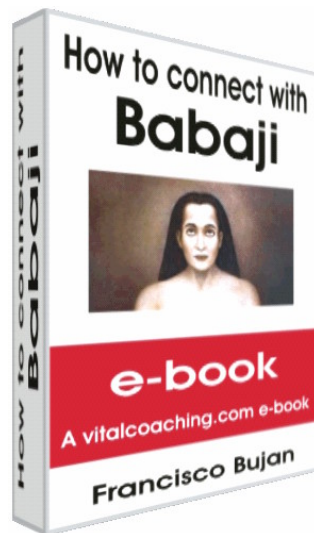


# How to connect with **Babaji**



**Francisco Bujan**

**A vitalcoaching.com e-book**

brought to you by [www.vitalcoaching.com](http://www.vitalcoaching.com)

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Contents

<b>&lt; Who is Babaji? – News/Blog &gt;</b>	<b>6</b>
<b>New &lt;Spiritual Power&gt; MP3 audios!</b>	<b>7</b>
<b>Intro</b>	<b>8</b>
<b>Part 1 – How to connect with Babaji</b>	<b>9</b>
Various mind states	10
What is meditation?	11
Meditating without a technique	15
How to empower your spiritual growth	17
Connecting with the universal mind	19
Connecting with Babaji’s mind	23
What is the challenge?	25
Love and power	28
Initiations	31
How to connect with Babaji	32
<b>Part 2 - Babaji’s circle of power</b>	<b>35</b>
What is power?	36
Control	37
Protect your mind space	38
What is abuse of power?	40
Being a challenger	41
Free your power	43
Your mind is your greatest asset	46
Where does your power come from?	47
Sponsoring energies	48
Solving tensions	50
If your life is under attack	52

Here is the mantra _____	54
<b>Part 3 - Babaji's circle of freedom _____</b>	<b>55</b>
What is freedom? _____	56
Renewal cycle _____	57
Emotional freedom _____	60
How to invite freedom in your life _____	62
Here is your technique _____	63
How to use this technique _____	65
More than a word! _____	66
Take action! _____	67
<b>Part 4 - Who is Mataji? _____</b>	<b>68</b>
What she does _____	70
What is Shakti? _____	71
Stepping beyond your natural limits _____	73
Love _____	74
How to connect with her _____	75
<b>Part 5 - Mataji's circle of joy _____</b>	<b>76</b>
What is this circle? _____	77
Sound is clearing _____	78
Singing _____	79
You are good at it _____	80
What to sing _____	81
Intuitive _____	82
Beauty and refinement _____	83
Feasts, celebrations and festivals _____	84
Dance, music and artistic expression _____	85
Mataji's circle of joy _____	86
<b>Part 6 - Babaji's invisible ashram _____</b>	<b>87</b>

What is an ashram?_____	88
Sirajala – The invisible network _____	89
Here is Babaji’s ashram name_____	90
<b>Part 7 - What is yoga? _____</b>	<b>91</b>
What is yoga? _____	92
How to achieve a state of yoga? _____	93
Where to start? _____	94
The yogic battle_____	95
All techniques are direct transmission _____	97
Spirit of Yoga_____	98
Joy, life force and emotions _____	99
Sensations_____	102
<b>Part 8 – MP3 audios – Listen to your e-book live _____</b>	<b>103</b>
How to connect with Babaji – MP3 - 36 min _____	105
Babaji’s circle of power – MP3 – 30 min _____	105
Babaji’s circle of freedom – MP3 – 20 min _____	105
Who is Mataji – MP3 – 5 min_____	105
Mataji’s circle of joy – MP3 – 11 min _____	105
Babaji’s invisible ashram – MP3 – 5 min_____	105
What is yoga? – MP3 – 12 min _____	106
<b>Part 9 – MP3 audios – Power kicks! _____</b>	<b>107</b>
New <Spiritual Power> MP3 audios! – Important! _____	108
Enjoy! _____	108
Wake up your universal identity – MP3 - 16 min _____	109
Life mastery – MP3 - 12 min_____	109
New channels of life force – MP3 - 13 min _____	109
Be frictionless – MP3 - 13 min _____	109
Be superconductive to life – MP3 - 8 min _____	109
Trust your instincts – MP3 - 7 min _____	109

Where is the planet going? – MP3 - 18 min _____	109
Your long term evolution – MP3 - 9 min _____	109
Sponsoring forces – MP3 - 11 min _____	110
Spiritual awakening – MP3 - 15 min _____	110
Total freedom – MP3 - 8 min _____	110
Wake up your spiritual power – MP3 - 8 min _____	110
Intellectual traps – MP3 - 14 min _____	110
Intuitive faculties – MP3 - 13 min _____	110
What to do with your thoughts – MP3 - 11 min _____	110
How to succeed with meditation – MP3 – 10 min _____	110
Be wise – MP3 - 7 min _____	111
Free your mind – MP3 - 9 min _____	111
Mantric power - MP3 - 18 min _____	111
Why calligraphies work - MP3 - 12 min _____	111
How to avoid the fanaticism trap - MP3 - 11 min _____	111
Why keep the calligraphies you write - MP3 - 13 min _____	111
Can you develop new techniques - MP3 - 24 min _____	111
Respect - MP3 - 15 min _____	111
<b>Ask a question _____</b>	<b>113</b>
<b>Send me your feed back _____</b>	<b>114</b>
<b>Conclusion _____</b>	<b>115</b>

## < Who is Babaji? – News/ Blog >

This is the place where I post now the latest articles, techniques and ideas on Babaji, Yoga and spiritual development.

Check it out:



<http://vitalcoaching.com/blogs/ba1/whoisbabaji.html>

## New < Spiritual Power > MP3 audios!



[http://vitalcoaching.com/spirit/spiritual\\_power\\_audio.htm](http://vitalcoaching.com/spirit/spiritual_power_audio.htm)

**Free access!**

The link above is the place to go now to listen to your "Spiritual Power" MP3 audios.

Go directly online to check on all new MP3 audios available for **free** and **instant access!**

Because of the amount of audios being created regularly, the audio content in this e-book can no longer be updated (Sorry, it's just too much ☺).

Check this link now:

[http://vitalcoaching.com/spirit/spiritual\\_power\\_audio.htm](http://vitalcoaching.com/spirit/spiritual_power_audio.htm)

And remember to visit it again as soon as you need a spiritual power kick!

Enjoy!

# Intro

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

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

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

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

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

They are never exclusive or unique.

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

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

Vitalcoach

# Part 1 – How to connect with Babaji

This part 1 of your e-book is as well available in audio MP3 format.

If you would like to listen to it, simply click on the link below (35 min):

[http://vitalcoaching.com/files/ba1/how\\_to\\_connect\\_with\\_babaji\\_all.mp3](http://vitalcoaching.com/files/ba1/how_to_connect_with_babaji_all.mp3)

For more info on MP3, audio files, media players or MP3 players, check the following link:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

## Various mind states

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

The wakeful state is the most common.

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

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

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

## **What is meditation?**

Meditation is an activity and mind state.

What happens in the meditative state?

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

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

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

You connect with some form of unified consciousness.

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

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

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

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

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

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

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

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

So, meditation is something which happens naturally.

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

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

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

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

Is this meditation? Well, not exactly.

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

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

Meditation goes deeper than.

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

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

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

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

What is this invisible reality?

It is the world of the mind.

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

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

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

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

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

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

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

This is what you do when you start meditating:

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

It is truly like exploring a new land.

What is this new land?

It is deeper layers of the unified mind.

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

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

You reproduce as well many patterns through mimetism.

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

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

Basically, you "tune" into a new mind.

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

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

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

Your mantra or technique is your guiding force.

It is a key.

It is a "consciousness address".

This technique gives you a path.

## **Meditating without a technique**

Meditating without technique is still a technique in itself.

Suppose you decide to sit down and do nothing.

This doing nothing is still some form of direction.

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

There is always a source of inspiration behind your actions.

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

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

This idea seems to come out of nowhere.

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

This is a nice romantic vision.

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

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

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

How does a branch grow?

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

Intelligence incarnates into matter in an organic way.

You are incarnated in a body.

Your ideas and thoughts simply grow in an organic way.

Sometimes though, you can direct the development of nature.

You can stimulate certain species.

You can wake up new seeds.

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

This is what you do with meditation.

## How to empower your spiritual growth

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

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

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

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

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

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

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

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

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

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

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

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

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

You connect as well with your long term destiny line.

Your mind is a very subtle architecture of energy lines.

Thoughts and emotions are life channels in your mind.

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

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

## Connecting with the universal mind

You have two identities in you:

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

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

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

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

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

Call it a form of telepathic universal touch.

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

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

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

This sense of union or bliss is a connection.

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

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

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

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

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

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

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

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

Still, you are surrounded by radio waves.

Can you see them?

No.

Do you hear anything?

Not either.

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

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

Meditation works in the same way.

You were born with meditative abilities.

Everyone has them.

Your meditation skills can be something you never used.

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

You wake up your meditation skills by using them.

When you meditate, you wake up your universal identity.

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

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

Your mind is a territory.

Your individual identity defines this territory.

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

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

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

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

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

This is your personal identity.

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

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

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

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

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

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

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

It might be your first step on your spiritual growth.

## Connecting with Babaji's mind

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

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

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

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

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

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

That's his energy reality.

This is why you use a certain formula.

It is not just any word.

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

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

Can you see how it works?

Meditation has a high level of magic in it.

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

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

Your being is infinite.

You are limitless.

This connection wakes up this sense of limitlessness.

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

You own your "mind meditation dish".

You decide what to do with it.

## **What is the challenge?**

The challenge is very simple:

There are millions of wave lengths to choose from.

There are millions of directions in which you can tune.

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

You are bombarded by millions of impressions daily.

Your mind picks up emotions, feelings and thoughts endlessly.

Most of these perceptions, you are not aware of.

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

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

These are the underlying dynamics of your mind:

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

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

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

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

No need to panic!

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

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

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

These are your core values and beliefs.

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

Your mind is not in a virgin state.

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

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

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

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

This transformation process takes energy and focus.

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

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

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

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

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

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

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

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

Trust is a powerful component of your meditation.

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

What you discover is real!

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

This is the very core of your meditative exploration.

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

Your mind and the mind of Babaji.

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

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

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

This is what this technique does for you.

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

This opening of your arms is an invitation.

It is a sign of love, openness and trust.

Remember: Trust!

This is in the core of your meditation.

## Love and power

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

This is the opening of your sense of universal love.

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

Your sense of ego won't disappear.

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

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

When you meditate today, the situation is different.

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

The cycle of your daily life is very active.

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

For this, you need extra power.

You want to maintain your body and maintain your ego.

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

What does shift is the way you perceive all that.

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

Suppose you are a woman and you fall in love.

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

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

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

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

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

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

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

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

Can you see how it works?

You can enjoy the full dimension of your existence.

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

You are free of course.

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

All doors are open.

You decide where you want to go.

You are the master of your life.

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

Your mind space contains your new channels of life force.

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

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

Life force is precious.

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

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

No one but you is in control of your existence.

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

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

## Initiations

Initiations can happen in many ways and many forms.

Sometimes, you get a sudden revelation or deep understanding.

You feel like your mind did just break through.

You feel an openness and relief.

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

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

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

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

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

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

Energy streams are alive beyond people and boundaries.

They follow their own path of expansion.

No one has all the answers.

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

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

Some steps are big. Some are small.

Each one of these steps has its own value.

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

It is the waking up of a new life force.

## How to connect with Babaji

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

Here it is:

---

अनुरक्ति बाबाजि

Anurakti Babaji

-

Love Babaji

---

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

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

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

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

You can reinvent the way you use it.

Here are a couple of ideas to get you started:

### ***As Calligraphy***

You can use this mantra in its calligraphic form.

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

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

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

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

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

### ***As Meditation***

You can focus on this mantra inwardly.

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

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

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

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

### ***As singing***

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

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

## ***Initiation***

This is an initiation.

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

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

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

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

You can use it any time you need.

## ***Powerful***

This technique is very powerful.

I know it looks very simple.

It is a key though.

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

## ***Contact me***

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

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

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

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

## **Part 2 - Babaji's circle of power**

This part 2 of your e-book is as well available in audio MP3 format.

If you would like to listen to it, simply click on the link below:

[http://vitalcoaching.com/files/ba1/babaji\\_circle\\_of\\_power.mp3](http://vitalcoaching.com/files/ba1/babaji_circle_of_power.mp3)

For more info on MP3, audio files, media players or MP3 players, check the following link:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

## **What is power?**

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

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

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

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

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

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

## Control

The idea is to gain back control over your life.

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

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

Can you see how it works?

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

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

## **Protect your mind space**

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

You want harmony, right?

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

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

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

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

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

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

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

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

This is the real question.

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

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

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

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

## **What is abuse of power?**

This is really the core question.

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

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

What is okay today might not be okay tomorrow.

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

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

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

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

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

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

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

This is how it works.

## Being a challenger

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

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

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

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

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

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

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

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

Tests!

Experiments!

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

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

Sometimes you are a challenger simply out of instinctual need.

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

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

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

Life can be seen as a training ground.

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

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

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

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

## Free your power

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

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

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

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

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

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

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

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

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

Life force is precious.

Life force is power.

It is pure fuel.

It is pure energy.

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

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

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

It is your call and your decision, always.

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

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

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

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

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

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

Dare to fight.

Dare to express your full power.

Dare to express your conquering power to reach your goals.

God beyond the limits of "sweet and gentle".

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

Aim for your target and do reach your goals.

Trust your instincts with that.

Ask yourself these simple questions:

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

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

Your instincts have many keys as well.

Dare to listen and trust yourself.

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

Life force needs clear channels to flow.

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

## **Your mind is your greatest asset**

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

This is very good.

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

Now, imagine your mind.

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

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

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

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

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

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

No need to reject these challenges.

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

Your destiny line is a life line.

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

## Where does your power come from?

Power comes from various sources:

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

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

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

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

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

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

Unlock!

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

Emotional freedom is your right!

It was given to you at birth.

Your mind and your life are your territories.

They were given to you!

You own them.

## **Sponsoring energies**

Sponsoring can take many forms.

Sometimes it is about money.

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

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

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

These sources of support give you power and energy.

You establish a connection and feel empowered.

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

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

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

You establish a connection.

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

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

You can call it the Siddhas.

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

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

In other terms you become part of a reality.

This is not exclusive.

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

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

Life force is precious.

Give yourself the tools to protect what is yours.

## Solving tensions

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

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

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

You can't cheat with that.

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

What is the key force in this?

Respect!

Everyone is free!

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

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

Tensions rise because of conflicting power.

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

A posture is an attitude.

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

The goal is win-win always!

The goal is synergy!

With greater power comes greater responsibility.

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

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

The greater good is always in your mind.

This is not about focusing on selfish goals.

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

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

Human sacrifice is a thing from the past.

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

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

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

Stand in way which hurts no one.

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

This is the secret of successful living.

## **If your life is under attack**

Defend yourself!

This is the true positive use of your inner power.

Your mind and your life are your territory.

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

Your thoughts, your emotions are yours.

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

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

Why? Because a battle needs to be fought.

This battle is very symbolical.

It is described in the "Bhagavad Gita".

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

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

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

Owning your life is your basic human right.

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

Freedom of thought.

Freedom of action.

Freedom of emotion.

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

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

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

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

The goal is not to challenge or hurt anyone.

The goal is to recover full ownership of your life.

**Here is the mantra**

अधिकरण्य बाबाजि

**Adhikaranya Babaji**

Adhikaranya means power, authority, control.

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

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

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

It puts you back in the control seat.

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

## **Part 3 - Babaji's circle of freedom**

This part 3 of your e-book is as well available in audio MP3 format.

If you would like to listen to it, simply click on the link below:

[http://vitalcoaching.com/files/ba1/babaji\\_circle\\_of\\_freedom.mp3](http://vitalcoaching.com/files/ba1/babaji_circle_of_freedom.mp3)

For more info on MP3, audio files, media players or MP3 players, check the following link:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

## **What is freedom?**

Freedom is a key quality in your life.

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

Your mind contains two sets of forces in it.

The first set of forces are protective and preserving.

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

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

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

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

These forces are what gives space for life to evolve.

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

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

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

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

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

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

## Renewal cycle

This is your renewal cycle.

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

It is the process of dying and being reborn.

It is the cycle of day and night.

It is the cycle of change and evolution.

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

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

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

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

All these are positive stabilizing elements in your existence.

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

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

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

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

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

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

Fancy a brain wash?

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

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

Now, sometimes, this moving on takes too long.

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

Is this good?

Probably not.

See your life force as energy.

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

You become more unhappy and tense.

It does not need to be that way.

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

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

Renewal power is part of you.

Sometimes, you simply forget to express this natural resource.

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

How do you reawake this muscle?

You train it!

You use it.

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

It is your renewal power building technique.

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

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

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

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

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

## **Emotional freedom**

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

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

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

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

What you need to stay emotionally free is extra power.

You can see your mind as a territory.

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

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

What you need in such situation is extra power.

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

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

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

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

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

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

You are in charge of your mind.

You are in charge of your life.

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

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

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

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

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

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

If you have needle stacked 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:

दरिम्न बाबाजि

**Dariman – Babaji**

**Renewal - Babaji**

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

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

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

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

## How to use this technique

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

You can as well use the calligraphy.

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

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

Pretend you have an enemy in front of 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 or need.

As you can see, this technique 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 the totality of this energy reality in your being.

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

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

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

Enjoy!

## **Take action!**

I will say this again because it is important.

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

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

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

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

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

Always combine the technique with effective action.

## Part 4 – Who is Mataji?

This part 4 of your e-book is as well available in audio MP3 format.

If you would like to listen to it, simply click on the link below:

[http://vitalcoaching.com/files/ba1/who\\_is\\_mataji.mp3](http://vitalcoaching.com/files/ba1/who_is_mataji.mp3)

For more info on MP3, audio files, media players or MP3 players, check the following link:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

### Who is Mataji?

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

Mataji is Babaji's Shakti.

She is the reflection of Babaji's teaching.

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

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

## **What she does**

She frees life power.

She stimulates the flow of life force in your being.

## What is Shakti?

Shakti is life force.

Mataji is the expression of life force.

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

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

Life force wants to stream. It wants to flow.

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

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

This is what Mataji helps you with.

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

She removes obstacles and frees your being.

Shakti can be seen as a virgin state of purity.

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

This virgin state is not fragile.

It is powerful!

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

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

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

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

This Shakti force frees your mind and refreshes it.

You can call it renewal power!

## **Stepping beyond your natural limits**

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

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

The challenge stops.

Life flow stops.

Not totally of course...

But the renewal power stops being expressed in your being.

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

This is what Mataji helps you with.

She reawakens the stream of renewal in your life.

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

Your future needs fresh space.

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

## **Love**

Love is the core of her being.

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

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

Her force unites.

## How to connect with her

If you want to invite Mataji in your life, you can use her name.

Here it is:

माताजि

**Mataji**

You can repeat this mantra internally, sing her name, write down this calligraphy and keep it with you.

## **Part 5 - Mataji's circle of joy**

This part 5 of your e-book is as well available in audio MP3 format.

If you would like to listen to it, simply click on the link below:

[http://vitalcoaching.com/files/ba1/mataji\\_circle\\_of\\_joy.mp3](http://vitalcoaching.com/files/ba1/mataji_circle_of_joy.mp3)

For more info on MP3, audio files, media players or MP3 players, check the following link:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

## What is this circle?

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

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

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

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

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

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

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

The first step is to dare.

It is as simple as that.

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

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

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

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

Don't refrain. Let it flow.

Trust your instinct. You are on the right path.

## **Sound is clearing**

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

It is harmonizing, empowering and purifying.

It creates space in you.

It is like watering your inner being.

The actual sound vibration does impact on your physical body.

Your voice is your first musical instrument.

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

## **Singing**

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

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

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

This is something you can express any time, anywhere.

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

Singing invokes the flow of life power in your being.

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

It is a magical connection you establish with her mind.

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

## **You are good at it**

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

When you breathe you inhale fresh air.

It works no matter what.

You don't have to think before your breathe.

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

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

The "esthetics" of singing come after.

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

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

Go with your natural flow.

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

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

Let it flow!

## **What to sing**

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

Sound turns into distinct letters and vowels.

Letters and vowels become words.

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

Impressions, ideas, emotions, messages become mind sets.

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

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

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

Calling her name is asking for her inspiration.

## **Intuitive**

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

It is the awakening of the life force in you.

It is a breath of freshness and inner beauty.

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

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

You feel this force waking up in you.

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

Everything becomes refined and alive around you.

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

## **Beauty and refinement**

Your singing is an expression of beauty.

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

You give a refined shape to your breath.

This is what singing is.

## **Feasts, celebrations and festivals**

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

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

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

It wakes up the feast in you.

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

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

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

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

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

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

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

## **Dance, music and artistic expression**

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

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

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

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

Music and dance are everywhere.

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

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

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

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

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

Any time.

Anywhere.

## **Mataji's circle of joy**

# अनुरक्ति माताजि

**Anurakti Mataji**

**Love Mataji**

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

## **Part 6 - Babaji's invisible ashram**

This part 6 of your e-book is as well available in audio MP3 format.

If you would like to listen to it, simply click on the link below:

[http://vitalcoaching.com/files/ba1/babaji\\_invisible\\_ashram.mp3](http://vitalcoaching.com/files/ba1/babaji_invisible_ashram.mp3)

For more info on MP3, audio files, media players or MP3 players, check the following link:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

## **What is an ashram?**

An ashram is a sacred place.

It is a master's home.

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

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

Your home is your personal environment, right?

Your home is the place your live in.

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

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

Entering Babaji's ashram is like entering a temple.

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

What is this ashram?

Where is it located?

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

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

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

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

## **Sirajala – The invisible network**

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

All connections are free and intuitive.

You stay the center of your life.

The core of this connection is You - Babaji.

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

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

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

You reinvent your life every single minute.

You rediscover your inner freedom as you live.

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

You reawaken daily your connection with your universal identity.

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

You are free every single second of your life.

**Here is Babaji's ashram name**

गौरि षन्कर  
पीतम् अश्रम

**Gauri Shankar**

**Pitam Ashrama**

**Brilliant Joyous**

**Energy spot Ashram**

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

This is Babaji's home address.

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

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

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

## Part 7 - What is yoga?

This part 7 of your e-book is as well available in audio MP3 format.

If you would like to listen to it, simply click on the link below:

[http://vitalcoaching.com/files/ba1/what\\_is\\_yoga.mp3](http://vitalcoaching.com/files/ba1/what_is_yoga.mp3)

For more info on MP3, audio files, media players or MP3 players, check the following link:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

## **What is yoga?**

Yoga means union.

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

## **How to achieve a state of yoga?**

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

Your mind and body are a vehicle.

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

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

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

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

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

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

You are a mirror of perfection.

You are perfection.

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

## **Where to start?**

You can start here and now.

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

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

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

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

Yoga is a natural path

It is not a constriction or suppression of your being.

Yoga is freedom!

It is total freedom!

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

You want to open space.

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

## **The yogic battle**

This battle is the conquest of your freedom.

This is what happens symbolically in the "Bhagavad Gita"

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

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

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

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

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

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

What is your being?

Body – Mind – Spirit

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

## **Wake up your life power**

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

It is the essence which flows in you.

Life power is precious.

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

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

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

Life force is like water.

It is the flow of incarnation into matter.

Where there is space and clarity, it naturally flows.

Now, the mind and the body are refined architectures.

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

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

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

## **All techniques are direct transmission**

Yoga is an ancient tradition.

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

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

It is the spirit which sponsors you.

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

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

There is no limit to it.

The yogic development line is tuned into the future.

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

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

Yoga is a whole.

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

You embody the spirit of yoga.

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

Techniques are your connecting channels.

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

## **Spirit of Yoga**

The spirit of yoga is universal.

It is not a culture or organization.

It is not limited to a location on the planet.

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

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

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

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

There is no suppression or constriction.

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

## **Joy, life force and emotions**

This is your state of mind.

The waves created in your being are emotions.

These are your unique expression of the yogic spirit.

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

## **Empower your Joy**

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

You are a gate of consciousness.

You are a stream of life force into creation.

You are master of your being.

You are master of your life.

Dare to fight and defend who you are.

## What are your tools?

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

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

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

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

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

Your first tools are your body and mind.

These are your vehicles.

In your mind, you have thoughts and emotions.

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

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

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

An action is anything you do, think or feel.

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

You synchronize your actions with a vaster reality.

## **Sensations**

Sensations are the surface waves of your mind.

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

Life force can take many forms.

Anything which impacts on your being generates a sensation.

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

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

Your interaction with your environment generates sensations.

Sensations are hints.

They tell you how you are doing.

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

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

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

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

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

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

Listen and learn from them.

## Part 8 – MP3 audios – Listen to your e-book live

In the coming pages, you can access parts of your e-book in live audio MP3 format.

These are simple audio versions of your e-book.

- **To listen**, simply click on the corresponding link. Your media player should start automatically.
- **To download and save** your MP3 file on your computer, click on the link, wait for your Media player (Windows Media player, Itunes, Real Player, etc) to open up. Then go to: > file > save and select the location you want to save your file to.

You are welcome to download these files and upload them on your MP3 player (Ipod or other). That way, you can take this MP3 audio files with you and listen to them in your own time.

If you face any technical challenge when trying to listen to these MP3 files, visit this link for more info:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

Or ask your question on the support page:

<http://www.vitalcoaching.com/allareas/support.htm>

### ***MP3 Players - Special tip***

If you don't have one, get yourself a MP3 player. You can get one for as little as \$30. Check your local tech shop or follow this link:

<http://www.MP3.com>

Once you have it, simply download the talks you are interested in to your MP3 player and listen to them in your own time. This is a great way to immerse yourself in these ideas.

You will be free to listen to these audio talks when you are in nature, driving somewhere, in a flight or before going to sleep.

It is a powerful way to maximize the benefits you get from this e-book!

Enjoy!

## **How to connect with Babaji – MP3 - 36 min**

[http://vitalcoaching.com/files/ba1/how\\_to\\_connect\\_with\\_babaji\\_all.mp3](http://vitalcoaching.com/files/ba1/how_to_connect_with_babaji_all.mp3)

## **Babaji's circle of power – MP3 – 30 min**

[http://vitalcoaching.com/files/ba1/babaji\\_circle\\_of\\_power.mp3](http://vitalcoaching.com/files/ba1/babaji_circle_of_power.mp3)

## **Babaji's circle of freedom – MP3 – 20 min**

[http://vitalcoaching.com/files/ba1/babaji\\_circle\\_of\\_freedom.mp3](http://vitalcoaching.com/files/ba1/babaji_circle_of_freedom.mp3)

## **Who is Mataji – MP3 – 5 min**

[http://vitalcoaching.com/files/ba1/who\\_is\\_mataji.mp3](http://vitalcoaching.com/files/ba1/who_is_mataji.mp3)

## **Mataji's circle of joy – MP3 – 11 min**

[http://vitalcoaching.com/files/ba1/mataji\\_circle\\_of\\_joy.mp3](http://vitalcoaching.com/files/ba1/mataji_circle_of_joy.mp3)

## **Babaji's invisible ashram – MP3 – 5 min**

[http://vitalcoaching.com/files/ba1/babaji\\_invisible\\_ashram.mp3](http://vitalcoaching.com/files/ba1/babaji_invisible_ashram.mp3)

## **What is yoga? – MP3 – 12 min**

[http://vitalcoaching.com/files/ba1/what\\_is\\_yoga.mp3](http://vitalcoaching.com/files/ba1/what_is_yoga.mp3)

## Part 9 – MP3 audios – Power kicks!

In the coming pages, you can access extra live MP3 audio content. These audio advices or power kicks are targeted MP3 audio clips which answer key spiritual power challenges.

- **To listen**, simply click on the corresponding link. Your media player should start automatically. You must be logged onto the net for it to work.
- **To download and save** your MP3 file on your computer, click on the link, wait for your Media player (Windows Media player, Itunes, Real Player, etc) to open up. Then go to: > file > save and select the location you want to save your file to.

You are welcome to download these files and upload them on your MP3 player (Ipod or other). That way, you can take this advice with you and listen to it in your own time.

If you face any technical challenge when trying to listen to these MP3 files, visit this link for more info:

[http://www.vitalcoaching.com/audio/about\\_audio.htm](http://www.vitalcoaching.com/audio/about_audio.htm)

Or ask your question on the support page:

<http://www.vitalcoaching.com/allareas/support.htm>

## New < Spiritual Power > MP3 audios! – Important!



[http://vitalcoaching.com/spirit/spiritual\\_power\\_audio.htm](http://vitalcoaching.com/spirit/spiritual_power_audio.htm)

**Free access!**

The link above is the place to go now to listen to your “Spiritual Power” MP3 audios.

Go directly online to check on all new MP3 audios available for **free** and **instant access!**

Because of the amount of audios being created regularly, the audio content in this e-book can no longer be updated (Sorry, it’s just too much 😊).

Check this link now:

[http://vitalcoaching.com/spirit/spiritual\\_power\\_audio.htm](http://vitalcoaching.com/spirit/spiritual_power_audio.htm)

And remember to visit it again as soon as you need a spiritual power kick!

Enjoy!

## **Wake up your universal identity – MP3 - 16 min**

[http://vitalcoaching.com/files/s2/wake\\_up\\_your\\_universal\\_identity.mp3](http://vitalcoaching.com/files/s2/wake_up_your_universal_identity.mp3)

## **Life mastery – MP3 - 12 min**

[http://vitalcoaching.com/files/s2/life\\_mastery.mp3](http://vitalcoaching.com/files/s2/life_mastery.mp3)

## **New channels of life force – MP3 - 13 min**

[http://vitalcoaching.com/files/s2/new\\_channels\\_of\\_life\\_force.mp3](http://vitalcoaching.com/files/s2/new_channels_of_life_force.mp3)

## **Be frictionless – MP3 - 13 min**

[http://vitalcoaching.com/files/s2/be\\_frictionless.mp3](http://vitalcoaching.com/files/s2/be_frictionless.mp3)

## **Be superconductive to life – MP3 - 8 min**

[http://vitalcoaching.com/files/s2/be\\_superconductive\\_to\\_life.mp3](http://vitalcoaching.com/files/s2/be_superconductive_to_life.mp3)

## **Trust your instincts – MP3 - 7 min**

[http://vitalcoaching.com/files/s2/trust\\_your\\_instincts.mp3](http://vitalcoaching.com/files/s2/trust_your_instincts.mp3)

## **Where is the planet going? – MP3 - 18 min**

[http://vitalcoaching.com/files/s2/where\\_is\\_the\\_planet\\_going.mp3](http://vitalcoaching.com/files/s2/where_is_the_planet_going.mp3)

## **Your long term evolution – MP3 - 9 min**

[http://vitalcoaching.com/files/s2/your\\_long\\_term\\_evolution.mp3](http://vitalcoaching.com/files/s2/your_long_term_evolution.mp3)

## **Sponsoring forces – MP3 - 11 min**

[http://vitalcoaching.com/files/s2/sponsoring\\_forces.mp3](http://vitalcoaching.com/files/s2/sponsoring_forces.mp3)

## **Spiritual awakening – MP3 - 15 min**

[http://vitalcoaching.com/files/s2/spiritual\\_awakening.mp3](http://vitalcoaching.com/files/s2/spiritual_awakening.mp3)

## **Total freedom – MP3 - 8 min**

[http://vitalcoaching.com/files/s2/total\\_freedom.mp3](http://vitalcoaching.com/files/s2/total_freedom.mp3)

## **Wake up your spiritual power – MP3 - 8 min**

[http://vitalcoaching.com/files/s2/wake\\_up\\_your\\_spiritual\\_power.mp3](http://vitalcoaching.com/files/s2/wake_up_your_spiritual_power.mp3)

## **Intellectual traps – MP3 - 14 min**

[http://vitalcoaching.com/files/s2/intellectual\\_traps.mp3](http://vitalcoaching.com/files/s2/intellectual_traps.mp3)

## **Intuitive faculties – MP3 - 13 min**

[http://vitalcoaching.com/files/s2/intuitive\\_faculties.mp3](http://vitalcoaching.com/files/s2/intuitive_faculties.mp3)

## **What to do with your thoughts – MP3 - 11 min**

[http://vitalcoaching.com/files/s2/what\\_to\\_do\\_with\\_your\\_thoughts.mp3](http://vitalcoaching.com/files/s2/what_to_do_with_your_thoughts.mp3)

## **How to succeed with meditation – MP3 – 10 min**

[http://vitalcoaching.com/files/s2/how\\_to\\_succeed\\_with\\_meditation.mp3](http://vitalcoaching.com/files/s2/how_to_succeed_with_meditation.mp3)

## **Be wise – MP3 - 7 min**

[http://vitalcoaching.com/files/s2/be\\_wise.mp3](http://vitalcoaching.com/files/s2/be_wise.mp3)

## **Free your mind – MP3 - 9 min**

[http://vitalcoaching.com/files/s2/free\\_your\\_mind.mp3](http://vitalcoaching.com/files/s2/free_your_mind.mp3)

## **Mantric power - MP3 - 18 min**

[http://vitalcoaching.com/files/s2/mantric\\_power.mp3](http://vitalcoaching.com/files/s2/mantric_power.mp3)

## **Why calligraphies work - MP3 - 12 min**

[http://vitalcoaching.com/files/s2/why\\_calligraphies\\_work.mp3](http://vitalcoaching.com/files/s2/why_calligraphies_work.mp3)

## **How to avoid the fanaticism trap - MP3 - 11 min**

[http://vitalcoaching.com/files/s2/how\\_to\\_avoid\\_the\\_fanaticism\\_trap.mp3](http://vitalcoaching.com/files/s2/how_to_avoid_the_fanaticism_trap.mp3)

## **Why keep the calligraphies you write - MP3 - 13 min**

[http://vitalcoaching.com/files/s2/why\\_keep\\_the\\_calligraphies\\_you\\_write.mp3](http://vitalcoaching.com/files/s2/why_keep_the_calligraphies_you_write.mp3)

## **Can you develop new techniques - MP3 - 24 min**

[http://vitalcoaching.com/files/s2/can\\_you\\_develop\\_new\\_techniques.mp3](http://vitalcoaching.com/files/s2/can_you_develop_new_techniques.mp3)

## **Respect - MP3 - 15 min**

<http://vitalcoaching.com/files/s2/respect.mp3>



## Ask a question

If after reading this e-book, you have an unanswered question, I'll be happy to look at it.

You can send your questions to [francisco@vitalcoaching.com](mailto:francisco@vitalcoaching.com)

I will do my best to get back to you with a clear answer.

As I get many requests, make sure you keep it short - 10 lines max.

Thank you!

## Send me your feedback

I hope that you enjoyed your experience with this e-book.

If you think of anything which could make your experience even better, please, do share your ideas!

I will not only listen to what you say and make appropriate changes when suitable, I will as well send you an updated version of this product.

Send your feedback to [francisco@vitalcoaching.com](mailto:francisco@vitalcoaching.com)

Don't forget to mention what e-book you are talking about and feel free to be as specific as possible.

Thank you!

# 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

vitalcoach