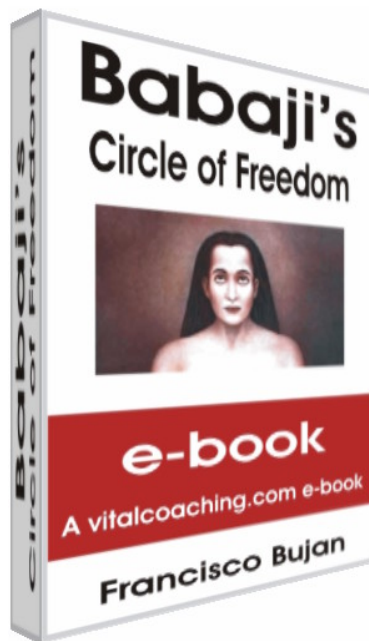


Babaji's circle of freedom

# Babaji's Circle of freedom



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## **Intro**

The goal of this e-book is to give you a technique to connect you with Babaji and wake up a freeing power in your being.

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

Take a minute to print this book. Having it in front of your eyes will help you stay focused!

Good luck and stay in touch

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## **What is freedom?**

Freedom is a key quality in your life.

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

Your mind contains two sets of forces in it.

The first set of forces are protective and preserving.

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

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

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

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

These forces are what gives space for life to evolve.

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

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

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

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

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

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

## **Renewal cycle**

This is your renewal cycle.

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

It is the process of dying and being reborn.

It is the cycle of day and night.

It is the cycle of change and evolution.

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

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

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

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

All these are positive stabilizing elements in your existence.

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

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

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

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

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

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

Fancy a brain wash?

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

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

Now, sometimes, this moving takes too long.

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

Is this good?

Probably not.

See your life force as energy.

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

You become more unhappy and tense.

It does not need to be that way.

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

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

Renewal power is part of you.

Sometimes, you simply forget to express this natural resource.

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

How do you reawake this muscle?

You train it!

You use it.

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

It is your renewal power building technique.

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

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

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

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

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

## **Emotional freedom**

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

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

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

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

What you need to stay emotionally free is extra power.

You can see your mind as a territory.

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

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

What you need in such situation is extra power.

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

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

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

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

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

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

You are in charge of your mind.

You are in charge of your life.

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

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

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

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

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

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

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

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

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

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

You want to evolve. You want to move forward.

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

Emotional freedom is very precious.

It is your ability to preserve your mind territory.

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

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

## How to invite freedom in your life

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

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

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

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

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

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

Objects around you are like pieces of furniture.

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

Check your environment and belongings.

Check your connections and friends.

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

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

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

## Here is your technique

This is the mantra which connects you with your renewal power

दरिमान्

## Dariman

### Renewal – Change - Destruction

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

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

Your mind is powerful and intelligent.

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

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

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

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

You simply need to trust.

If you want you can as well use the words:

दरिम्नन् बाबाजि

**Dariman – Babaji**

**Renewal - Babaji**

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

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

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

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

## How to use this technique

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

You can as well use the calligraphy.

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

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

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

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

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

As you can see, these techniques make you look like a martial artist.

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

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

Remember that this word is a sword.

It gives you power.

With greater power comes greater responsibility.

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

## **More than a word!**

This is more than a word!

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

Behind this word, there is a mind set.

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

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

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

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

Enjoy!

## **Take action!**

I will say this again because it is important.

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

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

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

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

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

Always combine the technique with effective action.

## **Conclusion**

If you feel this e-book is not enough, contact me! There is more.

Send me an email [francisco@vitalcoaching.com](mailto:francisco@vitalcoaching.com) or visit the website [www.vitalcoaching.com](http://www.vitalcoaching.com).

Good luck and stay in touch

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