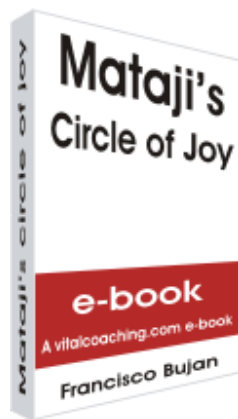


Mataji's Circle of Joy



Francisco Bujan

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Intro

The goal of this e-book is to introduce you to Mataji and show you how to connect with an infinite source of joy in yourself.

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

Good luck and stay in touch

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What is this circle?

Babaji's invisible ashram is 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 basically 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 comes 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 e-book. 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.

Conclusion

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

Send me an email francisco@vitalcoaching.com or visit the website www.vitalcoaching.com.

Good luck and stay in touch

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