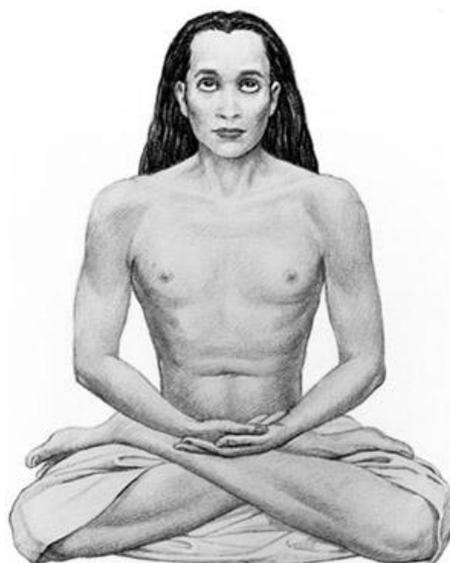


# Babaji's Kriya Yoga

Texts to read



Babaji as appears in the book "Autobiography of a Yogi"

## **Babaji's Kriya Yoga, a lineage of Yoga** by Nityananda

Babaji's Kriya Yoga is a lineage or an authentic path of Yoga, one of many, which comes, as the name indicates, from a great master of Yoga known as "Babaji."

Babaji became first known in the West through the book, "Autobiography of a Yogi," written by Paramahansa Yogananda, published in the United States in 1946. The chapter XXXIII of this book describes an immortal master that resides in the valley of Badrinath, Himalayas, who always retains the appearance of a young man.

Yogananda relates how in 1861 Babaji taught Lahiri Mahasya a series of yogic techniques near the town of Ranikhet, in the Himalayas. Afterwards, during the rest of his life, Lahiri Mahasaya taught these techniques in the holy north India city of Benares to many disciples; this Yoga would be known as "Kriya Yoga". Yogananda received these techniques from his master, Sri Yukteshwar, a disciple of Lahiri, and after travelling to the United States, spread them through his organization "Self-Realization Fellowship". His book, "Autobiography of a Yogi," has been translated into thirty-five languages, introducing Babaji and Kriya Yoga world-wide.

In 1952, after the death of Yogananda, Babaji brought together and communicated with with two men of South India, V.T. Neelakantan and S.A.A. Ramaiah. Over a period of several years, V.T. Neelakantan was granted nightly visits by Babaji, resulting in the publication of three books. Babaji dictated to and inspired V.T. Neelakantan to write about Kriya Yoga and the important role of

spirituality in the life of man. These three books have been republished in one volume called, “The Voice of Babaji” (Kriya Yoga and Publications 2003).

For his part, S.A.A. Ramaiah was with Babaji in Badrinath in 1954, and received from him 144 kriyas or techniques of Kriya Yoga. Since then, until his passing in 2006, Yogi Ramaiah – Yogiar – taught these techniques throughout the world, serving Babaji in different projects, including the construction of temples and centers of Kriya Yoga.



Badrinath, Himalayas

This Kriya Yoga crystallizes the monistic theistic Siddhanta philosophy of the Siddhas, the perfected masters of South of India. Yogananda presented Kriya Yoga in the context of Vedanta philosophy, as expressed in the Bhagavad Gita.

Vedanta emphasizes the transcendence of this illusionary world reality with the goal of attaining “moksha,” liberation from the cycle of reincarnation.

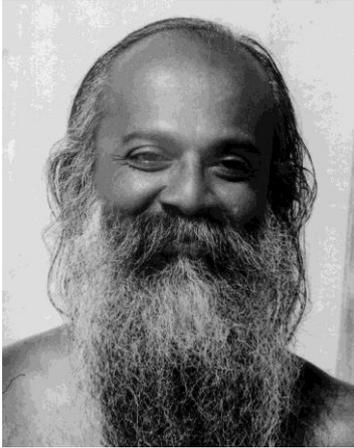
Siddhanta emphasizes the transformation, not the transcendence, of our human nature, so the Divine can fully manifest in the world. As such it is part of the tantric tradition. The teachings of Lahiri Mahasaya were also from the tantric tradition.

Marshall Govindan Satchidananda, a disciple of Babaji and long time student of Yoga Ramaiah, founded the Babaji’s Kriya Yoga Order of Acharyas, with the goal of creating a core of skilled and dedicated teachers for dissemination of these 144 kriyas or yogic techniques world-wide.

### **Different lineages of Kriya Yoga**

There are different lineages of Kriya Yoga:

- The teachers of all or some of the 144 yogic techniques that Yogi Ramaiah received from Babaji in 1954.



Yogi Ramaiah



Govindan Satchidananda

- The teachers of all or some of the techniques that Lahiri Mahasaya received from Babaji in 1861. The numerous disciples of Lahiri Mahasaya taught, in turn, some of these techniques to others, including some variations.

- The techniques which Babaji taught to Swami Sivananda in Rishikesh, which he in turn taught to his disciple Swami Satyananda Saraswati, who taught and even published some of them in books.

Why do these different lineages exist? Babaji gives different techniques to different people according to their needs and the context of their time. An individual, according to his own temperament and potential is given particular techniques and teachings. If practiced with discipline and dedication, these will bring particular personal benefits, spiritual and worldly. At least, this is our view from the standpoint of Babaji's Kriya Yoga.

Although each of the various lineages teaches different techniques, their commonality lies in their source, Babaji, and in the primary importance given to spinal breathing. Kriya pranayamas move energy within subtle channels in the spinal column. The aim is to activate "kundalini," the potential power and consciousness, which will accelerate the student's spiritual evolution. This approach is Tantric, the Yoga of transformation, the most recent form of Yoga.