

Babaji Nagaraj

What Is Yoga?



Francisco Bujan

www.vitalcoaching.com

www.vitalcoaching.com

Contents

Get the complete “Babaji Nagaraj” book _____	4
How to connect with Babaji Nagaraj – Online _____	5
What is yoga? _____	6
How to achieve a state of yoga? _____	7
Where to start? _____	8
The yogic battle _____	9
Wake up your life power _____	10
All techniques are direct transmission _____	11
Spirit of Yoga _____	12
Joy, life force and emotions _____	13
Empower your Joy _____	14
What are your tools? _____	15
Sensations _____	16
How to wake up your universal identity _____	17
Why you need extra power _____	19
What does it mean to harmonize your being? _____	20
Do you need a spiritual system? _____	21
What is the force sustaining a spiritual system? _____	23
How to manifest a state of yoga _____	25
I try to meditate for an hour every day but can't keep up _____	30
Use this inspiration to transform your life _____	32
Make your house your ashram _____	33
Invisible network - Inner system of connected energies _____	34
Perfection is right now! _____	35
What about desires and unbalance? _____	36
Jnana Yoga _____	38
Free your mind! - Practice Jnana! _____	40
Bhakti writing! - Bhakti singing! _____	42
Yogic prayer? _____	45

If it does not exist, create it! _____	46
Kundalini and freedom! _____	47
Tame your kundalini! _____	49
What is your kundalini energy? _____	51
What are the benefits of waking up your kundalini energy? _____	53
Can you consciously increase your kundalini energy? _____	54
What are the techniques to wake up your kundalini? _____	55
What challenges can you face when waking up your kundalini? _____	56
What does it take to integrate a new technique? _____	58
Tune into the future rather than into the past _____	59
Your home is the planet! _____	60
Your family is Humankind! _____	61
If millions of people were doing what you do _____	62
Raja Yoga _____	63
What is yoga nidra? _____	65
A simple yoga nidra technique _____	66
Dare to be a creator! _____	67
Why it is essential to harmonize your mind _____	68
Nothing spectacular might happen _____	69
The technique might naturally "dissolve itself" _____	70
Remember that a technique is only a key, it is not the goal _____	71
When is the right time to start teaching? _____	72
Claiming back your freedom! _____	74
Active kindness _____	75
Life is already perfect! _____	76
Complete system of spiritual development _____	78
Yoga is not unique! _____	79
Freshness! Freedom! _____	80
Conclusion _____	83

Get the complete “Babaji Nagaraj” book

This book is only a fraction of the complete “How to connect with Babaji Nagaraj” book.

Check this link to get the complete book:

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



www.vitalcoaching.com

How to connect with Babaji Nagaraj – Online

Check this link:

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



www.vitalcoaching.com

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 need 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.

How to wake up your universal identity

How to wake up your universal identity

It's pretty simple actually!

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

Anything that unites you strengthens your universal identity.

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

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

These are compassionate directions.

Compassion means suffering with

con=with

passion=patir (in ancient greek) =suffering

Now, it doesn't have to be suffering.

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

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

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

Try it out!

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

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

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

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

It is literally like mathematics or chemistry.

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

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

We'll cover that one in another chapter.

Why you need extra power

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

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

Imagine a stream of energy flowing through your being.

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

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

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

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

Now, what is their emotional response?

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

You want to own it, right?

You want to control it.

This is why just working with love is not enough.

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

It just happens.

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

What does it mean to harmonize your being?

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

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

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

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

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

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

You need to solve what is unsolved.

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

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

Do you need a spiritual system?

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

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

In-spiration = Taking the spirit in.

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

This force sponsoring your actions might appear vague and formless.

It is still intelligent and structured in its own way.

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

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

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

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

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

A force is always present sponsoring your actions.

You function within a system.

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

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

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

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

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

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

Good news, right? :)

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

What is the force sustaining a spiritual system?

What is the force sustaining a cloud of birds?

We tend to think of intelligences as human like forms.

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

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

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

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

Our thinking system is limited!

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

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

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

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

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

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

Think of a simple concept like synchronicity.

Our usual rational models don't explain it.

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

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

You can call it an angelic intelligence.

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

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

There are intelligences at play which are not human like!

That's the first key point to realize.

These intelligences are watching over you right now.

How to manifest a state of yoga

Yoga means unity.

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

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

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

You experienced it in many ways.

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

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

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

How to manifest a state of yoga?

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

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

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

Yoga is an invisible system.

No one fully owns it.

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

How does Babaji help you with this?

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

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

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

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

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

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

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

Now, these questions usually stay unanswered.

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

They have to do with your own spiritual development.

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

This is as well called a guru field.

Guru means light.

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

This energy field sees through you.

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

Not at all!

You need your personality as a worldly vehicle.

You need to keep on functioning on this planet.

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

The next step is to ask for help.

It is very simple:

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

Simply express your call in one way or another:

- "I am ready"
- "Can you guide me?"
- "I need your help"

Or any other expression of your desire to connect with that energy reality.

That's it :)

It's not so much the words, it is the intention.

Realize that you are communicating with a field of intelligence which is much vaster than yourself and much vaster than a person.

Now, you probably won't see the sky opening up or a voice talking to you. Even though this could happen as well... Maybe :)

The guidance and inspiration you might receive is usually much more subtle.

Here are some examples of what can happen:

- There is no clear answer but the following day you feel inspired to do something.
- This action might look insignificant but it is one small step in the right direction.
- Or you might have a sudden realization two days later.
- Or you suddenly feel a strong stream of bliss.
- Or you feel nothing at all.
- Etc.

These are only some examples of course.

The range of experiences you can have is so diverse.

It is impossible to even attempt to describe them all.

The next step is to respond to this inspiration and actually take action.

Now, taking action can often feel like a small risk.

You don't really know what you are responding to.

It simply feels right.

To take action you need to trust yourself, trust your instinct and trust your source of inspiration.

As you can see, the whole process of manifesting a state of Yoga has its own inner dynamic.

While none of this is fixed and crystallized, you will still recognize some form of coherence behind the inspiration that touches you.

It all makes total sense once you start taking action in that direction.

Now, this "trust" dimension is essential.

Nothing happens unless you fully trust this field of energy and respond to it.

This field of energy can't inspire you unless you ask for help and guidance.

It might be just a one time question or call.

Or it might be a call you renew every day through meditation for instance.

This energy reality simply responds accordingly.

You are free!

Now, this is not exclusive.

The fact that you relate to this specific line of evolution does not mean that you have to cut contact with everything else.

It is not exclusive.

You are free!

That's it for today

Enjoy! Ok?

I try to meditate for an hour every day but can't keep up

There are two ways you can approach your spiritual training:

Through strong will power and discipline.

Through freedom!

If you force yourself into a discipline and use a lot of will power, after a while, your level of motivation might drop.

Time to shift and develop a new approach:

- Focus on fun and excitement
- Diversify your approaches
- Use shorter meditations and practices
- Ad new techniques
- Etc.

Your mind might get bored when your practice the same technique over and over again without variation.

The Zen approach works well for certain.

Some people might prefer repeating the same technique without change.

Some others might prefer a more diversified and creative approach.

Suppose you have a mantra like:

अनुरक्ति बाबाजि

Anurakti Babaji

Love Babaji

www.vitalcoaching.com

Babaji Nagaraj – What Is Yoga?

- You can focus on it for hours in internal meditation
- You can write it as calligraphy
- You can create melodies and sing it loud
- You can integrate it in a painting and create a piece of art with it
- And so much more.

All these techniques are suitable! They all work!

Just choose the one that feels the easiest for you.

You can choose the easy path!

You can as well use discipline if you want to.

The truth is that you are free!

If you have a friend you want to contact, you can call them, text them, email them, visit them or ask a friend to transmit them a message.

All these techniques work and there isn't one which is better than the other.

No matter what technique you use, Babaji hears your call.

Simple, right?

You are free!

Use this inspiration to transform your life

There are two sides to your spiritual development:

- The practices themselves
- The actions that follow

The sources of inspiration you connect with are very powerful in changing and reorienting your mind patterns for instance.

Your mind and body are two essential aspects of your personal vehicle.

Use the inspiration you receive to shift what no longer works for you.

You can do that on the physical level by for instance training your body or shifting your diet.

You can do that as well on the mind level by shifting thoughts, ideas or emotions that no longer match what you feel.

Yoga is a state of unity. When you establish it in your existence, it naturally reflects on your mind and personality and starts shifting key aspects in it.

Respond to it and do take action.

Make your house your ashram

Your ashram is where you are!

The reason why an ashram becomes a center of energy is because of a dedication.

You can transform the place you live in, in a glorious centre of shining power and energy!

All you have to do is start taking action in that direction, so that your outer reality reflects your inner state of mind.

If you start touching the space of yoga in you, let it reflect on your personal space.

Make it more than an altar in some corner of your house.

This energy is truly ready to embody itself where you are. All you have to do is give it space.

- Clean!
- Get rid of junk and clutter.
- Let go of past memories you no longer need.
- Harmonize your personal space
- Practice right where you are
- Sing
- Write mantras on the walls and on objects in your personal space
- Use sound and mantric power in your space
- Yoga postures and dance
- And more!

It can easily take a year of focus to rebuild your personal space's energy and empower it in this new way.

Invisible network - Inner system of connected energies

There are probably millions of people on this planet who feel connected with the siddhas or kriya yoga streams.

Sirajala is a name for this invisible network of connections.

सिरजल

Sirajala - Invisible network

This invisible network will never be manifested in the form of a physical organization.

Why?

Because it is free and open.

Perfection is right now!

Here is a fresh perspective to help you grasp the essence of Yoga.

This exact moment is perfect because it is in total balance with all forces in the universe.

Even disequilibrium is just another form of balance.

You can wake up one day and realize that instead of chasing the future, a distant dream or desire, you see perfection in the instant.

It's a choice.

It is a conscious state of mind you embody because you choose to, not because it is forced on you.

The decision to see this very instant as total perfection is in your hands.

It is a conscious choice you can take right now.

What about desires and unbalance?

Of course, unbalance is another form of equilibrium that pushes you forward.

Desires are emotional forces which push you forward.

They are positive forces if you decide to see them that way.

They are part of creation. They are part of your mind and emotions.

Even a state of non desire is probably the result of a desire to be in that state.

So... The whole duality can be dropped now because there is only unity.

Unbalance functions in the same way.

Unbalance forces you to shift your mind posture to connect with new qualities.

Desires are still within this field of perfection because everything you know is included in it.

Now, it does not mean that you must stay passive and not change anything.

Your will power and conquering drive are lines of power within a much vaster stream of manifestation.

Your desire and will power is one flame within a vast planetary field of manifestation.

The power that you express is never disconnected.

It is always linked with a sponsoring energy which is vaster than yourself.

This is why there is nothing to be ashamed about.

Your desires and emotions are part of the story, not some mistake from creation.

The flame that you express is one amongst millions of burning flames stimulated by the same source of inspiration.

This is why you can embrace the forces that trigger your mind rather than rejecting or trying to suppress them.

They are part of the story... Your story!

Jnana Yoga

There are so many ways to connect with Babaji!

The traditional kriya way that a few systems use is only one of them.

They often function around a few core techniques like a certain breathing technique or a specific set of yoga postures.

All these are of great value and do work.

However, they are not unique.

Suppose that you are focusing on developing new techniques to connect with Babaji.

If you are skilled at it within a few months or years you would have designed your own unique system.

It could involve anything like rituals, devotional singing, yogic postures, mudras, specific mantric formulas and so much more.

There is no limit!

It is like climbing to the top of the Everest.

The fact that a team successfully used a certain route does not mean that this is the only way to the top.

Remember that you function from a state of freedom!

Babaji will never reject your call because you did not use a specific system or sang a wrong note.

Remember that Babaji is an intelligent energy field.

It is there to free you!

Not to limit you within a fixed set of rules and behaviors.

This is probably one of the key ideas to remember.

Oups... We were talking about Jnana, right?

Jnana stands for knowledge.

This is what I am doing now.

When you sit down and write down ideas which express a certain experience, that's what you do.

It is the art to create a conceptual architecture which matches your experience of reality.

You can design your own architecture of beliefs and play with ideas and concepts.

It is fun to do and the way to start is simply to dare.

Free your mind!

That's your possible doorway into Jnana Yoga.

Free your mind! - Practice Jnana!

Imagine that you want to develop more knowledge and understanding about Yoga.

You can for instance grab a copy of the Bhagavad Gita and spend a couple of months studying and interpreting it.

That's one approach.

Another way to do it is to assume that your being is already emerged in that knowledge and all you have to is find it in you.

You take a white page and start writing what comes.

You can for instance answer simple questions for yourself like:

- What is the ultimate goal of Yoga?
- What exactly is happiness and how do I know I am expressing it?
- How can I manifest my cosmic identity day by day?
- Etc.

Start playing with words and ideas and you will be amazed by what happens next.

You will realize very fast that you already know a lot!

Writing from that place of consciousness is an exciting experience because while you write, you feel the energy streaming through your being.

It is a meditation experience in itself.

You manifest knowledge and wisdom by doing it.

Now, you don't need to publish what you write.

No one even needs to see it.

The ideas you write are a reflection of what you see internally.

You tune into an energy reality and the filter of your mind interprets it in a unique way.

It is a written portrait of a certain area of your consciousness and you discover more and more of it as you consciously explore it.

Experiment with it!

You'll be amazed with what happens when you do.

Bhakti writing! - Bhakti singing!

If writing concepts does not work for you, you can try a more poetic approach which leans your writing towards artistic expression.

When you do, you practice bhakti.

Bhakti Yoga is a path of devotion.

Usually it is expressed in the form of singing and music but there is no limit, really.

You can dance, write devotional poems or prose or even express your devotion in theatrical forms.

When you write devotionally, you usually express beauty and love through your words.

In the West, it would be called romantic devotional poetry.

How does it sound?

If you want to try, simply write down the first poetic line or word that comes to your mind.

Here is what happens when I try:

"When I close my eyes..."

And then you follow up with whatever comes next...

When I follow up, here is what comes:

"When I close my eyes, I feel the nectar of your essence permeating my being.

The sensations are first like a light tingling in my mind and turn quickly into an ecstatic feeling of joy!

The love I feel is all encompassing and embraces every single living form on this planet.

I am at peace and delighted to know you!"

Yes! It is that easy to start:

www.vitalcoaching.com

- "The light in the sky..."
- "The sensations in my heart..."
- "Wake up to the vibrant joy..."
- Etc.

This would be Bhakti writing.

You can express the same via dancing or singing for instance, right?

What does it mean to express Bhakti?

Express what you feel by creating beauty!

Now, simply dare to take a step.

You don't need to be a professional singer to be devotional.

Wrong notes and imperfections are okay, really!

Even if what you write does not really "sound" poetic or harmonious, Babaji understands your intention.

Even if you feel you don't get it totally right in the beginning, don't worry.

It is a skill you can practice and develop within a few days or weeks of practice.

It goes very fast once you try.

You don't need to publish it (even though you can if you want to :)).

This is for you and him. It is like a set of intimate letters you keep for yourself.

Remember that this is a dialogue you establish with Babaji's being.

Right now, you are not doing that for your friends or neighbours.

This is your way of expressing your profound universal identity and feeling of connection you have with him.

If you feel that you want to connect with another source of inspiration rather than Babaji's being, then simply direct your devotional aspiration to the reality you choose.

It can be Shiva, Shakti or even another Guru field if you want to.

It does not even need to be out there. You can talk to yourself, your own spirit.

It can be God, Nature, Elemental forces, whatever you decide to connect with through your unique devotional expression.

This is not about Kriya or yoga or even Babaji.

It is about you!

It is about you owning your spiritual power, your spiritual tools, your spiritual development.

As you can see, there is a vast variety of ways to connect with spiritual realities.

If it is Babaji you have in mind, Bhakti writing is one possible way!

It is very effective.

Don't be afraid to try. There is nothing to fear.

You absolutely can't get it wrong :)

You are free!

Yogic prayer?

Yes! Sometimes prayer will be more appropriate than meditation.

That's simply what you feel like doing.

Prayer can be so powerful!

You can call it active dialogue as well.

It doesn't have to be a call, request or demand.

Dialogue is free and open.

You can ask questions and feel the answers.

You are free!

If it does not exist, create it!

Sometimes, you might spend lots of time trying to fit into an existing system while you know it does not match what you feel.

Any time you step beyond a certain tradition, you take a small risk because you explore new territories.

This is what it can feel like to establish a connection with Babaji.

Kundalini and freedom!

When you wake up your universal identity, it is essential that your channels of energy stay clear.

Waking up your energy expands your being, but to stay clear you as well need to increase your inner power and the clarity of your inner channels.

Breathing techniques, singing, dancing, postures all clear up your inner channels and make sure that your life force flows harmoniously.

You want to stay in a state of inner freedom rather than having your mind and body cluttered with undigested emotions and energies.

Most of this happens naturally through conscious positive life style choices.

Every action you take has an impact.

If you sing a power word, you invoke the energy behind that word and it naturally flows through your being and impacts right where it is needed the most.

The energy you invoke is intelligent.

It naturally does what it is supposed to.

Every now and then, you give nature a little help by consciously participating in your energizing process.

You will breathe a little deeper or a little faster to stimulate the flow of life force in your body.

In my mind, life force, kundalini and energy are all synonyms.

I don't really separate these concepts.

This simplifies things.

You are in a state of freedom when life force flows freely through your being.

If you feel undigested emotions in you, these tend to stay stacked in your system until you invoke or use a power strong enough to clear them.

When your level of power is high, this means that your energy channels are strong.

In that case, negative emotions and thoughts simply stay naturally out of your system.

They are cleared before they even touch you.

The higher your level of inner power, the freer you feel.

Tame your kundalini!

Human over nature or rather human over instincts.

The goal is to master your instincts not to be enslaved by them.

This is why your spiritual power grows step by step: because you need to master the forces you wake up.

If these forces were unleashed all at once, you would not have the power to master them.

Kundalini is a reflection of your animal nature, the fire of the dragon, snake or lion.

All these are representations of the same force.

When this energy wakes up, the goal is to tame that force and direct it in a constructive way.

How do you tame your kundalini?

You give her directions like postures, moves, mantras, mind sets, etc.

The goal of any yogic practice is to structure your personal vehicle so that your being is harmonized and vibrating to its full potential.

When you practice an asana (yogic posture) that's an instruction you give to your life force.

When you sing a mantra, embrace a value or take conscious synchronized action, you are always instructing your life force and giving it form and purpose.

That's how you tame your Kundalini.

By giving her direction and positioning yourself as its master.

By the way, taming is very different than controlling...

Taming is creating this synergized partnership with a force of nature.

Imagine riding a horse.

You can tame it while stimulating its power and wilderness and without actually limiting it.

You simply give it a channel of expression.

Sometimes, you'll allow the horse to lead you as well. You might sit and trust its instinct and its power.

Partner with these forces in an effective way so that what you create is a synergized play of energies.

You can as well see yourself as surfing the waves of this energy. Waves are energy. You use that force and play with it.

With kundalini, it is the same: you partner with its power and give it direction.

What is your kundalini energy?

Your kundalini energy is your connection with nature and the planet.

Every living being on the planet is born with a reserve of life force.

It is like a root of energy linking you with the planet.

In the Indian tradition, the kundalini is represented by a snake coiled in your base chakra.

When your kundalini wakes up, it rises through your spine and energizes the various chakras met during its ascension.

The Buddha's enlightenment is symbolized by the rising of a cobra opening his crown chakra.

There are many more representations of the kundalini energy in various writings and mythologies.

The kundalini is symbolized in many ways. It can be a snake or other kind of reptile like a crocodile. A dragon can as well be seen as a representation of the Kundalini.

A knight taming a dragon is literally a symbol of him taming his own instinctual or animal nature.

In other representations, the kundalini is represented as a lion. It is visible in various Hindu temples as a Yogi taming a roaring lion.

You sometimes see a Yogi meditating on a Tiger skin. This is the same symbolism of the taming of the animal nature.

Here is how you can summarize all this:

Your being contains a source of instinctual energy.

It is the "raw" life force given to you at birth.

The process of evolution on this planet is a process of awakening and refining of the Kundalini energy.

A plant's kundalini rises until the etheric level (as well called upper physical plane).

An animal kundalini rises until the astral plane (the plane of the emotions and dreams).

A human kundalini naturally rises until the mental plane (level of thoughts and conceptual thinking).

When you consciously wake up your kundalini, you attempt to break through beyond the natural limits of the mental plane and break through the causal (upper mental plane) and the buddhic plane.

After that, you connect with the nirvanic level of existence.

This is why the rising of your kundalini is associated with an enlightenment process.

You literally take your original raw source of kundalini energy and let it rise through the chakras until it pierces through your crown.

This is what is symbolically called enlightenment.

This break through allows the descent of fresh universal energy into your being.

What are the benefits of waking up your kundalini energy?

The benefits are infinite.

The goal is to remove any obstacles which stand on the way of the rising of this force.

Taming your kundalini does not mean controlling or limiting it.

It means working with the forces of nature rather than against them.

When this inner source of energy wakes up in you, it is immensely clarifying for the mind and the body.

Your thoughts are clearer.

You reawaken your instinctual nature and this gives you more body energy and vitality.

Can you consciously increase your kundalini energy?

Yes, you can.

The process of waking up your kundalini has three key aspects to it:

- **Physical awakening**

This includes dynamical physical techniques, breathing techniques, etc. Through all this awakening, your connection with nature is vital.

- **Meditation**

Through meditation you strengthen your mind set and align the newly awakened forces with a profound plan for your evolution. Meditation is part of the taming process. When you meditate, you link your kundalini energy with a new “awakening” force.

- **Life style choices**

This includes healthy diets, day rhythm choices, harmonious sexual activity, etc.

- **Inspiration stream**

Many people have walked the path of the kundalini awakening in the past. You can reinvent your own techniques or tune into an existing tradition. This inspiration stream is an inner or outer source of guidance and support. It is an energy sponsor which sustains your steps.

What are the techniques to wake up your kundalini?

Most techniques associated with kundalini awakening involve, breathing and hatha yoga like postures.

Sexual activity can as well wake up your kundalini energy.

Within certain ancient traditions the rise of the kundalini brings you to a trance and altered state of consciousness.

Techniques usually involve as well visualization and other meditation techniques.

Singing is often used as well.

What challenges can you face when waking up your kundalini?

When you wake up your kundalini, you unleash your instinctual power.

It is like calling your animal nature to the surface and working with it consciously.

Now, imagine having a roaring lion in the core of your being and having to tame it.

This is your role.

Imagine now a wild stallion suddenly waking up.

Imagine it “fenced” by controlling forces.

The goal of your kundalini energy is to be set free.

It is to help you spiritually evolve and free you from the limitations of your own mind.

This means that the wild stallion we talk about will do anything to run free.

It will break fences and limits.

These limits are often in your mind in the form of limiting beliefs or existing mind patterns.

A thought form is an architecture of energy.

Now, this architecture can be a limiting fence for your own spiritual evolution.

The moment you wake up your kundalini, this intelligent force will naturally free you from the limitations of your own mind.

This means that a battle for freedom happens.

It is a natural and energizing process which has the power to remove whatever holds you back.

This means that with any practice, it is better to start up with small “doses” of practices and unleash this inner power progressively.

Imagine a mountain stream starting to grow and increase its power.

It will first clear the branches in the stream.

Then, it will clear trunks and even big rocks until the river bed is clear and smooth.

This is symbolically what happens with your mind.

This clarification associated with the awakening of your kundalini happens naturally.

It is good to remember though that your will power can sometimes head for targets which are too high. If you never trained and decide to suddenly run a marathon, it might put too much strain on your body at once.

Give your body and mind enough space and time to adapt to the new flow of energies.

It is good as well to avoid mixing techniques with use of drugs, alcohol or smoke.

Combining all that can create a clash of energies in your system.

If you can, stick to a healthy life style. There is no need to rigidly suppress anything if you don't want to; simply make conscious choices and think of what you want in your life long term.

What does it take to integrate a new technique?

With simple meditation techniques, it can take as little as 5 min/day for a week.

That's it!

If you want this technique to stay with you and be able to recall it any time you need it, it often takes 1 to 3 months of practice.

If you practice a technique for that time, you will feel like you own it.

That's good news and means that integrating a new spiritual tool is relatively easy.

A technique shifts patterns on an energy level

It reprograms your mind.

This is why sometimes, even a 1 minute practice can have such a powerful impact: because you connect with a source of energy and this automatically stimulates change in your mind.

A new technique is more than a practice. It is the integration of a new energy.

Think short directive techniques rather than long hours practice.

Give rhythm for your mind to stay alert and fresh!

Tune into the future rather than into the past

Put it this way: the past is already written.

The future is an infinite space of potential.

To move forward embrace the unknown!

If you spend most of your energy trying to recall the past, that's where you keep your consciousness.

It does give you some security and a sense of stability but limits you as well.

It is like trying to walk forward while looking backwards.

Ask yourself:

"What can I do to be slightly ahead to where I am right now?"

Your home is the planet!

When you stand with this core realization firmly in your mind, you jump straight into a new level of unity.

What you do is no longer about your house, property and belongings: it is about the planet.

You want to function from your universal identity?

Take action from this new core mind set:

Your home is the planet!

Your family is Humankind!

We are one race!

Humankind is a gigantic enterprise and we are all linked in one sea of consciousness.

To strengthen your universal identity, establish this idea as a key pillar.

Sectarian and elitist attitudes divide you. They make you weaker. They isolate you.

Take action from this new base:

Your family is humankind!

If millions of people were doing what you do

This is a good question to ask yourself:

"If millions of people were taking the action you are about to take now, what would be the effect on the planet and humankind?"

Ask yourself this question when making key choices in your life.

Another way to put it:

"Is this a step forward or a step backwards?"

It really gives you an ethical base from which to function and helps you with making key life choices.

Your actions are connected with a vast stream of manifestation.

Are you going with the stream or against it?

Do your actions match with a vaster human purpose?

Are your actions connected with a vaster stream of manifestation?

This is a good way to synchronize your actions and make sure that what you do matches the vaster purpose for humankind and the planet.

Raja Yoga

Raja yoga is the art of mastering your mind.

Raja means fire.

It means as well royal.

In your mind you have "mind objects" like thoughts, emotions and feelings.

Your mind is your territory and the art of Raja is the art of mastering all of that.

An emotion is simply a wave on the surface of your mind.

It is not your deep nature.

It does not belong to you.

It comes and goes.

When you focus your mind via a meditation technique, you create a harmonized stream which naturally generates a positive flow of thoughts and emotions.

It is like jumping into a river where any wave is a "positive wave".

You don't target the wave itself, you target first the river you swim in.

With some practice, this flow of yogic energy transforms your mind, clears negative thoughts and feelings and strengthens your mind channels.

This is the renewal of your mind.

It is a transformation process through which your mind becomes clear and powerful.

When you see an emotion like sadness or worry in your mind, you can either embrace it and nurture it or you can kick it out of your mind with power.

In other terms, you fight!

You defend your territory and make sure that whatever happens in your mind matches what you want.

Yes! What you want!

Your will is not an orphan disconnected will.

Your will is linked with a vast stream of manifestation.

It is a flame within a vaster fire.

Your fighting power and determination are tools you can use positively.

Your mind is your territory and it is your task to educate it so that it functions at its best.

You are in charge!

You are the designer and the architect of what happens in it.

You make choices, and select the ingredients you want to manifest.

Now, you can do all that by analyzing and choosing thought by thought and emotion by emotion or you can simply connect with a stream of energy which does all that naturally for you.

That's what you do with a raja yoga technique!

You are the master of your mind!

You are the designer!

You are the architect!

What is yoga nidra?

Yoga Nidra could be called the art of sleeping, the art of dreaming or the art of profound relaxation.

In the yogic tradition Nidra is as well referred simply as a state of alert awareness. In that case, Yoga Nidra is simply an inner state of inner peace where the mind and the body are regenerated and vitalized.

Nidra literally means “sleep” in Sanskrit. A wider definition could translate this word as “rest” or “activeless” and can be associated with the idea of mind stillness.

You spend 8 hours a day sleeping.

The goal with yoga nidra is to influence what happens in your dream state.

Nothing mysterious or supernatural.

You can condition your mind to have a greater sense of awareness and action over your dreams and sleeping state.

When you dream you are active within the astral world.

So, what is the connection with yoga nidra?

With yoga nidra, you try to influence what happens in the astral aspect of your mind. You try to influence your dream state.

You simply try to have some form of impact over the way you relate to your emotions and dreams.

There are whole schools in Tibetan buddhism dedicated to the exploration and mastery of your dream state.

How can you apply these techniques in your modern life?

Well, unless you are ready to dedicate your whole life to it, you probably will only touch the surface of it.

However, it is an impact which can be extremely beneficial when trying to harmonize your emotions and for instance find a greater sense of inner peace.

A simple yoga nidra technique

Make sure the room you are in is well ventilated.

Before you go to rest for the night, practice some deep breathings.

Do this for a few minutes.

Find peace and relaxation in this practice.

If you have anything around or next to your bed which reminds you of work, administration or anything stressful, remove it from the room if possible.

The goal is simple: find real peace and relaxation in your dreaming and sleeping time.

You can light up a candle and turn off all other lights.

Simply lay on your back and follow the natural rhythm of your breathing taking a few deep breaths.

Bring your attention to your third eye area (middle of the forehead).

After that, focus on the word “Nidra” or “Yoga Nidra”.

You will invoke or call into your mind a deep state of relaxation.

You can actually enter such deep state of relaxation by staying awake and not actually falling asleep.

You enter into a state of alert awareness.

Nidra is a stream of consciousness.

It is a spiritual state and one of the best way to invoke that state is to use the Sanskrit term itself: “Nidra” or “Yoga Nidra”

Dare to be a creator!

There are two ways you can play music.

The first one is to follow a written piece.

The second one is to improvise.

When you refer to an existing tradition, you simply copy mind sets that others designed for you.

You try to fit it into your mind.

Sometimes what these traditions designed would take you centuries to recover and reinvent if you had to.

Other times, what you read is what you know already.

Very often, all you have to do is create a mind set and action system that matches your unique life experience.

You are free!

Does reading a specific book free you? Or does it limit you?

Will you discover more about yourself by reading what is already written or by taking a white page and letting your own mind reveal itself through your own words?

Both approaches are valid of course.

Sometimes you want to relax within an existing structure.

Other times, you want to tap into deeper layers of your mind and bring to the surface the key insights which are in you.

You don't have to fit in.

You don't have to limit yourself within what already exists.

If every human being was repeating what has already been discovered, there would never be anything new.

Dare to explore and find in you the mind sets, ideas, actions which reflect what you already are - Dare to be a creator!

Why it is essential to harmonize your mind

When you increase your inner level of energy, you need your mind and body vehicle to be functioning harmoniously.

What does it mean? It means that tensions or inner conflicts have been cleared.

Imagine that your mind is tense or angry for instance.

When you increase the flow of life force or energy in your system, the tensions or negative emotions are multiplied.

Everything is fed by the new flowing energy, not just positive patterns.

Clearing the channels in your mind allow for fresh energy to flow naturally in your being without creating tensions.

Now of course, the new flowing energy is itself very harmonizing. However, you might have thoughts, beliefs or emotions which can become destructive for you or others when stimulated.

The whole point of harmonizing your mind and body is for your system to be able to take a stronger flow of power and energy.

Sometimes your spiritual progress will simply stop until you shift some key thoughts, beliefs or action lines and create new mind sets which are aligned with humankind's long term purpose.

Simple, right? :)

Nothing spectacular might happen

It simply means that you reached a certain "speed" and are maintaining that speed.

Take this example:

When you take a flight, the thrilling moment is when you take off, right?

Why?

Because of the acceleration.

Acceleration is what creates thrill and excitement.

Once you are in the air and travel at a constant speed, it feels normal. You eat peanuts and chat with your neighbor as if you were sitting at home, even though you are still traveling at 1000 km/hour.

When you originally start meditating, you often feel this sense of acceleration.

You feel bliss, greater awareness, peace, etc.

Once you reach a certain level, these experiences feel normal. They are still there. You simply got used to these new spiritual states.

It does not mean that your spiritual development stops. You still travel at a certain speed but might no longer feel the original thrill and acceleration.

Makes sense, right?

The technique might naturally "dissolve itself"

To tell you the truth, I never came to a point where I felt I was at the end of a technique's potential.

At a certain moment, the technique might naturally "dissolve itself" though, because you reach a state of unity, inner peace or absolute awareness.

When this happens, you can let go of the technique and abide in this new state.

When this happens, it feels like the spirit "takes over". You feel like you are there.

Of course, you can come back to the technique if you feel like you loose focus again.

Remember that a technique is only a key, it is not the goal :)

Remember that a technique is only a key, it is not the goal

A technique is a vehicle you use to travel your spiritual evolution.

When you are rigidly attached to the technique you use, you might miss seeing the landscapes you come across as you travel.

If your goal is to reach the sea, you can step out of the car and seat on the sand once you reach the beach, right?

Endlessly driving on the coast road won't work with really experiencing the sea.

You have to step out and go for a swim :)

When is the right time to start teaching?

It is simple:

When your own inner processes no longer require too much attention.

You can sponsor other person's spiritual evolution when you have extra energy and time to give.

That's simple, right?

Now, there are many ways you can teach. Standing in front of an audience is only one of them.

You teach by life.

You teach by expressing the power of your spirit through your actions and attitudes.

Teaching is only one out of many spiritual evolution paths you can follow.

- You can for instance engage in artistic expression which is a long term path in itself.
- You can focus on your own life and explore deeper levels of awareness.
- You can focus on positive impact on humankind through compassionate action.
- Etc.

What does it mean? That teaching is only one way to express yourself along your spiritual destiny line.

There are many more possible expressions.

Now, if you feel you reached this point of maturity and feel there is something essential you want to say, you can start right now!

Start with a little step and observe the response.

Function from a place of freedom.

You are only accountable to yourself and the line which sponsors your words.

If speech is not your favorite way of expression, don't limit yourself and use the other possible tools that were given to you.

Claiming back your freedom!

Free your mind!

One of the key targets of your practices is to remove what you no longer need.

Freedom is your nature and what you head for.

Don't let anyone limit your freedom.

Any practice or step which increases your freedom is exactly in line with your evolution.

On the other hand, if you feel that a given action will lock you in and limit you, simple: don't take it and step back.

Use this simple question to make the right choices:

"Am I increasing my freedom or limiting myself?"

Active kindness

Active kindness is the art of responding to a need when you see it simply because of a heart call.

You have other words for that: compassionate action, karma yoga, etc.

The path of active kindness is a destiny you follow consciously simply because this is what you feel attuned to the most.

Every action calls for a reaction.

Active kindness calls for bliss. When you take action from that place, you usually identify yourself with a need in someone else.

It happens to them and therefore, it is as if it was happening to you.

In other words, you see the link, and respond to it.

It can be a call from nature as well.

You recognize your essence in someone else and because of this recognition, you can identify someone else's need.

So, when you not only realize this state of unity but take as well active action, you choose for a state of unity rather than for a state of isolation.

This is a key opening in your life.

The response is bliss, life force and precisely a state of Yoga.

If you are naturally attracted to help others or nature, explore that path!

It is one of your possible lines of spiritual evolution.

Life is already perfect!

The only thing that could stop you from seeing that is the fact that you have targets or distant future goals.

When you do, this stops you from being in the instant and enjoying the very present moment.

Sure, goals are useful but a skill which is even more useful than that is realizing the perfection of the instant.

Now, most people will realize this perfection in a second and then set up again in the course of achieving distant goals.

This is where you can miss the point because you don't need to shift that.

You don't need to be like a horse always running forward.

This is like a survival instinct or conquering force you can tame.

You don't need to be the slave of that force.

You can relax, step back and take life for what it is:

Impermanence!

After every single goal you achieve there is always a target after that.

Yes!

Pursuing new targets is exciting and creates a stream of powerful manifestation force in your being, but the moment you get enslaved by that instinct, that's when you miss the point and the real target for your life.

You need to look at life from the perspective that everything that could be achieved and done has already been done.

From that point of view, existence takes a very different color.

It gives you the power to relax, stand still, be at peace and enjoy every single second for what it is.

Remember that within 100 years, most of what you tried to create in your life will be gone!

All that will remain is the memory of a certain experience in your own spirit which is eternal.

This is where you find this dimension of permanency and eternity.

If you stay focused on that level, you look at life like a game.

Yes!

It is a game!

This resets existence from a perspective which makes it totally real.

The usual goals are shifted and become something insignificant in the eyes of this larger scale.

The emotions and quest you go through when you engage into life from the level of physical creation are all alienating for you.

You end up trapped in a scenario where you can not win.

So, what is the answer?

What does freedom mean?

It means to shift perspective and put back what matters most in the center of your existence.

Yes!

It is that simple.

The quests and conquests are all games you play if you want to, because it is fun and gives you an energy kick, but look at it from another perspective and observe what happens when you take some distance.

The total urgency, stress and life pressure are all gone.

What remains is peace and silence.

It is in that dimension of silence that a whole new reality takes place.

Complete system of spiritual development

When trying to connect with the stream of Yoga, you can really get lost in practicalities.

You can rationalize everything you read.

The point is that Yoga is not facts!

It is way more than a set of guidelines.

Yoga is an EXPERIENCE!

Yoga is what happens inside of you when you practice this path.

Yoga is a complete system of spiritual development.

It gives you the tools for awakening and self realization.

It is a complete path to total opening of your being.

When you are in a state of yoga, you are united within.

You touch on your own unique universal dimension.

You bring the cosmic reality into your life and the profound meaning of existence is unveiled to you.

Yoga is not unique!

You have many systems of self realization on this planet.

Every religion or spiritual approach is a system by itself.

When you engage into yoga, you must keep these doors open!

Tolerance and respect are essential!

Avoid the fanaticism traps!

This is not about proving to anyone else that the path you choose is better than theirs.

Only one thing matters and this is what YOU need or what YOU choose.

Everyone is 100% free!

Don't put pressure on others to follow you in what you are doing!

On the contrary! Set them free and respect their own choices.

What works for you might not work for them.

So, remember!

RESPECT at all times!

Believing that yoga is the only path or the best path is being disrespectful to the billions of people on this planet who follow other traditions.

You can climb the Everest via many sides!

The path of Yoga is only one of these routes to self realization and unified consciousness.

Freshness! Freedom!

Yoga is NOT a crystallized system that lives in the past.

It is a daily creation and exploration.

You have infinite space to express your own creative power in this system.

Yoga started with a spark.

This spark touched some people and these people started creating and practicing specific techniques.

They CREATED these techniques as a response to what they were feeling.

This source of inspiration they were tapping into is formless!

This means that it had all the possibilities in itself.

The risk is to believe that what was crystallized by some yogis at a given moment is the only form!

It is not!

Yoga can be reinvented every day according to your unique needs or situation.

Why?

Because I believe that yoga is NOT the forms.

A set of forms are only the vehicle you use at a given time as a stepping stone.

Yoga is originally formless and free!

Yoga is a free source of inspiration that EVENTUALLY gets crystallized in specific forms.

Now, the original creative freedom that existed when yoga started is still there today.

You can tap into it!

You can reinvent the forms!

You can create a new set of practices by tuning into this original system.

When you try to reinvent forms and free your mind, many people might try to stop you.

It happens because they want to preserve the forms the way they are.

They express their preservation instinct that forces them to protect the existing forms.

These forms are like the visible temple of yoga.

They want this purity and system to be preserved exactly the way it is.

You can respect that of course because it comes from a pure desire to protect something they care for.

Now, there is another aspect to any tradition!

You can call that its renewal power.

This is the force of change and evolution.

Yoga is touched by this instinctual inner urge to evolve like any other tradition.

Life is NOT static and crystallized!

The power of evolution, renewal, change and transformation is active all the time!

Some people or aspects of any tradition might resist change because change challenges them.

It forces them to adapt to new mind sets and forms.

Change requires energy.

It forces you to step out of a comfort zone to integrate new ideas and postures for instance.

The point is that if you need to or want to, yoga is open for change and renewal.

This refreshing stream of change is part of yoga as it is part of any other tradition.

Conclusion

Check this link:

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



I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For more topics to connect with your spiritual and personal evolution go to:

<http://vitalcoaching.com>

To your unlimited potential!

Francisco Bujan

www.vitalcoaching.com