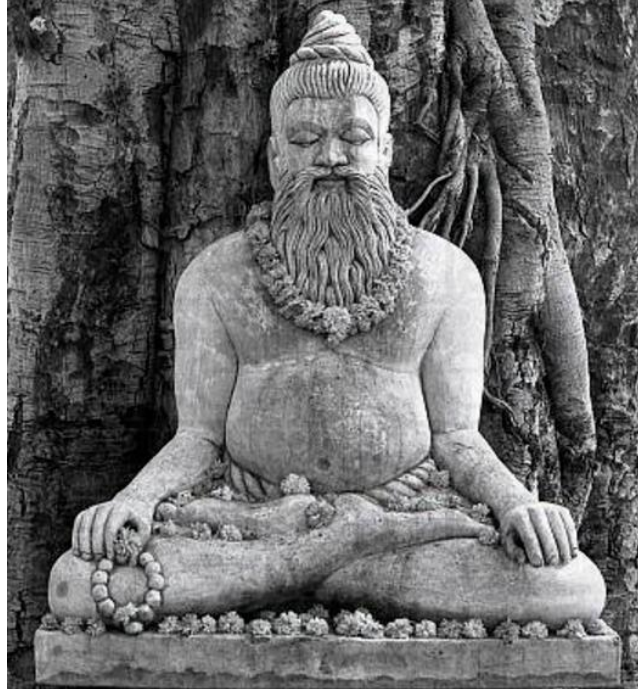


# Babaji's Kriya Yoga

Texts to read in English



## **Kriya Yoga of the Siddhas - Aphorisms** by Nityananda

- The Self is Presence and Love. You are Presence and Love.
- Presence and Love is in everything, as the Self of everything. (Read Babaji's "I Am" meditation.)
- Presence and Love manifest the light.
- Light is solidified by love and shapes everything manifested. Love is thus what sustains creation.
- All creation manifests on Presence and Love, although it usually ends up veiling them.

### **Yoga**

- The game of creation, *maya*, is the temporary forgetting of our real nature, Presence and Love.
- This forgetfulness of our real nature generates suffering, because everything else apart from Presence and Love is temporary.
- Yoga is the process of establishing ourselves in our real nature.
- When the yogi cultivates Presence and Love, they expand. And then he dwells more in his real nature.

- Bliss, *ananda*, is part of our real nature, and it is implicit in Presence and in Love.

### **Kundalini: the ascent towards the Divine**

- Surrender at the feet of the Divine or the feet of the Guru, at the top of the head, means, on the part of the yogi, to raise all his energy and his devotional aspiration there.
- Kundalini is the potential of consciousness and energy that rises towards the crown chakra as a result of the yogic practice.
- Kundalini is held back in its ascent by physical, emotional and mental resistances (karma) to the evolutionary process.
- These resistances are manifested as attachments, fears, limiting tendencies, dispersion, etc.
- The yogi must sooner or later face these resistances in his practice, including reviewing his ethical and vital attitudes. These resistances (karma) will manifest internally and externally throughout the yogic process.
- At this point the Grace of the Guru will prove to be an immeasurable help that can be invoked at every step of the advance.
- As the yogi progresses, his level of surrender becomes progressively higher, depending less and less on his ego (the fruit of karma) and more on his Higher Self (the Guru, inside and outside).

### **Chakras**

- The heart chakra and the forehead chakra activate the experience of the unity of everything.
- The crown chakra activates the experience of the heart of the Self, whose center is everywhere. The energy of the kriya yogi is directed, through various practices, towards the crown chakra and concentrated there for its opening and activation.
- The mantra *Om Namah Shivaya* mantra recapitulates this process of raising all energy and attention towards the Divine in the crown chakra, to realize the union with Him.
- The feet of the Divine or the feet of the Guru represent this chakra where the individual merges with the Divine, "the jiva becomes Shiva".
- In the *Yoga Siddhantam* of the Siddhas, the feet of the Divine are also the point of descent of divine Grace, which can transform the lower vehicles of the yogi (mental, vital and physical).
- The activation and experience of the crown chakra can only be sustained if the other chakras have been properly activated to a certain extent.
- The chakras are activated by proper yogic practice and surrender to the Divine and the Guru, who oversees this process.
- Without the guidance of a Guru, internal or external, yogic realization is virtually impossible. The Guru is the supreme manifestation of Presence and Love to which the yogi aspires.

## **Descent of Grace**

- The Yoga of the Siddhas is a path of ascent and descent, of aspiration and grace: ascent of our energy, our aspiration towards the feet of the Divine on the top of the head, and descent of the divine energy and grace towards the bodies of the yogi to be transformed into vessels of the Divine.
- Physical sadhana creates the foundation for performing subtle sadhana (the higher chakras), and then subtle sadhana facilitates physical transformation.
- In the activation of the crown chakra, the experience of Presence and Love (and the bliss implicit in both) is ineffable and inexhaustible.
- From there the descent of the divine light is invoked, the same light that shapes all things, so that it transforms the yogi.
- The kriyas or yogic practices are a preparation of the yogi's bodies to receive this descent and then manifest the Truth of the Divine in all planes.