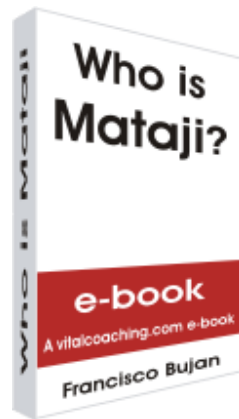


Who is Mataji?

# Who is Mataji?



**Francisco Bujan**

**A vitalcoaching.com e-book**

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## **Intro**

The goal of this e-book is to introduce you to Mataji and show you the role she can play 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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## **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.

Who is Mataji?

## **What she does**

She frees life power.

She stimulates the flow of life force in your being.

## **What is Shakti?**

Shakti is life force.

Mataji is the expression of life force.

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

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

Life force wants to stream. It wants to flow.

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

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

This is what Mataji helps you with.

She energizes the channels of life 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.

Who is Mataji?

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.

Who is Mataji?

## **How to connect with her**

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

Here it is:

माताजि

**Mataji**

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

## **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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