

Babaji Nagaraj Who Is Mataji?



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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:

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How to connect with Babaji Nagaraj – Online

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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.

Mataji is Babaji's female spiritual partner.

She represents the feminine streams which are contained within the Kriya yoga streams.

She represents tantra, artistic expression and devotion, Goddess power, love and beauty, compassion and much more.

She is the perfect female reflection to Babaji.

Here is her name in Sanskrit:

माताजि

Mataji

You can as well invoke her presence using this other mantra

अनुरक्ति माताजि

Anurakti Mataji

Love Mataji

What she does

She frees life power.

She stimulates the flow of life force in your being.

She cares for you and sponsors your spiritual evolution.

She gives you space, joy and freedom.

She triggers in you the ability to relax and be at peace with yourself.

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.

Love is your ability to connect.

Of course we talk about the heart chakra, compassion, unity, etc.

All these qualities are part of the love experience and if you feel that love is not part of your life, Mataji offers you a path to open these channels in you.

Experience! Trust!

She can guide you with that.

Devotion

This is probably one of the major lines her energy sponsors.

You probably noticed that Yoga does not need to be devotional by itself.

You can focus on the poses, breathing techniques, meditations techniques with great results without feeling devoted to a God or Master.

When you touch on Bhakti Yoga, you definitely enter a devotional stream with singing and celebration.

Mataji is here to sponsor that stream.

Does it mean that Babaji doesn't? Of course not :)

Their combined lines of energy simply give an extra boost to this devotional line which could otherwise have been less present in the Yoga stream.

Senses and delight

This is another area where Mataji will offer you a path.

You noticed that the area of the physical senses has often been an area of internal conflict for those engaging into Yoga and spiritual practices in general.

There is a common belief that to succeed with your spiritual aspirations, you need to suppress desires and emotions.

This created a duality always and while many succeeded in putting a lid on their emotions, many more ended up trapped in an inner conflict.

At the end, many of these spiritual seekers ended up spending all their energy fighting with themselves rather than focusing on their practices.

The temptations were so distracting that many even gave up the path because of that.

This is another area where Mataji's energy will sponsor your development along that line without needing to go into suppressive states.

You want to feel united. You want to know that you can embrace all aspects of your being with delight without feeling guilt or shame.

You are one!

Artistic expression

If you feel attuned with artistic expression, this is of course a field you can dedicate to your spiritual quest as well.

Any spiritual action is a form of communication and exchange with a reality which is much vaster than yourself.

Artistic expression is just one way of communicating.

Yes! It is a form of meditation if you practice it within that spirit.

Painting, dance, music, sculpture, graphic arts, poetry, theater and more can all be seen as a spiritual practices when used in that sense.

Think of the renaissance, devotional art, devotional music and dancing, and more.

All of these try to manifest beauty and through that expression create union with the absolute.

This is another area where Mataji can guide your steps.

Now, how does it work?

It is very simple actually.

You simply invoke her being through the mantras I gave you earlier. You can sing her name or meditate internally on her name for instance.

This connects you with her energy field, her guru field.

It will inspire your art and give it extra strength, direction and power.

Mataji? Babaji? Do you need to choose?

Of course not?

Mataji offers you new channels if for a reason or another it feels better for you to relate to her.

The connection you have with Babaji or Mataji is very instinctual.

The ideas I am sharing with you are not rigid or fixed.

You usually know instantly what being you want to relate to.

You will feel inspired to link and connect with that specific energy field.

You can't get it wrong. If you can't choose, you can invoke both beings together and if still in doubt, simply focus on what comes first.

All directions are open!

You are free!

Beauty!

The perception of beauty is a sudden realization of an alignment between a clear spirit and the form.

It has to do with aesthetic values and tastes as well.

Expressing beauty through life and art is a way towards inner awakening.

You communicate a sense of absolute perfection through your being.

Your life is itself the greatest art form.

Even if you are not an artist, you can express beauty through your actions, thoughts and emotions.

Your life is an evolving creation which is a true, unique expression of your life force.

Your life is a piece of art

Think beyond crystallization of the form as well.

Beauty can have this sense of ever renewed impermanence.

You don't need to hold it or control it.

You can create it in the words you speak and how you connect to others.

Beauty is like a seal of energy recognition.

It is like a spirit's flow which embodies itself in what you create.

If you don't know where to start, trust and ask Mataji to help you express and connect with it.

Stretch the limits of Yoga

When you connect with Mataji, you realize that what you call Yoga can include lots of lines of energy and actions which are usually not considered as Yoga.

To tell you the truth, if the word Yoga itself does not resonate in you, you can call it tantra or anything else you want.

The spirit is formless.

We give it names and by doing so, we tend as well to reduce it to something we can comprehend.

Imagine Mataji's spirit as formless and limitless.

See it as an energy field rather than a physical person.

See this energy field as a vehicle which translates absolute energy into streams which are closer to the form.

The reason Mataji can help you is because there is a mind dimension to her being.

The guidance can feel more directive and closer to you to a certain extent.

In your spiritual evolution, you are often looking for a path or a system which shows you how to manifest what you feel.

At the same time, you don't want to limit yourself within a structure which is limiting or too rigid.

This is exactly where Mataji can help you.

Especially if you searched along the traditional lines of expression and could not really connect with them.

Her force frees your mind and gives you space to be yourself.

She sponsors and empowers your being without reducing it.

You stay in charge and simply feel her energy watching over your actions and offering you clear guidance when needed.

Babaji Nagaraj – Who Is Mataji?

She will as well stimulate your inspiration and imagination if you don't know where to start.

Compassionate action - Karma yoga

In the Yogic world, compassionate action is often called Karma Yoga.

You can care for nature and animals, humankind or anything else you want.

Giving freely unites you because your action tells that you recognize your essence in what you care for.

Another area where Mataji will sponsor and inspire your actions.

The yoga of positive compassionate action.

Of course, that stream is much vaster than that.

You look at nature and humankind and you give a little help when you see a need.

Simple, right?

You respond to a need when you see it.

Freedom to be yourself

Two key useless emotions are guilt and shame.

In 99% of the situations where these emotions are expressed, they don't help you or anyone else.

Why is that? Because guilt for instance has a very specific purpose: reorient an action that should not be there.

It can be a thought or an emotion as well.

Now expressing an unjustified feeling of guilt creates a blockage of energy which divides your mind.

It is like creating a mini internal battle within you.

In the spiritual development field, a lot of guilt surrounds emotions like sexual desires, pleasures of any form, passion and other fiery emotions, determination, will power, etc.

The list goes on and on.

These emotions or actions are usually labeled as an expression of the ego or sexual nature.

Now, imagine what happens when instead of wasting your energy fighting these emotions, you actually embrace them, tame and use them as any other form of energy in you.

At that stage you might need a bit of help and support to understand how to exactly do that.

It is simple, you no longer want your mind to be divided.

You want to feel complete, mastering all aspects of your being.

This means unleashing your inner power and embracing fully who you are.

Your ego and instinctual nature are part of you.

No need to be ashamed of their presence.

Use them and master them.

This is a vast open avenue of new possibilities

I am aware that this is a reality you might already embrace.

If it is the case, ask yourself:

- How much undigested guilt or shame are still left in you?
- Do these emotions play a constructive role in your mind or are they simply holding you back?
- What would happen if they were cleared forever and replaced by a free flowing power feeling of trust, joy and energy?

One advice: free yourself and get rid of what holds you back.

Live in freedom!!!

To your Freedom!

To your Yoga!

Actualize the energy

When you connect with a source of inspiration, you need to actualize it for today's world.

If you try to reproduce ancient techniques within today's context they can often feel and be out of tune.

When you connect with an ancient tradition, you can redesign or reinvent techniques without betraying the spirit of that tradition.

You can be faithful to a tradition while allowing space for change and renewal of that stream.

Strengthen your Kundalini

If your energy needs a boost and needs as well to be harmonized, you can use the mantra

कुन्दलिनि माताजि

Kundalini Mataji

It is another way of directing your kundalini power.

You can use that mantra as well if you feel low on energy.

You can use it in a dynamic way, for instance uttering it while you jog or train in a rhythmic way.

You can as well sing it when in nature or use it in association with a breathing technique.

Explore it!

Endless possibilities!

Tantra - Exchange of life force

The pathways of Tantra and Yoga seem to run in parallel.

They no longer need to be divided.

Any way of defining both always hits some form of limitation: it is never complete, no matter what you say about one or the other.

So, rather than saying what yoga and tantra are or are not (you probably have your own definitions or perceptions anyway, right? :)) let's see them as two spirits. Two sources of inspiration which are both separate and interlinked as well.

They are two systems that work together and in parallel.

Sometimes, you will feel that a practice leans slightly more towards Yoga.

Another time you will feel like it is Tantric.

Now, I do believe that with Babaji and Mataji side by side, these two streams get united within one unified field of energy.

It unites!

It removes differences and creates a flow of inspiration everyone can embrace.

What is Tantra?

Well, here is my own definition of it: unity through exchange of life force.

Yoga and Tantra can be seen as two sets of pathways taking you to the same place.

It is a vast topic.

Where to start with Tantra

If you have no idea what tantra is and how to link with that energy, use the mantra

तन्त्र माताजि

Tantra Mataji

This gives you an excellent starting point.

This will invite the energy of tantra into your life and offer you inspiration.

Everyone will experience it differently so, I won't say more here.

Playfulness

Our modern world can be very serious.

You can feel like your life is full with demands, pressures, limits and rules you need to follow.

The last thing you want is to transfer these attitudes into your spiritual life.

The way you relate with Mataji is free and open.

Don't limit yourself with useless rules.

Keep your mind free and open.

It is a world of possibilities and playfulness.

Shakti!

Shakti is a Goddess!

It means life force!

Mataji represents Shakti.

You can connect with Shakti using the mantra:

शक्ति माताजि

Shakti Mataji

Or simply

शक्ति

Shakti

Kali Mataji

Kali is the destroyer!

I know... It sounds impressive! :)

It is the force which allows you to free yourself. She dissolves the form with fire.

It is the force you need to use when you want freedom and space.

To invoke that power:

कलि माताजि

Kali Mataji

कलि

Kali

How much pleasure does it give you?

Imagine what happens when this becomes your most important choice making element.

The thing is that in daily life your choices might be based a lot on:

- How much money will you make?
- Is it practical or logical?
- Does it give you more power?
- Etc.

Now, imagine living with a new set of choice making questions:

- How much pleasure does it give you?
- Does it open space?
- Does it increase your life force?
- How exciting is it?
- Etc.

All these qualities are energies you learn to master and manifest in your life.

These gifts are responses to your actions and choices!

Certain actions will generate more money or more power. Some others will give you pleasure, delight, love or excitement.

Imagine that you have the choice between spending 3 hours driving, stacked in traffic jams or relaxing on a wild beach... What do you choose?

Imagine that you can spend your Saturday afternoon, stressfully shopping for stuff you don't need or simply going for a hike and meditating on a hill top... What do you choose?

Imagine that your choices are no longer rational but more excitement based.

When you connect with Mataji's energy and her Shakti power, you might naturally shift to a more "pleasure and delight" oriented life approach.

Imagine what happens when you make choices based on how thrilled you are rather than on how practical it is.

I am sure that you already practice most of it.

Mataji simply gives you an extra reason to make delight, beauty and thrill choices rather than rational or practical ones.

Hey!

If fun and delight are not part of your life right now, it's definitely a skill you can practice.

One word! Try it out!

Discipline or freedom?

Here are two lines of actions you can embrace:

Discipline or Freedom.

Ask yourself these simple questions:

- Are these two qualities well balanced in your life right now?
- What would happen if your level of freedom suddenly increased by 500%?
- Are your spiritual approaches disciplined or freedom based?
- How much excitement and delight do you get from practicing what you practice right now?
- Etc.

If you feel that your level of discipline stops you from enjoying what you do, simply add this dimension of freedom, spontaneity and thrill to your choices.

On the other hand, if you feel like you need more structure, discipline is the quality to add.

Both qualities are important and can be balanced harmoniously.

However, in today's society, discipline, reason and logic are probably overused.

Many people feel a pleasure or delight gap.

If it is the case, ask for Mataji's help and be ready to shift some key patterns in the way you approach your life.

Again, basing your choices on qualities of freedom and delight is a skill you can develop.

It is an energy you feed and nurture.

If freedom is not part of your life, start right now!

How to invoke Mataji's presence

The best is to use her name.

Write it in a calligraphic form.

Meditate on her name internally.

माताजि

Mataji

You can as well associate her name with a specific quality you would like to invoke:

अनुरक्ति माताजि

Anurakti Mataji

Love Mataji

कुन्दलिनि माताजि

Kundalini Mataji

तन्त्र माताजि

Tantra Mataji

Or use any other quality you would like to invoke associated with her.

You can link her name with a goddess name like Shakti or Tara.

Now remember that you can't get it wrong.

Her spirit is intelligent and does recognize your intention.

So, don't worry too much about technicalities.

If you invoke her, she will hear you!

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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:

<http://vitalcoaching.com>

To your unlimited potential!

Francisco Bujan