

BABAJI



AND THE 18 SIDDHA
KRIYA YOGA TRADITION
M. Govindan, M.A.

Babaji and the 18 Siddha Kriya Yoga Tradition

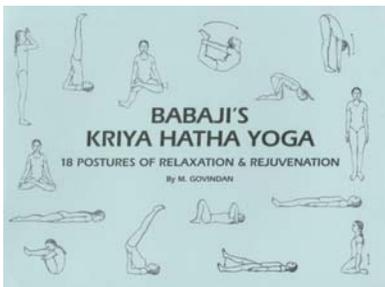
by Marshall Govindan

The first authoritative biography of Babaji, the immortal master made famous by Yogananda's "Autobiography of a Yogi", an all-time best seller. Babaji lives today near Badrinath, in the upper Himalayan mountains. His body has not aged since the age of sixteen, when centuries ago he attained the supreme state of enlightenment and divine transformation. This followed his initiation into the scientific art of Kriya Yoga by two deathless masters, the Siddhas Agastyar and Boganathar, who belonged to the "18 Siddha Tradition", famous among the Tamil speaking people of southern India. This rare account, by a longtime disciple, reveals their little known life stories, ancient culture and present mission, as well as how their Kriya Yoga can be used to bring about the integration of the material and spiritual dimensions of life. Clear explanations of the psychophysiological effects of Kriya Yoga and guidelines for its practice are given. It includes verses from the Siddhas' writings with commentary. A book which will inspire you.

"An excellent contribution to the little known science of immortality." - *C. Srinivasan, Ph.D., Professor Emeritus of Botany, Annamalai University, India.*

"It is the most accurate and comprehensive exposition of the ancient Kriya Yoga tradition and method published in English to date." - *E. Ayyappan, longtime disciple of Babaji.*

216 pages, 33 color photos, 4 maps, 100 bibliographic references and glossary. 6 x 9 inches, softcover. ISBN 978-1-895383-00-3. Retail price : \$21.25. Website : www.babajiskriyayoga.net



Babaji's Kriya Hatha Yoga : 18 Postures of Relaxation & Rejuvenation

by Marshall Govindan

These 18 postures were selected by Babaji from among the thousands which exist to form an efficient system for rejuvenating the physical body and preparing it for the more subtle phases of his Kriya Yoga. The immortal Himalayan master is living proof of their effectiveness. Each posture has several stages, making them suitable for the beginner and experienced student. The postures are also arranged in pairs, or counterposes, facilitating the relaxation stage following each posture. This guide is designed as a handbook, wherein each stage in each posture is individually illustrated, and explained with easy to follow instructions. The numerous benefits of each posture in the healing and prevention of various functional disorders are also indicated. An introductory chapter explains the principles to follow in their practice.

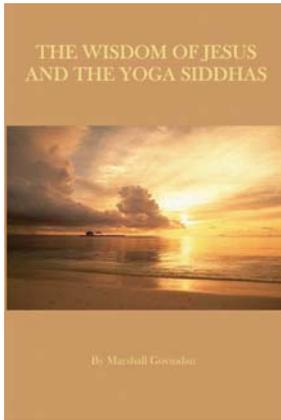
30 pages, 8.5 x 6.25 inches, softcover. ISBN 978-1-895383-03-4. Retail price : \$8.00

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The Wisdom of Jesus and the Yoga Siddhas

by Marshall Govindan

This book is addressed to Christians who are interested in comparing Eastern spiritual teachings with those of Christianity, students of spiritual Yoga, otherwise known as Classical Yoga and Tantra, students and practitioners of meditation and other spiritual disciplines, and serious Biblical students.

The discoveries of ancient manuscripts, and their analysis by independent critical scholars using scientific methods, provide much insight into the original teachings of Jesus.

The “sayings” of Jesus, circulated orally during the first decades following his crucifixion are probably the most authentic source of his teachings that we have available today. These “sayings” are limited to a few dozen parables, aphorisms and sharp retorts, which were repeated in the oral tradition for two or three decades before they were eventually recorded by the anonymous writers of the Gospels.

Remarkably, what Jesus taught through his parables and sayings exactly parallels the yogic teachings of the Yoga Siddhas.

For those seeking to apply the wisdom of these sayings in their own life, the implications are clear. Seek not to know about God; instead, seek to know God through higher states of consciousness.

The Objectives of this book, “The Wisdom of Jesus and the Yoga Siddhas” are:

- To show how the original teachings of Jesus, as recorded in his “sayings” and parables, became obscured once Christianity was defined in terms of dogmas and creeds.
- To explore the question “Who was Jesus?” based upon those statements that many modern critical scholars have concluded are the most authentic.
- To explore the questions “Where is the Kingdom of God?” and “How may I reach it?” based upon those statements that many modern critical scholars have concluded are the most authentic.
- To explore the question "Why are the teachings of Jesus so contrary to ordinary human nature?"

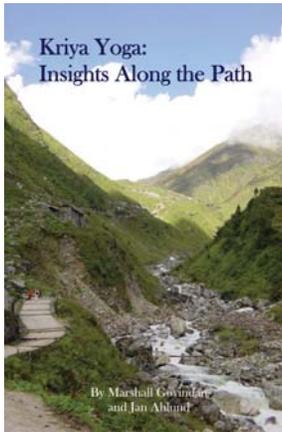
224 pages, 6 x 9 inches, softcover. ISBN 978-1-895383-43-0. Retail price: \$18.50

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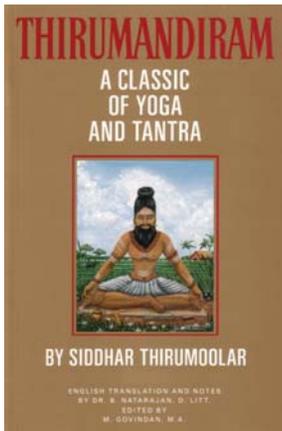
Kriya Yoga: Insights Along the Path

by Marshall Govindan and Jan Ahlund

My wife, Jan “Durga” Ahlund and I have recognized for many years the need for a book that would explain to both those interested in learning Kriya Yoga and those already embarked on its path, why they should practice it, what are the difficulties, and how to overcome them. We believe that this book will help prepare everyone for the challenges and opportunities that Kriya Yoga provides. Every one of us faces the resistance of our human nature, ignorance as to our true identity, and karma, the consequences of years of conditioning by our thoughts, words and actions. By cultivating aspiration for the Divine, rejecting egoism and its manifestations, and surrendering to our higher Self, pure Witness consciousness, we can overcome this resistance, our karma and the many obstacles on the path. But, to do so, we need much support and insight along the way.

163 pages, 6 x 9 inches, softcover. ISBN 978-1-895383-49-2. Retail price: \$18.75

Website: www.babajiskriyayoga.net



Thirumandiram: A Classic of Yoga and Tantra

by Siddhar Thirumoolar

English translation and notes by Dr. B. Natarajan, D. Litt
Edited by Marshall Govindan

Get connected to the roots of yoga with the first English translation of Thirumoolar's classic masterpiece of yoga, tantra and Shaiva Siddhanta, the gospel of the Tamil Yoga Siddhas. It provides illuminating guidance and inspiration for Self-Realization and Self-Transformation.

"The Thirumandiram is as important a yoga scripture as the Bhagavad Gita, the Yoga Sutras, or the voluminous and inspiring Yoga Vashistha. This outstanding text is now available in a fine three volume-edition thanks to Marshall Govindan's labor of love." - Georg Feuerstein, Ph.D.

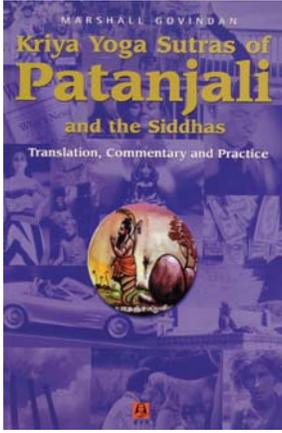
828 pages, 6 x 9 inches, 3 softcover volumes. ISBN 978-1-895383-02-7. Retail price: \$44.50

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Kriya Yoga Sutras of Patanjali and the Siddhas

by Marshall Govindan

Patanjali refers to his yoga as "Kriya Yoga": the "yoga of action with awareness." His Yoga-Sutras are universally considered to be among the two or three most important texts in the field of yoga. Until now, commentators have treated it as a philosophical reference, and have largely ignored its implications for yogic practice. They have also ignored the fact that it is also an esoteric work, and that only initiates, with sufficient prior experience, can grasp its deeper meaning.

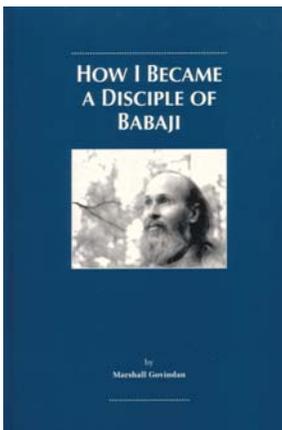
This new translation and commentary provides a practical guide to Self-realization or enlightenment. It clearly explains how to apply Patanjali's profound philosophical teachings in everyday life, in any situation. When one practices the techniques of Kriya Yoga, it is like driving a powerful automobile. But without a roadmap, most students are "stuck in traffic" or at "dead ends." Now for the first time, there is a clear roadmap to guide the student to remarkable destinations.

Govindan's book provides an excellent platform for such a study. He writes from his own long experience of Kriya Yoga and a deep love and respect for the heritage of Yoga. Marshall Govindan's Kriya Yoga Sutras of Patanjali and the Siddhas is a valuable addition to the study of Yoga in general and the Yoga-Sutra in particular. I can wholeheartedly recommend it. In particular, the growing number of students of Kriya Yoga throughout the world will find his treatment indispensable, but others will benefit from it." - *From the Foreword by Dr. Georg Feuerstein, Ph D. author of "The Sutras of Patanjali" and the "Encyclopedia of Yoga."*

"A significant contribution to the sadhana of every serious yoga student, this copious (nearly 300 pages) new work, the result of a 10-year effort, includes detailed translation, tips for integrating the lessons into one's practice, references to other commentaries, and indexes to both Sanskrit and English keywords in the text." - *Yoga Journal - November 2001*

320 pages, 6 x 9 inches, softcover. ISBN 978-1-895383-12-6. Retail price : \$23.50

Website : www.babajiskriyayoga.net



How I Became A Disciple of Babaji

by Marshall Govindan

From early years of seeking through ascetic trials in India and Sri Lanka, filled with adventure and difficulties, the author shares a rare story with unusual candor and courage. His inspiring story provides rare insights into a little known world.

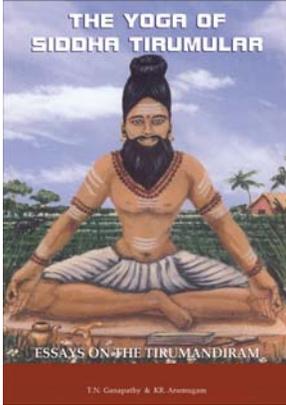
190 pages, 38 photos, 6 x 9 inches, softcover. ISBN 978-1-895383-04-1.

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The Yoga of Siddha Tirumular: Essays on the Tirumandiram

by Marshall Govindan

This book fulfills a longtime need for a comprehensive introduction and commentary in the English language for one of Yoga's greatest source works: the *Tirumandiram* or "Holy Garland of Mantras," described by Dr. Georg Feuerstein Ph.D "as important as the *Yoga-Sutras* of Patanjali, the *Bhagavad Gita* and the *Yoga-Vashistha* combined." *Tirumandiram* is considered to be the greatest and earliest seminal work of the Siddhas, the greatest adepts of Yoga, and an encyclopedia of philosophical and spiritual wisdom rendered in verse form. It is a book of Yoga, tantra, alchemy, mysticism, mantra, yantra and philosophy. But without a commentary, it has been difficult for most English readers, unfamiliar with much of its underlying philosophical concepts, to clearly understand.

This new book explain clearly the most important themes and philosophical concepts which are woven throughout the *Tirumandiram*. These include: Saivism; the nature of Siva and the relationship which the soul or *jiva* has with the Lord; the philosophical school of *Saiva Siddhantha* ; the concepts of God, the soul, the world, liberation, the paths to liberation; the bonds or impurities which keep the soul in bondage; the concept of Grace; Love; meditation; *jnana* ; the Yoga of *Tirumandiram*: Astanga-Yoga, Khecari-yoga, Pariyana-Yoga (tantric yoga), Chandra-Yoga (literally "moon" yoga), Kundalini-Yoga; mysticism, the concept of the human body and its transformation into a divine body; the concept of the guru; the social concerns of the Tirumular. With an understanding of the basic ideas, the reader will then be stimulated to make a detailed study of the *Tirumandiram* itself.

It is the sixth publication in a series produced by scholars at the Yoga Siddha Research Center, in Chennai, south India, sponsored by Babaji's Kriya Yoga Order of Acharyas and the Yoga Research and Education Center. The present work benefits from the great familiarity which the authors have developed over many years of full time study of much of the massive body of palm leaf manuscripts written by the Siddhas.

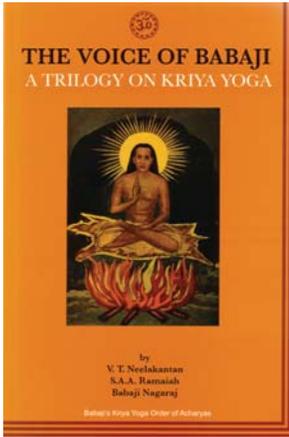
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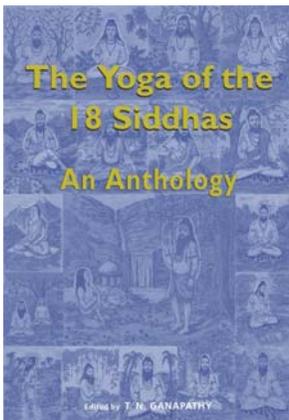
The Voice of Babaji: A Trilogy on Kriya Yoga

by V.T. Neelakantan, S.A.A. Ramaiah and Babaji Nagaraj

Sri V.T. Neelakantan recorded verbatim a series of talks given by Satguru Kriya Babaji in 1953. These are a fountain of delight and inspiration, illuminating the Kriya Yoga path towards God realization, unity in diversity and universal love. They also reveal the magnetic personality of Babaji and how he supports us all, with much humour and wisdom. They were originally printed in three volumes: "The Voice of Babaji and Mysticism Unlocked," "Babaji's Masterkey to All Ills, (Kriya)" and "Babaji's Death of Death (Kriya)." Includes the fascinating accounts of the meetings with Babaji in Madras and in the Himalayas by authors V.T. Neelakantan and Yogi S.A.A. Ramaiah. Out of print for nearly 50 years, they are profound and important statements from one of the world's greatest living spiritual masters.

534 pages, 6 x 9 inches, softcover. ISBN 978-1-895383-23-2. Retail price : \$30.00

Website : www.babajiskriyayoga.net



The Yoga of the 18 Siddhas: An Anthology

"The Yoga of the Eighteen Siddhas: An Anthology should be studied by every serious student of Yoga and Tantra as well as scholars and philosophers. It contains the revolutionary statements of those great men and women who have reached the furthest heights of human potential, and who left behind a roadmap for the rest of us. The "Eighteen Yoga Siddhas" is a tradition referred to in the ancient Tamil language literature. Its illustrious members travelled all over the world, had extremely long lives and performed what most of us would consider to be miracles. They did not like to be autobiographical, preferring to identify themselves with that deathless jivatma, being-consciousness-bliss. Consequently, they consciously changed bodies as easily as we change clothes, when necessary, laughing at the limitations of ordinary humans. They were not only mystics in the truest sense, but revolutionaries against human nature, and they envisioned and embodied Divinity, as a result of tremendous efforts of self-mastery and self-surrender to their God-head.

They left behind their teachings in the form of poems, written on palm leaves, or edus. These works, have been badly neglected by scholars to date, because of the difficulty in deciphering them. The Siddhas wrote in what has been referred to as a "twilight language," to obscure the meaning from all but the most sincere students, and prompting the reader to seek the deepest meaning within themselves.

The Siddhas represent the best of what we can all aspire to become. Their illuminating writings, so filled with the light of God realization, leave a profound impact upon the hearts and mind of the reader. They also provide a unique source of understanding of both the means and results of Kundalini Yoga, a great esoteric art and science.

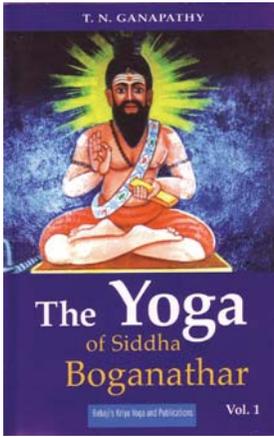
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The Yoga of Siddha Boganathar Vol. 1

by T.N. Ganapathy

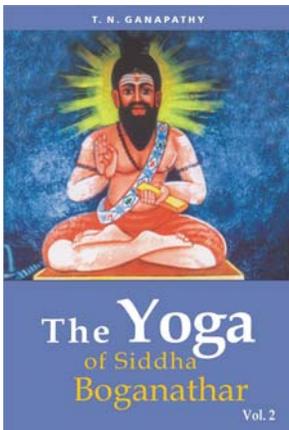
Boganathar was the Siddha guru of Kriya Babaji Nagaraj, the famed Himalayan master, of whom much has been written. Boganathar lived an extremely long life through the use of alchemical rejuvenation formulae and special breathing techniques. He traveled all over the world, chronicled the lives of Siddhas much older than himself, and provided his disciples an illumined path to Self-realization and integral transformation of human nature into divinity. His astounding life provides a shining example of our human potential. The present work provides a biography of Boganathar, as we can glean it from his writings alone, as well as introductory chapters on the Siddha tradition and Kundalini Yoga.

The present work also provides a translation and commentary of about seventy-five selected poems, which serious students of all traditions of Kundalini Yoga and Tantra will find illuminating. By meditating upon the verses, the reader will be able to draw much inspiration. A word-by-word translation, with alternative meanings, as well as a literal translation, and finally an interpretative translation, to balance the need for precision and understanding and to facilitate a deeper meditative approach to the various layers of meaning of each verse.

"The Yoga traditions of India have been frequently neglected. This book, the first in a new series, seeks to remedy this situation. Dr Ganapathy and his team have labored hard to launch this series, and they do so with one of the most illustrious masters of Siddha Yoga - Bogar. This volume is a great starting point for exploring the Tantric Yoga of the Siddhas." - *Georg Feuerstein, Ph. D., author of "The Shambhala Encyclopedia of Yoga"*.

375 pages, softcover. ISBN 978-1-895383-19.5. Retail price : \$22.95

Website : www.babajiskriyayoga.net



The Yoga of Siddha Boganathar Vol. 2

by T.N. Ganapathy

"The Yoga of Siddha Boganathar volume 2" by Dr. T.N. Ganapathy takes us further into the little known world of the Siddhas, adepts of Yoga, who for millennia, have explored the furthest reaches of human potentiality and spiritual development. Boganathar was not only one of the greatest adepts of Yoga of all time, but also a great scientist. In our present scientific age, the study of his works is especially rewarding. For the past 500 years, our western civilization has suffered from a schism between the rational, scientific view of life, and the spiritual or religious view. This divide, created in the politically charged period of the Reformation still haunts us. So, it is instructive to see in both the life of Boganathar, recorded in volume 1, and the writings on Yoga, in volume 2, how one great man married the two views.

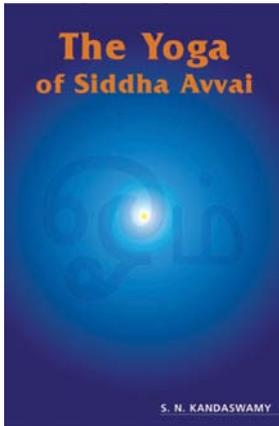
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The Yoga of Siddha Avvai

by S.N. Kandaswamy, Ph D

Avvai is considered to be one of the most influential sages among the Tamil speaking people of south India. Her poems and literary works, dating from the first millenium of the modern era are recited by millions of Tamil speaking school children in south Asia to this day. A huge statue of her stands along Marina Beach Drive, in Chennai, along the shore of the Indian ocean. The values and wisdom which her poems convey however, has a source. It is this source which the present volume, "The Siddha Yoga Tradition of Avvai and Her Literary Work: Vinayakar Akaval," sheds much new light upon. The author takes us on a literary, historical and spiritual tour of ancient Indian culture, and in so doing, helps us to understand her origins and greatness.

Like her illustrious forebearer, the Siddha Thiruvallavar, whose influence on Tamil culture and values, through his magnus opus Thiru Kural, is universally acknowledged, Avvai was also a Siddha Yogi. While Thiruvallavar was a disciple of Agastyar, and brother disciple of Babaji Nagaraj, the originator of Kriya Yoga, Avvai claims that her Guru was the sound of Aum, the Pranava itself, personified in the form of Ganesha, who taught her Kundalini Yoga. Her poetry invokes the presence of the Guru, and then ignites within the reader the flame of spiritual consciousness. It also points to the esoteric practice of Kundalini Yoga as the path which leads to enlightenment and God realization. Her's is a wonderful example of arupadai, the Siddha's ideal of showing the path to others. If the purpose of human knowledge is to alleviate human suffering, then that knowledge or wisdom which eliminates suffering completely is the most valuable. Like all of the Siddhas, she shared her wisdom with this purpose. Their teachings are universal, non-sectarian, and very much needed in today's suffering world.

Students of Kriya Yoga, Kundalini Yoga, Jnana, and Tantra as well as devotees of Ganesha (Vinyakar) and students of Tamil literature and culture will all find much insight and greater understanding of their path as a result of studying this volume. Readers familiar with Avvai's moral sayings may be surprised to learn of the origins of her wisdom, and be inspired themselves to apply themselves to Yogic sadhana.

On a personal note, in 1981, I had a vision of Avvai at a shrine which was dedicated to her in the Babaji's Kriya Yoga ashram where I resided for a number of years beginning in 1972. Located at 13 AR Street, in Kanandukathan, Chettinad, Tamil Nadu, the large granite shrine contained a large number of rare and ancient palm leaf manuscripts written by the Siddhas. A murthi, or granite statue of Avvai sat adopt the granite sarcophagus like repository of these manuscripts. Sitting in this shrine one day, in front of her murthi, I had a vision of her, and she told me "If you remain faithful to us, we will work through you." So, I trace my efforts to preserve, translate and publish the writings of the Siddhas to that moment. – From the foreword by M. Govindan Satchidananda.

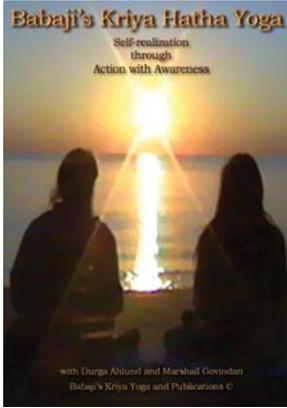
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Babaji's Kriya Hatha Yoga Self-realization through Action with Awareness DVD

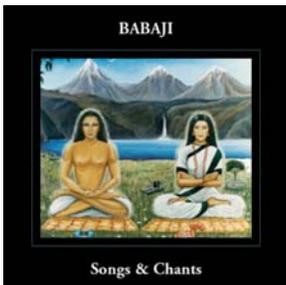
with Durga Ahlund & Marshall Govindan

Learn the 18 postures developed by Babaji Nagaraj and become aware of what is aware! Become the Seer, not the Seen! Bliss arises! This unique comprehensive instructional video provides careful detailed instructions in not only the technical performance and alignment of each posture, but also in the higher states of consciousness, which they awaken. It includes an introduction into the philosophy of yoga, the nature of consciousness and the cultivation of Self-awareness. In the DVD you may select and view any posture with your remote control.

Make your practice of yoga deeply meditative. In this beautiful video, the postures are taught in progressive stages, with preparatory variations making them accessible to the beginner and challenging for the experienced student of yoga. These postures, selected by Babaji, will rejuvenate and energize you! The instructions emphasize the energetic and relaxation effects. They may assist in the healing and purification of the physical and subtle bodies, thus helping to eliminate some of the most common sources of misery: poor health and mental confusion.

"This is an earnest, unique and inspiring presentation, suitable for experienced beginners and intermediates." - Yoga Journal January 2002

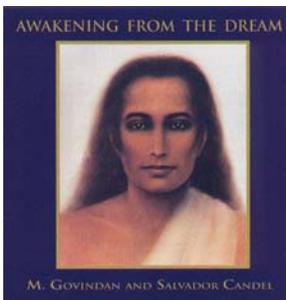
2 hours 5 minutes. ISBN 978-1-895383-18.8. Retail price: \$19.95. Website: www.babajiskriyayoga.net



Devotional Songs & Chants Kriya Yoga Tradition CD

by Marshall Govindan

Enjoy these beautiful traditional songs and chants sung by M. Govindan. Cultivate Kriya Bhakti Yoga, the path of love and devotion. They include the following songs: "Homage to the 18 Siddhas", "Babaji is Love", "Dance, Dance...", "Song of the Science of Sunworship", "Amazing Grace", and many other chants. 45 min.



Awakening from the Dream CD

by Marshall Govindan & Salvador Candel

Awakening from the Dream reveals both the way and thy result of the inner journey beyond the turbulent movements of the mind. M. Govindan, author of "Babaji and the 18 Siddha Kriya Yoga Tradition", and Salvador Candel, the extraordinary Spanish composer of the "Musica Magica" series of CD's, recorded this very original and moving music in Valencia, Spain. When the tears begin to fall, so will the veils hiding your inner vision! 58 min.

Retail price: \$14.95 each. Website: www.babajiskriyayoga.net

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More can be found in the book Babaji and the 18 Siddha Kriya Yoga tradition by Marshall Govindan (1991). He has put together elements that Babaji tells in three books from the early 1950s. They make up The Voice of Babaji (2nd ed. In 1989, Govindan was then inspired to share material on Babaji and the siddha tradition and the approach to life of Babaji and the Tamil siddhas. For two decades Govindan had then been gathering material about how to integrate spiritually and unfold one's inborn potential. [Marshall Govindan about Babaji]. Chapter 1. The Eighteen Siddha Tradition History of the 18 Siddha Traditions, the Lost continent of Kumari Kandam. geological Evidence of Gondwana Land. Archaeological Remains of the Indus Valley Civilization. The Tamil Sangams of Literature, Evidence of extensive Communication with distant land. Linguistics. The teachings of Siddhantham the Siddha's Yoga and Medicine, Metaphysics and Medicine, Ancient Chemistry, Current training and research in the Siddha System of Medicine. Chapter 2. The Birth and Childhood of Babaji Nagaraj. 83. Seeking inspiration from Babaji and the 18 Siddhas. For more information on training in Babaji's Kriya Yoga. Bibliography.