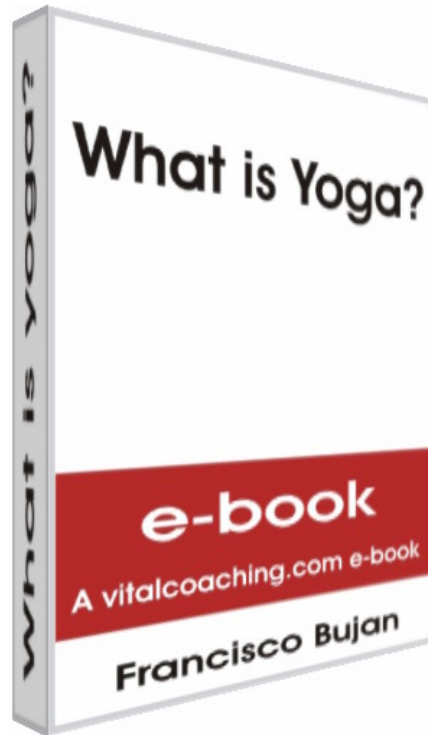


What is yoga?

# What is yoga?



**Francisco Bujan**

**A vitalcoaching.com e-book**

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## **Intro**

The goal of this e-book is to introduce you to the idea of yoga and show you how to wake it up in your life.

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

Good luck and stay in touch

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## **What is 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 used in a certain way.

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 perfection.

You are perfection.

The goal of yoga is to reawake 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 independence 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 of 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.

## Conclusion

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

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

Good luck and stay in touch

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