.

These states of trance we just described (day dreaming and peace of the cat) are spontaneous.

They don't lead to expanded awareness but might generate some form of peace or break through idea.

Meditation goes deeper than.

With meditation, you try to consciously connect with some form of unified mind.

A meditation technique usually connects you with a new energy reality. You enter in contact or connect with a deeper part of your consciousness.

Have you ever had this impression that behind what you see, there is a network of energies which directs actions and events around you?

There is the reality that you see with your physical eyes and then, there is another reality which you perceive with your "inner eye".

What is this invisible reality?

It is the world of the mind.

Your mind is connected to your brain and physical body. Now, your mind is much vaster than what you see. There are layers and layers of awareness that you never open.

The goal of meditation is to explore these deeper layers of awareness.

Your mind is made of frames. You have millions of thoughts and emotions in your past which created highways of energies in you.

This is your mind. It is your mind set. It is like a forest of energies in which you opened certain path ways.

Now, your mind is not at the end of its development.

Suppose you go exploring the world and reach new territories (for instance a new unexplored continent).

What you want at that moment is to connect with a guiding force which will help you explore this new land.

This is what you do when you start meditating:

You step into this new unexplored area of your mind and observe the thoughts, plans, emotions and awareness that you encounter.

It is truly like exploring a new land.

What is this new land?

It is deeper layers of the unified mind.

If you follow an existing stream of consciousness by connecting with a specific master or tradition, you will connect with a given energy reality.

When you are born, your parents instruct you and transmit you a mind set through education.

You reproduce as well many patterns through mimetism.

You tend to imitate subconsciously your parent's behaviors and beliefs.

The same happens when you explore deeper layers of your mind. You use a sacred formula, or another technique to connect with a specific energy reality.

Basically, you "tune" into a new mind.

Suppose you go online on the internet. All you need is a website address to connect you with a whole world of intelligence and knowledge.

This web address is your connection. It is your key. Without it you could not enter, right?

A meditation technique works in the same way. The goal is to connect with a new energy reality.

Your mantra or technique is your guiding force.

It is a key.

It is a "consciousness address".

This technique gives you a path.

Meditating without a technique

Meditating without technique is still a technique in itself.

Suppose you decide to sit down and do nothing.

This doing nothing is still some form of direction.

Even if you decide to be 100% passive, you are still being passive which is still a state of mind and a direction you give yourself.

There is always a source of inspiration behind your actions.

Sometimes you can see and recognize that source. Sometimes not.

You might go for a walk for instance and suddenly wake up to a new idea for a future project.

This idea seems to come out of nowhere.

Is there some form of angel or spirit which whispered this idea in your ear?

This is a nice romantic vision.

It could of course be the case but in most situations, ideas simply rise in your mind in a very "organic" way.

An idea is a path of action. It is a thought. It is a mind frame. It is a vision.

You can see it as a branch in the tree of your mind.

How does a branch grow?

It is the result of an interaction between an intelligent life force and matter.

Intelligence incarnates into matter in an organic way.

You are incarnated in a body.

Your ideas and thoughts simply grow in an organic way.

Sometimes though, you can direct the development of nature.

You can stimulate certain species.

You can wake up new seeds.

You can water or nurture a specific area of your mind.

This is what you do with meditation.

How to empower your spiritual growth

When you connect with your spiritual development line, you open new doors.

Obviously you might face some resistance or challenges along the way.

The key to succeeding with meditation is to connect with new empowering sources which can help you.

You need extra power and effective strategies to take your experience to the next level.

Babaji is such a source of power. When you connect with his energy field, you connect with a source of life force, power and inspiration.

You start exchanging energies with his mind and this connection shifts everything for you.

You feel clarity growing in you. Your level of happiness and awareness expands. You feel energized and inspired.

These are only superficial visible effects on the surface of your mind.

Deep inside, something magical is happening. It is the renewal of your mind and being.

This is very powerful: by connecting with his energy field, a natural transformative process happens:

you naturally refresh your mind sets and by mimetism reflect Babaji's consciousness in your being.

The result is a deep transformation process which radically shifts the way you stand in life.

You feel more power, an enlivened connection with the planet, nature and humankind.

You connect as well with your long term destiny line.

How to connect with Babaji Nagaraj

Your mind is a very subtle architecture of energy lines.

Thoughts and emotions are life channels in your mind.

The moment you connect with a renewal force, you refresh your mind set and bring in a new vibration.

This is why connecting with Babaji's energy field is so transformative and refreshing for your mind.

Connecting with the universal mind

You have two identities in you:

- **The first one is your individual identity.**
- **The second one is your universal identity.**

You connect with your universal identity by using your mind in a different way.

When you are functioning on the normal wakeful state, you simply follow the course of your daily thoughts and emotions.

When you meditate, you bring your mind to another type of activity: it is a form of inner trance that you establish.

You literally set yourself on a certain wave length and by doing that, connect with a totally different energy reality.

Call it a form of telepathic universal touch.

Telepathy is usually understood as the art of reading, listening to or communicating with someone else's mind.

Now, imagine that there are mind realities which are not incarnated in a human being form.

For instance, you can be in nature and feel a deep sense of union with the beauty which is surrounding you.

This sense of union or bliss is a connection.

It is as if your mind merges with what surrounds you.

You can as well take a trip to the Himalayas and tune into the ancient ways of the yogis.

Part of what you will discover is related with what you see and another part is related with what you feel or what your intuition is telling you.

You get feelings which could be the reflection of the "memory" of what happened in these mountains.

In other terms, you are tuning into the spirit of a tradition. This is why you might go all the way to the Himalayas to experience this profound connection.

Now, you never met Babaji physically, but you can still tune into his mind or energy reality.

This is what meditation is about: you establish a bridge or a link with another mind reality.

You have a radio. When it is off, you hear nothing.

Still, you are surrounded by radio waves.

Can you see them?

No.

Do you hear anything?

Not either.

You need to actually switch on the radio and tune it to a certain wave length to hear something.

It is like having a satellite in the sky and tuning your satellite dish in the right direction to pick up a signal.

Meditation works in the same way.

You were born with meditative abilities.

Everyone has them.

Your meditation skills can be something you never used.

The ability to use your mind in such way is still present in you.

You wake up your meditation skills by using them.

When you meditate, you wake up your universal identity.

You get closer to a part of you which is not limited by your personality.

You connect with a part of you which goes beyond the usual borders of your consciousness.

Your mind is a territory.

Your individual identity defines this territory.

Part of what you need to function as a human being is an individual identity.

You can use the words like "I", "me" or "mine".

You see a difference between you and what surrounds you. Your life territory has a very specific shape:

- Your mind
- Thoughts
- Emotions
- House
- Education
- Character
- Etc.

All these are part of what you call: "Me"

This is your personal identity.

Now, when you connect with your next level of awareness, you get in touch with your universal identity.

Your sense of "Iamness" is replaced by a deeper and universal sensation.

You see yourself in a sea of consciousness and awareness which surrounds the planet.

You see yourself merging with a universal field of life force.

You see yourself as a particle within the vaster unified human mind.

After a while, you realize that you live with both sensations and awareness merging in you. You are both personified and universal.

This awakening of your universal identity is one of the key effects and goals of meditation.

How to connect with Babaji Nagaraj

It might be your first step on your spiritual growth.

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Connecting with Babaji's mind

Now, imagine that you can actually tune into a perfected mind.

Imagine that there is a mind model which represents the perfect path of your evolution.

This is what Babaji's mind is: a perfected model of evolution.

When you meditate and invoke his being, you establish a connection between your mind and his mind.

As soon as you establish this "bridge", renewal starts happening naturally.

So, instead of connecting with just any mind vibration around you, you connect with a very specific line of evolution.

That's his energy reality.

This is why you use a certain formula.

It is not just any word.

It is a specific code which allows you to "click" into his consciousness.

It's like getting his location in space and being able to direct your "satellite mind dish" in the exact direction.

Can you see how it works?

Meditation has a high level of magic in it.

It goes beyond the usual well known limits of your mind.

You penetrate into a new world of sensations and perceptions where all laws are shifted.

Your being is infinite.

You are limitless.

This connection wakes up this sense of limitlessness.

How to connect with Babaji Nagaraj

You connect with Babaji because it is a choice. You are not forced to do it.

You own your "mind meditation dish".

You decide what to do with it.

What is the challenge?

The challenge is very simple:

There are millions of wave lengths to choose from.

There are millions of directions in which you can tune.

When you try to get a clear picture on your screen or a perfect sound, you face interference.

You are bombarded by millions of impressions daily.

Your mind picks up emotions, feelings and thoughts endlessly.

Most of these perceptions, you are not aware of.

In fact, more than 99% of what impacts on your mind does not reach the "surface of your awareness".

Most of what you feel, say, think or express in life happens by itself without you ever realizing how it appeared in your mind.

These are the underlying dynamics of your mind:

a complex ecosystem of thoughts, emotions and feelings which are the result of an ongoing interaction with your environment.

This is the challenge: Clearing the "background noise".

When you try to meditate, you are first confronted with a sea of thoughts.

When you focus one pointedly, you see your mind wandering right and left in all directions following the stream of your thoughts and impressions.

No need to panic!

Everything is alright. It just takes a bit of time and practice to direct your "mind dish".

Some of your perceptions are vague and without real deep effect on your mind set.

Other aspects of your perceptions are anchored much deeper in your mind.

These are your core values and beliefs.

Your mind has been shaped over years of activity and education.

Your mind is not in a virgin state.

There is conditioning and this conditioning is a vast architecture of thoughts emotions and beliefs.

This conditioning is a vehicle. It is your present mind set. You use it every day. It is part of your personality.

Now, when you start meditating, you break through layers of conditioning.

You invoke a renewal force and this renewal force transforms your mind.

This transformation process takes energy and focus.

There are forces at work which perform this renewal of your mind naturally.

You simply create a new inner architecture where your energy channels are cleared and what you no longer need is simply removed.

It is like standing under a shower and feeling a stream of purifying energy clearing your inner being.

Tuning into Babaji's mind is definitely like exploring a new land.

Every step you take is a new one and you go beyond the limits of what you explored before.

This is why you might tend to look back and worry about what you leave behind.

You might as well wonder where this path is taking you.

Every time you establish a new relationship, you build up trust.

Trust is a powerful component of your meditation.

How to connect with Babaji Nagaraj

You align your being with a certain energy reality and you must realize that life is not simply playing a trick on you.

What you discover is real!

This path of development is based on a love relationship that Babaji establishes with you.

This is the very core of your meditative exploration.

The essence of what you do is an attraction between two minds:

Your mind and the mind of Babaji.

When you meditate, you simply remove what stands between your two minds.

You clear the way for the connection to be purified and empowered.

In fact, you want a link which is a powerful channel of energy and power between your two minds.

This is what this technique does for you.

When you embrace a being, you open up your arms and invite a presence in your existence.

This opening of your arms is an invitation.

It is a sign of love, openness and trust.

Remember: Trust!

This is in the core of your meditation.

Love and power

When you try to meditate, you can sometimes feel this sense of unification with the planet, nature and the rest of humankind.

This is the opening of your sense of universal love.

At the same time, you need to keep on functioning as a human being and maintain your individual identity.

Your sense of ego won't disappear.

It is okay to "want", to maintain material wealth and to go on with the course of your life.

3000 years ago, when yogis were practicing meditation, they could isolate themselves in a Himalayan cave.

When you meditate today, the situation is different.

You might live in a city and have one (or two!) full time jobs.

The cycle of your daily life is very active.

You want to keep your two feet on the ground and be able to function in the world you live in.

For this, you need extra power.

You want to maintain your body and maintain your ego.

Your sense of desire, needs and wants do not disappear.

What does shift is the way you perceive all that.

Your activity keeps on going but you master it rather than being a victim of it.

Suppose you are a woman and you fall in love.

The usual course of action is to feel your mind totally taken over by this emotion.

Usually, if the man does not respond to your love, you will feel quite distressed and it will take you a while to get your full power back.

Once you start meditating and wake up your universal identity, you can actually stand in the same situation in a very different way:

you go with the flow of your desires and enjoy it fully.

However, the moment you feel love ache appearing, you are able to step back and get your full power back in an instant.

In fact, you learn to master the flow of your emotions and desires.

The goal is not to suppress life, pleasures and desires.

The goal is to stay over it, master the streams of your emotions and play with the waves of it.

Can you see how it works?

You can enjoy the full dimension of your existence.

You can play with everything which lives in you and strengthen your connection with Babaji at the same time.

You are free of course.

If you feel like you no longer need what you were craving for before, simply go with the flow.

All doors are open.

You decide where you want to go.

You are the master of your life.

This extra quality of power you bring into your life is essential because it allows you to protect your mind space.

Your mind space contains your new channels of life force.

You are master of your inner space and you want to own that territory.

This is why power gives you extra control and protection over what happens in your life.

Life force is precious.

When you wake it up in you, many forces suddenly want to control it for you.

Your goal is to wake up you "warrior skill" and stay in charge of your life.

No one but you is in control of your existence.

Don't delegate your authority. Don't let others boss you around.

Express your love and your power at the same time and make sure you maintain healthy boundaries with those around you.

Initiations

Initiations can happen in many ways and many forms.

Sometimes, you get a sudden revelation or deep understanding.

You feel like your mind did just break through.

You feel an openness and relief.

It is like penetrating a temple and suddenly opening up to a new reality.

Any new experience in life can be seen as an initiation.

The first time you see the ocean might feel like an initiation.

What about the first time you take a plane, or the first time you taste a glass of wine?

These are worldly experiences which welcome you into a new reality or mind set.

On the spiritual level, initiations can be transmitted in dozen of ways.

Energy streams are alive beyond people and boundaries.

They follow their own path of expansion.

No one has all the answers.

The path of human evolution is always open and moving forward.

Every time a new drop of life force manifests itself, it is a new initiation for the planet and humankind.

Some steps are big. Some are small.

Each one of these steps has its own value.

A new initiation is the awakening of a new connection in your being.

It is the waking up of a new life force.

How to connect with Babaji

This is a very simple meditation and invocation technique which will connect with Babaji.

Here it is:

अनुरक्ति बाबाजि

Anurakti Babaji

-

Love Babaji

This mantra is in Sanskrit, the ancient language of India.

It says: "Anurakti Babaji" which means "Love Babaji"

In a way, the less I tell you, the freer you are to explore this technique.

This is only a starting point. It is aimed at giving you a link you can develop in your own way and own time.

You can reinvent the way you use it.

Here are a couple of ideas to get you started:

As Calligraphy

You can use this mantra in its calligraphic form.

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You simply write this formula whenever you want to connect with the energy of Babaji.

It is good idea to keep your writings with your personal things or in your house.

Don't throw away what you write. Having his name with you is truly establishing a connection.

You can write this formula as often as you want. You could even end up with pages of it if you feel the need to write this mantra often.

Every time you write this mantra again, you invoke his presence. You invite him in your life.

As Meditation

You can focus on this mantra inwardly.

A common technique is to sit down with your legs crossed, have your back straight and focus on this mantra inwardly.

You simply repeat these words internally. If you want you can as well focus on the heart or third eye area at the same time.

You can meditate a few minutes or a few hours depending on what you want and your experience.

Short five minutes meditations are very effective because you stay alert and focused.

As singing

You can as well use these words in a singing form for instance if you are in nature or at home by yourself.

You can make your own melody or simply repeat this mantra rhythmically.

Initiation

This is an initiation.

It is a starting point to establish a connection with this energy reality.

This technique evolves naturally and there is no real end to it.

It is very common to spend years using a technique like this one.

It gives you a refreshing channel of energy and life force which stays alive in you.

You can use it any time you need.

Powerful

This technique is very powerful.

I know it looks very simple.

It is a key though.

One you can use to open very secret aspects of your consciousness.

Contact me

I keep the explanations to the minimal in this e-book.

I prefer letting you 100% free to develop this technique in your own way.

If you would like extra guidance and support with this technique, send me an email with your questions.

I'll be happy to give you extra guidance with that.

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Part 2 - Babaji's circle of power

What is power?

When it comes to spiritual development, there is a great misunderstanding going on. It concerns power and the way it is used.

Power has nothing to do with controlling someone else's life.

Controlling someone else's life without this person wanting it is already an abuse of power.

No, the real use of power in your life is about mastering your own life, mind, evolution, space, actions, etc.

Power is about you and about gaining mastery over your life and existence.

It is about expanding your awareness and discovering deeper mysteries in your mind.

Control

The idea is to gain back control over your life.

If you have the feeling that your mind is not working properly or flowing the way you want, the goal is to add a quality which will reharmonize your mind flow.

When you connect with Babaji, you connect with a new taming power which does align your mind with a perfected model of evolution. It strengthens a perfected plan in your mind and allows you to flow with it.

Can you see how it works?

The goal is not to rigidify your mind in crystallized or limiting mind sets. It is rather to give you back the control seat and make sure that you are the one in charge of your life and evolution.

Babaji offers you some guidance with that but does not take control away from you. He accompanies your movement and helps you stream in life in a frictionless manner

Protect your mind space

Your mind is a territory. When you feel unhappy or drained, it is simply because your mind is invaded by energies or patterns you don't want in it.

You want harmony, right?

Sometimes, events in life challenge you. You might be impacted by someone else's emotions or actions and this can set you out of balance. You lose your center.

The goal is to increase your level of inner power so that negative emotions simply bounce on the surface of your mind without reaching you.

How do you achieve this? You increase your level of inner power. You strengthen your personal foundation by connection with powerful sources of energy.

You have resources in you which are not awake. Your instinctual nature contains survival resources you can tap into when your life is in danger or when you feel a threat.

Now, imagine waking up these inner resources and having them available straight away in your daily life.

This is exactly what happens when you wake up your power.

If you are afraid of waking up your power, it is usually because you don't know what you would do with it. You miss a clear path of action.

Suppose that today, your power was multiplied by ten; how would you use it?

This is the real question.

Power can be a weapon. It is a source of energy which can turn against you and human evolution. You can let it work against the people you love and even let it mess up your life and projects.

Imagine having a sword in your hands. It is essential to wake up the skills to use this weapon wisely.

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Power works in the same way. You are given a small amount of it and discover how to use it.

You learn to apply it wisely in your life without abusing it.

What is abuse of power?

This is really the core question.

You abuse power when you go against the flow of human evolution.

Abuse is not an absolute measure. It depends on the context, the events or the period you live in.

What is okay today might not be okay tomorrow.

You feel that you abuse power when you go against the flow of human evolution.

Your greatest guiding force is an inner knowledge, your instincts and most of all, common sense.

If you take action and feel that you obstruct someone else's life and growth, it usually means that you are going against the flow.

You feel emotional tension or power struggle building up with that person.

Now, imagine that your power would suddenly be multiplied by ten with such conflicting patterns; you would build up a war and a deep embedded long term conflict.

This is the very reason power wakes up in small quantities. You are given some of it, digest it, and create harmonious new mind sets in you and with your environment.

The moment you stand in a space of harmony, you feel like you can take more of it and use it wisely.

This is how it works.

Being a challenger

In some situations, you become a challenger. Battles, challenges or conflicts of energies are occasions to grow. They are challenging situations which force you to look deeper into your potentials.

Competition can be a very powerful mind set. It pushes you to look for resources you might not even know you have.

This happens in sports and with personal challenges. You are sometimes faced with situations in life which are simply aimed at training you.

In fact you can see your whole life as a form of spiritual experiment where you are put in challenging situations simply to give your spirit the occasion to grow and mature.

If you take them and see their role, challenges make you stronger and empower you.

When you live within the stream of Babaji's blessing, his energy can face you with challenges so that you get an occasion to tap into new mind sets and new resources inside yourself.

You can look at the totality of your existence in that way. You can observe the flow of events like some form of game or life training.

Along the line you receive key initiations. Some are real visible initiations and some others are invisible and more subtle.

Tests!

Experiments!

Sometimes, you consciously take the challenging role in someone else's life.

You might train or push someone you love to a limit simply because you know that this person will benefit from what they will discover via such challenge.

Sometimes you are a challenger simply out of instinctual need.

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You might get angry with someone or force them to do something they don't want to simply to stimulate them to wake up deeper layers of power in themselves.

Do you recognize situations in life where you consciously challenged (teased) someone in that way?

Do you recognize situations where someone else's challenge did force you to wake up resources in you, you did not even know you had?

Life can be seen as a training ground.

It can be seen as a space where events in life are always there to teach you something.

You can step back and refuse to play the game. You can change certain rules. You can as well go with the flow and immensely enjoy these challenges.

Sometimes you need a break and might send this message out:

"Hello? Can we stop for a minute? I have been traveling high speed for a whole year... Can I get a holiday?"

Free your power

This morning, I had a lucid dream: I saw a tiger in a cage getting ready to come out.

There was power building up in it. There was this intense fire in its eyes and the desire to run free beyond its cage.

The tiger is a symbol of your life power. It is a symbol for your instinctual nature.

The goal is to wake up this nature flowing power and unleash it in your life.

Layers of conditioning and the comfort of modern life style tend to slow down your life force.

You simply forget about your connection with nature, with the planet and the life which flows in your being.

The moment you connect with Babaji, you reawaken your instinctual nature. You clear your inner channels of life force and create new ones.

You open new action pathways. You connect with a new source of fire and power in yourself.

This fire is freeing. It is aimed at removing blockages and putting you back in the control seat of your life.

Life force is precious.

Life force is power.

It is pure fuel.

It is pure energy.

Now, when you wake up more of it, you need as well the power to own it.

This means that nobody but you is in charge of your life.

You are the master. You are the owner of your existence. You decide how you live and where you want to go.

It is your call and your decision, always.

Now, if you wake up new sources of energy in you, you need to wake up extra power as well to protect it.

This is one of the main challenges of your spiritual evolution.

Being successful with your spiritual development is about combining love and power in harmonious proportions.

You want to establish channels of life force in your being which can't be stopped.

Imagine a garden of refinement. This garden is your mind. It is your life.

If you create incredible beauty in it, you need as well to wake up the power to protect it. You need some form of fence or extra protective power to preserve what you create.

Dare to fight.

Dare to express your full power.

Dare to express your conquering power to reach your goals.

God beyond the limits of "sweet and gentle".

If your life is challenged or under attack, do what it takes to protect it. Express your power and unleash your full conquering force.

Aim for your target and do reach your goals.

Trust your instincts with that.

Ask yourself these simple questions:

- "If millions of people were performing the action I am performing now, how would this impact on the planet and humankind. Would this be a good thing or a bad thing?"
- Is this action freeing me or limiting me on the long term?

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- Does it fit with my long term evolution and the long term evolution of the planet and humankind?

These simple questions are simple guiding lines which help you take a sound decision concerning choices and action lines.

Your instincts have many keys as well.

Dare to listen and trust yourself.

The moment you open up new life channels in your existence, you need enough power to keep them fresh and flowing.

Life force needs clear channels to flow.

Create frictionless environments and do what it takes to protect and empower them.

Your mind is your greatest asset

In this modern age, a lot of emphasis is given to modernization and technology.

This is very good.

It makes you understand the impact on your life when technology does not work, right?

Now, imagine your mind.

Your mind is a subtle ecosystem of thoughts, emotions, connections, action lines, life force, etc.

When you are happy and satisfied, your mind and life system functions harmoniously.

You are happy when your mind is frictionless and your life force can flow via clear channels of action and emotions.

Emotional freedom is a state of inner clarity where nothing holds you back.

To protect and preserve your mind channels you need this power base which protects who you are and what you do.

Sometimes you need to defend your territory and gather all the tools you need to win.

No need to reject these challenges.

This circle of power initiation is aimed at giving you this extra power and confidence kick.

Your destiny line is a life line.

If you don't want your life to be side tracked and obstructed use this mantra and connect with the energy behind all this.

Where does your power come from?

Power comes from various sources:

- Inside yourself
- Sponsoring or supportive sources of energy
- Society
- Nature
- Community, family, friends
- Etc.

A key source of power is the one you have inside yourself.

The goal is to wake up what is still resting. It is to bring to the surface the totality of your potentials and let them emerge freely in your life.

You have tools you are not using. Your present limits are not your real limits. Your life is much vaster than what you see right now.

Deep in your instinctual nature, you have resources of energy and power you can wake up any time. You can wake up survival and fighting skills if you need to defend your territory or conquer new ones.

Your real potential is infinite. New sources of power and energy lay in the core of your spirit and life force. All you have to do is embrace this potential and let it rise to the surface.

Unlock!

Remove whatever is on the way of you fully owning your life and being 100% satisfied right now.

Emotional freedom is your right!

It was given to you at birth.

Your mind and your life are your territories.

They were given to you!

You own them.

Sponsoring energies

Sponsoring can take many forms.

Sometimes it is about money.

This is what you probably think about when you read the word sponsor.

However, you can connect with dozens of energy sponsors which will support you in living and reaching your goals.

These sponsors can be your family, friends, organization you work for, society, nature, partner, a spiritual connection, etc.

These sources of support give you power and energy.

You establish a connection and feel empowered.

Babaji is a sponsoring energy. It is a source of power you can connect to.

When you build a relationship with this source, you feel empowered. It strengthens your emotional foundation and gives you inner energy support.

It works both ways of course. It is like being with a good friend, right?

You establish a connection.

Behind Babaji, there is a vaster reality. He is the messenger of that reality.

What is this reality? It is a perfected mind set.

You can call it the Siddhas.

Beyond this reality, of course, there is the Absolute. We go beyond the limits of the mind and humankind.

When you connect with Babaji, you connect with a perfected mind set and start sharing energy with that source.

In other terms you become part of a reality.

This is not exclusive.

It is like entering a temple or connecting with an invisible ashram.

No matter where you are on this planet and no matter what you are doing, you can wake up this connection and let it stream in your life, feel empowered by it and unleash the full potential of your emotional freedom.

Life force is precious.

Give yourself the tools to protect what is yours.

Solving tensions

When you wake up power, you need clear and harmonious channels of expression. If you feel trapped in negative conflicts, the increase of power actually hurts you.

You know you need to solve these tensions for your life power to flow.

It is essential to create frictionless systems so that whatever energy you manifest in your life has the space to flow harmoniously.

You can't cheat with that.

You need to solve tensions and create win-win relationships with those you relate to.

What is the key force in this?

Respect!

Everyone is free!

If you are given the power to choose for yourself, so is everyone else.

You have the power to gain back control over your life and so is everyone around you.

Tensions rise because of conflicting power.

Identify exactly how a tension works and solve it by taking the right "posture" in it.

A posture is an attitude.

It is a mind set. It is a way of standing in a given situation.

The goal is win-win always!

The goal is synergy!

With greater power comes greater responsibility.

This means that you want extra wisdom, love and respect with any increase of power in your life.

You want to develop these qualities and create mind sets which stimulate the idea of victory for the totality of humankind and the planet.

The greater good is always in your mind.

This is not about focusing on selfish goals.

Sure, your life is important and focusing on personal goals is fun, exciting and validating.

Now, if your personal goals do interfere with human evolution or someone else's well being, you need to back up and reshape your vision.

Human sacrifice is a thing from the past.

We are in a stage of human evolution where no one needs to loose.

The new potential is win-win-win anytime, anywhere.

If you keep this in mind when looking at conflicts or tensions, you realize that new doors open up and new mind sets are established instantly.

Stand in way which hurts no one.

Align your vision with the long term stream of evolution for the planet and human kind.

This is the secret of successful living.

If your life is under attack

Defend yourself!

This is the true positive use of your inner power.

Your mind and your life are your territory.

It is your own basic right to decide for yourself what you do with it.

Your thoughts, your emotions are yours.

Now, sometimes, this power of self determination is taken away from you.

Let's put it this way: you rather don't dare to fully express your power.

Why? Because a battle needs to be fought.

This battle is very symbolical.

It is described in the "Bhagavad Gita".

It is the conquest of your own life and being. It is the recovering of your full potential and inner freedom.

The moment you wake up your power and start expressing it, the first place where you might have an impact is on your own life.

If you transferred and gave away your power in the past (consciously or subconsciously) waking up your power gives you the tools to get back what is yours.

Owning your life is your basic human right.

This is definitely an area where you will feel the energy of Babaji backing you up.

Freedom of thought.

Freedom of action.

Freedom of emotion.

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If you feel that your basic freedom as a human being is abused, dare to wake up your power and free yourself.

No need to be explosive (although sometimes it is needed).

If you feel limited and controlled by someone else in your life and you no longer wish this, you can say something like:

“I know I accepted this in the past but now I have my full power back. Thank you for taking care of this in the past but I have now the power of self determination. I would rather make my own decisions as far as my life is concerned...”

The goal is not to challenge or hurt anyone.

The goal is to recover full ownership of your life.

Here is the mantra

अधिकरण्य बाबाजि

Adhikaranya Babaji

Adhikaranya means power, authority, control.

This word describes your ability to master your life and your destiny line.

You can use it especially when you feel you need to empower your existence, stay master of your life and find your destiny.

It gives you power, control and authority over your own life.

It puts you back in the control seat.

You can use this mantra by writing the calligraphy as it is in Sanskrit. You can as well meditate on this mantra internally (focus on the third eye if you need a point of attention).

Part 3 - Babaji's circle of freedom

What is freedom?

Freedom is a key quality in your life.

The moment you feel free, energy flows through your being, your sense of happiness increases and space opens up.

Your mind contains two sets of forces in it.

The first set of forces are protective and preserving.

These forces maintain the structure of your life. They create crystallized thoughts and give you a crystallized mind set.

You can call the forces conservative (in a positive way).

The second set of forces are forces of change, and renewal.

You could use the term "destructive forces" as well.

These forces are what gives space for life to evolve.

It is your ability to refresh your being and move forward in your own cycle of evolution.

This e-book focuses on understanding how renewal happens in your existence and how to invite more of it in your being.

When you are able to free yourself, you simply remove what you no longer need.

This means that you invoke a freeing power in your being which will remove the thoughts, emotions or mind sets you no longer need.

The reason you keep evolving as a human being is because these forces of renewal are at work all the time.

In the next few pages, we will discover more about these forces and how to invite more of it in your life

Renewal cycle

This is your renewal cycle.

Every time something changes in your life, you connect with this renewal force.

It is the process of dying and being reborn.

It is the cycle of day and night.

It is the cycle of change and evolution.

Now, there is a natural tendency in your mind to focus slightly more on maintaining and preserving what is there.

You want to build security in your existence and this often involves crystallizing and maintaining structures and mind sets in your life.

You have an administrative, a bank account, email address, career, belongings and beliefs.

All these are aspects which stabilize your existence as an individual.

All these are positive stabilizing elements in your existence.

You have as well friends, family, addresses, connection which represent your network.

This is another aspect of a positively crystallized "structure" in your life.

Now, when you go through a challenging experience and get upset with one of your friends for instance, you build up an emotional pattern which stresses you and makes you unhappy.

Being upset means that energy is blocked on your emotional level.

You feel it in your stomach like a weight you can't digest, right?

In a life time, you accumulate emotions, thoughts and mind sets and sometimes forget to do some "cleaning up" along the way.

Fancy a brain wash?

Imagine that there is an actual force of resource in you which does that for you.

You have a natural ability to let go and move on.

Now, sometimes, this moving on takes too long.

If it takes you 2 or 3 years to digest an argument with a friend, emotional tension stays blocked in your system during all that time.

Is this good?

Probably not.

See your life force as energy.

When you are upset, you block the stream of life force in your being and simply waste energy and eventually feel drained.

You become more unhappy and tense.

It does not need to be that way.

The technique that you will discover is a "cleaning force".

It wakes up your natural renewal instinct by inviting a flow of "fire" in your being.

Renewal power is part of you.

Sometimes, you simply forget to express this natural resource.

It is like a "mind muscle" you forget to use.

How do you reawake this muscle?

You train it!

You use it.

The technique that you will receive at the end of this e-book is a connection with your renewal power.

It is your renewal power building technique.

How to connect with Babaji Nagaraj

The more you use it, the greater your sense of inner freedom and renewal.

It takes a few weeks or months to fully reawake the renewal and freedom function in you.

When you use this technique you have to give yourself some time for this energy to wake up in your system again.

If you did not use an "mind muscle" for sometime it simply takes a while for its full power to be reawaken.

Aim for having this force fully awake in you within a period of one to three months

Emotional freedom

Emotional freedom is the state of mind you want to be in.

You want to come to the point where you digest emotions and thoughts at a very high pace.

No need to stay stacked with something you don't like.

You can refresh and renew your mind with this simple technique.

What you need to stay emotionally free is extra power.

You can see your mind as a territory.

Sometimes, this territory gets invaded by thoughts, emotions and feeling you don't want.

Suppose someone in your environment gives you an order or becomes pushy or too dominant, it is their way of invading your mind space and lacking respect for your own freedom, right?

What you need in such situation is extra power.

You want to develop the ability to protect your mind space and defend what is yours.

Your time, money, energy, thoughts, actions, beliefs and emotions are all yours.

It is your basic birth right to be in charge of those.

No one has the right to control these. They are given to you when you are born.

Now, being upset or feeling emotionally limited is like having a mind frame blocking the flow of energy in your system.

The goal is simple: gain back control over your inner territory.

You are in charge of your mind.

You are in charge of your life.

You want to own your inner being and have greater mastery over the way energy and life flows in your being.

In other terms, you want to remove blockages and unleash the full dimension of your inner freedom.

Now, of course, you live in society and to be able to function you want to maintain the structures which protect your being.

The place where you can make a huge difference is the area of unwanted thoughts or emotions.

If you have a negative or challenging experience one day, you want to learn from it fast and then remove the negative traces or left overs from that experience.

Suppose you go through a challenging break up or career shift, you want to be able to regain your power as soon as possible.

If you have a needle stuck in your hand, it keeps on hurting.

You have to identify where this needle is, remove it and apply a healing and empowering force which will clear the wound and make sure that you don't get hurt again in the future.

It is essential to learn from experiences and shift behaviors and attitudes if you need to.

No need to keep banging your head against the same wall over and over again.

You want to evolve. You want to move forward.

The way to do it is to learn from experience and apply the right amount of renewal power in your life so that wounds don't stay open.

Emotional freedom is very precious.

It is your ability to preserve your mind territory.

It is your ability to stay in charge of your existence.

It is your ability to clear the space and get rid of what you no longer need.

How to invite freedom in your life

There are two main ways you can invite freedom in your life:

- **The first way is to take action and clear your life on the physical level.** You get rid of clutter, memories and harmonize your connections with those around you.
- **The second way is to connect with your inner renewal power.** This is what this technique does for you.

Gaining emotional freedom is the result of combining these two approaches.

It is very empowering to find out where you can connect with renewal power in yourself.

At the same time, this technique won't be effective unless you follow up with action.

Connect with your renewal power and use that fuels to clear your life and remove what you no longer need.

Objects around you are like pieces of furniture.

Some of them help you function better. Some others are clearly on the way.

Check your environment and belongings.

Check your connections and friends.

Check your actions and habits and remove or reshape what does not fit with what you want.

You have the power to design your life the way you want.

Remove what you no longer need and clear your inner space.

Here is your technique

This is the mantra which connects you with your renewal power

दरिमन्

Dariman

Renewal – Change - Destruction

Don't be challenged by the word "destruction".

If you have a mind frame which is hurting you, the energy you want is precisely the power to destroy this mind set.

Your mind is powerful and intelligent.

A quality like "Dariman" finds its natural way and expression and performs its task naturally, which is to create space in your mind.

If you take some extra vitamin C, you don't have to tell your body what to do with it, right?

Your body gets some extra vitamin C and knows straight away what to do with it.

Your mind functions in the same way. You feed it with some "Dariman" vitamin and it uses it exactly the way it is meant to.

You simply need to trust.

If you want you can as well use the words:

दरिम्न बाबाजि

Dariman – Babaji

Renewal - Babaji

This will give you another sense of manifestation more intimately linked with the energy of Babaji.

You can see this technique as a way of clearing whatever stands between your mind and his mind.

It is a powerful and direct way to open new channels of energy between your mind and his mind.

You can try both forms and take the one you feel more attuned to.

How to use this technique

You can meditate on this word. This means that you repeat the word internally.

You can as well use the calligraphy.

You do that by learning to write the Sanskrit form of the word and using it whenever you feel your mind limited by thoughts or emotions you don't want.

A way which is specially effective is to scream this word (if you are in nature for instance) in the same way as you would use a Martial art's "Kiai!"

Pretend you have an enemy in front of you and you project this force externally by screaming it loud, brief and clear towards your opponent.

You can add a front or side kick movement or a karate punch with your fist.

Your goal is clear: you want this energy to remove mind sets, old emotions or feelings you no longer want or need.

As you can see, this technique makes you look like a martial artist.

In a way, this is what it is: your mind is your territory and you sharpen your weapons to protect it.

You can reinvent the way you use this word as well. If you feel moved to use this in another way, trust your instinct and go with the flow.

Remember that this word is a sword.

It gives you power.

With greater power comes greater responsibility.

Use your wisdom and common sense and learn how to master this magic weapon.

More than a word!

This is more than a word!

Your mind is composed of emotions, thoughts, feelings and mind sets.

Behind this word, there is a mind set.

There is a whole energy reality and the moment you use this word, you invoke the totality of this energy reality in your being.

You wake up the power to invite total emotional freedom in your being.

This force makes sure that your life and energy channels stay clear.

Using this technique immensely strengthens your sense of inner power and happiness.

Enjoy!

Take action!

I will say this again because it is important.

You need to combine this technique with real action and if there is something you don't like or want in your life, take real action to free yourself from it.

The energy of "Dariman" is like a back up power. It is the emotional fuel and motivation in your veins.

It is as well a clearing power which removes the mind traces of the emotions and thoughts you no longer need or want.

Suppose you have a picture on the wall that you don't like, you can project all the energy you want on it, it won't take it away.

The best and most direct way to remove this picture out of your personal space is to use your two hands and take action.

Always combine the technique with effective action.

Part 4 – Who is Mataji?

Who is Mataji?

If you came across Babaji's teachings, you might have encountered the figure of Mataji.

Mataji is Babaji's Shakti.

She is the reflection of Babaji's teaching.

She takes care of a whole aspect of the invisible ashram and stimulates the flow of life force within it.

You can relate to her in the same way as you relate to Babaji.

Mataji is Babaji's female spiritual partner.

She represents the feminine streams which are contained within the Kriya yoga streams.

She represents tantra, artistic expression and devotion, Goddess power, love and beauty, compassion and much more.

She is the perfect female reflection to Babaji.

Here is her name in Sanskrit:

माताजि
Mataji

You can as well invoke her presence using this other mantra

अनुरक्ति माताजि

Anurakti Mataji

Love Mataji

What she does

She frees life power.

She stimulates the flow of life force in your being.

She cares for you and sponsors your spiritual evolution.

She gives you space, joy and freedom.

She triggers in you the ability to relax and be at peace with yourself.

What is Shakti?

Shakti is life force.

Mataji is the expression of life force.

The idea of Shakti can be found in any spiritual tradition.

Life force is everywhere in your being, in your mind and in the world around you.

Life force wants to stream. It wants to flow.

The moment life force gets blocked or stopped, it generates pain or discomfort in your being.

Part of your spiritual development consists in making space, freeing your energy and life force.

This is what Mataji helps you with.

She energizes the life channels in your being and your mind.

She removes obstacles and frees your being.

Shakti can be seen as a virgin state of purity.

But this is not the type of virgin state you might usually imagine.

This virgin state is not fragile.

It is powerful!

It is like the original matter of life ready to flow in energizing streams in your being.

After years or activity on this planet your mind space and life space simply get saturated.

What you want is an energy or power which opens and refreshes your inner life channels.

Imagine: it is like standing under a fresh shower of energy.

This Shakti force frees your mind and refreshes it.

You can call it renewal power!

Stepping beyond your natural limits

There is a risk in life: it is called comfort.

When your life is too comfortable and protected within a crystallized mind set, evolution stops.

The challenge stops.

Life flow stops.

Not totally of course...

But the renewal power stops being expressed in your being.

You simply protect what you have and forget to look beyond the limits of what you already know.

This is what Mataji helps you with.

She reawakens the stream of renewal in your life.

She opens new doors, refreshes your mind and clears the space for the future.

Your future needs fresh space.

You want to be open to the full potential of your being and bring in renewal.

Love

Love is the core of her being.

She is a unifying force which establishes bridges of life force between people.

Her essence is to connect. It is to link what is separated.

Her force unites.

Love is your ability to connect.

Of course we talk about the heart chakra, compassion, unity, etc.

All these qualities are part of the love experience and if you feel that love is not part of your life, Mataji offers you a path to open these channels in you.

Experience! Trust!

She can guide you with that.

Devotion

This is probably one of the major lines her energy sponsors.

You probably noticed that Yoga does not need to be devotional by itself.

You can focus on the poses, breathing techniques, meditations techniques with great results without feeling devoted to a God or Master.

When you touch on Bhakti Yoga, you definitely enter a devotional stream with singing and celebration.

Mataji is here to sponsor that stream.

Does it mean that Babaji doesn't? Of course not :)

Their combined lines of energy simply give an extra boost to this devotional line which could otherwise have been less present in the Yoga stream.

Senses and delight

This is another area where Mataji will offer you a path.

You noticed that the area of the physical senses has often been an area of internal conflict for those engaging into Yoga and spiritual practices in general.

There is a common belief that to succeed with your spiritual aspirations, you need to suppress desires and emotions.

This created a duality always and while many succeeded in putting a lid on their emotions, many more ended up trapped in an inner conflict.

At the end, many of these spiritual seekers ended up spending all their energy fighting with themselves rather than focusing on their practices.

The temptations were so distracting that many even gave up the path because of that.

This is another area where Mataji's energy will sponsor your development along that line without needing to go into suppressive states.

You want to feel united. You want to know that you can embrace all aspects of your being with delight without feeling guilt or shame.

You are one!

Artistic expression

If you feel attuned with artistic expression, this is of course a field you can dedicate to your spiritual quest as well.

Any spiritual action is a form of communication and exchange with a reality which is much vaster than yourself.

Artistic expression is just one way of communicating.

Yes! It is a form of meditation if you practice it within that spirit.

Painting, dance, music, sculpture, graphic arts, poetry, theater and more can all be seen as a spiritual practices when used in that sense.

Think of the renaissance, devotional art, devotional music and dancing, and more.

All of these try to manifest beauty and through that expression create union with the absolute.

This is another area where Mataji can guide your steps.

Now, how does it work?

It is very simple actually.

You simply invoke her being through the mantras I gave you earlier. You can sing her name or meditate internally on her name for instance.

This connects you with her energy field, her guru field.

It will inspire your art and give it extra strength, direction and power.

Mataji? Babaji? Do you need to choose?

Of course not?

Mataji offers you new channels if for a reason or another it feels better for you to relate to her.

The connection you have with Babaji or Mataji is very instinctual.

The ideas I am sharing with you are not rigid or fixed.

You usually know instantly what being you want to relate to.

You will feel inspired to link and connect with that specific energy field.

You can't get it wrong. If you can't choose, you can invoke both beings together and if still in doubt, simply focus on what comes first.

All directions are open!

You are free!

Beauty!

The perception of beauty is a sudden realization of an alignment between a clear spirit and the form.

It has to do with aesthetic values and tastes as well.

Expressing beauty through life and art is a way towards inner awakening.

You communicate a sense of absolute perfection through your being.

Your life is itself the greatest art form.

Even if you are not an artist, you can express beauty through your actions, thoughts and emotions.

Your life is an evolving creation which is a true, unique expression of your life force.

Your life is a piece of art

Think beyond crystallization of the form as well.

Beauty can have this sense of ever renewed impermanence.

You don't need to hold it or control it.

You can create it in the words you speak and how you connect to others.

Beauty is like a seal of energy recognition.

It is like a spirit's flow which embodies itself in what you create.

If you don't know where to start, trust and ask Mataji to help you express and connect with it.

Stretch the limits of Yoga

When you connect with Mataji, you realize that what you call Yoga can include lots of lines of energy and actions which are usually not considered as Yoga.

To tell you the truth, if the word Yoga itself does not resonate in you, you can call it tantra or anything else you want.

The spirit is formless.

We give it names and by doing so, we tend as well to reduce it to something we can comprehend.

Imagine Mataji's spirit as formless and limitless.

See it as an energy field rather than a physical person.

See this energy field as a vehicle which translates absolute energy into streams which are closer to the form.

The reason Mataji can help you is because there is a mind dimension to her being.

The guidance can feel more directive and closer to you to a certain extent.

In your spiritual evolution, you are often looking for a path or a system which shows you how to manifest what you feel.

At the same time, you don't want to limit yourself within a structure which is limiting or too rigid.

This is exactly where Mataji can help you.

Especially if you searched along the traditional lines of expression and could not really connect with them.

Her force frees your mind and gives you space to be yourself.

She sponsors and empowers your being without reducing it.

You stay in charge and simply feel her energy watching over your actions and offering you clear guidance when needed.

How to connect with Babaji Nagaraj

She will as well stimulate your inspiration and imagination if you don't know where to start.

Compassionate action - Karma yoga

In the Yogic world, compassionate action is often called Karma Yoga.

You can care for nature and animals, humankind or anything else you want.

Giving freely unites you because your action tells that you recognize your essence in what you care for.

Another area where Mataji will sponsor and inspire your actions.

The yoga of positive compassionate action.

Of course, that stream is much vaster than that.

You look at nature and humankind and you give a little help when you see a need.

Simple, right?

You respond to a need when you see it.

Freedom to be yourself

Two key useless emotions are guilt and shame.

In 99% of the situations where these emotions are expressed, they don't help you or anyone else.

Why is that? Because guilt for instance has a very specific purpose: reorient an action that should not be there.

It can be a thought or an emotion as well.

Now expressing an unjustified feeling of guilt creates a blockage of energy which divides your mind.

It is like creating a mini internal battle within you.

In the spiritual development field, a lot of guilt surrounds emotions like sexual desires, pleasures of any form, passion and other fiery emotions, determination, will power, etc.

The list goes on and on.

These emotions or actions are usually labeled as an expression of the ego or sexual nature.

Now, imagine what happens when instead of wasting your energy fighting these emotions, you actually embrace them, tame and use them as any other form of energy in you.

At that stage you might need a bit of help and support to understand how to exactly do that.

It is simple, you no longer want your mind to be divided.

You want to feel complete, mastering all aspects of your being.

This means unleashing your inner power and embracing fully who you are.

Your ego and instinctual nature are part of you.

No need to be ashamed of their presence.

Use them and master them.

This is a vast open avenue of new possibilities

I am aware that this is a reality you might already embrace.

If it is the case, ask yourself:

- How much undigested guilt or shame are still left in you?
- Do these emotions play a constructive role in your mind or are they simply holding you back?
- What would happen if they were cleared forever and replaced by a free flowing power feeling of trust, joy and energy?

One advice: free yourself and get rid of what holds you back.

Live in freedom!!!

To your Freedom!

To your Yoga!

Actualize the energy

When you connect with a source of inspiration, you need to actualize it for today's world.

If you try to reproduce ancient techniques within today's context they can often feel and be out of tune.

When you connect with an ancient tradition, you can redesign or reinvent techniques without betraying the spirit of that tradition.

You can be faithful to a tradition while allowing space for change and renewal of that stream.

Strengthen your Kundalini

If your energy needs a boost and needs as well to be harmonized, you can use the mantra

कुन्दलिनि माताजि

Kundalini Mataji

It is another way of directing your kundalini power.

You can use that mantra as well if you feel low on energy.

You can use it in a dynamic way, for instance uttering it while you jog or train in a rhythmic way.

You can as well sing it when in nature or use it in association with a breathing technique.

Explore it!

Endless possibilities!

Tantra - Exchange of life force

The pathways of Tantra and Yoga seem to run in parallel.

They no longer need to be divided.

Any way of defining both always hits some form of limitation: it is never complete, no matter what you say about one or the other.

So, rather than saying what yoga and tantra are or are not (you probably have your own definitions or perceptions anyway, right? :)) let's see them as two spirits. Two sources of inspiration which are both separate and interlinked as well.

They are two systems that work together and in parallel.

Sometimes, you will feel that a practice leans slightly more towards Yoga.

Another time you will feel like it is Tantric.

Now, I do believe that with Babaji and Mataji side by side, these two streams get united within one unified field of energy.

It unites!

It removes differences and creates a flow of inspiration everyone can embrace.

What is Tantra?

Well, here is my own definition of it: unity through exchange of life force.

Yoga and Tantra can be seen as two sets of pathways taking you to the same place.

It is a vast topic.

Where to start with Tantra

If you have no idea what tantra is and how to link with that energy, use the mantra

तन्त्र माताजि

Tantra Mataji

This gives you an excellent starting point.

This will invite the energy of tantra into your life and offer you inspiration.

Everyone will experience it differently so, I won't say more here.

Playfulness

Our modern world can be very serious.

You can feel like your life is full with demands, pressures, limits and rules you need to follow.

The last thing you want is to transfer these attitudes into your spiritual life.

The way you relate with Mataji is free and open.

Don't limit yourself with useless rules.

Keep your mind free and open.

It is a world of possibilities and playfulness.

Shakti!

Shakti is a Goddess!

It means life force!

Mataji represents Shakti.

You can connect with Shakti using the mantra:

शक्ति माताजि

Shakti Mataji

Or simply

शक्ति

Shakti

Kali Mataji

Kali is the destroyer!

I know... It sounds impressive! :)

It is the force which allows you to free yourself. She dissolves the form with fire.

It is the force you need to use when you want freedom and space.

To invoke that power:

कलि माताजि

Kali Mataji

कलि

Kali

How much pleasure does it give you?

Imagine what happens when this becomes your most important choice making element.

The thing is that in daily life your choices might be based a lot on:

- How much money will you make?
- Is it practical or logical?
- Does it give you more power?
- Etc.

Now, imagine living with a new set of choice making questions:

- How much pleasure does it give you?
- Does it open space?
- Does it increase your life force?
- How exciting is it?
- Etc.

All these qualities are energies you learn to master and manifest in your life.

These gifts are responses to your actions and choices!

Certain actions will generate more money or more power. Some others will give you pleasure, delight, love or excitement.

Imagine that you have the choice between spending 3 hours driving, stacked in traffic jams or relaxing on a wild beach... What do you choose?

Imagine that you can spend your Saturday afternoon, stressfully shopping for stuff you don't need or simply going for a hike and meditating on a hill top... What do you choose?

Imagine that your choices are no longer rational but more excitement based.

When you connect with Mataji's energy and her Shakti power, you might naturally shift to a more "pleasure and delight" oriented life approach.

Imagine what happens when you make choices based on how thrilled you are rather than on how practical it is.

I am sure that you already practice most of it.

Mataji simply gives you an extra reason to make delight, beauty and thrill choices rather than rational or practical ones.

Hey!

If fun and delight are not part of your life right now, it's definitely a skill you can practice.

One word! Try it out!

Discipline or freedom?

Here are two lines of actions you can embrace:

Discipline or Freedom.

Ask yourself these simple questions:

- Are these two qualities well balanced in your life right now?
- What would happen if your level of freedom suddenly increased by 500%?
- Are your spiritual approaches disciplined or freedom based?
- How much excitement and delight do you get from practicing what you practice right now?
- Etc.

If you feel that your level of discipline stops you from enjoying what you do, simply add this dimension of freedom, spontaneity and thrill to your choices.

On the other hand, if you feel like you need more structure, discipline is the quality to add.

Both qualities are important and can be balanced harmoniously.

However, in today's society, discipline, reason and logic are probably overused.

Many people feel a pleasure or delight gap.

If it is the case, ask for Mataji's help and be ready to shift some key patterns in the way you approach your life.

Again, basing your choices on qualities of freedom and delight is a skill you can develop.

It is an energy you feed and nurture.

If freedom is not part of your life, start right now!

How to invoke Mataji's presence

The best is to use her name.

Write it in a calligraphic form.

Meditate on her name internally.

माताजि

Mataji

You can as well associate her name with a specific quality you would like to invoke:

अनुरक्ति माताजि

Anurakti Mataji

Love Mataji

कुन्दलिनि माताजि

Kundalini Mataji

तन्त्र माताजि

Tantra Mataji

Or use any other quality you would like to invoke associated with her.

You can link her name with a goddess name like Shakti or Tara.

Now remember that you can't get it wrong.

Her spirit is intelligent and does recognize your intention.

So, don't worry too much about technicalities.

If you invoke her, she will hear you!

Part 5 - Mataji's circle of joy

What is this circle?

You can see Babaji's invisible ashram as composed of symbolical circles.

These circles are simply various streams of energy within the Ashramic reality. You can connect with power for instance, with love or with any other quality.

When you connect with the circle of Joy, you connect with a certain quality.

These circles are symbolical but they are as well a reality you can manifest in your life.

For instance, you will feel naturally more attuned to one or the other of these qualities.

Now, if you feel that your life misses a quality of love, joy, refinement or beauty, connecting with the circle of Joy's specific stream will wake up these qualities in you.

This is a source of joy you can connect to any time.

The first step is to dare.

It is as simple as that.

It is all about opening up and daring to connect with a new stream of life force.

This stream is transforming. It shifts some aspects of your mind. It wakes up a source of inner joy and refinement and literally opens up new channels in your being.

You can connect with this force in the intimacy of your inner being. In the beginning, you might only think or sing the words of initiation internally.

At a certain moment you will probably feel the need to actually express these words out loud.

Don't refrain. Let it flow.

Trust your instinct. You are on the right path.

Joy!

Another quality or energy which is stimulated by Mataji.

Joy wakes up because you do have the channels to express it and because you connect with a spirit which expresses it.

You can feel joy when feeling connected with nature, the planet and humankind.

It is this sudden rush of inner freedom and bliss.

Sound is clearing

Sound opens up new channels of life force in your mind.

It is harmonizing, empowering and purifying.

It creates space in you.

It is like watering your inner being.

The actual sound vibration does impact on your physical body.

Your voice is your first musical instrument.

It is a transformative mind tool you can start using now.

Singing

Singing is one of the most natural actions you can connect with in you.

When you sing, you express your life force and radiate it out.

The vibration of sound is clarifying for your body and mind and you lighten up your emotions when you sing.

This is something you can express any time, anywhere.

If you feel oppressed by your environment or need to connect with an inner sense of joy and freedom, this is definitely the way to go.

Singing invokes the flow of life power in your being.

It is as well the best way to invite Mataji's presence in your life.

It is a magical connection you establish with her mind.

It is the awakening of a very specific aspect of your mind.

You are good at it

Forget about technique for a minute and look at it this way.

When you breathe you inhale fresh air.

It works no matter what.

You don't have to think before your breathe.

The first step is to do it in whatever way it comes out.

The fact that you might be out of tune does not matter.

The "esthetics" of singing come after.

The first step is to connect with the stream of life force.

As soon as you breathe, you can make a sound. The sound turns into a melody.

Go with your natural flow.

Connect with the stream of what comes out and let it flow.

You are good at it no matter how it comes out.

Let it flow!

What to sing

The first thing which comes out when you sing is simply sound.

Sound turns into distinct letters and vowels.

Letters and vowels become words.

Words become sentences, impressions, ideas, emotions, messages.

Impressions, ideas, emotions, messages become mind sets.

You can grow with the singing and go with the flow of what comes first.

You will notice that singing is like a stream. It flows. It is intuitive.

If you don't know where to start, use the mantra at the end of this chapter. It gives you a couple words which call upon Mataji's presence in your being.

Calling her name is asking for her inspiration.

Intuitive

When you sing, you connect with intuitive and emotional aspects of your mind. You drop your reasoning and active thinking and connect with another stream.

It is the awakening of the life force in you.

It is a breath of freshness and inner beauty.

The flow of your emotions are free to be expressed and you rise to a new flow of realizations.

You know you are alive. The core of your being wakes up to a new sense of pleasure and inner joy.

You feel this force waking up in you.

You feel this streaming power in your being which wakes up your senses.

Everything becomes refined and alive around you.

You perceive the vibration of life in everything in and around you and this strengthens this profound sense of unity within you and with all life.

Beauty and refinement

Your singing is an expression of beauty.

As you sing, your guiding line is the quest of refinement and spontaneous expression of life force.

You give a refined shape to your breath.

This is what singing is.

Feasts, celebrations and festivals

Expression of joy is a natural stream of emotions in your being.

Every time you celebrate, you invoke a refreshing flow of energy in your being.

If you are looking for a way to reawaken these qualities in your life, Mataji's circle of joy is the energy which takes you there.

It wakes up the feast in you.

It gives you the inspiration to celebrate life in whatever way feels natural for you.

It will wake up the desire to link with those around you and create this very special communion of inner joy and freedom with others.

No matter what tradition you are in, the circle of joy is an energy you can wake up in your being.

Discover your own natural expression of it. You can reinvent the way you feast and celebrate life.

The moment you connect with this circle, your emotions stream. You open new gates and enter a sacred temple of joy and delight.

These are some qualities you can wake up in the core of your being.

All you have to do is tune into Mataji's circle of joy and let the spontaneous expression of your joy be freed.

Dance, music and artistic expression

There are two main streams of emotional expression in your life.

The first one is about power, conquest, business, organizations, rationality and discipline.

The second one is about love, freedom, refinement, joy, pleasure, beauty.

It is the combination of these two streams which creates a perfect emotional balance in your life.

Music and dance are everywhere.

If you need to open up these channels in your life and wake up these qualities in you, simply tune into this circle of joy and dare to express yourself.

Don't let anyone stop you from going with the flow of this inner sense of joy.

Don't let any divisions, fears or barriers stop you from expressing the natural flow of your emotions.

Let the river your senses wake up this stream of rejoicing emotions.

Get together with friends and do respond to the invitation to celebrate.

Any time.

Anywhere.

Mataji's circle of joy

अनुरक्ति माताजि

Anurakti Mataji

Love Mataji

Simply sing or meditate on this mantra. Create your own melody to connect with an infinite source of bliss.

Part 6 - Babaji's invisible ashram

What is an ashram?

An ashram is a sacred place.

It is a master's home.

Babaji's ashram is a field of radiance and energy which reflects his mind.

When you connect to his ashram, you connect to his energy field.

Your home is your personal environment, right?

Your home is the place your live in.

The objects around you are a reflection of who you are, your feelings, your emotions, your thoughts, actions, beliefs, etc.

When someone comes in your house, they can feel your presence and have a glimpse of who you are by simply connecting with that space.

Entering Babaji's ashram is like entering a temple.

Even if you look at it from the distance (symbolically), you life will already be transformed.

What is this ashram?

Where is it located?

It is everywhere. It is a field of radiance and energy you can manifest in your life right now.

The moment you connect with his ashram you invite this reality in your life and establish it in your personal environment.

Your home can be a reflection of Babaji's ashram.

Your personal environment can be a reflection of his energy field.

Sirajala – The invisible network

Sirajala (the invisible network) will never be a manifested organization. The goal is to protect your individual freedom and let it expand in its own way.

All connections are free and intuitive.

You stay the center of your life.

The core of this connection is You - Babaji.

Anything which takes away the power and focus from this connection is a side track.

This is about you! It is to empower you as an individual.

My goal is to free your mind, not to limit you within a rigid set of rules, beliefs and behaviors.

You reinvent your life every single minute.

You rediscover your inner freedom as you live.

Your freedom, your mind and what lives in it are intuitive realities.

You reawaken daily your connection with your universal identity.

This is the core of your being. It is the core of what lives in it.

You are free every single second of your life.

Here is Babaji's ashram name

गौरि षन्कर
पीतम् अश्रम

Gauri Shankar

Pitam Ashrama

Brilliant Joyous

Energy spot Ashram

Imagine you want to find someone's home. The first thing you need is their address.

This is Babaji's home address.

By invoking these words, you invoke the energy of his ashram.

You can use these words by writing down the calligraphy or meditating on this mantra.

PS: if you know Sanskrit and feel that the translation or spelling of the Sanskrit words is not perfect, feel free to email me with your suggestions. Translations and transliterations of Sanskrit words are always subject to some interpretation and variation.

Part 7 - What is yoga?

What is yoga?

Yoga means union.

The state of yoga is a state of total awareness and self realization.

How to achieve a state of yoga?

You achieve a state of yoga when your mind is united with the universal consciousness.

Your mind and body are a vehicle.

This vehicle is a filter which interprets the energy and life force which flows through your being.

Sensations, emotions and thoughts are the result of the interaction between matter and life force.

In other terms, your personality is a filter which interprets the energy impacting on it.

If you want to achieve a state of perfect union with the original essence, you want to remove what creates friction and stops the flow of energy.

A yogic posture is simply a way of activating the flow of energy through your being.

The moment you clear layers of mind patterns, your mind becomes this pure and still sea which perfectly reflects the original reality.

You are a mirror of perfection.

You are perfection.

The goal of yoga is to reawaken this state of perfection in your being.

Where to start?

You can start here and now.

The state of yoga is a not a distant reality that you project into the future.

It is a mind state that you wake up in the moment.

Right now, there are dozens of actions you can take to activate the flow of life force in your being.

Most of these actions are simple and require no discipline at all.

Yoga is a natural path

It is not a constriction or suppression of your being.

Yoga is freedom!

It is total freedom!

So, get away altogether from this idea of rigid discipline which limits your mind within a constricted frame.

You want to open space.

You want to expand and energize your sphere of life force.

The yogic battle

This battle is the conquest of your freedom.

This is what happens symbolically in the “Bhagavad Gita”

You claim the direct and total awakening and freedom of your life force.

Your being is your territory and yoga is a path of mastery.

A mind set is a system of thoughts, emotions and beliefs.

Every year of your life adds layers of conditioning to your existence.

The goal of yoga is to reclaim the full freedom of your life force.

Clear what you no longer need and empower the life force channels in your being.

What is your being?

Body – Mind – Spirit

These three aspects of your identity are the fields where increased life force will impact.

Wake up your life power

Your life power is the basic energy which activates your being.

It is the essence which flows in you.

Life power is precious.

The goal of yoga is to activate and clear your life channels.

You wake up your life power by activating your mind, body and spirit and aligning them with powerful streams of inspiration.

You wake up your life power by removing whatever blocks the flow of life force in your being.

Life force is like water.

It is the flow of incarnation into matter.

Where there is space and clarity, it naturally flows.

Now, the mind and the body are refined architectures.

You want to design a vehicle which is super conductive to life.

To design such vehicle you need the power to protect it and strengthen it.

You needs as well key mind sets which fit with this evolution line.

All techniques are direct transmission

Yoga is an ancient tradition.

It has been on the planet for a long time and keeps evolving.

The yogic tradition is a spirit which guides you in your mind, body and spirit development steps.

It is the spirit which sponsors you.

It contains all the mind sets, energy and vision you need.

It is tuned into a long term evolution line and it is extremely powerful.

There is no limit to it.

The yogic development line is tuned into the future.

Direct transmission means that a technique is not a mental idea.

It is not a frame you can separate from its source.

Yoga is a whole.

It is a total universal reality and when you connect with a technique, you instantly link with the source as well.

You embody the spirit of yoga.

Techniques are only waves on the surface of the yogic spirit.

Techniques are your connecting channels.

They are the tools in your path of unification with the yogic spirit.

Spirit of Yoga

The spirit of yoga is universal.

It is not a culture or organization.

It is not limited to a location on the planet.

Even though it was born in India, the reality of yoga is not a cultural tradition.

This spirit goes beyond, borders, boundaries, races and any other forms of divisions.

This spirit is not fixed in a set of rules and disciplines.

Yoga is here to free your mind, not to limit you within a set of limiting patterns.

There is no suppression or constriction.

There is only freedom, open space, clarity, brightness and beauty.

Joy, life force and emotions

This is your state of mind.

The waves created in your being are emotions.

These are your unique expression of the yogic spirit.

It is a flow of magic and clarity in the core of your being.

Empower your Joy

Let the spirit flow freely in your being and give yourself the tools to preserve what you bring into creation.

You are a gate of consciousness.

You are a stream of life force into creation.

You are master of your being.

You are master of your life.

Dare to fight and defend who you are.

What are your tools?

The goal is to invite a greater stream of life force in your being and to remove whatever might be stopping this flow.

The moment you connect with yoga, you connect with tools, practices, mind sets, ideas, inner architectures.

You become aware of your actions and their impact on your life and your mind.

You realize that you are the conscious designer of your existence.

You have the power to reshape your life, being and energy according to the universal plan of yoga.

Your first tools are your body and mind.

These are your vehicles.

In your mind, you have thoughts and emotions.

Thoughts and emotions are the visible reflection of an energy impacting on your being.

When you connect with the spirit of yoga, you simply “fine-tune” your vehicle to become super conductive to the flow of universal life force.

You tune your body and mind through Kriya – Conscious action.

An action is anything you do, think or feel.

When your actions are in tune with the long term evolution plan for your being and the planet, you invite a greater flow of life force in your being.

You synchronize your actions with a vaster reality.

Sensations

Sensations are the surface waves of your mind.

A sensation is the reflection of life force impacting on your being.

Life force can take many forms.

Anything which impacts on your being generates a sensation.

It is the blueprint of an interaction between your being and another reality.

The flow of life force within your being does generate sensations.

Your interaction with your environment generates sensations.

Sensations are hints.

They tell you how you are doing.

Obviously, when you are overwhelmed by a feeling of intense joy, it is probably the sign that you are doing something right.

If you feel extremely tense or angry, it is probably the sign that some inner conflict is going on.

It can be the sign of a positive energy breaking free in you.

It can as well be the sign that something is blocking the flow of life force in your being.

Your sensations are the perceptions of your physical and subtle senses.

These sensations give you precious information about how your actions and interactions with your environment impact on your life.

Listen and learn from them.

Part 8 – Power kicks!

How to wake up your universal identity

How to wake up your universal identity

It's pretty simple actually!

Anything that divides you or separates you strengthens your individual identity.

Anything that unites you strengthens your universal identity.

Feeling your universal identity means feeling connected, united with the rest of the world and the cosmos.

So, if you want to wake up that aspect of your being, engage into actions, thoughts, behaviors, attitudes which link you to the rest of humankind and the planet.

These are compassionate directions.

Compassion means suffering with

con=with

passion=patir (in ancient greek) =suffering

Now, it doesn't have to be suffering.

You can link with joy, celebration, thoughts, feelings and especially love.

Taking action to connect with the rest of humankind links you.

The reason you do it is because you feel you are one with it.

Try it out!

Make a test and follow a line of helping others for a week and check how you feel after that!

You will feel vulnerable on a certain level, and will as well feel a sense of "inner light" and bliss.

This inner sensation is the emotional reflection of this awakening of your universal identity.

It's like activating a certain part of your being. You get a certain direct result by doing it.

It is literally like mathematics or chemistry.

You put together a certain set of actions and you get an inner result within no time.

Now, taking action in an effective way is the next big challenge!!!

We'll cover that one in another chapter.

Why you need extra power when you wake up your universal identity

Waking up your universal identity is like connecting with a new source of energy.

When you do that, you need as well extra power to strengthen your body and mind.

Imagine a stream of energy flowing through your being.

Increase that energy and the system might not be able to take it.

Now, your system is not only your body/mind/spirit.

It is as well the sum of all connections you have with your environment like friends, family, work.

When you manifest a new level of energy, people respond to it in a very instinctual way!

Now, what is their emotional response?

How do you respond when you see extra money or energy?

You want to own it, right?

You want to control it.

This is why just working with love is not enough.

People are competing with each other all the time for energy.

It just happens.

If you want to increase your level of inner energy, you need as well a complete system which is able to take it.

What does it mean to harmonize your being?

Take a system like your body/mind/spirit/connections.

If you have areas of tension or conflict, these tensions and conflicts will increase when you increase your energy level.

This is why all religions and spiritual systems have some form of purification ritual in their practices.

You purify yourself physically but as well internally so that your channels are clear.

If you are angry when you try to increase your energy level, you increase as well the level of internal tension which can lead to more conflicts and even self destruction.

This is why you need to be very smart when you engage in any form of spiritual practice.

You need to solve what is unsolved.

You need to increase your level of love, respect and harmony, while gaining power at the same time.

Now, the way you use your power is essential as well.

Do you need a spiritual system?

You always use one, even when you feel you don't.

You are always in touch with some form of inspiration stimulating your actions.

In-spiration = taking the spirit in.

Any time you feel inspired you take a certain spirit in.

This force sponsoring your actions might appear vague and formless.

It is still intelligent and structured in its own way.

You will notice that it is not just any action you want to take, it is something quite specific.

If you go to the other end of spiritual systems and look now at very structured traditions, the guidelines for your own spiritual evolution are clearly defined.

So, you have two types of systems + all the variations in between:

- Formless = Internal = Arupa (simply means formless in Sanskrit)
- Formed and structured = Rupa (means manifested or "with form" in Sanskrit)

It's essential to understand this because you need to know that you are never alone with the steps you take.

A force is always present sponsoring your actions.

You function within a system.

Even a person who feels they have no system and total freedom still function with a certain set of ideas and beliefs which is still a certain spirit.

There isn't an action you can take which isn't contained within a certain spiritual system.

Now these systems can be totally formless and appear totally free.

They might have absolutely no writing or scripture relating to them.

You might even feel that you are the only person on the planet following that specific stream.

Still, you are connected all the time and never alone.

Good news, right? :)

Next question: what is the energy sustaining a spiritual system?

What is the force sustaining a spiritual system?

What is the force sustaining a cloud of birds?

We tend to think of intelligences as human like forms.

But intelligences and spiritual forces are much more complex than that.

When we function with our thoughts, there is only so much our minds can comprehend.

If you try to reduce a formless spiritual force to something you can comprehend, you will usually reduce it and simplify it immensely.

It is like an ant sitting in front of a skyscraper.

Our thinking system is limited!

The rational and conceptual tools we use cannot comprehend realities which are much vaster than ourselves.

Now, let's still give it a try, ok?

A city has its own sponsoring spirit, identity and intelligence.

This intelligence is the sum of everything happening in that city.

Now, there is what we can see with our physical eyes. What we can measure.

Then, there is the invisible which is probably millions of times vaster and more complex than what we can conceive.

Think of a simple concept like synchronicity.

Our usual rational models don't explain it.

We need to step into more intuitive perceptions to kind of grasp it.

So, the force sustaining a spiritual system is much vaster than ourselves.

You can call it an angelic intelligence.

But please, think beyond the person-like angel with wings! :)

You can talk for instance about the spirit of Yoga or the spirit of Sufism.

There are intelligences at play which are not human like!

That's the first key point to realize.

These intelligences are watching over you right now.

How to manifest a state of yoga

Yoga means unity.

When you are in a state of unity you manifest your universal identity.

You function from a place where there is no separation between you and the cosmos, the planet, nature and humankind.

You know that we do live in a field of unified consciousness, right?

You experienced it in many ways.

Now, the goal of yoga is to experience that field all the time.

It is to be in a state of mystical union every single minute.

Now, the effects of this state of unity are so powerful that they transform your mind and body forever.

How to manifest a state of yoga?

The first step is to really understand what you want to do.

Once you have understanding, you need to connect with a stream of power and inspiration that will take you there.

It is like swimming in a river that takes you to the sea.

Yoga is an invisible system.

No one fully owns it.

It is anywhere you are, not just in a Himalayan cave.

How does Babaji help you with this?

Well it is like getting the help and sponsorship from someone who traveled that path before.

Now, imagine connecting with a being who lives in a state of unity.

The first challenge you might face is to be able to relate to Babaji in a way which matches what he has to offer.

Imagine that you are standing in front of a semi god or avatar right where you are now.

Are you sure that trying to get his email address or physical address is the way to go?

You might try to relate to that being as if he was a person:

- What does he eat?
- What is his real name?
- How can I meet him physically?
- How old is he?
- Where was he born?
- Etc.

Now, these questions usually stay unanswered.

The questions that do get answered have nothing to do with Babaji's personality.

They have to do with your own spiritual development.

If you feel limited in the way you perceive Babaji's being, expand your imagination and realize that you are relating to an omnipresent energy reality.

This is as well called a guru field.

Guru means light.

Now, this energy field does respond to your emotions and intentions.

This energy field sees through you.

You might believe that because you relate to that energy field, you need to give up your power and destroy your personality?

Not at all!

You need your personality as a worldly vehicle.

You need to keep on functioning on this planet.

All these are key ideas to help you along the path.

The next step is to ask for help.

It is very simple:

This energy field can't connect with you unless you want to.

Simply express your call in one way or another:

- "I am ready"
- "Can you guide me?"
- "I need your help"

Or any other expression of your desire to connect with that energy reality.

That's it :)

It's not so much the words, it is the intention.

Realize that you are communicating with a field of intelligence which is much vaster than yourself and much vaster than a person.

Now, you probably won't see the sky opening up or a voice talking to you. Even though this could happen as well... Maybe :)

The guidance and inspiration you might receive is usually much more subtle.

Here are some examples of what can happen:

- There is no clear answer but the following day you feel inspired to do something.
- This action might look insignificant but it is one small step in the right direction.
- Or you might have a sudden realization two days later.
- Or you suddenly feel a strong stream of bliss.
- Or you feel nothing at all.
- Etc.

These are only some examples of course.

The range of experiences you can have is so diverse.

It is impossible to even attempt to describe them all.

The next step is to respond to this inspiration and actually take action.

Now, taking action can often feel like a small risk.

You don't really know what you are responding to.

It simply feels right.

To take action you need to trust yourself, trust your instinct and trust your source of inspiration.

As you can see, the whole process of manifesting a state of Yoga has its own inner dynamic.

While none of this is fixed and crystallized, you will still recognize some form of coherence behind the inspiration that touches you.

It all makes total sense once you start taking action in that direction.

Now, this "trust" dimension is essential.

Nothing happens unless you fully trust this field of energy and respond to it.

This field of energy can't inspire you unless you ask for help and guidance.

It might be just a one time question or call.

Or it might be a call you renew every day through meditation for instance.

This energy reality simply responds accordingly.

You are free!

Now, this is not exclusive.

How to connect with Babaji Nagaraj

The fact that you relate to this specific line of evolution does not mean that you have to cut contact with everything else.

It is not exclusive.

You are free!

That's it for today

Enjoy! Ok?

I called him through meditation for a month now - How come he does not speak to me?

If you already meditated on some techniques and feel like there is no answer coming, it is simply because the answer you receive is usually very subtle and can hardly be felt.

Babaji can communicate to you in many ways and physical speech will probably not be one of them.

Why?

Because this is not how telepathic touch usually works.

This is not how a connection with a guru field usually works.

I know that you might have read books where a master appears to his disciples physically but for most people, this will never happen.

The results that you get from any spiritual practice are usually much more subtle and much less spectacular.

They are feelings of bliss, sudden inspiration to take some form of action, an inner feeling of love and so much more.

These are only examples.

Keep your mind free and be open to any experience even a no-experience.

Even if you don't feel or perceive a change it is still actually happening.

The spiritual training you are engaged into empowers your mind, body and spirit.

The impact of a technique is very subtle and it is often only after a few months that you notice a real difference in the way you perceive your life, thoughts, emotions and connections with what surrounds you.

I try to meditate for an hour every day but can't keep up

There are two ways you can approach your spiritual training:

Through strong will power and discipline.

Through freedom!

If you force yourself into a discipline and use a lot of will power, after a while, your level of motivation might drop.

Time to shift and develop a new approach:

- Focus on fun and excitement
- Diversify your approaches
- Use shorter meditations and practices
- Add new techniques
- Etc.

Your mind might get bored when you practice the same technique over and over again without variation.

The Zen approach works well for certain.

Some people might prefer repeating the same technique without change.

Some others might prefer a more diversified and creative approach.

Suppose you have a mantra like:

अनुरक्ति बाबाजि

Anurakti Babaji

Love Babaji

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How to connect with Babaji Nagaraj

- You can focus on it for hours in internal meditation
- You can write it as calligraphy
- You can create melodies and sing it loud
- You can integrate it in a painting and create a piece of art with it
- And so much more.

All these techniques are suitable! They all work!

Just choose the one that feels the easiest for you.

You can choose the easy path!

You can as well use discipline if you want to.

The truth is that you are free!

If you have a friend you want to contact, you can call them, text them, email them, visit them or ask a friend to transmit them a message.

All these techniques work and there isn't one which is better than the other.

No matter what technique you use, Babaji hears your call.

Simple, right?

You are free!

Use this inspiration to transform your life

There are two sides to your spiritual development:

- The practices themselves
- The actions that follow

The sources of inspiration you connect with are very powerful in changing and reorienting your mind patterns for instance.

Your mind and body are two essential aspects of your personal vehicle.

Use the inspiration you receive to shift what no longer works for you.

You can do that on the physical level by for instance training your body or shifting your diet.

You can do that as well on the mind level by shifting thoughts, ideas or emotions that no longer match what you feel.

Yoga is a state of unity. When you establish it in your existence, it naturally reflects on your mind and personality and starts shifting key aspects in it.

Respond to it and do take action.

Make your house your ashram

Your ashram is where you are!

The reason why an ashram becomes a center of energy is because of a dedication.

You can transform the place you live in, in a glorious centre of shining power and energy!

All you have to do is start taking action in that direction, so that your outer reality reflects your inner state of mind.

If you start touching the space of yoga in you, let it reflect on your personal space.

Make it more than an altar in some corner of your house.

This energy is truly ready to embody itself where you are. All you have to do is give it space.

- Clean!
- Get rid of junk and clutter.
- Let go of past memories you no longer need.
- Harmonize your personal space
- Practice right where you are
- Sing
- Write mantras on the walls and on objects in your personal space
- Use sound and mantric power in your space
- Yoga postures and dance
- And more!

It can easily take a year of focus to rebuild your personal space's energy and empower it in this new way.

Invisible network - Inner system of connected energies

There are probably millions of people on this planet who feel connected with the siddhas or kriya yoga streams.

Sirajala is a name for this invisible network of connections.

सिरजल

Sirajala - Invisible network

This invisible network will never be manifested in the form of a physical organization.

Why?

Because it is free and open.

Perfection is right now!

Here is a fresh perspective to help you grasp the essence of Yoga.

This exact moment is perfect because it is in total balance with all forces in the universe.

Even disequilibrium is just another form of balance.

You can wake up one day and realize that instead of chasing the future, a distant dream or desire, you see perfection in the instant.

It's a choice.

It is a conscious state of mind you embody because you choose to, not because it is forced on you.

The decision to see this very instant as total perfection is in your hands.

It is a conscious choice you can take right now.

What about desires and unbalance?

Of course, unbalance is another form of equilibrium that pushes you forward.

Desires are emotional forces which push you forward.

They are positive forces if you decide to see them that way.

They are part of creation. They are part of your mind and emotions.

Even a state of non desire is probably the result of a desire to be in that state.

So... The whole duality can be dropped now because there is only unity.

Unbalance functions in the same way.

Unbalance forces you to shift your mind posture to connect with new qualities.

Desires are still within this field of perfection because everything you know is included in it.

Now, it does not mean that you must stay passive and not change anything.

Your will power and conquering drive are lines of power within a much vaster stream of manifestation.

Your desire and will power is one flame within a vast planetary field of manifestation.

The power that you express is never disconnected.

It is always linked with a sponsoring energy which is vaster than yourself.

This is why there is nothing to be ashamed about.

Your desires and emotions are part of the story, not some mistake from creation.

How to connect with Babaji Nagaraj

The flame that you express is one amongst millions of burning flames stimulated by the same source of inspiration.

This is why you can embrace the forces that trigger your mind rather than rejecting or trying to suppress them.

They are part of the story... Your story!

Jnana Yoga

There are so many ways to connect with Babaji!

The traditional kriya way that a few systems use is only one of them.

They often function around a few core techniques like a certain breathing technique or a specific set of yoga postures.

All these are of great value and do work.

However, they are not unique.

Suppose that you are focusing on developing new techniques to connect with Babaji.

If you are skilled at it within a few months or years you would have designed your own unique system.

It could involve anything like rituals, devotional singing, yogic postures, mudras, specific mantric formulas and so much more.

There is no limit!

It is like climbing to the top of the Everest.

The fact that a team successfully used a certain route does not mean that this is the only way to the top.

Remember that you function from a state of freedom!

Babaji will never reject your call because you did not use a specific system or sang a wrong note.

Remember that Babaji is an intelligent energy field.

It is there to free you!

Not to limit you within a fixed set of rules and behaviors.

This is probably one of the key ideas to remember.

Oups... We were talking about Jnana, right?

Jnana stands for knowledge.

This is what I am doing now.

When you sit down and write down ideas which express a certain experience, that's what you do.

It is the art to create a conceptual architecture which matches your experience of reality.

You can design your own architecture of beliefs and play with ideas and concepts.

It is fun to do and the way to start is simply to dare.

Free your mind!

That's your possible doorway into Jnana Yoga.

Free your mind! - Practice Jnana!

Imagine that you want to develop more knowledge and understanding about Yoga.

You can for instance grab a copy of the Bhagavad Gita and spend a couple of months studying and interpreting it.

That's one approach.

Another way to do it is to assume that your being is already emerged in that knowledge and all you have to is find it in you.

You take a white page and start writing what comes.

You can for instance answer simple questions for yourself like:

- What is the ultimate goal of Yoga?
- What exactly is happiness and how do I know I am expressing it?
- How can I manifest my cosmic identity day by day?
- Etc.

Start playing with words and ideas and you will be amazed by what happens next.

You will realize very fast that you already know a lot!

Writing from that place of consciousness is an exciting experience because while you write, you feel the energy streaming through your being.

It is a meditation experience in itself.

You manifest knowledge and wisdom by doing it.

Now, you don't need to publish what you write.

No one even needs to see it.

The ideas you write are a reflection of what you see internally.

How to connect with Babaji Nagaraj

You tune into an energy reality and the filter of your mind interprets it in a unique way.

It is a written portrait of a certain area of your consciousness and you discover more and more of it as you consciously explore it.

Experiment with it!

You'll be amazed with what happens when you do.

Bhakti writing! - Bhakti singing!

If writing concepts does not work for you, you can try a more poetic approach which leans your writing towards artistic expression.

When you do, you practice bhakti.

Bhakti Yoga is a path of devotion.

Usually it is expressed in the form of singing and music but there is no limit, really.

You can dance, write devotional poems or prose or even express your devotion in theatrical forms.

When you write devotionally, you usually express beauty and love through your words.

In the West, it would be called romantic devotional poetry.

How does it sound?

If you want to try, simply write down the first poetic line or word that comes to your mind.

Here is what happens when I try:

"When I close my eyes..."

And then you follow up with whatever comes next...

When I follow up, here is what comes:

"When I close my eyes, I feel the nectar of your essence permeating my being.

The sensations are first like a light tingling in my mind and turn quickly into an ecstatic feeling of joy!

The love I feel is all encompassing and embraces every single living form on this planet.

I am at peace and delighted to know you!"

Yes! It is that easy to start:

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How to connect with Babaji Nagaraj

- "The light in the sky..."
- "The sensations in my heart..."
- "Wake up to the vibrant joy..."
- Etc.

This would be Bhakti writing.

You can express the same via dancing or singing for instance, right?

What does it mean to express Bhakti?

Express what you feel by creating beauty!

Now, simply dare to take a step.

You don't need to be a professional singer to be devotional.

Wrong notes and imperfections are okay, really!

Even if what you write does not really "sound" poetic or harmonious, Babaji understands your intention.

Even if you feel you don't get it totally right in the beginning, don't worry.

It is a skill you can practice and develop within a few days or weeks of practice.

It goes very fast once you try.

You don't need to publish it (even though you can if you want to :)).

This is for you and him. It is like a set of intimate letters you keep for yourself.

Remember that this is a dialogue you establish with Babaji's being.

Right now, you are not doing that for your friends or neighbours.

This is your way of expressing your profound universal identity and feeling of connection you have with him.

How to connect with Babaji Nagaraj

If you feel that you want to connect with another source of inspiration rather than Babaji's being, then simply direct your devotional aspiration to the reality you choose.

It can be Shiva, Shakti or even another Guru field if you want to.

It does not even need to be out there. You can talk to yourself, your own spirit.

It can be God, Nature, Elemental forces, whatever you decide to connect with through your unique devotional expression.

This is not about Kriya or yoga or even Babaji.

It is about you!

It is about you owning your spiritual power, your spiritual tools, your spiritual development.

As you can see, there is a vast variety of ways to connect with spiritual realities.

If it is Babaji you have in mind, Bhakti writing is one possible way!

It is very effective.

Don't be afraid to try. There is nothing to fear.

You absolutely can't get it wrong :)

You are free!

Yogic prayer?

Yes! Sometimes prayer will be more appropriate than meditation.

That's simply what you feel like doing.

Prayer can be so powerful!

You can call it active dialogue as well.

It doesn't have to be a call, request or demand.

Dialogue is free and open.

You can ask questions and feel the answers.

You are free!

If it does not exist, create it!

Sometimes, you might spend lots of time trying to fit into an existing system while you know it does not match what you feel.

Any time you step beyond a certain tradition, you take a small risk because you explore new territories.

This is what it can feel like to establish a connection with Babaji.

Kundalini and freedom!

When you wake up your universal identity, it is essential that your channels of energy stay clear.

Waking up your energy expands your being, but to stay clear you as well need to increase your inner power and the clarity of your inner channels.

Breathing techniques, singing, dancing, postures all clear up your inner channels and make sure that your life force flows harmoniously.

You want to stay in a state of inner freedom rather than having your mind and body cluttered with undigested emotions and energies.

Most of this happens naturally through conscious positive life style choices.

Every action you take has an impact.

If you sing a power word, you invoke the energy behind that word and it naturally flows through your being and impacts right where it is needed the most.

The energy you invoke is intelligent.

It naturally does what it is supposed to.

Every now and then, you give nature a little help by consciously participating in your energizing process.

You will breathe a little deeper or a little faster to stimulate the flow of life force in your body.

In my mind, life force, kundalini and energy are all synonyms.

I don't really separate these concepts.

This simplifies things.

You are in a state of freedom when life force flows freely through your being.

If you feel undigested emotions in you, these tend to stay stacked in your system until you invoke or use a power strong enough to clear them.

When your level of power is high, this means that your energy channels are strong.

In that case, negative emotions and thoughts simply stay naturally out of your system.

They are cleared before they even touch you.

The higher your level of inner power, the freer you feel.

What does it take to integrate a new technique?

With simple meditation techniques, it can take as little as 5 min/day for a week.

That's it!

If you want this technique to stay with you and be able to recall it any time you need it, it often takes 1 to 3 months of practice.

If you practice a technique for that time, you will feel like you own it.

That's good news and means that integrating a new spiritual tool is relatively easy.

A technique shifts patterns on an energy level

It reprograms your mind.

This is why sometimes, even a 1 minute practice can have such a powerful impact: because you connect with a source of energy and this automatically stimulates change in your mind.

A new technique is more than a practice. It is the integration of a new energy.

Think short directive techniques rather than long hours practice.

Give rhythm for your mind to stay alert and fresh!

Tune into the future rather than into the past

Put it this way: the past is already written.

The future is an infinite space of potential.

To move forward embrace the unknown!

If you spend most of your energy trying to recall the past, that's where you keep your consciousness.

It does give you some security and a sense of stability but limits you as well.

It is like trying to walk forward while looking backwards.

Ask yourself:

"What can I do to be slightly ahead to where I am right now?"

Your home is the planet!

When you stand with this core realization firmly in your mind, you jump straight into a new level of unity.

What you do is no longer about your house, property and belongings: it is about the planet.

You want to function from your universal identity?

Take action from this new core mind set:

Your home is the planet!

Your family is Humankind!

We are one race!

Humankind is a gigantic enterprise and we are all linked in one sea of consciousness.

To strengthen your universal identity, establish this idea as a key pillar.

Sectarian and elitist attitudes divide you. They make you weaker. They isolate you.

Take action from this new base:

Your family is humankind!

Tame your kundalini!

Human over nature or rather human over instincts.

The goal is to master your instincts not to be enslaved by them.

This is why your spiritual power grows step by step: because you need to master the forces you wake up.

If these forces were unleashed all at once, you would not have the power to master them.

Kundalini is a reflection of your animal nature, the fire of the dragon, snake or lion.

All these are representations of the same force.

When this energy wakes up, the goal is to tame that force and direct it in a constructive way.

How do you tame your kundalini?

You give her directions like postures, moves, mantras, mind sets, etc.

The goal of any yogic practice is to structure your personal vehicle so that your being is harmonized and vibrating to its full potential.

When you practice an asana (yogic posture) that's an instruction you give to your life force.

When you sing a mantra, embrace a value or take conscious synchronized action, you are always instructing your life force and giving it form and purpose.

That's how you tame your Kundalini.

By giving her direction and positioning yourself as its master.

By the way, taming is very different than controlling...

Taming is creating this synergized partnership with a force of nature.

Imagine riding a horse.

You can tame it while stimulating its power and wilderness and without actually limiting it.

You simply give it a channel of expression.

Sometimes, you'll allow the horse to lead you as well. You might sit and trust its instinct and its power.

Partner with these forces in an effective way so that what you create is a synergized play of energies.

You can as well see yourself as surfing the waves of this energy. Waves are energy. You use that force and play with it.

With kundalini, it is the same: you partner with its power and give it direction.

If millions of people were taking the action you are about to take now...

This is a good question to ask yourself:

"If millions of people were taking the action you are about to take now, what would be the effect on the planet and humankind?"

Ask yourself this question when making key choices in your life.

Another way to put it:

"Is this a step forward or a step backwards?"

It really gives you an ethical base from which to function and helps you with making key life choices.

Your actions are connected with a vast stream of manifestation.

Are you going with the stream or against it?

Do your actions match with a vaster human purpose?

Are your actions connected with a vaster stream of manifestation?

This is a good way to synchronize your actions and make sure that what you do matches the vaster purpose for humankind and the planet.

Raja Yoga

Raja yoga is the art of mastering your mind.

Raja means fire.

It means as well royal.

In your mind you have "mind objects" like thoughts, emotions and feelings.

Your mind is your territory and the art of Raja is the art of mastering all of that.

An emotion is simply a wave on the surface of your mind.

It is not your deep nature.

It does not belong to you.

It comes and goes.

When you focus your mind via a meditation technique, you create a harmonized stream which naturally generates a positive flow of thoughts and emotions.

It is like jumping into a river where any wave is a "positive wave".

You don't target the wave itself, you target first the river you swim in.

With some practice, this flow of yogic energy transforms your mind, clears negative thoughts and feelings and strengthens your mind channels.

This is the renewal of your mind.

It is a transformation process through which your mind becomes clear and powerful.

When you see an emotion like sadness or worry in your mind, you can either embrace it and nurture it or you can kick it out of your mind with power.

In other terms, you fight!

You defend your territory and make sure that whatever happens in your mind matches what you want.

Yes! What you want!

Your will is not an orphan disconnected will.

Your will is linked with a vast stream of manifestation.

It is a flame within a vaster fire.

Your fighting power and determination are tools you can use positively.

Your mind is your territory and it is your task to educate it so that it functions at its best.

You are in charge!

You are the designer and the architect of what happens in it.

You make choices, and select the ingredients you want to manifest.

Now, you can do all that by analyzing and choosing thought by thought and emotion by emotion or you can simply connect with a stream of energy which does all that naturally for you.

That's what you do with a raja yoga technique!

You are the master of your mind!

You are the designer!

You are the architect!

Dare to be a creator!

There are two ways you can play music.

The first one is to follow a written piece.

The second one is to improvise.

When you refer to an existing tradition, you simply copy mind sets that others designed for you.

You try to fit it into your mind.

Sometimes what these traditions designed would take you centuries to recover and reinvent if you had to.

Other times, what you read is what you know already.

Very often, all you have to do is create a mind set and action system that matches your unique life experience.

You are free!

Does reading a specific book free you? Or does it limit you?

Will you discover more about yourself by reading what is already written or by taking a white page and letting your own mind reveal itself through your own words?

Both approaches are valid of course.

Sometimes you want to relax within an existing structure.

Other times, you want to tap into deeper layers of your mind and bring to the surface the key insights which are in you.

You don't have to fit in.

You don't have to limit yourself within what already exists.

If every human being was repeating what has already been discovered, there would never be anything new.

Dare to explore and find in you the mind sets, ideas, actions which reflect what you already are - Dare to be a creator!

Why it is essential to harmonize your mind

When you increase your inner level of energy, you need your mind and body vehicle to be functioning harmoniously.

What does it mean? It means that tensions or inner conflicts have been cleared.

Imagine that your mind is tense or angry for instance.

When you increase the flow of life force or energy in your system, the tensions or negative emotions are multiplied.

Everything is fed by the new flowing energy, not just positive patterns.

Clearing the channels in your mind allow for fresh energy to flow naturally in your being without creating tensions.

Now of course, the new flowing energy is itself very harmonizing. However, you might have thoughts, beliefs or emotions which can become destructive for you or others when stimulated.

The whole point of harmonizing your mind and body is for your system to be able to take a stronger flow of power and energy.

Sometimes your spiritual progress will simply stop until you shift some key thoughts, beliefs or action lines and create new mind sets which are aligned with humankind's long term purpose.

Simple, right? :)

The key to resolve conflicts

Conflicts happen because of the way power is being used.

You tend to have conflicts when one person tries to control someone else's life, actions, time frame, beliefs, thoughts or emotions.

Check any conflict in or around you: it is always the clash between two energy realities.

To solve conflicts you need to go back to a place of freedom and respect.

There is only one thing you have the right to control: your own life.

Everyone has the power for self determination.

This is the basic reality you can start from.

It is one of the key human rights: the freedom of thoughts and beliefs.

Now, if someone forces you to do or think what you don't want to, this creates conflict, right?

Same the other way round. You will create conflict if you force or try to control someone else's life.

You can get rid of 80% of the tension in you simply by letting go of what you can't control:

- What goes on on the other side of the planet.
- Government choices.
- Your neighbour's beliefs.
- Your partner's choices.
- Your parent's or friend's attitudes.
- Etc.

Trouble arises when you try to control what is not yours.

Someone else's thoughts are not yours.

They were born with the right to decide for themselves what they want to think.

Investing your energy into trying to change them is usually a waste of time.

Of course, in some isolated cases, they want to change and are open for what you have to say.

However in most situations, judging or trying to control someone else's actions will simply create conflict.

Again, the dynamics are very simple.

You just have to let go.

Don't take responsibility for someone else's actions.

This is the base from which you can function.

Functioning from that mind set already clears 80% of the conflicts you might face:

- Respect someone else's actions beliefs or thoughts.
- Don't take responsibility for someone else's actions.
- Use your power to control your own life, not someone else's.
- You own the right to control you own actions, time, beliefs, emotions, personal space, etc. If someone tries to steal these from you, they are violating one of your most basic human rights.
- Etc.

These mind sets can already solve many of the conflicts you might be facing.

In other words: refocus your power on yourself!

It is essential to master the way you use your "controlling power".

There are some exceptions in society where a conscious transfer of power and autonomy is performed.

We'll cover that in another chapter.

Power transfers

In a previous chapter we said:

You are born with the right for self determination. You have the right to control your thoughts, actions, emotions, beliefs, time, personal space, etc.

If someone tries to control these for you they steal one of your most basic human rights.

Respect someone else's freedom and right for self determination.

These are the basic mind sets which already solve 80% of the conflicts you might face.

Now in some situations, you will function with slightly different mind sets.

We call these exceptions "agreed power transfers".

This means that there are some "exceptions" in society where a conscious transfer of power and autonomy is performed.

Here are 3 examples:

- Children --> Parents

Because parents need to educate their children, nature and society perform a power transfer from the child to its parents. This means that parents are legally responsible for what the child does. They take the role of educating and directing a child's behavior until it reaches maturity and autonomy.

- Individual --> Organization

When you work for an organization, you give up part of your freedom (time) in exchange of a financial reward. In other terms, you accept that a boss will sometimes tell you what to or not to do.

- Individual --> Society

When you are born in a country, you adhere to a set of laws. These laws are there to protect society's peace and make sure that individuals can function harmoniously with each other

These are only 3 examples. There are more of them of course.

Now, we call these "exceptions" because the default position of an individual is a state of freedom.

More on this and why it matters to you in another chapter!

What do power dynamics have to do with Babaji?

Well, it is very simple:

When you connect with Babaji, he starts sponsoring your actions.

Now, imagine what happens when for instance:

- You tend to be emotionally abusive with your wife .
- Or in ongoing conflict with your neighbour.
- Or extremely intolerant to other religious systems.
- Etc.

If you are trapped in these "power abuse" mind sets and receive extra power, conflicts and tensions will naturally increase in your life.

You heard that before:

With greater power comes greater responsibility.

This means that you need to be aligned with mind sets which really work for humankind on the long term.

Again, ask yourself:

What would be the impact on humankind if millions of people were performing what I am doing right now?

If the answer is "increased peace and harmony, respect and freedom..." it means that you are on the right track and are already expressing mind sets which are "sustainable" for humankind on the long term.

If the answer is "conflicts, tensions, wars..." it means that the patterns you express now don't work for humankind on the long term.

Keep in mind this long term perspective for humankind and the planet. It gives you direction and focus.

How to connect with Babaji Nagaraj

Do you believe that Babaji sponsors a harmonious line of evolution for the planet and humankind?

If yes, it is your role to express life patterns, actions and mind sets which stimulate vibrant harmony, peace and freedom on the long term.

The key is in how you use your power and more specifically your "controlling power".

Makes sense, right?

How to go deeper in your connection with Babaji?

There is a moment in your spiritual development in which you might reach a plateau or limit.

You might feel like your spiritual life flows at a certain "speed".

You might as well feel like you are flat lining. In other terms, it feels like there is not much new happening when you practice the techniques you are used to.

What works best?

What does it mean?

What to do next?

Here are a few key ideas:

- Sit down and ask for help and guidance internally.
- Answers to what to do next will come.
- Deepen or intensify what you already practice now.
- This could mean retreating for a few days for instance, refocusing your technique, adding rhythm in the way you practice, etc.
- Find new techniques.
- Be open to discover something new.
- Focus more on practical action or attitude shifts rather than internal meditation.
- Shift some key behaviors or attitudes which hold you back. I just covered some of this in these previous posts: What do power dynamics have to do with Babaji?, Power transfers, The key to resolve conflicts, Why it is essential to harmonize your mind
- Shift stream or system.

How to connect with Babaji Nagaraj

- You might have reached a point where the system you follow no longer matches your long term evolution line. Time to look for a new master or system.
- Etc.

What to do if you feel you reached a certain speed and want to go deeper?

Take a white page and write down these options:

- Ask for guidance?
- Refocus your practice?
- New technique?
- Shift line of action?
- New System?

Keep this page somewhere you can see it.

Deep inside, you already know the answer. Focus on it for a couple of days.

After that, trust yourself and take action according to the answer you got internally.

Remember that every time you make a shift in your spiritual practices, you stretch your limits.

Even a set of practices can become a comfortable space you get used to.

So, when you decide to explore new territories and stretch your limits, you take some risks and invite change.

The fact that nothing spectacular is happening does not mean that your practice is not working

It simply means that you reached a certain "speed" and are maintaining that speed.

Take this example:

When you take a flight, the thrilling moment is when you take off, right?

Why?

Because of the acceleration.

Acceleration is what creates thrill and excitement.

Once you are in the air and travel at a constant speed, it feels normal. You eat peanuts and chat with your neighbor as if you were sitting at home, even though you are still traveling at 1000 km/hour.

When you originally start meditating, you often feel this sense of acceleration.

You feel bliss, greater awareness, peace, etc.

Once you reach a certain level, these experiences feel normal. They are still there. You simply got used to these new spiritual states.

It does not mean that your spiritual development stops. You still travel at a certain speed but might no longer feel the original thrill and acceleration.

Makes sense, right?

The technique might naturally "dissolve itself"

To tell you the truth, I never came to a point where I felt I was at the end of a technique's potential.

At a certain moment, the technique might naturally "dissolve itself" though, because you reach a state of unity, inner peace or absolute awareness.

When this happens, you can let go of the technique and abide in this new state.

When this happens, it feels like the spirit "takes over". You feel like you are there.

Of course, you can come back to the technique if you feel like you loose focus again.

Remember that a technique is only a key, it is not the goal :)

Remember that a technique is only a key, it is not the goal

A technique is a vehicle you use to travel your spiritual evolution.

When you are rigidly attached to the technique you use, you might miss seeing the landscapes you come across as you travel.

If your goal is to reach the sea, you can step out of the car and seat on the sand once you reach the beach, right?

Endlessly driving on the coast road won't work with really experiencing the sea.

You have to step out and go for a swim :)

When is the right time to start teaching?

It is simple:

When your own inner processes no longer require too much attention.

You can sponsor other person's spiritual evolution when you have extra energy and time to give.

That's simple, right?

Now, there are many ways you can teach. Standing in front of an audience is only one of them.

You teach by life.

You teach by expressing the power of your spirit through your actions and attitudes.

Teaching is only one out of many spiritual evolution paths you can follow.

- You can for instance engage in artistic expression which is a long term path in itself.
- You can focus on your own life and explore deeper levels of awareness.
- You can focus on positive impact on humankind through compassionate action.
- Etc.

What does it mean? That teaching is only one way to express yourself along your spiritual destiny line.

There are many more possible expressions.

Now, if you feel you reached this point of maturity and feel there is something essential you want to say, you can start right now!

Start with a little step and observe the response.

Function from a place of freedom.

You are only accountable to yourself and the line which sponsors your words.

If speech is not your favorite way of expression, don't limit yourself and use the other possible tools that were given to you.

Claiming back your freedom!

Free your mind!

One of the key targets of your practices is to remove what you no longer need.

Freedom is your nature and what you head for.

Don't let anyone limit your freedom.

Any practice or step which increases your freedom is exactly in line with your evolution.

On the other hand, if you feel that a given action will lock you in and limit you, simple: don't take it and step back.

Use this simple question to make the right choices:

"Am I increasing my freedom or limiting myself?"

Active kindness

Active kindness is the art of responding to a need when you see it simply because of a heart call.

You have other words for that: compassionate action, karma yoga, etc.

The path of active kindness is a destiny you follow consciously simply because this is what you feel attuned to the most.

Every action calls for a reaction.

Active kindness calls for bliss. When you take action from that place, you usually identify yourself with a need in someone else.

It happens to them and therefore, it is as if it was happening to you.

In other words, you see the link, and respond to it.

It can be a call from nature as well.

You recognize your essence in someone else and because of this recognition, you can identify someone else's need.

So, when you not only realize this state of unity but take as well active action, you choose for a state of unity rather than for a state of isolation.

This is a key opening in your life.

The response is bliss, life force and precisely a state of Yoga.

If you are naturally attracted to help others or nature, explore that path!

It is one of your possible lines of spiritual evolution.

Life is already perfect!

The only thing that could stop you from seeing that is the fact that you have targets or distant future goals.

When you do, this stops you from being in the instant and enjoying the very present moment.

Sure, goals are useful but a skill which is even more useful than that is realizing the perfection of the instant.

Now, most people will realize this perfection in a second and then set up again in the course of achieving distant goals.

This is where you can miss the point because you don't need to shift that.

You don't need to be like a horse always running forward.

This is like a survival instinct or conquering force you can tame.

You don't need to be the slave of that force.

You can relax, step back and take life for what it is:

Impermanence!

After every single goal you achieve there is always a target after that.

Yes!

Pursuing new targets is exciting and creates a stream of powerful manifestation force in your being, but the moment you get enslaved by that instinct, that's when you miss the point and the real target for your life.

You need to look at life from the perspective that everything that could be achieved and done has already been done.

From that point of view, existence takes a very different color.

It gives you the power to relax, stand still, be at peace and enjoy every single second for what it is.

Remember that within 100 years, most of what you tried to create in your life will be gone!

All that will remain is the memory of a certain experience in your own spirit which is eternal.

This is where you find this dimension of permanency and eternity.

If you stay focused on that level, you look at life like a game.

Yes!

It is a game!

This resets existence from a perspective which makes it totally real.

The usual goals are shifted and become something insignificant in the eyes of this larger scale.

The emotions and quest you go through when you engage into life from the level of physical creation are all alienating for you.

You end up trapped in a scenario where you can not win.

So, what is the answer?

What does freedom mean?

It means to shift perspective and put back what matters most in the center of your existence.

Yes!

It is that simple.

The quests and conquests are all games you play if you want to, because it is fun and gives you an energy kick, but look at it from another perspective and observe what happens when you take some distance.

The total urgency, stress and life pressure are all gone.

What remains is peace and silence.

It is in that dimension of silence that a whole new reality takes place.

Why materialism is a side track

It is very simple!

When you engage into wanting more and more material wealth, properties, bigger house and more luxury, you engage into a battle you cannot win.

There is always more and it is never enough.

It is like a carrot in front of your nose and you try to reach it without being able to eat it.

So, materialism is a set up.

The emotions associated with it give you short term satisfaction but leave a huge gap on a deeper level.

You try to fill this deeper need with physical objects.

No matter how much you own, it is never enough!

Why?

Because the real quality you want to feel is a state of union.

You want to feel loved!

And not just from one source!

You want to feel connected!

Gaining material wealth is your way of looking for recognition.

It is one way of feeding your ego and personality.

Now, what happens after a few years of that type of quest?

You end up lost!

Why?

Because you realize that no matter how much you gain, it is never enough.

Even temporary successes on that level can leave a huge gap when the thrill of that success is gone.

Conclusion?

Focus from the start on what matters most: the way you walk life!

Yes! The state of mind you are in matters more than any goal you can reach!

While you head for targets with determination, you forget that all that time you generate emotions and thoughts.

All these emotions and thought generate a response and echo around you.

It is that state of mind or state of being you want to focus on now.

If you are in pain and despair because your material targets are not being reached then you totally miss the point, right?

It is like a kid being in a permanent state of tantrum!

You don't want to live life that way.

You want to function from a place of peace and balance.

Now, that state of peace does not mean that nothing is happening!

On the contrary!

Everything is happening!

Your energy level is much higher actually!

Ask a question

If after reading this book, you have an unanswered question, I'll be happy to look at it.

You can send your questions to francisco@vitalcoaching.com

I will do my best to get back to you with a clear answer.

Thank you!

Send me your feed back

I hope that you enjoyed your experience with this book.

Yes! Send me your experiences and success stories. I will be listening.

As well, if you think of anything which could make your experience with this material even better, please, do share your ideas!

I will listen to what you say and make appropriate changes when needed.

Send me your feed back francisco@vitalcoaching.com

Don't forget to mention what book you are talking about and feel free to be as specific as you can.

Thanks!

Conclusion

Check this link:

<http://vitalcoaching.com/babaji.htm>



If you feel this book is not enough, contact me! There is more.

Send me an email francisco@vitalcoaching.com or visit the website www.vitalcoaching.com.

Good luck and keep in touch

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