

Spiritual Power

Spiritual Power



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Part 1 - Spiritual dynamics

You are free!

This is where it all starts!

You are free!

You are a free spirit!

The moment you incarnate, you start manifesting forms which belong to the reality around you.

You want to reconnect with this sense of inner freedom.

You want to master your life.

You want to master your mind.

You want to connect with your universal identity and explore the full range of your potentials.

It is your birth right to engage in this quest.

It is a conquering move.

Spiritual power and ambition

If you feel that your spiritual quest hits a wall or a limit you don't seem to overcome, it is usually the sign that you need extra power to break through.

Power is a bit of a taboo topic on the spiritual path.

Why is that?

Because power tends to be associated with abuse of power.

In a spiritual environment where many teaching talk about surrendering your ego and anything which belongs to you, the natural trend is to give up your power rather than increasing it.

This is the moment a split can happen.

Power is good!

Ego is great!

Your ego is not on the way!

It is your life vehicle!

It is the reflection of your personality.

Having material and spiritual ambitions is okay.

They are both part of your incarnation and you are the one who decides how much of these qualities you want in your existence.

Many spiritual seekers feel powerless.

Are you one of them?

Are you in a situation where you doubt with each of your steps, lack trust and simply feel that it takes far too much effort and energy to maintain your existence?

If this is the case, I know exactly how you feel.

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I wrote this book precisely to answer some of these fundamental questions and give you extra tools so that you can move forward in your spiritual quest.

Taking control of your life can feel “scary”.

It is like suddenly sitting in the cockpit of Boeing 527 and being told: “Here we go! It’s all your!”.

Somehow, believing that the cosmos can or should do it for you is a safer alternative, right?

You can sit down meditate and call for help.

This works wonders!

Now, there are certain steps that only you can take.

You were given a body, mind and spirit.

You have a unique ability to recreate the world around you.

You can shift, build and transform.

The key of this transformation is action.

It is through your actions that you primarily impact on the world around you.

Suppose you want to send a message to a friend:

You can sit down in your favorite mediation posture and try to find a telepathic bridge between your two minds.

You can spend years researching and trying to achieve just that.

On the other hand, you can achieve the instant result you want by simply sitting behind your lap top and sending an email.

Action is powerful!

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The moment you align your being with your spirit and bring your power all the way into manifestation, you can start transforming life around you.

It works!

You can stay in your meditation posture and invoke creation to take action for you.

It won't work!

Sometimes, you get these gifts along the path, right?

You meet the right person at the right time.

Everything falls into place.

It is perfectly synchronized!

I am sure you love it when this happens.

You probably have a few stories about magical encounters and very special events where you get this feeling that the cosmos did open a very special door for you.

It does happen and it is beautiful.

Now, the cosmos needs you to put your wisdom and skills into action.

You were given a body and mind.

It is to use to its best.

The goal is not to give it up.

The goal is to use this as a vehicle to transform your life and the planet to its best.

You are part of a much vaster cycle of manifestation.

Infinite power and potentials are ready to flow in your existence but to do that, you need to embrace existence rather than denying it.

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This is the first step.

In a way, this can be seen as a revolution on the spiritual path because so many teaching tell you otherwise: sit down, stop moving, don't think, block your emotions, suppress your desires, etc.

If you tried this and feel that you hit a wall, it is time to shift course.

Embrace life and everything which is part of it.

There is no need to reject any aspect of it.

You can live life fully, let the streams of your emotions flow freely.

You can share life, feel life, laugh and smile when you want.

Unwanted or forced suppression simply creates tension in your body and in your mind. It limits you rather than freeing you.

Some discipline when it is your choice can be good of course.

It is all a matter of balance.

Life force flows through your whole being.

Emotions and thoughts are visible aspects of your flourishing mind.

It is okay to live life fully without suppressing any of it.

Long term evolution line

Ask yourself this simple question:

“If millions of people were performing the type of action I am performing right now, what would be the effect on the planet and humankind?”

This is such a key question!

Imagine the long term evolution line for the planet.

Imagine the role you play in it.

When you need to make a choice, ask yourself this simple question.

It will tell you exactly what works and what doesn't.

It will tell you what patterns in your mind are old and no longer needed.

It tells you what new mind sets are needed so that life and humankind evolve harmoniously on this planet.

Give your nature a little help

99% of what happens in your life happens by itself.

Most organic functions in your body are out of your control.

It just works by itself, right?

Heart beat, blood circulation or digestion are all happening by themselves.

Lucky!

Imagine if suddenly, you were given control over these functions.

Imagine if you had to suddenly regulate all that.

Another part of your spirit takes care of it.

It works by itself!

Thank god!!! ☺

The same goes on for your mind, senses, spirit and much more.

Every now and then, you hit a challenge though.

It can be a physical, material, mental or emotional challenge.

You realize that somewhere your nature needs a little help.

You can then use your will power or your two hands to stimulate evolution. You can take action and lift the resistance or life blockage you are feeling.

Suppose you run out of food, you can actually go to the supermarket and get some vegetables for your evening stew.

This is great news!

Your nature and spirit does most of the work.

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Your only task is to help life here and there when it somehow gets blocked or limited by an obstacle.

It is a bit like a river flowing.

You can help remove a couple of hills so that water can keep on streaming towards the sea.

If you put your body in a yoga posture, this is what you do, right?

You simply encourage the flow of life force all the way to the most minute cell.

You stimulate the flow of energy into your being and by doing so, you feel more alive.

The goal of any technique or spiritual practice is simply to open new doors in your body, mind and spirit.

Once energy is flowing, you can usually relax with the technique or eventually keep on practicing it just for fun.

Remember, simply give your nature a little help when you feel life force gets stacked in any way.

This can happen in you, in others, in organizations or in the nature around you.

The moment you do something about it, you simply care.

Your real home

Your real home is the planet.

All of it!

Your house is only a temporary shelter.

At the end the place where you go back if anything happens is nature.

This is your real home.

The moment you isolate yourself from nature within the 4 walls of your house, you cut yourself from natural sources of energy.

These sources of energy are everywhere in nature and on the planet.

There is nothing wrong with having a house. On the contrary!

It is important however to remember that the real protection for you and the totality of humankind comes from nature.

Nature contains mind sets and energy sources which are unique and are intimately associated with humankind's well being.

The moment you feel you need to reconnect with yourself, nature is always there for you.

There is nothing in nature which wants to hurt you.

One important step of your long term spiritual evolution is to make sure that your connection with nature stays active and alive.

It is not enough to put a few crystals around in your house when you can actually walk bare foot on a sandy beach.

A sandy beach is literally a vast field of crystals.

A mountain is a 2000 meters high huge crystal!

Never forget about this.

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The power of nature is there all around.

Dare to connect with it.

Dare to tap into it fully rather than closing the doors.

It is an infinite source of harmonizing energy which has the power to heal any wound in your system.

If you would take the risk right now, to spend 6 months in nature day and night, live in the forest with no roof on your head, you would reconnect with all the basic elemental sources you need in your life.

Now, this would be a drastic step.

You don't have to be that extreme.

Simply remember that nature is your real and ultimate home. It is not just your backyard.

Your house is only one of the rooms of your existence.

Sometimes, you need to connect with sources of energy which are available in any form forest, river or sea.

Simply dare to go for it!

A travel in consciousness

It is always good to remember that whatever we do within a coaching space is related with the mind.

Your mind is situated at the convergence between your universal identity and the world you see around you.

Beyond the limits of what you perceive with your senses are worlds and realities we can't comprehend.

As your mind grows and expands in intelligence, it grows in directions which are undreamed of.

It follows a natural stream of evolution and connects with the future.

Your future!

What will your mind look like in 2000 years?

The areas we focus on with coaching are what is in front of your eyes right now.

Why is that?

Because this is the top priority.

The best way to get into your future and connect with your vast infinite potentials is to simply take your next natural step, whatever that step can be.

In most cases, this means bringing a higher level of harmony into your existence of gaining a higher level of satisfaction from life.

The goal is always to gain greater mastery and direction over what happens in your life.

Basically, you want to master your mind tool and work better with the forces which surround you.

You want to master your life and existence and align yourself with the vast streams of human evolution.

Once you connect, evolution happens by itself.

This is the big picture.

This is the context in which this book was created: as a way of helping you take your next natural step.

I love these ideas and I hope you do as well.

Beyond the limits of an book there is this simple and profound desire to simply help you take this next step.

This next step brings you closer to your destiny line.

It is thrilling!

It is a travel in consciousness, an expansion of awareness.

Enjoy your trip! ☺

New spiritual equations

You are free!

The last decade created a revolution in the way you can evolve on the spiritual path:

There is suddenly instant global access to a gold mine of resources, and teachings.

This means that you get this greater sense of autonomy and control over your spiritual development.

You are much less dependent from organizations or masters accepting to initiate you into a certain stream.

This is really good news because it totally reshapes the way you can evolve spiritually.

In the past, you would need to meet a teacher face to face to receive an initiation.

Nowadays, there is an enlightened network of energies all around the planet.

It is in your house right now.

It is in your mind and in your life.

It is like a net of electro magnetic vibration stimulating and empowering the human mind.

You can call it the invisible network.

When you get a sudden rush of inspiration and desire to connect with a given spiritual stream, you simply pick up on this vibration which is everywhere.

This gives you a much higher level of autonomy and independence with your spiritual quest.

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You can feel totally awakened and touch on enlightenment from the comfort of your own town.

You are the ashram!

You are the temple!

You are indirect connection with a stream of enlightenment which nourishes your spirit every day.

There is no need to delay spiritual satisfaction and achievement.

It is something which is in you right now.

It is a profound potential of energy.

It is a system of forces and mind sets you can tune in and wake up in your being right now.

You are the highest authority in your life!

You are the master of your destiny and evolution!

You are in control of where you want to be.

You have a full sense of authority and ownership over your existence.

This is the new spiritual equation.

You are in charge of your life and your destiny line is alive and awake in your being right now.

Don't surrender your will or power to anyone. These belong to you.

Techniques, approaches and strategies are now part of human consciousness and the way for the planet to evolve very fast is to share and create synergy.

You are part of a much vaster stream of human evolution.

Your actions, thoughts and beliefs happen within a stream of manifestation which contains the totality of humankind.

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Now, you can have a sense of control and ownership over your own stream.

You are the one in charge.

Sure, you swim in life within a much vaster reality but at the same time, you still direct your existence in a way which satisfies your inner needs.

Your evolution is your agenda!

No one else's!

It is your right to decide where you want to go and where you want to be.

You are the master of your destiny!

You are the designer of your existence!

You own your life!

Spiritual transmission

You can receive an initiation:

- From a book
- In a dream
- From a passing "wave of inspiration"
- From someone you meet
- From a friend
- From a group, organization, spiritual teacher or guru
- When visiting a sacred spot on the planet
- Through an initiatory travel

And so much more!

There is no limit to it!

An initiation is a key which opens a new window of your consciousness.

Your life can be transformed forever by an insignificant experience.

You might share this 2 seconds eye contact with someone you will never meet again and have this full mystical experience.

Your consciousness is limitless.

Rules are invented by human systems which want to stabilize a given message or energy line.

Someone will say: you need to be a vegetarian to walk the spiritual path.

That's a limiting thought, right? Not a freeing one.

You decide!

There is no limit!

Identify your core beliefs and manifest a life which reflects them.

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If a mind set fits you, embrace it! If it does not fit you, reject it and find one which does match what you feel.

You can design your own path in whatever way you want.

You can reinvent your own spiritual development by fully trusting your instincts.

You have common sense!

You are smart, clever and have many years of life experience.

You can tap into an infinite source of knowledge and inner resources any time you want.

Is anything limiting you?

Yes! All your past experiences are mind frames.

These past experiences both protect your mind and limit it when you want to grow beyond them.

These mind sets are what you accept as your present territory or limits.

They are not the real limits of your consciousness: they are simply the territory of what you already explored.

Any object, thought, emotion you own polarizes your mind.

It is like a signal you send out.

How is this signal created?

It is created by the interaction between your life force and the filter of your personality.

Life force impacts on your mind and is reflected in the form of actions, thoughts, emotions, feelings, creations, etc.

A thought is an elemental projection.

Every time you think, you create a "mind blue print".

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In that way, your mind creates millions of blue prints every day.

Every "mind object" (thought, emotion, feeling) is the result of the interaction between your mind and the manifesting life force flowing through your being.

You can break through any limit by shifting key aspects of your mind.

Once key aspects of your mind are shifted, what you reflect or radiate is as well changed.

Right now, you are teaching something to your environment.

You radiate a message 24 hours a day.

If this message is tuned into the long term evolution of the planet, you receive an extra "energy sponsorship".

If you work against human evolution, many forces in society try to stop you and limit you.

This happens both internally and externally.

If you get side tracked in self destructive or limiting behaviors, you get warning "impressions" telling you that something is wrong.

Your destiny line is intelligent.

It is not a fixed and systemic plan.

It represent the sum of all your potentials.

It is a projection of your spirit which is an intelligent organic aspect of your being.

The best way to unleash your full potential is to understand the role you play in human evolution.

These streams of human evolution are the forces which empower you.

If you want to take a quantum leap in your spiritual development, you can start right now.

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Take a white page and write down what comes to your mind.

You will instantly tune into a flow of inspiration.

This is not automatic writing.

For instance, if you don't know what to do next, write down the possibilities which come to your mind.

You will notice that there is a some form of guiding force in you.

Your instincts know the answer to most of your questions.

Instinctually, you know what to do next.

You simply need to dare to take control of your own evolution.

It is your hands!

You own your destiny!

You are the person who has the greatest influence over what happens in your life.

This means that if something bothers you or feel unfilled, do something about it.

If you don't know the answer or what the solution is, start actively looking for it.

Sitting back and waiting won't take you where you have the potential to be.

Take action instead!

Try! Experiment! Learn from your actions!

I don't know where you will be in 5 years from now, but I can definitely tell when you are holding your life back.

Spiritual receptiveness is the art of listening to what you can achieve.

It is the art of being and staying awake any time anywhere.

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It is awareness!

Your inner senses are awake.

You know who you are!

Self realization is the sudden awareness of the miracle of life.

You are alive!

Your whole being is permeated by life force, right now!

Synergy

Spiritual synergy is the art of working with the forces which are around you.

It is the art of connecting with a vaster flow of evolution and functioning in harmony with it.

Human evolution is a vast enterprise.

No one is isolated in it.

You are being watched by hierarchies of forces, intelligences and energies.

The condition for human and planetary evolution to go ahead is to be able to function together as a unit.

The planet is our home but we are not the only forces active in it.

Our physical and subtle senses only access part of the story.

Behind the veils of our consciousness much more is going on.

Human evolution is not a coincidence.

There are vast hierarchies of guiding forces supervising this evolution.

The fact that we don't see them does not mean that they don't exist.

The fact that you can't see a radio wave does not mean that the wave is not there. You need an instrument to be able to perceive.

The world that you see with your physical eyes is only a small part of manifestation.

Consider it as the visible part of the iceberg.

The forces which truly sustain human life are beyond our understanding.

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The closest we come to comprehend it is by describing them as "romanticized" angels with human like bodies.

In fact the totality of the planet is permeated by forces we can't see.

Our instincts or intuition can be awake though.

You get feelings, impressions and with some practice you can actually develop a higher sense of awareness of what is actually pulling the strings on this planet.

Spiritual synergy is the art of working with all these forces.

You don't need to see or perceive them all.

You simply can feel when you go against the "current" and actually hit "walls" of energy.

The final goal is to remove frictions and make sure that your life force can flow in the most constructive and effective way.

This is a perfect description of what happiness is about, right?

It is the art of removing obstacles in and around you so that the full potential can be expressed.

Spiritual synergy is as well the art of creating win-wins out of any situation.

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

You can create win-wins out of any situation.

This is synergy.

If you apply this to vaster evolutionary schemes, you can call it spiritual synergy.

It is simply the art of synchronizing your energy and purpose with the world around you.

Synchronicity

If you take this one step further, you can talk about total synchronicity.

This would be the art of being in the right place at the right time performing the right action.

Again, when you develop a higher sense of awareness, you do actually perceive more of the invisible.

We are not talking about clairaudience or seeing auras.

These are still physical-like senses.

No, you can perceive the invisible aspects of the world around you by meditating on your third eye for instance.

After a few weeks of practice, your perception of the world around you magically increases and you perceive the causes and effects of your actions.

You discover how events, people and actions are connected and interlinked.

This means as well that you have a greater ability to see the role you can play in the vaster scheme of things.

Often, all it takes to feel synchronized is simply awareness.

You have the power to perceive not just the dynamics of your own existence but the dynamics of what happens around you as well.

Connectedness

Separation is an illusion.

On an energy level, you are connected all the time.

What can feel divided in your mind and personality?

Your spirit and life force are always connected with a vaster stream of manifestation.

Part of your spiritual development is to realize this more and more.

You are being sponsored right now by vast field of life force. This life force sustains your body, mind and spirit 24 hours a day.

It is there all the time.

When you realize your spiritual identity, this is the reality you live in.

You are and feel awake.

You are simply aware of your connection with the world around you.

Your physical existence can stay exactly the same, you can still be aware of the vast interconnected network of energies you are part of.

Meditation is the art of manifesting and experiencing this connectedness.

Inspiration streams

An inspiration stream can take many forms.

It can be manifested in the form of an existing teaching or it can be an internal source of intuition.

Many spiritual "systems" are organized in the form of inner schools.

You sometimes feel this invisible attunement with one or another system.

You can for instance feel attracted to go to a dojo in Japan to practice Aikido.

You feel this internal desire because something in you is triggered by the radiance of this tradition.

In the same way, you can feel attracted by the energy Vortexes of Sedona in Arizona because your being is touched by the magic of the place.

A tradition or spiritual system is an energy body.

It is intelligent.

This means that when you connect with the "Yogic Spirit" for instance, you connect with an energy reality which is vast and complex, much vaster than the human mind.

You could call this an "angelic being" but this denomination goes far beyond the romanticized image of a personified angel with wings.

These are energy realities.

Every city for instance has a "spirit" or invisible identify.

It is the energy space people live in.

Take an ancient civilization like Egypt for instance.

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You can see that it went through a birth process, a growth and a natural death.

Today's pyramids are the remnants of a vibrant spiritual reality which found its pick thousands of years ago.

You can see the birth, life and death of such civilization as the life of an intelligent vast energy reality.

The type of intelligences we talk about here are much vaster and function differently than the human mind.

When you tune into an inspiration stream and "respond" to a stimulation coming from that stream (for instance yoga) you literally enter an "inner school" or "inner temple".

It is like an invisible university or academy where knowledge, traditions and techniques are sustained by all those who are part of it.

Sometimes you connect with a system which is visible with for instance an existing master. You can travel to Dharamsala and meet the Dalai Lama in person.

It is important to realize that everything in life functions with the same principles. For instance when you feel attracted by the business world and decide to buy some HP stocks, you can do all that without having ever visited a business school.

Your curiosity and desire will be triggered by an invisible source of inspiration. It can be an uncle who told you about the stock market a long time ago or simply a program you saw one time on TV.

You feel naturally attuned with that stream and you respond to it.

Everything is "spiritual".

Business topics are as spiritual as anything else.

In the worldly sense, the term spiritual refers of course to something more precise geared towards your spiritual development or evolution but it would definitely be a mistake to create limiting compartments.

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The relationship you have with money for instance can have a “mystical dimension” to it.

You can understand the dynamics and invisible energies shaping the way you do business and see the absolute dimension behind this.

When you see life from this perspective, everything can feel like a spiritual experience.

The flow of life into manifestation is a miracle in itself.

It is a magical in itself.

“Strictly” spiritual pathways have a unique goal: the expansion of awareness and self realization.

The goal is to create and sustain your spiritual based reality.

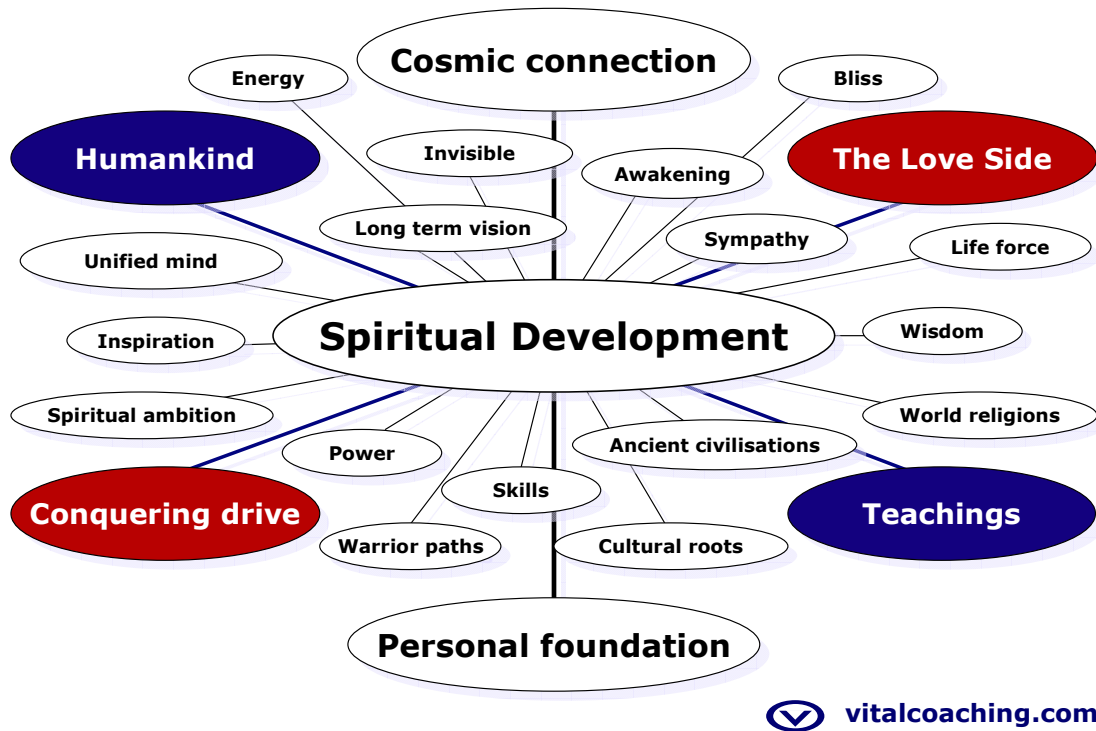
When you feel inspired to take action or research a topic, look deeper and identify the vaster reality inspiring your research.

You will often start feeling a given inner system or inner school “sponsoring” your actions and your unique quest.

Spiritual development model

Here is a model (mind map) which describes some key aspects of spiritual development.

This is by no means a fixed model. Use it if you find it useful and feel free to readapt or modify according to what you feel.



Part 2 - Spiritual targets

Spiritual targets

Coaching usually works with targets.

This is where we start in a coaching session.

By first defining the goal or the target.

Here are some possible spiritual targets:



Here are some of the key targets which are widely used in the spiritual field. When you start developing your spiritual skills and expand your awareness. You'll often connect with one of these "target stream", sometimes even without being aware of it.

Happiness

- Joy
- Love
- Freedom
- Love
- Power
- Bliss
- Etc.

These are the common side effects of spiritual practices. An overwhelming feeling of joy. Expanded feeling of love for other and the whole of creation. Happiness, etc.

Magic powers

- Siddhi is the Sanskrit term for magic power

At this stage, this field is slightly "taboo" in the spiritual development field. Masters like Sai Baba are said to be able to manifest objects, manipulate energies at will. We enter here in the field of miracles.

Most spiritual masters and spiritual teachings do not focus on magical powers because they see them as side effects of spiritual development rather than valuable targets.

As this subject is extremely controversial, we won't really go into it here.

Material Goals

- Financial success
- Assets
- Prosperity
- Etc.

Again, a very controversial area. Is it ethically correct to search material wealth on the spiritual development path? The modern

"prosperity" trend goes with recognizing the "spiritual value" of money. Prosperity is a lot about learning to see and deal with money as an energy. It is as well the art of removing blockages and negative patterns sometimes associated with material wealth.

Knowledge

- Understanding
- Awareness
- Etc.

Next time your child asks you about the meaning of life, you could have no problem giving a clear and direct answer.

Developing spiritual knowledge has a lot to do with intuition. In the spiritual field, you might hear terms like knowledge by touch.

Practices

- Discipline
- Life hygiene
- Hatha yoga
- Etc.

This is where it often starts. You establish some form of discipline or practice in your life and from there, your life starts changing, you develop awareness, connect to inner peace, increase your life power, etc. Some form of discipline is often be the first step of spiritual training.

Connectedness

- Connection with masters
- Invisible network
- Cosmos
- Universal Identity
- Etc.

Another valuable desire: feel connected with life, the planet and beyond.

Action - Life force

- Connection to life
- Life flow
- Business inspiration
- Energy relating
- Sexual satisfaction
- Etc.

Have you ever felt like truly connecting with someone? You meet this perfect stranger and within a couple of minutes, you feel like something special happens. This kind of magic can happen quite often. It is inspiring. It is a frictionless flow of energy. It can happen in any field or aspect of our existence.

In these magic moments life feels complete. It is often associated with a feeling of pleasure or joy. There is clarity. There is awareness.

In coaching terms, we often say: "be superconductive to life". This superconductivity means removing mind obstacles, fears and simply going for life.

Organization

- Spiritual business
- Spiritual products
- Centers
- Etc.

These targets are organization targets. Spiritual movements and religions have a natural need to expand, the same way a business does.

In a way, a spiritual organization has its own agenda, which can be very different than the individual's goals.

There are quite a few ethical considerations to assess when going that way. This is a very controversial area, so we won't go into it here.

The area of organizations is on the edge of business coaching. The goal in this case is to create a frictionless, effective organization.

World action

World action comes from a sense of responsibility. The creation of the United Nations for instance is said to have been inspired from very "high spheres" of human consciousness. The UN's ultimate goal is world peace.

Similar actions involve for instance the coming together of most spiritual leaders.

Another type of actions are the "modern social marketing" trends which state that to be marketed a product must respect a few key ethical laws and be aligned for instance with the well being of those who created it. No child labor. No animal experimentation of cosmetic products. Dolphin friendly tinned tuna fish.

There is more of course.

Spiritual Power

To summarize, here is an estimation of the areas in which coaching can be used.



This, again is not fixed. The spiritual world is always evolving.

Master your destiny

The number one mistake you can do with spiritual development is to delegate your power.

You are born with the right to choose for yourself and decide where you want to go.

As soon as you connect with spiritual realities, your life can be taken over.

It does not need to be that way.

Your destiny is unique.

Your path of evolution is the sum of all your potentials.

In a life time, you will manifest a given stream of action and development.

If you want to gain mastery of your own destiny and evolution, simply dare to express your power and stay in control of your life.

This is the number one step.

As long as you stay in charge, you are fine.

The next step is to connect with your line of evolution.

You can do this by focusing on a third eye meditation technique.

This will connect you with your own unique direction.

Opening your third eye means connecting with your spirit.

The moment you use this meditation technique it opens a world of realizations straight away.

It is a connecting step.

It is a unifying step.

Spiritual Power

You basically open the full network of your life's potentials.

It is like standing in front of your life's map.

You still have choices to make but you become totally aware of the different directions and evolution avenues you have access to.

Gain control over what happens in your life

You can evolve spiritually and feel like you are in control of your life.

You don't need to renounce anything or surrender your will to any authority.

Your path of evolution is a path of mastery and you are the one in charge.

Your controlling power is an instinct.

The tendency is often to try to control other people's lives, events or happening which are out of reach.

As soon as you project control out, you lose actually ground and connection with what you truly own: yourself.

The right you are given from birth is the power to control what is yours: you mind, actions, thoughts, emotions, behaviors, attitudes, personal space, belongings and time frame.

This is what you own.

Now, the moment you project power and control on someone else's life, you literally abuse power.

The only thing you have the right to control is your life. No one else's.

If you want to feel a sense of power and control over your life, it is very simple: respect other's autonomy and they will respect yours.

You have a reserve of energy. If you project it out in all directions, you simply miss your target.

The goal is to use your controlling power wisely and not project it in directions which go against someone else's right of self determination.

The moment you know how to use power wisely, you are given more of it automatically.

Spiritual Power

You need however to respect basic rules of human evolution.

These rules are maintained by vast networks and hierarchies of spiritual energies.

It is this network of intelligent energies which sustains society and civilizations.

The goal is to use your power wisely and work with the forces of evolution rather than against them.

Human evolution is like a river.

You can learn to go with the flow and own your personal life while working in perfect harmony and synergy with the forces around you.

This skill is the key for increasing your level of power, awareness and consciousness.

The moment you prove that you can use your power wisely in a constructive way, more of it is naturally given to you.

How to develop a sense of profound bliss, vision and awareness

Bliss is unity.

Awareness is the opening of your inner vision.

One of the first targets of your spiritual development is to dissolve any sense of division.

You reconnect with an infinite source of energy, the vast sea of spiritual awareness.

Bliss is simply the way your emotions respond when the doors open up.

Bliss is something you perceive on your mind and emotional level.

It is related with an inner opening, the removal of inner veils.

Inner vision happens in a similar way.

Awareness is simply the permanent connection between your being and the invisible reality.

You perceive the underlying dynamics behinds action and manifestation.

You are aware because you are connected.

Any action, practice which connects you with your spiritual or universal identity creates bliss to a certain extent.

Conscious action is an art practiced within the Kriya Yoga stream.

You perform key actions like breathing techniques, meditation, postures and more and through your action invoke a profound connection with the sea of universal life force.

It is like going back to the source.

Spiritual Power

When your consciousness is trapped in material goals, money and material satisfaction is what you attract.

These are targets which are as valuable as any "so called" spiritual targets.

The fact that you can see with your eyes the results of your actions does not mean that it has no value.

The art of making money or creating anything on this planet is still an invocation of life force into your existence.

It is a creative act no matter what.

What shifts is the reward or the result of your action.

If you invest your energy and time into invoking your spirit and creating a bridge of consciousness with your inner being, then this is what you will get when you succeed.

Spiritual targets are simply different than material targets.

Both are valuable and both have a reason to exist on this planet.

What matters is what you want and what you feel excited and thrilled about.

If your being is attuned with some form of inner quest, then you have the right to pursue these goals because it is what you want.

You are free.

If you prefer heading for material wealth, it is your choice and it is not less valuable.

You can be creative within that process and understand the subtle dynamics of life by doing so.

There is no hierarchy and separation between what is material and what is not.

At the end, everything is spiritual.

Spiritual Power

No matter what you touch, do or think, you are always manifesting a stream of life force. This stream of life force expresses your connection with your spirit.

You are connected all the time.

Sometimes, you decide to consciously open your eyes to it and sometimes, you simply focus on something else.

It is fine.

Any action can be performed with awareness.

It is not just about meditation or spiritual practices.

You cook, work, play music, date or train with awareness.

There is no place for elitist divisions any more.

Every target has its own value and you are free to choose for what you feel suits you best.

Tap into your sense of infinite happiness

The moment you feel connected, you are happy.

Happiness is a mind state.

It expresses the fact that inner conflicts and frictions have been removed.

To be happy, you need to be a frictionless being.

You want to be a problem free zone or at least know how to solve challenges.

Tension is the result from clashes of energy.

You feel unhappy when you feel you have no control or are disconnected.

The moment life force flows through your being you radiate happiness.

How does life force flow through your being?

Here are different ways of stimulating the flow of life force in you:

- Connecting with your own spirit through meditation or spiritual practices
- Anything which is creative
- Relating to others. As soon as two people are with each other, life force starts flowing between them. This exchange of life force generates happiness. It creates a sense of connection.
- Challenging yourself. For instance if you train your body or do some sports, you invoke the flow of energy in your body. This makes you feel alive.
- Etc.

Spiritual Power

You realize that any action, thought, emotion or feeling can generate a sense of happiness.

The moment you manifest, you create.

Unhappiness comes from tensions and conflicting energies. It is the result of a blockage of energy in any aspect of your system.

How to manifest spiritual synergy

Spiritual synergy is your ability to go with the flow of the forces of nature rather than against them.

You can do that with people, with nature, with society, with what you create or with your actions.

What you think can be embedded with a profound sense of synchronicity.

It simply feels right.

This is the target for our modern age.

Synchronicity is the ability to live together in harmony in a creative way.

Conflict or challenges won't disappear of course but the way you solve them takes care of all forces and parties involved.

No one needs to loose!

This is the real power you and I can tap into right now.

Any one who practices synergy in any context manifests a profound sense of respect and harmony.

It doesn't have to be dull or boring. Actually, it is the total opposite.

The moment you focus on the larger picture and realize what happens when you truly join forces, you see a whole new world of potentials opening up.

Take an organization for instance. The amount of energy which is usually spent in dealing with internal political conflicts can be huge.

Imagine what happens the moment the organizational becomes frictionless and all the participants learn how to truly collaborate with each other.

This is not an utopist dream.

Spiritual Power

It is happening right now in many organizations around the world.

The idea of synergy already permeates the business world.

All is needed now is for it to fully touch all areas of society.

The way synergy is used is still embryonic in a way.

The full potential of this stream can unfold in your life as you learn to master the synergy skills.

What are these skills?

Is first your ability to focus on win-win in any situation in life.

The second step is to show total respect for other people's opinions and ideas.

The third step is to dare to step in someone else's shoes and see the world from their perspective.

These are only some ideas and there is so much more of course.

The basic idea behind synergy is that every time someone loses, it's the totality of humankind who loses.

You don't have to take responsibility for someone else's actions but you can make sure that your actions are in harmony with the larger scheme and development of things on this planet.

This is the basic idea behind spiritual synergy

Part 3 - Spiritual power building

How to unleash the power of your mind

You are always connected.

Your mind is personified and belongs to you.

You are however part of a larger sea of consciousness you can call collective consciousness.

When you evolve spiritually, you simply integrate new mind patterns and energy connections with other energy realities.

When you feel extremely happy, or have a profound mystical experience, your experience happens on the mind level.

This is where your senses are.

This is what you perceive.

This is the vehicle of your personality.

Now, when you have a profound experience, your being connects with a new source of energy.

A feeling of bliss or ecstasy is the breakthrough of a new energy touching your being.

It is an initiation.

This connection with a new energy stream opens new doors in your mind and rearranges your mind sets.

It is always transformative.

Even when the energy is gone, you are changed forever.

Your being shifts to something new.

Your being has been transformed.

Spiritual Power

The feelings you had (like bliss or sense of clarity) are only the visible aspects of a vaster experience.

Even if your senses can't truly interpret this experience, it is still happening.

There are millions of transformative experiences happening in your being daily that you don't see.

On the physical level for instance, you don't perceive the movement or growth of your cells; you don't see the work of your digestive system; you don't see the flow of blood through your veins and still it happens, right?

Same for mind processes.

Your mind is in permanent transformation and your senses only perceive the very surface of it.

When an intense emotion touches your feelings (like intense feeling of joy) it is simply because something much deeper and profound is happening in your being.

Spiritual intelligence means maximizing the power of your mind and aligning your mind set with the vaster energy reality you live in.

When you are spiritually intelligent, you are connected and aware of the much vaster reality.

You see yourself within a vaster cycle of life force and your being "swims" in it.

Every time you move forward in your own evolution, you create new mind sets which do open new doors of consciousness in your being.

You are perfectly aligned with the long term destiny line for the planet and humankind.

This is the moment you feel intensely connected.

It is perfect synchronicity and the final goal of your inner potentials.

4 key power building techniques

Okay, what follows now in the coming pages are 4 power building techniques.

These techniques look very simple but they are power initiations.

As soon as you see them and use them, you enter in what you could call the "circle of power".

It takes usually a few months of practice to fully integrate these vibrations in your system.

The best is to focus on one technique at a time and practice it for a week, until you feel you truly own it.

Once you finish your cycle of a month (4 techniques x 1 week), you can start playing with them and choosing the one you feel is the most appropriate at any given time.

You can alternate them, use calligraphy, inner focus and body movements on any of the mantras.

More on this is given with each technique.

If you feel that you need more specific instructions on how to use these techniques, feel free to contact me. Use the contact info at the end of this book.

Remember one important thing: these techniques are much more than words: they are intelligent mind sets.

They are keys which unlock specific energies within your system.

They activate natural sources of power inside of you.

The good news is that these forces are "intelligent".

How does it work? It works like a vitamin pill.

Spiritual Power

When you take your morning multi vitamin, you simply swallow and it does the rest, right?

You don't have to mentally instruct it to go to your brain or your muscles.

The body does it by itself.

It is an intelligent organic process you don't actually need to control.

You simply trust it.

These techniques work in a similar way:

Suppose you use your conquering power technique:

As soon as you use your mantra, your conquering spirit wakes up and the energy you invoke directly goes where it is the most needed.

You can of course add extra focus by thinking about the results you want to achieve but you don't even need to.

You use one of these mantras and the specific energy flows straight where it is the most needed.

Sometimes, it will give you a power boost to take action.

Sometimes, you will feel an internal transformation taking place and key limiting beliefs or thoughts in your mind being cleared.

Remember that these techniques only connect you with your inner sources of power.

They do work on an energy level.

Now, if you want to achieve results, you usually need to combine these techniques with targeted action.

Suppose for instance that you want to buy a house.

These techniques will help you clarify your vision, save money, give you confidence, etc.

Spiritual Power

They won't however deliver the result for you.

You still need to take action and actively go and find what you want.

Invoking the energy is usually not enough.

Always combine these techniques with action to get the results you want.

Power base technique

This technique refers to your inner sense of authority.

It is your ability to be in control of your life.

It represent as well your ability to connect with your destiny and evolution line.

You can see your destiny as a path.

Having the vision of your life is your ability to stand strong in yourself.

This technique stabilizes your being and grounds you firmly in your body.

If you feel insecure or lack confidence, this is the technique to use.

Here is the mantra:

अधिकरण्य

Adhikaranya

-

Authority

As with the other techniques you can use this word as calligraphy or meditation technique.

If you enjoy jogging, you can repeat this word rhythmically as you jog with each step.

It is a direct way to reconnect with your power base.

It will as well empower your choices and strengthen your life direction.

Spiritual Power

If you are looking for your destiny line and are not sure where to go next, this technique is definitely the one to use.

It reconnects you with your long term destiny line.

Total freedom technique

The goal of this technique is to wake up your renewal power.

There are three aspects in a life cycle: creation, preservation and destruction.

This technique focuses on the last aspect: destruction or renewal.

Again, there is no need to be afraid of this energy.

It is your inner renewal power.

This force is present and active in all aspects of creation.

What this technique gives you is the power to master that force, to tame it within your system and use it whenever needed.

Here is the mantra:

दरिमान्

Dariman

-

Renewal

You use this energy to invoke the power of change in your life.

This force represents your ability to create space.

It clears the ground for new beginning and new steps in your existence.

Spiritual Power

This is why we call it “total freedom technique”: because it frees space and energy in your mind.

It is like a powerful clarification force which will dissolve patterns which are no longer needed.

When you invoke that force, you embrace change.

It is the best way of moving on when you feel time has come to do so.

Conquering power technique

The conquering power technique has a few main goals:

- Wake up your fighting instinct and survival drive.
- Remove mind sets and frames you no longer need.
- Wake up your assertive and “aggressive” power.

This technique could as well be called “fighting power technique”.

Don’t be mistaken by the word aggressive.

It is a quality!

It is your ability to fight with both will power and skills and use explosive energy to break through limiting forces.

Suppose you want to open a door which seems blocked.

If you can push steadily with the same amount pressure, you won’t open it.

What you need is to have an impact. You project energy at high speed and kick it open.

Here is your mantra:



Shimyu

-

Fighting power

Spiritual Power

The moment you feel limited or constricted and you want to free yourself, this is the mantra to use.

The goal is to increase your natural inner level of "Shimyu" energy so that when you need it, you know you have it available.

In a way, you build up a resource of it in the same way as you would build up muscle in the gym.

You can go in nature and combine the uttering of the word "Shimyu" with a side kick or a punch.

It empowers both your mind and body and connects you with this inner survival drive.

You can as well use it as calligraphy or as meditation technique, focusing internally on the word.

This is a powerful technique. If you feel too irritable or aggressive, you can balance it up with the technique described in the next chapter.

Any of these techniques are power building strategies.

They connect you with your natural inner sources of instinctual power.

Universal attraction technique

The goal of this technique is simple:

Remove what stands between you and other people.

You want to create synergy and connection with anyone you meet.

You want to build up a sense of attraction rather than division.

This technique creates synergy.

Here it comes:

The mantra is:

अनुरक्ति

Anurakti

-

Love

You can translate it as "attraction" as well.

Now, this is a key quality because the previous techniques are based on protecting your personal space and strengthening your mind boundaries.

Now, this technique is aimed at connecting and removing the obstacles which could stand between you and someone else.

Spiritual Power

It is a harmonizing energy; the one you need to manifest when there are too many conflicts or tensions, for instance in your relationship or inside yourself.

If you feel too hype and aggressive and don't know how to calm down, this is the mantra to use.

How do you use it?

You can write down the calligraphy and keep it in your personal environment.

You can as well mediate internally on the mantra. Create your own melody or improvisation using that word.

Remember that the reality you are invoking is not just a word. It is a mind set.

This word is a key which opens a consciousness door in you.

It offers you a precious connection with certain aspects of your mind and spirit.

The moment you connect with this energy, you reconnect with a universal sense of unity and annihilate divisions.

It is the perfect mantra to use in nature or any time you want to establish harmony in you.

You can use it combined with a movement. For instance, you can open stretch your arms towards the sky and bring them down in a circular manner as you utter "Anurakti".

There are dozens of ways you can use this mantra. Trust yourself and trust your spirit and simply experiment with it.

Go with the flow of what you feel.

I do tell more about these practices in one on one sessions but right now it is good that you feel totally free and have all the space to recreate this technique and use it in your own unique way.

You can't get it wrong!

Spiritual Power

The spirit always understand what you mean as soon as you tune into this word.

Enjoy it and feel free to contact any question on this or don't know where to start.

Part 4 - Spiritual challenges

How to deal with unwanted negative thought

The first step is to isolate the "problem" and identify exactly in what situation and with whom these unwanted thoughts arise.

Suppose you tend to argue with someone at work.

This arguing goes on in your mind after you stop speaking with that person.

Arguing is simply the conflict between two energy realities or two minds: your mind and someone else's mind.

When you are argue, you simply try to defend your territory and ideas.

When you keep on thinking about this argument and what was said, you transfer this conflict internally.

You basically take the two roles in yourself and keep it unsolved in your system.

As long as the "problem" or conflict is unsolved, the negative thinking cycle goes on, right?

If you want to stop this negative thinking cycle, you have to solve the conflict.

Suppose that you disagree on a topic, you can say to your colleague:

"Look, it looks like we have different opinions and you know what? It is fine. Adult grown up people can disagree and respect each other's opinions. You are free to believe what you want. I respect that. On my side, I will simply stick to what I think"

What you projected here is a mind set.

This mind set is a solution: accept the fact that you don't have to agree on everything.

Spiritual Power

If the negative thought patterns keep on building in you, you can project the same kind of reasoning to what is going.

Repeat to yourself: "X can think what she he wants. I respect his beliefs. I won't pressure him to change in any way. He is free to think what he wants"

If you repeat to yourself such ideas, you will solve the conflict both internally and externally.

Once the conflict is solved, the negative thoughts naturally stop.

A negative thought pattern is always the visible part of the iceberg.

Something else is going on underneath.

It is a conflict between two energy realities or mind sets and the negative thoughts you perceive are only the "visible" part of this conflict.

Most negative thought streams and patterns can be solved by shifting the way you stand in a given situation.

If you are bitter about something and feel negative towards yourself for instance, you can track back the sources of the bitterness and shift the way you look at the situation or simply solve what is unsolved.

The long term goal is to master your mind and what happens in it.

Basically, you want to have a greater sense of control and ownership over what happens in your mind.

"Working" on negative beliefs of negative thoughts is the perfect way to increase the power you have over your mind.

By observing the patterns and learning how to shift them, you gain greater life mastery.

You can see this as an integral part of your life's training.

You come out of it stronger and empowered.

How to change key aspects in your life

The first thing to realize is that you are the one who has the greatest influence over what happens in your mind and in your life.

Your thoughts, emotions, beliefs and attitudes are in your territory.

This means that if there is something you don't like, it is in your right and power to do something about it.

The second step is to break your challenge into small "affordable" parts.

You reduce the problem or challenge to its real size.

You make it very specific.

For instance if you tend to get angry in certain situations, identify exactly what are the circumstances which bring these emotions to the surface:

- What is the context?
- With who does it happen?
- What are the underlying dynamics behind this anger?
- Etc.

Once you know exactly what the negative pattern is, identify what you want.

Think of what you want, not what you believe you should do or what others ask from you.

If you don't like the pattern you manifest now, identify exactly what the ideal behavior, thought or belief would be.

What does the perfect action, thought or attitude look like for you?

Once you know what your plan or desire is, you need to retrain your mind or behavior.

Spiritual Power

You do this in real or in "simulation" as role play for instance.

For instance, if you tend to get angry with someone, practice being in front of this person and expressing your new behavior or attitude.

If a mind set has been with you for years, it takes some focus and energy to shift that pattern,

A mind set is like a path way you traced in your life.

It is a habit.

If you want to shift this pattern, you need to repeat the new behavior over a period of a few weeks until this new behavior, belief or emotion is truly grounded in your life.

Focus on one pattern at a time.

Focus on this behavior shift for at least a week and then let it go.

If you can identify 4 or 5 patterns you don't like, it will take you one to three months to create a new mind set and align your actions, thoughts and emotions with your ideal mind set.

True, it does take focus and energy.

Now, if you make it your top priority for minimum a week, you usually can break through.

I miss motivation with yoga and meditation practices

The best is to start with small steps.

Rather than aiming for one hour yoga a day, start with just one minute inner gaze, that's all.

You wake up in the morning and as you lay down still, practice your favorite meditation technique (for instance, breathing or using a simple mantra).

Practice this technique for one week.

Don't aim for more.

Be happy with this one minute a day.

When you start meditating or practicing yoga, your mind set is reoriented or repolarized.

As soon as you focus on it, transformation starts taking place.

You take a mental decision to focus on a one hour technique but if you feel resistance to do it, it is the sign that it's already far too much.

Take a small step you can afford without major effort.

Keep it simple, light and fun.

You might get the impression that one minute a day is not enough but that's not true.

Your practice is like a stream of water.

A one minute a day can be all you need to get you started.

Imagine that you water a tree in your garden. No matter how much water you give it, it won't grow faster than a certain pace.

Same goes for a yoga or meditation practice.

Spiritual Power

In the original stages, you are breaking the “shell” and even a very small stimulation like a one minute practice will have the desired effect.

The goal is not the practice in itself.

The goal is to allow your mind and body to naturally shift form one state to another.

When you practice yoga or meditation, you are stimulating a new flow of life force in your being and activating change.

Change requires energy.

It happens even with a one minute practice.

Every time you focus on a technique, you are invoking energy and this energy needs to be digested and integrated in your system.

Take a tiny step (one minute focus) and once you feel comfortable with that step (within a week or two), slightly increase your practice.

You can do this by:

- Having another minute of focus during the day.
- Adding another technique just after the one you practiced.
- Slightly stretching your technique from one minute to two.

Focus on the natural flow of your practice rather than the discipline aspect.

What matters is not the amount of time you spend on it, it is the fact that you go with the flow and listen to your body and full being.

The long term goal is to find a pace you can maintain on the long term without major effort.

If you practices are fed mainly by will power, you'll only be able to sustain them for a few moths before running out of motivation.

Spiritual Power

On the other hand if you connect with a very natural flow and approach which does not require a major will power input on your side, you'll simply go with the flow and easily reach your target.

Take a very small step and you will find it quite natural to simply go with the flow.

Trust your instinct rather than a "mental model" of what you think you should achieve.

Too high expectations or ambitions can make you very unhappy and frustrated.

On the other hand, going with the flow and integrating naturally techniques and empowering habits within your daily routine will take you exactly where you want to be: greater happiness, vitality, inner brightness and clarity.

Good luck and enjoy!

Falling asleep when meditating – How can I prevent this?

If you fall asleep, it is usually the sign that your body needs sleep.

You actually need a nap.

So, feel free to give it to yourself.

It can as well be the sign that the way you approach your practice is not dynamic or exciting enough.

Meditation is not a lethargic activity where you enter into some form of passive apathy state.

If this tends to happen, shift your practices to short dynamic sessions.

Focus on 5 minute practices rather than hour long meditations.

Energize your body with some dynamic breathing techniques or dynamic moves before you meditate.

You can as well practice outdoor which is very uplifting.

If you are indoor, make sure the room is not overheated.

Open the windows and get some fresh air.

The simplest thing to do though is to get more sleep.

If you are hungry, listen to your body and give it some food.

If you are sleepy, take a moment to relax and let go.

Trying to suppress or fight with these basic needs can give you a short term "victory" (with use of will power) but on the long term, listening to your body and natural needs works better.

No need to suppress, no need to block or lock yourself in some form of rigid discipline.

Spiritual Power

Follow the natural currents and rhythms of your nature.

It works better.

You can work hand in hand with your instinctual nature and body needs rather than against them.

The moment you do, you will discover a new sense of easiness in your practices and approaches.

How can I develop my “qi” or life force?

Here are a few ideas on life force and how it works in your system.

The moment you feel tired, it's because there is a gap.

This gap can be related to lack of energy or misuse of energy.

If you have lots of energy, you can still waste it and simply direct it in ways which are not profitable.

For instance, if you are very tense and stressed, you burn lots of energy. You don't sleep well and basically feel drained on an energy level.

So, the first step is to harmonize what is there and gain back control over your life and mind territory.

Sometimes, you feel drained and tired because your space is controlled or constricted by others.

You don't know how to protect yourself and energy simply flows out of you.

You end up drained and tired.

Once you harmonize your system and gain back control over your life, the next step is to establish a healthy life style.

Think of what you eat.

Think of what comes in your body.

If you are craving for energy and feel hungry, you can give your body a high energy snack, for instance a muesli bar, a fresh or dried fruit, etc.

This will instantly give you an energy boost.

In most cases, feeling low in energy has to do with the obvious.

Spiritual Power

It has to do with diet, lack of exercise or lack of excitement for your life's targets and daily activities.

These are the obvious solutions.

This is where you want to start.

Now, if we step beyond that and look at other ways of building up energy, you can do this by connecting with nature.

For instance, if you are outdoor, walking bare feet on the sand or grass will instantly reconnect you with natural sources of energy in and around you.

If you are locked in a room with no oxygen, you naturally crave for energy.

Next step is about activating your inner flow of life force.

What works best is any form of martial art technique, breathing techniques, yogic postures, etc.

If you focus on meditation techniques, it's the mind you will activate.

If you focus on physical techniques, it is your physical and etheric body your will activate.

If you want to instantly increase your energy level, use a dynamic breathing technique or any physical movement which activates the flow of energy in your body.

When you train, move or exercise, you naturally invoke the flow of life force in your body.

There is often no need to tap into the spiritual or supernatural.

If you go directly to the obvious (healthy diet and some exercise), you will usually give your body all the energy it needs.

If there is still an energy gap, start checking your daily activities.

Are you excited by your day and what you do?

Spiritual Power

If you focus on activities and projects you are thrilled about, you will naturally manifest a higher level of energy in your system.

Motivation and excitement works on the mind level.

Focusing on exciting targets simply releases any mental blockages and allows your energy to flow.

It can take a few weeks of focus to actually understand what happens in your system on an energy level.

The first step is to find answers and identify exactly what is missing:

- Motivation?
- High energy food?
- Vitamins?
- Life purpose?
- Exciting life targets?
- Feeling drained by people or your environment?
- Etc.

Once you have an idea of what is missing start giving your body or mind what it needs.

If you lack physical energy, shift your diet and do some exercise.

If you lack motivation, change your life targets and focus on goals you are truly excited about.

If all this works fine, then focus on the next level: breathing techniques and Qi building martial arts techniques.

Most people who face an energy gap, look too far.

They tend to focus on wanting to change their energy level by using their will power only through some form of concentration technique.

In most cases best results will be reached by having an impact directly on the physical (change of diet or life style).

Suppose you want to lift a glass of water in the air.

Spiritual Power

You can try to use supernatural powers or you can simply use your hand.

If you focus on supernatural powers (telekinesis) you might eventually reach some results after years of effort and practice (No guarantee though 😊)

However, if you want direct and effective results, the best is still to use your hand.

Energy level in your body functions in the same way: if you feel tired, you can search for supernatural ways of connecting with invisible sources of energy or you can simply give your body some quality food and fresh air.

Usually, this is all it takes to get what you need.

There is nothing "supernatural" about it but it will give you everything you need.

It is simple common sense.

How to harmonize conflicting mind sets

One of the big questions which come with spiritual development has to do with harmonizing conflicting mind sets and interests.

Here is an example:

Your father wants you to be a doctor, but you want to be an actor.

What do you choose?

This is a "worldly" example but on the spiritual development path, there are dozens of similar examples.

The material interests, go sometimes against your spiritual vision and this creates an inner tension.

The goal is simple: you want to connect with a source of empowering energy which will bring the totality of your being within one unified flow of energy.

You want your mind to be frictionless and function as a perfectly flowing system.

Now, in terms of energy and mind sets, you need to connect with harmonizing forces which have the power to do just that, right?

You want to turn any form of tension or conflict in your being into a harmonized mind set.

You want all forces in your system to be unified and "sit periodically at the negotiation table to solve their differences".

If you know how to solve these inner conflicts, you are in for much more happiness and increased energy in your life.

Imagine how much time you can spend making choices and dealing with conflicting energies in you.

The first step is this one:

You are the boss!

It is simple: you are in charge!

Your mind is your mind and you are the one who takes decisions and sets up a course of action.

You are in charge!

This could be principle number one:

You are the master of your destiny.

Manifesting that reality is your priority number one.

When external forces or people try to direct your actions, you have the right and power to decide what you want and where you want to go.

You are the master of your destiny.

In other terms, you are the central sun in your universe.

You can delegate power; you can trust other sources of authority in your life; but when it comes to taking decisions, you are the one who decides and directs the course of your actions.

You can't delegate that authority.

You are responsible for your actions.

This is very clear.

The moment you delegate this central position in your being, you give away your power and trouble arises.

You feel more tired than usual.

You get stacked in choice making and forget to protect your inner authority.

You decide!

You are the master of your life and your being!

Spiritual Power

This does not mean that you don't get help to get where you want to be.

If I coach you for instance, I never take over your authority.

You always stay the center of your existence.

This is the core of any ethical connection we might have.

You are the center of your being and my role as your coach is to help you reach your targets.

This is how it works.

You have dozens of life examples and situations where you do join forces or get help from someone.

This is okay.

It is an agreed exchange of energy.

However, you always stay the centre of your universe.

No one can take over your control seat.

This is principle number 1.

Principle number 2 is about your ultimate source of inspiration when making choices.

This ultimate force is your instinct.

Rationalization and logic helps as well.

Your intuition is a subtle synthesis of millions of informations which are too complex to be comprehended by your reason.

When your intuition guides you, this means that you synthesize all the subtle information you get and project it forward into one unified stream.

Imagine a river: you see the vast stream of water.

Spiritual Power

You see as well that the flow of water is related with millions of individual particles flowing in the same direction.

This is how intuition works.

Your sense of inner feeling or inner touch perceives impressions.

Your past experiences have stored millions of information about how life works.

Your mind is packed with all this information and at the end your final intuitive picture is not a rational decision.

It is rather a synthesis of all this information.

You only see the vast stream.

You see the river rather than the millions of micro informations you received and make you choose for one direction or another.

This is how it works.

Your instincts integrate all your "animal" faculties (like survival drive or reproductive instinct) and project a line of action or evolution for your being.

You see how an animal will be able to survive in life threatening situations while a human being is stacked within a "reasoning cycle".

These instinctual resources are what you want to bring back to the surface.

You can wake up your instinctual power and trust yourself.

When a decision needs to be made and conflicting interests need to be harmonized, your ability to go with the flow and break through depends on your ability to tune into an instinctual path of evolution.

This is what you need to tap into:

Your instinctual power.

Negative thoughts and frustration when meditating

If negative thoughts and frustration happen when you try to meditate, it's usually the sign that you are touching on some inner resistance.

It is natural to face this type of "limits".

The energy you invite when meditating is transformative.

This means that it changes mind sets and patterns in you.

When this happens, there is a conflict between two streams of energy.

- The first one is the energy you invoke trying to break through and free you.
- The second one is the existing one. It represents the patterns which are already established in you.

If you jump in cold water, it gives a shock to your system, right?

This shock is the result of a "clash" between two temperatures: your body temperature and the water temperature.

Same happens with a meditation technique.

The moment you invoke a fresh energy, it finds its way into your mind until it meets a resistance zone.

These resistances are simply your existing mind patterns.

Some of these mind patterns are old and no longer needed.

For instance if you have an old negative memory about a past event, it is a mind set which is no longer needed.

Now, part of you naturally holds to it.

It is not a conscious decision: memories are naturally sustained in your mind by what you can call preserving forces.

Spiritual Power

When a fresh energy comes in and naturally targets this old pattern (it happens naturally, organically. It is not a conscious decision on your side), a natural clash of energy happens.

It is a clash between an old mind set and a new source of energy.

Imagine: it is like lava under a volcano trying to break through.

This lava faces rock resistance and opens new channels of energy within the volcano.

The conflict between the lava and the existing rock formation is exactly what you experience on a mind level.

When this happens, you don't have to repress your anger or frustration.

Stand up and do some martial art techniques like punches or kicks with "Kiais!".

You have an excess of fire and you can use this fire to help the new energy break through.

You can for instance do some light jogging, go in nature and get rid of the excess of energy.

You can as well use it to do some power training or even join a kick boxing class.

What matters is that this anger or frustration is actually a good sign.

It is the result of a fresh energy breaking free in your system.

Your emotional reaction is the expression of fresh energies breaking through.

In the same type of situation, some people will actually feel laughter coming in rather than anger.

You can give it a try: next time you feel angry or frustrated, try transmuting this emotion into laughter.

The effect is the same: breakthrough of energy.

Spiritual Power

If you don't resist this emotion, you will notice that it naturally finds its way out.

If this happens again to the point where you are truly boiling internally, shift activity, stand up and practice some of these martial art techniques.

Use this excess of energy to break open new doors in your system.

Can your spiritual quest isolate you or make you lonely?

Let's take the example of yoga.

Yoga is still in the process of finding its roots in the west.

If you look at Judo, this martial art has been popular in the west for much longer.

Maybe 50 years ago, when you would practice Judo, you would tend to marginalize yourself.

Nowadays, practicing judo or any martial art has become main stream.

It still did not reach the popularity of "western" sports like basketball or football, but there are millions of martial arts adepts around the world and many of these martial arts did receive the "Olympic games seal".

Yoga goes through the same growth process.

20 years ago, there might have been 1 out of a 1000 persons who had tried yoga in the west. 20 years later, it might be 1 out of 10 or 20.

In a way, yoga is not yet 100% main stream.

It is however getting there and becoming more and more "trendy".

If you want to feel totally connected with your environment, you need to link with main stream cultural trends.

For instance, if you are a teenager, this means connecting with the R & B or Hip Hop culture.

Check out what is truly attracting crowds in your city or country.

Now, if you like yoga and want to feel connected at the same time, you can link with a larger community.

There are dozens of online forums on this topic.

Spiritual Power

You can participate to events, workshops, trainings.

You can link with like minded people more actively.

There are always places where you can connect.

You simply need to give it more focus.

The next step is to break through spiritually and connect with deeper spiritual realizations.

When you practice yoga, the goal is to break through layers of awareness and connect with a totally unified source of energy in yourself.

You can feel isolated as long as you did not yet fully break through.

If you were in The Himalayas by yourself, in the mountains for a few months, you would step by step realize that there is no such thing as isolation.

You can create this sense of inner unity where you are right now.

You are connected all the time, even when you can't perceive it.

The long term goal of yoga is to recreate this sense of unity with all life on this planet.

The moment you feel this, all sense of isolation drops and you do feel connected.

If you want to develop this sense of total inner unification with all life, you need to trust your instinct and connect with a source of inspiration and get some techniques.

With some focus and awareness, you eventually get there.

With meditation and yoga, my level of ambition has dropped

This question is really crucial as it unveils underlying dynamics behind any form of spiritual practice.

The world of money and business is aimed at gaining more material satisfaction and power.

When you work, you use your conquering power to grow materially and gain more wealth.

The primary goal for working is to make money.

If you take this motivation away in the world, who would still work long hours in businesses and organization?

You would shift your activity to a more creative field if you can or simply relax in what you do and still do it. That's possible.

When you practice yoga, your targets are totally different.

Sure you can focus on the long term vision of having your own yoga studio but the primary goal of yoga and any form of spiritual discipline is not material wealth; it is self realization, inner growth, health, vitality, awareness, love, joy, spiritual power, etc.

These are your targets.

The moment you focus on yoga, you naturally transfer part of your energy and ambition to non material goals. This is why your level of material ambition can drop.

Another element has to do with the fact that yoga is a "soft" approach.

The primary goal is to develop a higher sense of clarity and inner harmony.

This goal is synonymous with spiritual development.

This was and still is the original purpose of yoga.

Spiritual Power

With this "soft" connotation behind yoga, you tend as well to drop your level of conquering power and ambition.

This is why the "power yoga" stream was born.

It is aimed at "compensating" this softness and give yoga a new "power" connotation.

This connotation seems to fit better with the needs of modern life, driven by ambition, business or career goals.

When you start practicing yoga, you literally tend to shift your life's main targets and focus to developing inner values and skills rather than material wealth.

Now, this is the traditional story behind yoga.

The way you can practice it in the west and in modern times is by unifying all streams.

You can have it all, simply in a different balance.

Every aspect of your being needs to be fed and if you notice a gap somewhere (for instance an ambition gap) and you have the need to fill that gap, then give extra attention to your career or more material goals.

All aspects of your life can be nurtured.

If you feel a gap somewhere, simply focus on actions and activities which do give you what is missing.

How to sustain easily your state of inner harmony

Here are some key ideas on harmony and why your mind and life shifts from one state to another.

Harmony and the perception of it is just one mind set.

It is one experience that you feel with your inner senses.

You feel you are in a state of harmony.

Now, life is ever changing.

Nature and your mind never stop evolving.

Why is that?

Because creation and manifestation never stop.

It is an ongoing flow of energy touching your mind, the planet and what surrounds you.

Having cycles in your life is natural, right?

Now, if you think that part of the cycle does not match what you want, you can shift it around and add a quality to it.

Suppose for instance, that you feel bright and energized one day and that the following day, you miss motivation and energy.

The goal is simple: you want the motivation gap to be shifted again to a "high".

You want to focus on gaining mind "speed" and satisfaction.

How can you do this?

When you feel in a low, you can invoke forces and power in you to break this cycle.

Spiritual Power

It is like taking a vitamin pill when you feel tired.

What is this "harmony vitamin pill"?

It is any practice or conscious action which shifts or breaks your present mind set and invites a new reality into your life.

When you feel stuck in a negative mind set, the goal is to access a destructive or renewal power which will break the mind set you are in.

You can "rebel" against a mind set you don't like.

You don't have to accept it as your reality.

If the reality you are in does not give you satisfaction, use a power building technique to kick negative emotions, beliefs or anything you don't like out of your system.

Your mind is a territory and you are the master of it.

If you feel down, it is because you have too much of the negative emotion quality.

Your goal is simple: you want to shift this and master the way your mind functions.

You want to master what happens in it.

In other terms, you will simply take one of the "power or harmony building techniques" and express it.

What is a power building technique?

Anything which energizes and refreshes your system and your mind.

It can be for instance a dynamic breathing technique.

The moment you feel "down", focus on this technique and repeat it a few times.

You can as well take off in nature, exercise or focus on something new, thrilling and exciting.

Spiritual Power

The truth is that every action generates a result.

If you feel down, it is because the actions, mind sets and structure you live in did generate these emotions.

If you want to shift your emotional foundation, you can recreate your environment, redesign the way you relate to others and shift key aspects of your life style.

You are the architect of your existence.

You are the one who designs the emotional waves of your existence through the actions you take, and the mind sets you live in.

The true first step is to realize that you are the designer of your existence.

More on specific practices in other chapters, okay?

What to do to open myself up to the spirit

When it comes to spiritual development, the word out there is often that you need to give up, open up and surrender.

In truth, I don't believe that this is the way to go for what you face.

The goal is not to loose your mind or your ego or simply open to the forces of the cosmos.

The goal is to gain back a sense of ownership and mastery over your life.

You are already connected to the spirit right now.

The fact that you don't feel it does not mean that you are disconnected; it means that this realization is not yet flowing all the way down to your awareness.

It is as if the flow of life force reaches a certain point in your being but does not actually flow all the way down into your existence.

It still flows of course (life force is in you manifesting itself in your being every single second).

This in itself is magical and a miracle.

What you miss is the ability to speed up this process and as well the senses to perceive what is really happening in your mind, body and spirit.

The first step is to drop it!

Drop it all!

Spiritual ambition can create tension in your system.

If you aim for something and feel you can't reach it, it can make you very unhappy.

Spiritual Power

When you focus on a target and feel you can't reach it, you tend to run out of will power and energy and feel pretty upset.

So, the first step is to drop it.

No expectations.

No grand visions.

What you are trying to achieve is already happening in you right now!

Second step: harmonize your existence.

Identify the places or areas where it "hurts".

If you feel frustrated about the way you relate to others or others relate to you, the goal is not to escape into another reality; the goal is to harmonize what is happening right here, right now.

This means that rather than trying to feed another reality and connecting with some form of distant spirit, you feed your existence consciously.

This is the best way to invite the spirit in your life.

The spirit is life force.

It is your life power.

Harmonizing and empowering your existence is the best and most direct way to invite life force in your being.

You do take action and focus on what needs attention.

Activate your life and nurture it.

Once you reach a high level of harmony, the next step is to connect with new empowering sources of inspiration.

There is a plan for your spiritual evolution and the way to manifest that plan is to tune into a refreshing spiritual stream.

Spiritual Power

A spiritual stream is like a river you swim in. It takes you where you want to be.

The mind sets you need to manifest to be successful with your spiritual evolution do exist.

They already exist in many beings from the present, past and future.

Suppose for instance that you tune into the Buddhist stream but can't really relate to it; you will simply search further until you truly recognize what you are looking for.

It often takes time, focus and energy to find the exact spiritual stream which matches what you want and what you feel inside.

You might travel a couple of times to India, try connecting with the spirit of the Incas, joining a local church or converting yourself to Islam.

Your mind and spirit keeps searching until you identify a spiritual source of inspiration you recognize as your destiny.

The moment your recognize it, you know it.

It simply matches and you feel your mind being "activated" in a very specific way.

Sometimes, you discover certain practices and you know deep inside that there is more.

If the stream you follow right now has reached the limits of what you can achieve, free yourself and search further.

Sometimes, it takes focus and determination to break free from a spiritual source of inspiration you followed for some time.

Trust your instinct and break free if you have to.

You can as well go deeper into the stream you are in.

Every step you take is a step which brings you closer to your goal.

Spiritual Power

Even when you get this feeling that you are going backwards, you are still gaining precious experience that you might use as a stepping stone in the future.

If you feel stacked, keep on searching for answers, techniques and sources of inspiration which can help you break through.

Pray and call for help if you have to.

The spirit always responds!

Sometimes, it simply takes a while.

However, life never stops.

The spirit is with you right now, even if you cannot feel it.

There is always a possible next step.

Identify it and take it.

I get the feeling that I don't belong here

Here are a couple of ideas to help you break through this challenge.

When you are born, your spirit incarnates.

Literally, it is like a stream of life force taking shape in the form of a physical body and a mind.

This is your personality.

This is you.

When you feel you don't really belong there, it's as if a part of the story is still missing.

It is as if your incarnation or embodiment is incomplete in the place you are.

When you ask yourself the question:

"If I don't belong here, then where do I belong to?"

You realize that you are looking for another mind set, location or way of living.

The priorities and life style you see around you do not seem to match what you feel inside.

The reason this happens could be explained in this way:

Your mind set is created according to a "model".

There are different incarnation models.

In fact there is infinity of them.

When someone incarnates in a human body, goes through life and dies, they leave a form of "blue print" of their lives.

Spiritual Power

This blue print is "recorded" in human consciousness and in a way, used as a stepping stone in human evolution.

The mind set a baby receives when it incarnates is related with the sum of human experiences on the planet.

This baby will observe its parents behaviors and imitate them.

Now, this is not its only learning source.

A young human being will also tap into the sea of consciousness you can call universal human mind.

Your mind is part of a vaster sea of unified consciousness.

You pick up patterns from that "sea".

For instance, all the instinctual patterns you have when you were born are part of a "genetic luggage" you receive.

That's your "birth gift" ☺

Sometimes, your mind tunes into a reality which can be located somewhere else or in another time or space.

Some people will see this as a sign of reincarnation.

They will say something like:

"Sure, the reason you feel out of place in the western world is because you are a reincarnated Tibetan monk. No wonder you feel out of place. Your spirit is calling for the reality you experienced in your previous incarnation."

This is one way of looking at. It is the "reincarnation story".

Here is another way of looking at it:

You can imagine that there are billions of blueprints left by all the incarnated beings who lived on the planet.

For instance a being like Pythagoras did leave a "blue print" in the form of his writings.

Spiritual Power

Sometimes, there is a physical trace of that person's "passage" on earth.

Sometimes, it is only a "psychic track", like a pathway which has been traced in human consciousness.

When you incarnate, you pick up a few "models" which will be your mind set guidelines for your incarnation.

These can be seen as the "models" which are used to create your mind.

If your spirit happens to tune into a blue print from another time or place than the one you are born in, you might feel out of place.

You might feel that you don't really belong there simply because your mind patterns are "inherited" from another location in time and space.

What to do?

Tune into this story and realize that part of what you experience comes from the past.

You don't need to rediscover some of this anymore.

It is written in human consciousness and what needed to be learned has already been learned.

The reason you are born in a new environment is because something new has to be experienced.

You literally take an old blueprint into your incarnation (some people would call this Karma) and reactualize this past experience into a new energy set: today, right here, right now.

Your being might long to reconnect with this ancient reality you tune into.

For instance, you might take an initiatory trip somewhere to "reconnect" with your ancient roots.

Spiritual Power

Once this reconnection is established, you will bring back this realization and actualize it within the modern setting you are in right now.

You consciously instruct your mind within a new context and by doing this give humankind a new step forward.

For those who read this and think: "Yeah!!! Nice story! But what proof do we have of all that?"

It is simple! There is no proof!

If you want, you could reinvent your own story of why these feelings of "being out of place" appear.

The description I give is not the absolute truth.

It is just a vision that I feel makes sense.

If you take a landscape, there are millions of ways of painting or describing this landscape.

None of these descriptions are right or wrong.

They are all only a vision and an interpretation of reality through the filter of our minds.

It is always an approximation of reality.

Maybe the vision that I give makes sense to you and will help you in your own spiritual development.

If this is the case, great!

If it's not the case, keep searching and find a "model which does match what you feel".

You don't have to accept what I say.

Take what you need and discard the rest. ☺

Emotional vulnerability and how to overcome it

One of the key challenges you can face along your spiritual development line is a power gap.

When this happens, you need solid strategies to connect with sources of power inside and outside of you.

When you feel emotionally vulnerable, you feel like events in your life are slipping out of your hands.

You miss a sense of control or authority over what happens to you.

You feel irritable, psychically weak and vulnerable.

You feel as well that you have to put out lots of effort simply to maintain a healthy energy level in your system.

You end up meditating a lot or getting lots of help but somehow do not manage to break through.

Your life feels drained and often controlled by others.

All these signs tell you one thing: you face a power gap.

When this happens, you need to wake up!

A battle is going on!

A luck warm response is not enough.

You need to go to battle.

What is the battle field? It is your mind and your life.

Your spiritual evolution is a conquest of your personal and spiritual being.

The "inner gold" you want to protect and defend is life power.

Spiritual Power

Conflicts for life power is the reason you can end up in tensions along your spiritual development line.

You can spend years denying this aspect of existence but it is there no matter what.

If you give up the authority you have over your life, other people will be happy to take this over and control your existence.

This is not a paranoid vision. It is simply an organic reaction.

There is a principle in science which says: "Nature hates emptiness"

When there is a gape somewhere, this gap ends being filled.

Your being needs a certain amount of power to function.

Power is a "grounding energy" which stabilizes your existence on this planet.

The moment you focus on spiritual targets like harmony, love, happiness, light, self realization, you invoke a higher level of life force in your system.

You simply grow spiritually.

Now, if you truly want to stabilize the results you get, you need to equally increase your level of power and authority.

Your mind is a territory.

The more "inner" gold you have, the more power you need to protect it.

Suppose you have a field of crops.

You just planted them.

If you don't want this crops to be stolen, you need to create an extra fence to protect what you created.

This fence is a sense of control over what happens in your territory.

Spiritual Power

In the case of spiritual development, this territory is your mind.

Here is another example: suppose you put lots of energy to create a one square meter garden down town New York. You can imagine that unless you protect this small garden, people will step over your flowers and all your work will be for nothing.

This is very symbolical of what happens with your spiritual development: you focus on qualities like inner beauty, joy, bliss and touch on all these mystical experiences.

You open up, right?

While you open up, there are millions of people on this planet who go exactly in opposite direction: they create power, wealth and develop a skin which becomes thicker and thicker.

When you step out of your meditation session or yoga class and confront yourself with this outer reality, there is a clash of energies.

You might radiate beauty out but power is reflected into your system.

There is simply an organic exchange of energy.

All the beauty and harmony you created is instantly transferred to your environment and your mind gets invaded by a new set of powerful energies: the outer material reality.

You need extra power to protect your inner temple.

In a way, there is nothing to worry about.

The moment you accept this reality, you simply take steps to gain extra power and give yourself all the tools you need to preserve the harmony, beauty and power of your inner space.

There is an illusion or myth amongst spiritual seekers who believe that with enough meditation, focus and will power, you will eventually overcome negative energies.

This is not the case!

This is an illusion!

Spiritual Power

The best way to protect and preserve your life is to take physical action.

Sure, empowering your mind and body through practices will set you up on a positive course.

Now, the best way to protect your life and energy is not to send a telepathic message, it is to utter clear words: "Don't mess up with me".

Many monasteries, churches, mosques and ashrams have been destroyed over human history because of the illusion that faith only was enough.

In 95% of the cases, it's not!

Wake up!

The best way to gain material wealth is not to sit down and wait for money to miraculously appear on your front door, it is to develop skills and follow the business laws.

Sure, setting your mind in the right posture and removing limiting beliefs is essential.

However, it is not enough!

What brings you from where you are to where you want to be is action.

Always remember this.

These are human existence laws.

You, like anyone else is subject to them.

Sure, work with the forces of nature, use your common sense and instincts.

Go with the flow and respond to opportunities when you see them.

It is not only about will power and determination.

Spiritual Power

You can win this battle using wise strategies and all your inner resources.

If you feel emotionally vulnerable, work of strategies, techniques, approaches and actions which do increase your level of power.

Once you accept to play the game and pick up the challenge, you will see new tools and weapons falling in your hands.

Most gods in any form of mythology have a warrior dimension to them. They do fight battles because these battles are part of human development.

They are the reflection of conflicting energies.

They are at the interface between your present and your future.

They are the effect of evolution energies working through you.

Dare to play the game!

How to solve spiritual conflicts

I am sure you experienced this in the past:

You are having a friendly conversation with a friend until you touch on a spiritual or religious topic.

Somehow the conversation gets out of hand and you end up having an argument.

You suddenly get this feeling that you live worlds apart and you can't see how to connect with that person anymore.

What happened?

You probably realize that many wars on this planet have been fought in the name of god or the absolute.

Do you want an alternative?

Is there way to solve this ongoing human dilemma.

If spiritual development is about expanding your sense of inner freedom, love and unity, why is there so much religious and spiritual intolerance?

Forget about trying to solve a religion or your friend's ideas!

Solve this dilemma in you first.

How do you solve this dilemma?

It is is very simple:

Any time you disagree with a friend, say something like:

"Look, it seems that we do have different opinions on this topic and you know what? It's okay. It is okay to see the same reality from different angles. Trying to understand and perceive your point of view is exciting and challenging because it stretches my mind. I am really glad with can have this conversation."

Spiritual Power

This is called tolerance.

It is the key of any discussion or forum.

You accept and embrace the fact that difference of opinion and experiences are okay.

Once you solve this dilemma within your "microcosm", you are free.

It is such an exhilarating feeling when you realize that you don't have to be right!

It is okay to let go!

You don't have to convince anyone!

The key to solve spiritual conflicts is to be able to experience this freeing mind set truly.

If you take this one step further, you end up with this statement:

Manifestation has many truths!

The fact that your temple is round or square does not matter!

What matters is that you have some control over what you want for yourself and little or no control over what other people want for themselves.

Their lives, beliefs and spiritual aspirations are in their hands.

It is their choice and their birth right to have control over what they want to believe.

Many truths!

There is an infinite number of paths leading to the same spiritual unity.

The totality of humankind is right!

This is spiritual synergy:

A place where everyone wins!

What to do when you reach a plateau

With any type of spiritual practice or discipline, you often reach a plateau where you start looking for a fresh stream of inspiration.

Here are different strategies you can apply in such situations:

The first one is to relax and get some rest from your practice.

With any form of practice or discipline, it is always good to give yourself a break, for instance in the week ends or by taking a week off from your practice every month.

This will give rhythm to your practice and build a healthy alternation between periods of activity and rest.

The goal is to relax in your practice and work with the forces of nature rather than against them.

The next strategy is to keep your practices exciting and refreshing:

Motivation has a lot to do with excitement.

If you want to establish some spiritual development techniques in your life, you need to change routines, sometimes improvise and have room for spontaneous direction shifts.

If you stick to just one practice day after day, you might maintain it for a few weeks or a few months but after a while, your mind naturally calls for renewal.

Listen to signs of boredom or tiredness and shift directions or rhythm when you notice them.

Be open to shift rhythm, add new practices, change routines or shift directions any time.

The key is to stay creative.

Stay awake and alert at all times.

Spiritual Power

Simply repeating exercises day after day because it is what is said in the book will quickly take you to a limit.

After a while, you need to raise your level of autonomy and "ownership" over these techniques and be able to play with them and in a way reinvent them in your own unique way.

Technique is not enough: you need passion and excitement to succeed with anything you try.

How to combine spiritual development with modern life style

This is a key question!

You obviously can't retire to an isolated monastery somewhere (unless you want to take a drastic step).

The goal is to maintain and feed all aspects of your life: career, business, family, relationships, dating, life style, health, social life, etc.

No need to drop any of it.

If you want to succeed with your spiritual development, you need to integrate your new spiritual energies into your daily life.

You embrace all aspects of your personality, emotions and personal needs.

No need to suppress any of that.

You can be assertive at work, use and develop your power and maintain healthy boundaries with the people you interact with.

If you face challenges with your children's education for instance, what you need is extra parenting skills and sometimes extra discipline tips.

At the same time, you are allowed to take time off to go to the gym or a yoga class.

The art of juggling with all aspects of your life is about life management strategies.

You keep your two feet on the ground and make sure that you empower your personal foundation as much as your spiritual life.

If you need extra skills to feel 100% satisfied, go and get them.

Give yourself the tools to succeed!

Why is there so much violence? – It doesn't make sense!

Here are a couple of ideas on this topic:

Violence and anger are part of what we can call the destructive cycle.

Anything which happens on the planet is related with one of these three aspects: creation, preservation or destruction.

It is the cycle of life, birth and death.

Violence, anger or destruction are part of the death process of something.

When someone is violent, the message they send out is:

"I want to break open new doors and the only way I can do that is by forcing my way through. I feel like a volcano ready to explode and I don't know what else to do with this energy"

You can think that this person is wrong or guilty but the truth is that nature is creating this reaction.

This does not justify violence or anger.

It simply explains the underlying dynamics behind a violent reaction.

It is a rebellion against a fixed set of energies.

Any form of anger or violence is related with the break through of energy.

It's like someone trying to create space in their mind, body or around them.

Is this a good thing?

Does it justify violence?

Of course not.

Spiritual Power

It is better however to find out what is going on.

When violence erupts somewhere, there is always a cause or a reason.

You can try to put the lid on this, but it works better to understand what the underlying message is.

The death or destructive part of the human cycle is part of nature. It is part of life.

It won't disappear.

What can be changed is the way "this death cycle" is expressed.

For instance, when you want to move forward in your life, it is common to take some old pictures and tear them apart.

By doing so, you create space and free energy in your mind.

When something or someone feels like they are going to explode, the best is to give them a channel of expression.

For instance, competing on a soccer field is the reflection of the competitive spirit between nations, regions or villages.

500 years ago, these nations might have gone to war.

Nowadays, soccer is the way most nations channel their competitive spirit.

New rules, new games.

If it wasn't for soccer or other sporting events between nations, the amount of war and violence could be much higher, right?

The best way to stop the proliferation of gangs in the suburbs of the Bronx is to bring kids to express their creative power in another way.

The moment you channel this break through force in other directions and give them chances to succeed, anyone would take other alternatives.

People turn to violence when they feel trapped.

Spiritual Power

They turn to violence when they feel there is no other alternative or when they are simply used to respond in that way.

If they were born in a violent environment, they will naturally reproduce these patterns.

So, what to do?

The first step is to understand how anger and violence work in your own system and around you.

Once you understand the dynamics of conflicting energies in and around you, and find ways of transmuting them, you solve the violence dilemma within a "microcosm": your life.

Once you are good at it, you can expand these skills and start influencing other people.

If you see conflicts erupting at work for instance, you can play the role of a mediator and find ways of bringing back peace.

Long term solutions involve of course political action.

Governments work at this all the time.

Humankind evolves in the right direction.

It takes time to shift such patterns.

Eventually self destructive human behaviors can be redirected in more constructing ways.

This does not mean that the renewal (destructive) force of nature stops.

It is simply channeled in a different way.

Spiritual or psychic experiences – What's the difference?

Yes, there is a difference between a psychic and spiritual experience!

When you have a psychic experience, you are within the astral reality.

The astral reality is the first layer of consciousness after the physical world.

When you dream, this is where your mind goes.

When you have a profound spiritual realization, you touch on a whole different level of energies:

You are beyond the astral within the causal (upper mental), buddhic or nirvanic planes of consciousness.

What are these planes of consciousness?

They are different levels of existence.

The beings or intelligences you connect with in these various levels rise from elemental beings on the astral level to spiritual masters on the causal plane to vast cosmic beings and avatars in the Buddhic realm.

If you jump to the nirvanic reality, you enter into the realms of Logoc entities like the solar or planetary logos.

All these experiences (psychic and spiritual) are related with the invisible.

Psychic experiences can be spectacular because they go beyond the usual limits of your awareness.

Right now and all across time, there has always been a window opened on the psychic realms.

Spiritual Power

The science of OBE's (Out of Body Experience) for instance is very complex and many people are actively researching techniques and directions along those lines.

The intentions and energies which sponsor these two directions (psychic and spiritual) have simply a different purpose.

It is like traveling in two different directions.

The field of psychic development can be compared to any other field of life experience. It has its own value and reason to exist.

It is however different than the path of spiritual development. The reason they are sometimes confused is because they both deal with the invisible.

The idea of New Age for instance is highly spiritual.

The worldly expression of it (crystals, astrology, healing, music, etc) is actually a psychic expression of the original spiritual new age impulsion.

In the public's mind these two become one which creates confusion.

If you make an internet search for "spiritual development", you will come across many psychic topics. You will hear about astral projection, auras and alien abductions where in fact these topics are not central spiritual development topics.

There is a lot of confusion around that.

This is why it can be sometimes tricky to explore spiritual dimensions on your own: because the first layer you will encounter when trying to meditate is the astral.

If you meditate within a system, you use a "gate" which has already been established in the past.

This gate (in the form of a technique and existing system) takes you beyond the astral realms and connects you straight with higher levels of consciousness (causal, buddhic and nirvanic).

Spiritual Power

Anything which has to do with visions, sounds, and colors is related with an astral experience. Sometimes, these experiences are related with a more profound spiritual experience.

The sounds or visions are only the "visible" part of this experience.

On the causal level, you will have experiences which are related with deep profound understandings and realizations.

You are still in an area where you can "mentalize" your experiences.

Causal means that you perceive the play of energies behind events and actions.

Basically, you perceive the "strings" and energies which organize life around you.

When you enter in the Buddhic realm, you go beyond the cycle of human evolution and reach the level of mastery of human life.

You not only see the dynamics, you are actually able to pull the strings yourself.

The only things you can perceive about nirvana are sensations like absolute bliss and total unification.

You go beyond sensory perceptions and simply merge with an infinite field of energy.

You enter a world beyond thoughts and emotions.

This is truly what is called enlightenment.

It can be a one time experience or a progressive increase of the nirvanic vibration.

What is enlightenment?

Enlightenment is the downpour of nirvanic energy into your personal vehicle or into manifestation.

This experience is happening right now on a larger scale on the planet.

It has been happening since beginning of time.

The process of human evolution is a process of enlightenment.

You integrate energies which are coming from a higher plane of consciousness: Nirvana.

When this downpour of energy is sudden and conscious, you truly feel transcended by light vibration.

In most situations however it is more like a drop by drop pouring of energy into your consciousness.

Everyone is getting enlightened to a certain extent.

The flow of life force in your consciousness is a process of enlightenment.

The totally of humankind is going through this process.

Now, when you consciously meditate and invoke energies from these higher planes, you strengthen the "bridge" with these higher levels of consciousness and speed up your spiritual evolution.

How do you know you are enlightened?

When you are enlightened, you know it for sure and there is no need to convince anyone about it.

It is good to remember that enlightenment is not an absolute measure.

What you perceive is an "acceleration".

Imagine you travel in an airplane.

Spiritual Power

You feel a thrill when the plane accelerates, right?

It is this acceleration which impacts on your senses and mind perceptions.

You feel flooded with bliss and inspiration.

This can be a one time experience or something which happens over and over again during a period of time.

It can be spontaneous or the result of intense spiritual practices.

You can't create enlightenment by will power in the same way as you can't control your ultimate sources of life force.

The will power you perceive in you is based on your personality.

The will power which is the true source of your incarnation is based on another level of your being: your spirit.

This spirit is linked with a vast field of energy.

You can call it universal consciousness.

Enlightenment happens when all aspects of your being are aligned and attuned with your long term cosmic purpose.

How do you achieve that?

Well, there are many forces involved in this attunement and what you have control over (your mind and personality) is only a small fraction of it.

This means that you can only do your part.

When you feel inspired to look for enlightenment. There are always more forces involved. You are not isolated with that.

Your desire and spiritual impulsion is related with an invisible connection with a source of inspiration.

Trust and do your part and the other forces involved in this process will do theirs.

How to meditate

Meditation is very instinctual and natural.

The goal is not to force your mind into something artificial.

It is rather to connect with a natural way of being and expressing this one step further.

If you want to find a greater sense of peace and inner stillness, start with a simple breathing technique.

Follow your natural breathing cycle and observe the air flowing in and out of your body.

Relax.

No tension.

Natural and easy.

It is a pleasurable practice.

You have two ways of approaching such practices:

- The first one is to explore all this by yourself.
- The second one is to consciously connect with a source of inspiration, teacher, master, teaching, tradition, etc.

There are dozens of systems of meditation.

Usually meditation is a set of practices within a much vaster mind set, spirit or energy reality.

Again, you can explore all that as "autodidact" and recreate your own spiritual system or you can simply connect with an existing stream and learn from it.

The second option offers you of course more support and guidance.

Spiritual Power

If you prefer the first option and go "solo", you will certainly get results and in a way reinvent these techniques in your own unique way.

The long term goal is to expand your awareness and connect with deeper layers of your being and your consciousness.

Once you master this breathing technique, you can ad focus on one of the chakras. Usually the third eye (centre of your forehead) or the heart chakra (middle of the chest) are the easiest and most powerful gateways.

Simply focus on one of these spots.

Once you master the breathing technique and one pointedness on one of your chakras, you can ad a mantra (sacred formula).

The simplest mantra is "Om".

You simply sound it in your third eye or heart.

The "Om" sound expresses the unity of all things.

When you sound this word internally, you invoke your unity with the cosmos.

It is like focusing on your universal identity and inviting this reality in your being.

When you start, the best is to have short meditations (5 minutes).

Don't focus on the discipline aspect of it, rather the flow and pleasure you get from it.

Concentrate for a few minutes and then, let go.

You will notice that if you practice this regularly (once or twice a day over a period of a month), you will connect with a profound sense of peace and harmony.

You will naturally energize your mind and bring clarity to your thoughts and emotions.

Spiritual Power

Don't try to convince or influence anyone else in these early stages.

Focus on developing the practice for yourself until you master it.

The desire to meditate is like a gentle stream of energy.

It guides you and inspires you in a very subtle way.

If you rationalize too much or engage in philosophical debates about it (especially in these early stages) you might miss the point and lose your focus.

Stay centered on the practice itself. This is the best way to get results and to instruct your mind.

What to expect?

Most of the times, it's nothing spectacular.

You simply notice a slight change in the "color" of your emotions and clarity in your mind.

You feel brighter inside and slightly happier.

These are the "visible" effects of your meditation.

However, deep inside, a more profound transformation is taking place, always.

Even if you are unaware of it, as soon as you start meditating, your mind vibration shifts.

Transformation starts taking place instantly.

What is this transformation?

It is the alignment of your being with a much vaster reality.

You can call it universal consciousness.

It is like synchronizing your life with the vaster stream of manifestation.

Spiritual Power

This is why it feels like a new connection.

You break through layers of isolation and simply discover a new absolute sense of unity.

It changes your life forever!

I can sit for one hour straight but my mind is too busy

What happens in your mind is a reflection of what happens in your life.

If your life is very active, stressful and hectic, naturally this reflects in your mind and creates a flow of ongoing thoughts.

Thoughts are okay, but when they come in the form of endless worries, doubts and fears, you want of course to learn to still the mind and bring some peace in the inner levels.

There are two conflicting directions here:

- **The outer reality forces you to be active.**

It stimulates you to respond to stress and actually feed it even more by setting up goals, targets and competing in the business world for instance.

These external pressures are very real. For instance, you are trained to compete from a very young age.

That's okay!

It is one of the key driving forces in society and pushes you to perform better in life.

So basically, these external pressures are positive forces because they stimulate you to look deeper in yourself and develop better skills.

This can happen in your professional field, in your love life, or any other aspect of your existence.

So, this is clear: your life is usually very active.

- **The second direction is about wanting to find peace.**

This is not a "worldly" target.

Spiritual Power

It has to do with your spiritual development.

When you focus on meditating, you set up yourself on a path of inner discovery and self realization. Sometimes, these goals enter in conflict with external or worldly priorities.

Now, your mind is like a screen: the thoughts and emotions which are projected on it are simply a reflection of what goes on in your life.

If you want to quiet these thoughts (these reflections), you want to quiet their source: your life!

Thoughts and emotions are waves on the surface of your mind. They are a simple reflection.

Trying to mask them is like trying to mask the reflection of a mountain on the water.

The best way to quiet your thoughts is to quiet your life and all its activity.

You want to tackle the source, not the reflection.

Meditation gives you clarity on what is truly happening in your life.

If your mind is very active, this means that many aspects of your existence require your attention.

Thoughts and emotions are like elemental forms which reflect this outer activity in your life.

So, what to do?

Suppose that you want to meditate and your mind is very active. You simply can't concentrate.

What can you do about it?

Can you still bring peace in your mind while there is all this activity going on with your physical existence?

In most cases, if you want to succeed with mediation, you need to combine external action with spiritual practice.

Spiritual Power

Focusing on your inner reality only is not enough.

When your mind is very active, it means that your life is calling for attention.

What kind of attention? Harmonization.

If you face this challenge, it is better to shorten your meditations and find out exactly what your thoughts are telling you.

Where are these thoughts coming from?

What are they saying?

When you listen, you give attention and this naturally quiets the mind.

If the story these thoughts are telling you are none of your concern, then you have to teach your mind something new.

Suppose for instance that you worry a lot about something which is out of your hands.

These thoughts are an invasion of your inner space.

To get rid of unwanted thoughts, you need extra power.

You realize that being able to quiet unwanted thoughts has to do with mind mastery.

The long term goal is to get to work in total partnership with your mind. Your mind is your greatest ally. It is your tool. And you are its master

When you meditate, you use your taming power.

If your mind stays too active, it is either that your taming force is not strong enough or that your technique or approach is not adapted.

Of course there is a third possibility that we discussed in the beginning of this chapter which says that an aspect of your life truly needs attention.

Spiritual Power

Thoughts and emotions are simply the way your spirit tells you to attend to an aspect of your life.

It tells you that something is being created and that your attention or energy is needed.

The best strategy to deal with this spiritual challenge is not to ignore the thoughts and emotions which come to your mind; it is to listen to them and identify where they come from.

Simply trying to suppress them without listening usually creates an inner conflict which is the situation in which many seekers get trapped.

If this is the situation you are in, you usually try to force yourself into a rigid discipline and don't seem to progress.

If this is your case, try listening instead. You'll be amazed of what happens when you do.

This would definitely be the first step.

Is renunciation or celibacy needed?

There are dozens of streams which lead to self realization.

In India only, Yoga and Tantra propose two approaches or views on this.

Some paths require you be become a Sanyasin and renounce many aspects of your worldly life.

This is the equivalent of becoming a monk in the West.

Tantra on the other hand embraces all desires and emotions and uses these emotions and energies as a way to evolve spiritually.

All doors are open. There is no one single unified view on this.

It is like climbing a summit; you can take the Northern route or the Southern one. Both take you to the summit.

What matters is that you choose a path which matches what you feel and what you want.

If some practices feel artificial and don't match with what you feel inside, shift directions and find a tradition which does reflect what you feel inside.

If you can't find a tradition which reflects what you feel, you are welcome to create your own.

You are the master of your existence and all you have to do is trust your instincts.

Deep inside, you know the answers to your questions.

Identify what these answers are and create practices and spiritual approaches which do match what you feel.

Engaging in sexual activity or not is your choice and you are free, always.

Spiritual Power

It can be the most uplifting experience if it matches what you feel inside.

No need to be exclusive.

There is an infinity of approaches.

Choose the one which matches what you feel.

You are free!

Should you stick to one technique or is it better to diversify?

Imagine that you want to energize your body:

You can go to the gym one day, to the swimming pool the following day and do some light jogging the third day.

Every sport will energize your body.

The same goes for meditation.

You are free!

What matters is that you feel excited by what you do.

Excitement is what motivates you.

If you repeat a practice in a systematic way without truly feeling thrilled, you might miss the point altogether.

The goal is to gain total freedom.

If you walk a path one day, it does not mean that you need to walk the same path for the next twenty years of your life.

Your mind is naturally calling for change and diversity.

It can be more exciting to immerse yourself in different streams rather than sticking to a single one.

Your instinct is your guiding force.

If you don't know what you want or what to do, simply go with the flow of what feels the most natural.

If I was giving you some new techniques, I would usually tell you to try this technique for a week and then shift to the next one.

Spiritual Power

If you feel like you are “digging” deeper every day into a practice and truly feel thrilled by mastering a technique, you can of course stick with one practice for as long as you want.

It is essential that your mind stays awake and alert.

Free yourself from anything which limits you in any way.

The goal is not the discipline itself.

The goal is usually an increase in life force and energy, expansion of awareness, self realization and much more.

You can see that some of these experiences can sometimes be achieved instantly with any technique without any form of discipline or perseverance.

If you focus on the discipline aspect of what you do, you will usually miss the point and rigidify your mind.

At the same time, technique can be important and you develop it by training a given skill.

Here is another example:

Imagine cooking the same meal over and over again.

Your taste will get bored, right?

Why limit your experience when you can actually diversify your approach and touch on many different streams.

When you have to make a choice, trust your instinct and go for what you want.

Don't let anyone limit you within a rigid mind set.

Free yourself from any form of alienation.

If you still can't decide between shifting techniques or not, ask yourself these simple questions:

- Is my choice going to isolate me or free me?

Spiritual Power

- Does this create an expansion or a limitation of my consciousness?
- Will I feel energized or drained?
- What is the option I feel the most excited about?

Your mind can get bored.

Emotional satisfaction is a big part of any spiritual step.

There is no need to limit your senses or the satisfaction you get from practicing anything spiritual.

Today's society is already packed with limiting mind sets.

No need to add to the burden.

Go with the flow and choose for what gives you the highest level of satisfaction, pleasure, energy and excitement.

If any technique or choice limits the flow of life force in your being, than shift directions and always connect with what energizes you and frees you.

It is the best way to keep you spiritual evolution, awake, alive and exciting.

Part 6 - Masters, teachings, groups and communities

Do you need a spiritual system or technique to succeed?

The true question you can ask yourself is this one:

Suppose you decide to try meditation on your own and discover a couple of techniques, where do you think these techniques come from?

Did you invent them?

If yes, what was the force inspiring you?

Yes! You can recreate your own system and you can be totally successful and fulfilled with that.

Suppose you want to climb a summit, you can use the experience of others or try it on your own without any help.

When you join a meditation class, you enter into an existing system and feel support and ideas.

If you feel limited by what you get and prefer trying it on your own, it works as well.

There is a source of infinite wisdom and teaching which is everywhere on the planet in the form of an invisible network.

There are such things as "invisible teaching centers" or "inner schools".

Sometimes, these inner schools or systems are manifested in the form of an existing spiritual center somewhere.

There are however dozens of teachings you will come across inwardly which are not written in any book.

You can tap into these by exploring them on your own.

It is not a formed system. It is rather a stream of inspiration you can tap into.

Spiritual Power

Don't look out there for it.

Look inside in the core of your instincts and intuition

Of course, it is easier to hear a message when someone speaks it out in front of you.

If you try to feel or tap into your instinctual power to reinvent these techniques, it might simply take a bit longer.

You are free!

All doors are open!

If you feel limited within an existing system, go solo, explore and create your own.

If you feel you run out of ideas or inspiration, you can always go for a class or connect with an existing system or teaching to find a "missing link".

If you tune into your inner source of inspiration and trust your "spiritual instinct", you can get results.

It is your choice! It is your call!

All doors are opened!

How to join forces without giving away your power

The number one challenge you might face as a spiritual seeker is this one:

Receiving a teaching without losing your power.

You can connect with groups, or organizations or masters which do put you down.

This can create a sense of pressure and isolation and disempowers you on the long term.

The problem is that many spiritual systems out there can feel limiting.

You will meet many rules, guidelines, the "culture of organizations" what is accepted or not.

Before you notice it, you can get entangled within mind sets which limit your progress rather than encourage it.

There are different ways of relating to spiritual energy realities.

Control is not needed!

You can walk the path and feel free.

You might have come across a teaching, movement or group and felt turned off by rules and obvious limiting beliefs.

Right now, seekers like you want space and freedom.

You don't want to feel limited with a set of beliefs which stops your spiritual development rather than encouraging it.

You can progress on your spiritual path and stay in charge of your life.

This is about your agenda!

You decide what you want and when you want it.

Spiritual Power

Respect works both ways and it is great to show respect and openness towards a master or teaching.

Now, there is no need to make yourself smaller than you are.

You can walk the path and enjoy your ego at the same time.

Nowadays, giving up your power and the pillars of your personal foundation is dangerous because it makes you very vulnerable towards the world you live in.

You can enjoy a full level of satisfaction on all levels of your existence.

You stay the center of your existence.

Sure, you can enjoy highly devotional sessions with an Indian master but there is no need to give away your power base and power core.

You sense this inner need for freedom and the goal is to grow and expand as a full human being, not to surrender your will and life destiny.

You are in charge!

You choose!

How to avoid the fanaticism trap

If you hear someone saying: "this is the absolute and only truth!"
wake up and see it as a warning sign!

There isn't a unique truth!

Truth is an inner belief and conviction which helps you take the next
step along your spiritual evolution.

It is crystallized as a given mind set in space and time.

It is still a mind set! It is still part of human creation.

You can be exclusive if you want to but always keep in mind the bigger
picture.

Tolerance and respect are a must!

The planet and the human race can't do without it.

We are in a point in time where it's not about winning over another
movement or another system of beliefs.

Active confrontation is a lost cause.

You want and need harmony!

You want spiritual synergy!

You want everyone to win!

Spirituality and religions must evolve beyond the limits of the past.

There is a new way opened into the future which does not limit your
mind ever.

It limits no one!

It stays open on every possible human direction and experience and
simply states that you choose your own truth and so does everyone
else.

Spiritual Power

Respect and synergy are at the core of any further step.

The number one reason you might get stacked in your spiritual development has to do with lack of wisdom with using the power and awareness you receive.

There is a path of unification building up on this planet.

This path gives space, integrity and autonomy to your individuality.

There is no reason to limit yourself within a limiting mind set you don't want to embrace. You are free!!!

No one can force concepts or ideas into your mind.

You are the one who chooses your own truth and mind sets.

Don't try to control anyone else's either.

You don't have to convince or promote.

You don't have to force your ideas into other people.

If you feel someone could take some help from you, ask them for permission and wait for their answer:

Suppose you have a friend who could use a bit of help from you. You can say something like:

"Look, I can see that you are having a hard time right now. I have a couple of tools that I feel could help you. Would you like me to give you a hand with that?"

If he/she says yes, go ahead.

If the answer is no, respectfully step back.

You can't force an idea into someone's mind.

The key values into today's spiritual development field are freedom and respect.

They are the key pillars which can guide your actions.

Spiritual authority

You are the center of your life.

You own your spiritual authority.

It is okay to test what is told to you.

You can of course show respect to someone who knows more than you do on a topic.

No need however to make yourself smaller than you are.

You are in charge of your existence! No one else is.

The moment you give up your power, you create an energy gap and can feel powerless very fast.

This is what tends to happen when you join a group or movement.

Some of these movements function within an archaic mind set.

Rules and controlling patterns go far beyond what is actually needed.

This happens for a reason. These patterns related with the Guru-Disciple relationship have been around for thousands of years.

Many tradition and spiritual transmissions are based on this relationship.

Now, the planet and human consciousness have been tuning into new models.

There are new spiritual laws emerging which recreate the dynamics of spiritual transmission and the way you relate to spiritual authority.

Anything which is alienating in one way or another limits your mind.

The goal nowadays is to establish a one on one connection with sources of spiritual authority.

Spiritual Power

Your source of spiritual inspiration can be your best friend rather than a ruling monarch.

You can choose the model which fits you best.

What do you want?

You clearly have the choice!

When you function within a spiritual movement or organization, there are 3 energy realities involved:

- You, your being, life, career, family, belonging, etc.
- The leader of the organization.
- The organization itself, or group.

The interests of an organization are very different than your own interests. They are as well different than the interests of the leader.

In today's equation, your individual interest's often come last.

An organization can have so much power that it even overlaps the will of the leader.

You can compare this model to a business organization or company.

The dynamics of a manifested spiritual organization are not different.

These organizations can be sometimes full of tensions and inner battles.

These have to do with "politics" and don't really help you in your spiritual development, right?

You, as an individual want one thing:

- A clear connection with a source of inspiration
- A user's friendly environment
- A sense of space and freedom
- An empowering community

Communities can be very empowering but they can be very limiting as well.

Spiritual Power

An organization can get entangled in practicalities and blinded to a point where it totally forgets about the individual interests.

Why does this happen?

In a way because you let it happen.

To tell you the truth, when you come anywhere near a spiritual organization, you can feel straight away if this will help you grow or not.

When an organization is established there is often not much you can do to change it as an outsider.

Suppose you walk into a restaurant and don't like the menu: you can either spend energy trying to tell the chef that the menu does not match your needs. On the other hand, you can as well walk further until you find a restaurant and menu which does truly match what you are looking for.

Why do people join spiritual movements

A spiritual movement is a living teaching.

When you join, you connect with a community.

This community is a both a supportive environment and a controlling one.

See how it works with your neighbor: they will hale you if you need some extra brown sugar but check you out as well when something unusual happens in your house. This is called social control.

The belonging to a community is always double sided.

You get this sense of connection but you can feel limited as well.

I know dozens of "spiritual seekers" who truly had it with organizations and movements because they feel constricted in them.

They feel limited within mind sets which do not match what they want.

Literally, they feel disempowered.

The funny thing is that it does not need to be that way.

We are in a place of human evolution where everyone can win: individuals, leaders and organizations.

The number one step spiritual organizations have to take though is accept to evolve.

This is called feed back.

It works in business and definitely works in the spiritual field as well.

We moved beyond the level of autocratic structures.

The human potential is vaster than that.

Spiritual Power

The problem modern spiritual organizations face is lack of power, vision and skills.

It takes skills, experience and lots of vision to run an organization successfully.

In most cases, this is the limiting factor.

Organizations tend to be divided by internal politics and power fights.

Again, this has nothing to do with spiritual development, it is related with organizational dynamics and the way humans function within these structures.

The funny thing is that while the business world invests millions in creating frictionless teams and developing team spirit, the spiritual environment tends to create organizations which are archaic and very inefficient in the way they function.

The renewal stream has not yet impacted on that level and this very unfortunate.

The consequence is that many precious spiritual teachings can't be accessed because of the way they are packaged.

An organization can hide itself behind layers of overdone protectionism and totally miss its original purpose: a frictionless vehicle aimed at transmitting a message.

Where do you stand?

Keep on moving until you find what you are looking for.

There are systems and approaches which do give you everything you need without + a sense of total freedom and control over what you want.

These systems do exist and they are totally explored spiritual paths which give you exactly what you want.

For instance, there are many yoga classes you can follow in your local town which require no other commitment than paying a fee for your class and showing up (if you want to).

Spiritual Power

Spiritual development does not require exclusiveness.

You can express your freedom by tapping into what you want and responding to your unique needs.

You are free!

You can recreate your own unique path because there is an invisible network of forces which does sponsor your every move.

Don't limit yourself. There is no need to.

Sure, some doors will be closed to you because you don't make yourself small enough. On the other hand, many more will open up because you show total respects and acceptance for who you are and what you want.

Your spiritual development is your agenda! No one else's!

What matters the most is that your needs are fulfilled and that you do find what you are looking for.

Don't transfer your inner authority or control to anyone.

You are the one in charge!

Do you need to choose just one tradition to succeed?

You are free!

I am sure that many of your friends feel affinity for more than one stream.

If the Dalai Lama gives a speech in your city, you might go and listen to it.

If you see a program on TV about Hindu rituals in the Ganga river, you might get hooked to your screen in wonder which what you see.

If you hear about one of your Muslim friends taking off for the Hadj to Mecca, you might give him your blessing and best wishes for his trip.

You are in a place in human evolution where you can rise beyond differences.

Religion exclusivity is still practiced and required by most religious systems.

Now, is this needed?

Who exactly needs it?

If you inner drive tells you to taste various meals, why not?

Who says you should limit yourself within a single belief system.

If you touch on this sense of universality and realize the unity of all religions and spiritual streams, you probably feel a sense of joy and inner freedom.

Embrace it!

It is one of the most empowering experiences you will ever have.

Next time someone ask you: "So, what is your religion?"

Spiritual Power

It is okay to respond something like: "I feel affinity for all spiritual streams"

Will this stop you from reaching the absolute, nirvana or self realization?

Of course not!

Everyone (almost) knows that both Christians and Muslims worship the same absolute reality. They simply give it a different name.

Some will say that the path of Jesus is the only path.

Some others will say that the path of Mohammed is the only path.

In fact, it's okay. Let anyone believe what they want.

What matters is the way you stand in this.

Choose for yourself.

If someone says:

"Well, you can't enter this temple unless you renounce your other beliefs"

Simply accept it and make your choice.

I am convinced that if you keep on walking, you will come across a system which does not ask you to renounce anything.

The ultimate goal of your spiritual development is absolute freedom.

What is the mind set which has the power to take you there instantly?

Universal community

If someone asks you about your spiritual beliefs, you probably have difficulties limiting it to one movement, belief or thought.

In fact you might have reached the point where you feel first human before anything else.

You reached the point where you don't to exclude anything.

You want to embrace the totality of what happens on this planet without rejecting any of it.

The fact that you practice vipassana meditation one day does not mean that you can't go for a yoga class or a Christmas celebration the following day.

There is no longer a need to be exclusive.

In fact, divisions are a source of pain and trouble.

There is a sense of global community and planetary citizenship which is growing and expanding at high speed.

In the same way, there is an expanding invisible network of energies, resources and teachings which surround the totality of the planet.

You can connect with mind sets which free you forever.

You can choose your own path and explore your truths using whatever techniques you feel are appropriate.

Your spiritual autonomy is a value which is available for you.

You can receive a master's teaching without committing yourself to anything else than what you need.

The way you can access teachings and spiritual resources has radically shifted in the last 10 years.

Spiritual Power

Some movements still hide within high levels of protectionism while waves of transparency and total clarity open your mind in explosions of new potentials.

The sphere of what you can access today instantly is infinite.

You can connect with powerful sources of inspiration while maintaining satisfaction on all levels of your existence.

You own your spiritual existence.

You own your life tools.

This is the context in which you evolve today.

If you need help or new tools, there is a infinite network of forces and beings which are ready to help you within that context.

There is no reason to limit yourself in any way.

The territory is absolute freedom.

Part 8 - Spiritual anatomy

What is your spiritual anatomy

At this stage, what you can call your spiritual anatomy is everything which has not yet been proven or explained about your body, mind and spirit.

You can use the term spiritual for lack of better word.

Within 100 years, what is discussed in these pages, like chakras, etheric body, spirit, life force, bio energy, etc. will probably have been fully explored and explained in scientific terms.

At this stage, there is still a "veil" which prevents humankind from seeing the full picture.

Some centuries, when the first doctors started exploring the human body, they unveiled the functioning of a very complex mechanism.

Nowadays, if you want to study anatomy, it takes you a full six years of medical studies to actually grasp only a fraction of what has been explored so far.

At this stage, your invisible anatomy still needs to be explored and understood.

You only get bits and pieces coming from various sources like ancient spiritual traditions, alternative medicine fields, paranormal studies and real scientific research.

Data and information is scattered and often contradictory but I am convinced that all this will totally make sense for anyone within a few decades.

In the mean time your main tools to explore your spiritual anatomy are your instinct, intuition and common sense.

What happens when you concentrate on a chakra?

A chakra is an etheric organ.

The moment you concentrate on it, you feed it with etheric energy.

Your etheric body is your energy body and the moment you focus on any specific area of your being, you bring an extra flow of etheric substance to that area.

Imagine a muscle. When you want to build it up, you train it. After a few weeks you see an increase in its size and power.

Chakras function in a similar way.

You can build them up by “feeding” them with energy.

Concentrating on them is one of the most direct ways to bring an extra flow of etheric substance into them.

What is etheric substance?

Etheric substance is life force.

It is energy.

It is as well sometimes called bioenergy.

What our eyes see is only the grosser or visible part of our life force. It is flesh or matter.

On the etheric level, you can perceive a different set of forces and energy.

At this stage, not much is known about the etheric body.

Most of the knowledge on this topic comes from the occult field.

The scientific field tends to deny its existence or at least its importance.

It acknowledges the existence of an electro magnetic field in and around the body but its implications and functioning are not yet deeply explored.

How else can you stimulate a chakra?

Healers often focus on energizing and stimulating the flow of energy in various chakras.

For instance "Chi Nei Tsang" practices focus on harmonizing the solar plexus area.

You have more many more ways of stimulating or energizing given chakras.

For instance, Bushido breathing (from karate and other martial arts) focuses on the "sex center" just two centimeters under the navel.

This center is as well the body's gravity center.

When you want to find balance, this is the point in your body where you want to focus.

Here is another example:

When you want to relax, you often cross your hands behind your head. You stretch your back and simply have your two palms opened in the back of your head.

This is an instinctual movement.

In fact, you can see this natural relaxation gesture as a way of energizing or harmonizing the "Medulla Oblongata" chakra in the back of your head.

This Chakra is often seen as a door into your psyche.

Energizing that center can be seen as a way of harmonizing your mind.

If you have seen the movie "The Matrix", you know that this is the way information is transmitted into the mind. In that movie, the rebels have a needle planted in their minds via that chakra. The chakra itself is an actual circular device (some form of implant) visible in the back of the head.

Spiritual Power

Of course, the term chakra is not mentioned in the movie but at the same time the occult and entertainment meet at 100% on this concept. They simply describe the same reality with different words and images.

Remember how "Trinity" learns how to fly a helicopter instantly by having her piloting skills transmitted to her instantly via this back of the head gate way.

There are many more examples where the occult knowledge of the chakras coincides with visible actual manifestations.

For instance, the symbol of the crucifixion and bleeding palms and feet of the Christ is symbolical for the opening of the hands and feet chakras.

Hands chakras means power of creation. It is through his hands that the Christ did manifest many of his miracles. It is as if his hands had been initiated with a new incredible life force power.

Another example is the bindu (red, white or orange dot) Hindus wear in their forehead.

This bindu is a symbol of the opening of the Third eye chakra.

The red dot on this chakra is a symbol for a the purification or clarification of the mind. It is done as a symbol of devotion to a deity.

Here is another example: maybe you did see yourself in the past with your hands crossed and laying on the middle of your chest.

This can happen before going to sleep when you have this profound desire and need to find peace.

Letting your hands rest on your chest activates the heart chakra and stimulates the flow of harmony in your being.

If you do some more research, you could discover dozens of examples in mythological figures for instance where you see these chakras being symbolized in one way or another.

Planetary chakras

Chakra means energy centre or wheel of energy.

High energy spots on the planet like Jerusalem, Mecca or New York are said to be planetary chakras.

The reason cities were built on those spots is seen in the occult field as a magnetic attraction from the human being towards these centers.

Some of these centers are actually manifested in the form of cities and some others stay invisible.

Lay lines theories go in the same direction.

Sacred architecture often sees planetary energy manifestations as the real cause for choosing a specific spot for a given pyramid, Greek temple, cathedral, mosque or monastery.

I won't discuss these ideas here because there is usually little or no proof. These concepts are mainly based on beliefs.

Sometimes, you read an article about it and think: "Yes! It makes sense..."

If you are open for it, keep this in mind: think of planetary chakras and the organic energy architecture of the planet.

There is what you can see (landscapes and geographical shapes) and then there might be a hidden organic architecture that you can't see with your physical eyes. You could call this the spiritual or invisible anatomy of the planet.

If you take this one step further you enter into the idea of planets as chakras.

You can see the solar system as a vibrating reality containing 10 major chakras (8 main planets + sun + moon).

In the esoteric tradition this is the way planets are viewed.

Every planet is a "Logoic intelligence".

Spiritual Power

You can use expressions like “Planetary Logos” or “Solar Logos”.

Logos is an ancient Greek term which is translated as knowledge. In that sense the expression “Planetary Logos” could be translated as planetary intelligence.

The idea of a planetary logos has always been present in human consciousness. The Greek term “Gaia” for instance refers to the earth as a Goddess.

What is your astral body?

The astral world is the dimension of your emotions and dreams.

Your astral body is a multidimensional energy reality which connects you with your past, present and future.

Your astral body is the sum of all your emotions, feelings and dreams from your past present and future.

Imagine an energy body projecting itself into time and space.

The moment someone thinks of you or expresses an emotion towards you, it happens within your astral body.

If you send a letter to someone on the other side of the planet, they will feel a set of emotions when reading this letter.

This letter is part of your astral and mental body.

This means that the words you did write are a projection of your own emotions.

Take this one step further and imagine now the totality of the emotions you ever had or you ever projected in other people's minds.

Your astral body contains the total sum of your smiles and other moods. It contains all the movements of your emotions.

Does your past still exist?

Well, suppose you meet an old friend. You will start recalling experiences and a whole set of emotions which felt forgotten and invisible will come back to the surface.

The mind sets and memories are still there, somewhere in the layers of your mind.

You tend to think of objects and realities as three dimensional but in fact, your astral body extends in time as well.

Spiritual Power

Your rational tools are somehow limited to describe effectively the complexity of the mind.

You can comprehend the anatomical architecture of your body but the mind goes beyond rationalization.

The models we can design for it right now are extremely limited and simplistic simply because the realities we try to describe are much more complex than that.

You can divide the mind in 2 great areas of consciousness: "astral" (dreams and emotions) and "mental" (thoughts and conceptual thinking):

	Buddhic	
Personal Mind	Mental	Causal - Upper mental
		Lower mental
	Astral	
	Physical	Etheric
		Physical - Visible

This model is freely inspired from various Theosophical sources.

It is a simplified vision of your mind and gives you a model you can refer to when trying to conceptualize the way these realities are inter linked.

Conclusion

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For more check:

<http://vitalcoaching.com>

To your unlimited potential!

Francisco Bujan