



B a b a j i ' s

# Kriya Yoga Journal

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## Liking and Disliking is the Disease of the Mind

By M. G. Satchidananda

The path to a state of Self Realization, or Enlightenment can be facilitated by remembering and mentally repeating short statements which can short circuit, stop or at least weaken the movements of the mind and emotional/vital body. Here are a few which may be helpful:

### **Liking and disliking is the disease of the mind.**

Explanation: Liking and disliking are expressions of attachments and aversions respective-

ly. They are among the more subtle forms of desire. Because of their subtlety, one often ignores their effect. Patanjali identifies "attachments" and "aversions" as two of the five kleshas or causes of suffering, the product of two others: ignorance of one's identity (avidya) and egoism (ahamkara) the habit of identifying with what one is not, the body, mind, and emotions. The fifth cause of suffering is fear of death.

Liking and disliking most of

ten manifest as impulses in the vital body, moved by memories (vasanas) or habits (samskaras). The mind is constantly creating associations between current sensations, things seen, heard, smelled, tasted, or touched, with memories. Their interaction then instantaneously creates impulses of desire in the vital body, the seat of emotions and desires.

### **Desire is a trap**

Explanation: Everyone has desires. The wise however do not allow themselves to be carried away by them by dwelling on them. They avoid fantasizing about how one would be happy if the object of desire manifested. They have realized that if one allows oneself to dwell on a desire, one suffers until the desire is realized and provides a temporary relief from desire, until the next desire enters the mind. They simply remember

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## Liking and Disliking *continued*

to “let go” of desires, rather to become hung up on them. This does not mean that the wise avoid sensual pleasure. They find joy in being the Witness before, during and after any experience.

### **Who am I? Who is it that feels this desire?**

Explanation: When one asks such questions one automatically changes perspective to that of the Witness. The only true answer to such questions is “I am That” which observes, which is a Witness to the movements of the mind, senses, and emotions.

### **Do I have a preference?**

Explanation: If you ever seek to know whether a decision or choice you have made or are about to make originates with your ego, ask this question. Only the ego has preferences. Who you truly are is content, 24 hours a day, 7 days a week. It is equal minded towards everything. The wise see their karma, the consequences of past thoughts, words, and actions, playing out in their daily life, and to avoid creating more karma, they simply observe it without preference. This does not mean that they are indifferent. As they become less and less affected by their karma, they discover their dharma, their path to Self-Realization, which motivates them to act with love and kindness, and to manifest their duties, *svadharma*, and to express their unique qualities, their *svabhava*. See the Yogic text, the Bhagavad Gita, in which Krishna, advises Arjuna, the warrior chief, to be a warrior and fight his relatives in a civil war on the battlefield of Kurushetra.

### **Let go and let God.**

Explanation: When we repeat “let go” we cease to grasp whatever thought, emotion, desire, or fear is currently moving in the mind. Consciousness expands. We cease to suffer from the need to control. The source of all emotions is “wanting to control” and “wanting to be loved.” When we remember to “Let go and let God,” we relax, and go with the flow of life, like a person being swept down a river filled with boulders, “in control, out of control.” Without grasping we are guided by

our higher intelligence without the influence of fear or desire.

### **This too will pass.**

Explanation: By being calmly active and actively calm we create the ideal conditions in which the Witness perspective can become established. When things go badly in your life, instead of feeling disappointment, anger, or frustration, remember, “This too will pass.” When things go well, when you get what you want, avoid becoming too excited, by remembering “This too will pass.” All conditions are temporary. Everything changes. See the changes in circumstances as opportunities to maintain the calm perspective of the witness.

### **Be Still**

Explanation: This famous saying from Paambatti Siddha, expressed in the Tamil language, by the word, *summa*, was the first thing my teacher, Yogi Ramaiah taught me to meditate on in 1970. At that time, he also said that it is expressed in the Bible, in the Psalms of David, as “Be Still and know that I am God.” Yoga, as a direct path involves repeatedly remembering after forgetting the absolute reality of who we are. The Siddhas favorite references to who we truly are includes the Seer, as distinct from the Seen, everything else, *vettivel*, vast luminous space, *Siva Shakti*, “conscious energy, That, *Sivam*, goodness. By seeking stillness, particularly in the physical body, I can enter the witnessing presence and cease to identify with whatever thought, tension or emotion is causing separation from effulgent self-awareness. In the stillness I can enquire “why am I not feeling right?” Or when I scan the body, “why am I feeling this tension?” By focusing my attention on exactly where in the body I am feeling tension and being still I can then let it go.

Siva's cosmic dance includes creation, preservation, dissolution, concealment, and grace. Concealment occurs when we forget our identity, when we feel separate from That. Grace oc-

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## Liking and Disliking *continued*

curs when we remember and identify with That. Do appreciate how all distractions can serve as reminders of where and how separation occurs, and that everything is an expression of the Divine's dance. May repetition the above sayings help you to remember!

For further reading; The Yoga of the 18 Siddhas: Anthology, [https://www.babajiskriyayoga.net/english/bookstore.htm#18\\_sid\\_anth\\_book](https://www.babajiskriyayoga.net/english/bookstore.htm#18_sid_anth_book)

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## The Often Untapped Potential of Devotion

By Durga Ahlund



*Acharya Kriyanandamayi teaches Yoga to children in Sri Lanka*

The Tantras tell us, that *the Lord exists within, but it does not manifest equally within all beings. The Lord's touch is experienced unasked.*

The siddhas say that there is this hidden jewel within, which can only be found through Self-inquiry. This jewel is reflected back to us as a flow of dynamic energy, a flow of knowing what was previously unknown, increasing insight, intuition, understanding and devotion. This dynamic energy is sometimes expressed as an expansion of love-light, which is certainly more than human. This love light is devotion. And it is this love light that can lead us into a state of great release and into emptiness. This great release can take us to the *Promised Land*...Self-realization.

We begin our practice of Yoga for a myriad of reasons. No two of us began the same path at the same time for the same reason. You may have stayed the path you began, or wandered about trying this path and that. You may be practicing Yoga with regularity and great seriousness for

health and happiness, or tell yourself it is simply a hobby, but if you have stayed a path of Yoga or found yourself returning to it again and again, I suggest that you are seeking something from the asana, the pranayama, the meditation and mantra, that you have yet to experience. I suggest that you are yearning for that bridge that will take you deeper into the peace of your being. I suggest that you are seeking the secret key to touch your innermost self.

And so, I introduce you to the practice of Devotion or Bhakti Yoga, as a gentle method of entry into a rare and beautiful taste of your own being. Kriya Yoga includes Bhakti Yoga, however devotion is not merely chanting, or doing mantra or even ritual worship or prayer. Devotion is a state of grace that arises through a dedicated and sincere practice of *seeking the self*.

For me, devotion has never been about worship. Rather it is seeking a sacred state of mind and heart. It is an energy of calmness and awareness, which, draws one into the energy flowing in asana, or evokes the experience of tears of joy in mantra repetition, or deepest states of consciousness while in meditation. Devotion can establish a stronger connection between body, mind, heart and prana than a practice without it can. Devotion brings stillness and a sense of your beingness, even in asana. Devotion centers and concentrate the mind. Devotion transforms meditation into prayer. The stronger your devotion, the deeper and more vivid will be your meditation. Devotion can unlock a mantra, shifting your mantra practice from one that calms restless thoughts to one that is truly transformational. Devotion can pu-

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## The Untapped Potential *continued*

rify the mind and heart, and unlock the essence of your being. Devotion is the feeling you experience once the divine shakti flows unrestricted within you.

### **Awakening to devotion**

Devotion is not required to perfect asana, or reach high states in meditation. In Kriya Yoga, there is no suggestion that you must be devoted to its fountainhead, Kriya Babaji, as your Guru, or even be devotional. But, Bhakti Yoga is a both a method and an evolving stage of Yoga. I suggest that a state of devotion will arise, if, you continue your regular practice of Kriya Yoga techniques.

For the Kriya techniques and practices of asana, pranayama, mantras and meditations were designed not only to increase awareness and dynamism but also to open us to the influence of the inner being. Many students find that certainty in the techniques, and faith in the teachings of the lineage of Yoga Masters, is when they begin to move beyond superficial practitioners of Yoga and become true seekers. Devotion helps us trust in the process, and trust in the teachings opens us to devotion.

### **So, how does devotion evolve?**

Probably nothing so obscures the concept of “devotion”, like trying to figure it out. It is best to just let devotion be as it is, without trying to understand it. You may know that you have it, but not know when it happened, or what unlocked it. You may prefer to define devotion as aspiration. What I can say is that devotion or aspiration appears, to develop first, in Kriya Yoga, as *attunement*. Attunement is something that occurs within us as our awareness grows. It does not require the thinking mind. Attunement is a state of *interoception*, which is our ability to listen, attune, attend to our physical body, to our feelings, to our inner knowing, and even to our essence. Attunement clears the mind of distractions allowing concentration and focus to grow strong. We develop this skill of *interoception*, as we do our postures with awareness to what is happening in the body, as we do them. We develop this skill

also with practice of kriya kundalini pranayama and as we do our mantra and experience its effects on us. However, at some point, attunement shapeshifts into a beautiful new quality, and what is born is our devotional nature, which draws us into the sacred. Devotion does create a state of quiet yearning, yearning for the sacred within. The sacred becomes apparent to us in a variety of ways, in our bodies, our breath, in our meditations and in our essence.

As devotion or aspiration evolves, we are called to deepen our integrity and activates our reciprocity. We begin to develop spiritual qualities of kindness and compassion, truthfulness and humility. Empathy towards “the other” and a sense of kindness becomes our way of being. Love is enlarged in our world. And we begin to live from our own true blessed nature.

Lacking devotion, even the deepest, meditator can become quite egocentric. One can become so prideful and self-centered that they get stuck gathering spiritual experiences. Egocentricity does not encourage one to rest in the simplicity of their own blessedness. Spiritual experiences can be very seductive. For one stuck in spiritual experiences or in beliefs and non-beliefs, the mental and emotional mind will overlook the potential of that blessed space, even though they experience it from time to time.

So, devotion is not simply an external practice. It is not an outer display of chanting or puja and ritual. Instead, devotion is inner worship of, and deep humility towards that, which is sacred, a surrendering to the blessedness of our own inner Self. It is this hidden blessedness that is our true nature and what we seek.

### **How can my practice of Kriya Yoga help me to develop devotion?**

You may or may not recognize that you are becoming attuned in the Kriya Yoga practices. Yogic attunement is what has turned your attention inward. Attunement is what prepares you to recognize the awakening of the divine shakti. Through focusing on what is happening in your body

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## The Untapped Potential *continued*

during the moments of your practices you will become aware of energy and physical sensations. By tuning inward, you, will soon experience a quieting of the mind and a fullness in the heart. Attunement clears distractions from the mind, allowing you to watch thoughts travel through the space of the mind. The body, mind and heart will learn to rest in a calm contentment, without seeking other experiences. Attunement is slowly purifying and unifying the mind and prana. You find that you are more often than not, precisely where you want to be. You discover that you are able to be more present and more patient with yourself and with others. As attunement awakens the heart chakra, you become aware that your love is more expansive. It's widening, to your surprise begins to encompass others, even strangers.

You may or may not recognize when attunement and awareness become a more humbling, devotional energy, streaming from the divine shakti. But, at some point, you will have an experience of a spontaneous ascent or descent of energy in your physical and subtle body, And, in your life, a combination of coincidences and opportunities and challenges will create the shift required for you to live the life you are to live. You find yourself more confident in the decisions you make, sometimes even that there is no choice, other than the right one for you and those in your life. You find yourself more open to challenge, more creative, and you feel more joyfully connected to the world of nature and to others. Life may not become a lot easier, but conflict will no longer motivate you. You may yearn more for the Lord, or find that your yearning ceases altogether. You drop the façade of what is, and is not, spiritual. You see opportunity everywhere.

### **Why do we resist devotion?**

People most often equate devotional practices with religion and as a result, resist the idea of devotion in Yoga. Devotion appears to be a dualistic system of worship of, faith in and dependance on, a religious doctrine, or dogma, or towards a single person or being. On the other hand, Yoga is a nondualistic, scientific art of unity of body,

mind, prana, spirit, which brings understanding, unity and oneness. While Yoga is meant to unify all parts of our being, that is only possible if we drop from the level of the mind and move fully into the heart. There is an order of intimacy that is required to attain a state of Yoga. And for that devotion is necessary.

Many students of Yoga outright reject the idea of devotion. I was not naturally drawn to devotional practices. But I was quite sincere and dedicated in my practice and study of Yoga and Eastern philosophy and mysticism. I subscribed to the ideal that God is Love and Love is God and that God is within and in all. I was able to feel and even communed with the Lord as love and comfort, within my own being from an early age. It was easy to trust that the Lord in some form, underlies and unifies and permeates all the diversity of creation within the universe. I feel the primary condition for devotion, is the ability to unconditionally accept that God is Love and Love is God. For devotion begets yearning, yearning to one day recognize that blessed space within, as who you truly are.

### **Devotion as an expression of Love and Grace**

But more than aspiration for that blessed space, devotion is an expression of the divine shakti flowing through us. Divine Shakti is a spontaneous force of energy. It grants us an on-again, off again, state of awareness and kindness and love. It is a state of Grace. Love arises from our devotion and allows us to stay open to the stream of life influenced by the energy of divine shakti. Grace may or may not always be available to us, but devotion allows us to recognize it when it is.

Devotion is a protective Hand that gently guides us on our journey. Devotion helps us accept life as it is. We accept the experiences the soul draws to it, whether they are what we want or not. We realize that we can never second guess the shakti or demand grace to give us what we want. It is through devotion and humility that the disciple learns to simply witness and accept what is happening in life and see that the shakti is the cause

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## The Untapped Potential *continued*

of all things, the amazing and all that is good, but also the obstacles and even unsurmountable odds. Devotion grants us the tools to release the hold that pride, self-centeredness and mental and emotionally suffering can have on us, all, which resist the divine flow of grace

### Sharing a few Experiences

My first conscious and quite brilliant experience of the *kundalini shakti* was during a two day long intense practice of Kundalini Yoga. But that was quite different from my first experience of pure devotional bliss. Devotional ecstatic bliss has arisen in me, while chanting a single mantra with great witnessing and feeling for hours, and at other times, while in a deep, long meditation. However, it can occur quite spontaneously, suddenly, in a moment of time. Once at Ramana Maharshi's Ashram in Tiruvanamalai, India in the midst of hundreds of strangers I had such an experience. I happened to arrive quite early at the ashram during the auspicious time of the Guru's birthday. I was surprised that hundreds of devotees were coming through the gates. I asked why so many people were there just then and was told that it was for Ramana's birthday celebration. There was much gaiety and the group was quite talkative. I found myself a bit agitated at the noise of the crowd. We lined up for lunch and were being seated on the floor in the dining hall, quite close to one another in rows that were also quite close. A single devotee was passing out a sheet of paper to everyone who was seated.

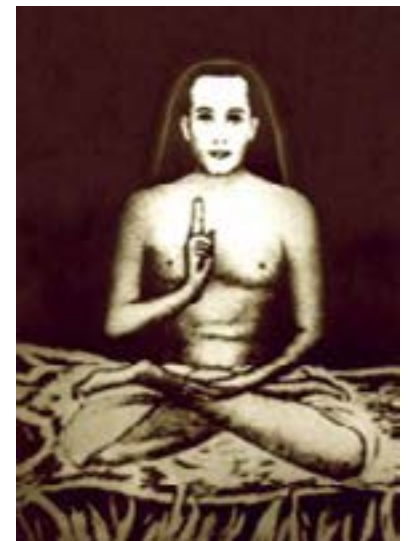
I took my seat. And, quickly the young man came over to me, handing me a sheet of the paper. I took it thanking him. I looked down at the printed sheet and to my utter amazement, experienced the blessing of pure Presence. For on that thin sheet of paper not only was a copy of a famous photo of the great saint, but He came forth, from within that photo. It was a instantaneous, intimate moment of darshan. Ramana Maharshi appeared in front of my open eyes, blessing me with Silence and a state of grace that stayed with me all day and unlocked something within me, that has remained open. Tears of joy, from just

the memory of that day, of that moment, in 1997. I still cannot explain what occurred, but I hold onto the feeling of immense love and that small glimpse of an understanding of something I know to be true... his enduring Presence in the world. I carry and now share this memory with great care. This was not an experience that I have shared with anyone, until now. But it is a beautiful expression of what I call, devotion.

### Devotion is transformative

Devotion is a reassuring Presence that cares for the soul. Devotion does not only arise in the presence of great sages; but when Love is touched and awakened. God is Love. Love is God. Devotion is an energy that will continue to fuel one's diligence and determination to stay a path of love. You don't need to be practicing Yoga to walk a path of Love. Love is a transformative power that can reshape your capacity to accept, to listen more deeply, to understand more fully, and to consciously respond to life in all its forms with love. There is no path of love possible without devotion.

When Love is awakened, we are awakened to the beauty of everyday miracles and moments of perfection in the natural world, which bring us wonder and awe. Love helps us see the presence in purity and innocence and draws us to the sacred and blessed. Devotion is the beauty of deep love and caring for what is. The sacred is all around us, devotion helps us see it, and bathe in it. Devotion shifts our focus from our separateness to our connectedness and fills us with gratitude for what we encounter, what we receive and how we can serve others. Devotion is a beautiful gift you can give yourself.





# Kriya Yoga: attunement, sadhana and service

By Nityananda

The experience with Babaji's Kriya Yoga is different for each person who practices it, since this path has many aspects. For me, the daily experience of Kriya Yoga can be articulated in three points: attunement, sadhana and service.

## Attunement

Attunement is the connection with the Source, with the Satguru. Attunement is an energetic channel that you keep with Kriya Babaji. This constant memory of Him (it is not something mental, rather something energetic and intuitive) gives joy and can inspire to do things (service). This memory is a source of joy for life, and in reality, it is a constant connection with the Divine.

Attunement is articulated through the seventh meditation technique; in it we learn to energetically tune in with Babaji to receive his guidance. This can be felt in different ways, maybe as a "impulse" in the heart or an inner voice or some other ways - this experience varies among practitioners.

With time, when you lose or forget this attunement due to desires or problems, you notice that you are missing something, that life loses its spark, and you find yourself lost in the uncertainty of life, in the common worries and fears of our society.

Another more punctual and meditative way to feel attuned is to focus on the crown chakra, the seat of the Guru, and quieting mind and emotions, let divine inspiration and energy descend from there. Sometimes (especially when you are doing a lot of practice) you can feel an inner glow there.

Attunement is a source of inspiration and joy, and life takes on meaning and direction, a flow, when you stay there.

## Sadhana

Sadhana or spiritual practice, is above all, constantly cultivating Presence and Love (Nityananda Kriya). Babaji is absolute Presence and Love. From this state, things are perceived in a different way, you are more present and much more

receptive towards higher inspiration and the joy of the moment that life offers at every moment.

By practicing Presence and Love sometimes you feel the Presence everywhere, especially in nature and in the light.

Presence and Love are especially applied to our emotional body until it becomes transparent. In intense yogic practice, the emotions and patterns of the subconscious are released to be cleaned. These eventually dissolve as you carefully apply Presence and Love to them. Much, much of the work of sadhana is here.

Kriya Yoga sadhana is done to prepare our bodies (physical, emotional, mental, intellectual, spiritual) for the divine descent, so to say, into them. First, the bodies are prepared with the kriyas. And later, the descent of divine inspiration, energy, light and consciousness is articulated.

+ We prepare the bodies with practices such as:

- Asanas and bandhas – cleanse the nadis and the physique, activate the chakras.
- Pranayamas – purify the nadis, activate kundalini and chakras.
- Mantras – purify the mind and nadis, activate the chakras.
- Meditation of detachment.
- Direct work with the chakras.
- Releasing conflicting emotions.

All these practices cleanse and purify us.

+ And we have practices to make higher energy and consciousness "descend" in our bodies:

- With the 3rd, 4th, 5th, 6th and 7th meditations of the First Initiation we can receive inspiration from the Self to improve our lives and the lives of others.
- Devotional singing and recitation of the mantra Om Kriya Babaji Nama Aum.
- The repetition of the mantra with devotional aspiration.

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## Attunement *continued*

- The first and second asanas.
- The advanced techniques of samadhi.
- The connection with the Siddhas.
- The invocation of the descent of divine light (In the advanced kriyas; the book "The light of the Siddhas" also talks about it).
- Meditation and invocation of the descent of divine consciousness and energy from the 7th chakra (see the book "Advancing in Yoga"). This is both a practice of attunement and a sadhana.

Attunement and sadhana reinforce one each other.

## Service

Attunement and sadhana make possible and facilitate service to others. Our life can be an act of offering and service dedicated to the Divine – who is our real Self. Service is the outlet we give to all the energy and inspiration we receive, and turns the ego, the source of suffering, into a channel and instrument for divine energy.

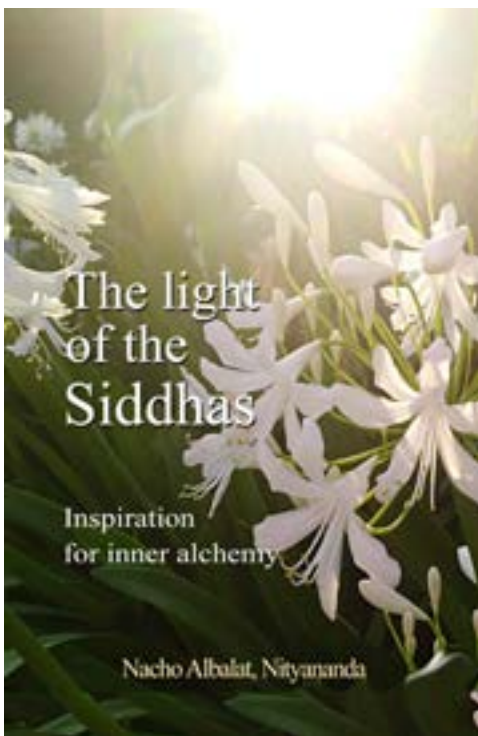
Service reconnects us with the joyful Self in all.

Attunement, sadhana and service thus turn life into a practice of Kriya Yoga, into a path of transformation towards blissful Unity.

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## Why meditate on the verses of the Yoga Siddhas?

Book Review by M.G. Satchidananda of *The Light of the Siddhas: Inspiration for inner alchemy*, by Nacho Albalat, Nityananda. 131 pages. From Babaji's Kriya Yoga and Publications. Look inside or order it here: [https://www.babajiskriyayoga.net/english/bookstore.htm#light\\_of\\_the\\_siddhas\\_book](https://www.babajiskriyayoga.net/english/bookstore.htm#light_of_the_siddhas_book)



I am pleased to highly recommend to our readers our new Ebook, *The Light of the Siddhas: Inspi-*

*ration for inner alchemy*, by Acharya Nityananda. It is the fruit of his many years of practicing the seventh dhyana kriya, Babaji Samyama Kriya, on the verses of the 18 Siddhas.

Initiates of Babaji's Kriya Yoga will recall that during the initiation into this kriya, they were instructed to practice it not merely to seek guidance for personal questions, but also to seek the inner, esoteric meaning of the wisdom verses of Patanjali and the other Siddhas.

My teacher, Yogi S.A.A. Ramaiah, often recommended that initiates should every day read and reflect upon one verse of the Siddhas as part of their morning sadhana.

During monthly meetings of initiates, at the Quebec ashram, every participant is encouraged to practice this kriya while meditating on a verse from Patanjali's Yoga Sutras, and afterward to verbally share their inspiration.

The author writes:

"Food is enjoyed when it is savored, but it really nourishes us when we digest and assimilate it. Similarly, reading these messages can stimulate us intellectually, but they will help us transform when we integrate them into ourselves and into our lives.

The texts that follow are messages that come

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## Why mediate *continued*

from my meditations on verses of the 18 Tamil Yoga Siddhas. These verses have been published for the first time in several books by Babaji's Kriya Yoga and Publications. I have not provided the verses, nor have I provided the name of the books. If interested, I invite the reader to read the verses of the Siddhas in these publications (see Bibliography) .... It is advisable to meditate on these texts without haste and see how they apply to our sadhana and our lives....

The meditations are grouped by subject, and do not necessarily have to be read in the order presented.

They are there to inspire our sadhana and to guide us towards the ultimate goal."

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### Selections:

#### Insight on a verse by Siddha Dhanvantri:

"Consciousness will heal everything. You must dwell in it, not in the phenomena, not in the vi-

tal. A blissful, empathetic and compassionate awareness."

#### Insight on a verse by Siddha Sundarandar:

"Feel, free yourself in the blissful awareness; only your attachments, conscious and unconscious, bind you. The witness is *Shiva*, the free Self. Your freedom is in the witness, in the surrender of things. Give up your attachments – you don't have to give up things, but attachments.

The Guru, Babaji, with whom you tune in, is the personification of this state and the door to reach it. *Karma* is what binds you. Consciousness frees you from *karma*."

#### Insight on a verse by Kudambai Siddha:

"The Divine is the incomparable pearl. You must model your life for your sadhana, and not the other way around. All remembrance of the Divine is sadhana. The Divine is consciousness too. Get close to the Divine so that He floods your life. Babaji is Shiva. Shiva is love.

#### Insight on a verse by Siddha Konkanavar:

Receptivity towards the Siddhas I am not only receiving their verbal instructions, but also their energy. Fill yourself within the light of the Siddhas. And let it do its job. This is the secret.

#### Insight on a verse by Siddha Agastyar:

What scares you is never the world, but a construction of your mind – just a creation of your mind, like the ones in your dreams.

#### Insight on a verse by Siddha Patanjali:

Hold on to the witness. Everything else passes. The witness is a perfect luminous self-consciousness, not cold, but peace and joy of being. The challenge, once experienced, is to extend it to all your states. You don't need the thoughts; the Self surpasses them on all sides.

#### Insight on a verse by Siddha Boganathar:

When you free yourself from the bondage to the ups and downs of the emotional body, you

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## Why mediate continued

will begin to feel the joy of God, the joy of Being, everywhere, naturally.

Without love there is no God. Create that space so that the Divine can come. Mantras, chants, everything helps, and inspiring readings that leave an inspiring trail in your subconscious mind.”

I would like our readers to know how important to Yogi Ramaiah the meditation on the Siddha verses was. He began all of his lectures and satsang meetings by singing an “homage to the 18 Siddhas” (whose words are reproduced in this book) and then shared a verse that he had selected from their writings. He asked us to chant it in its original Tamil language, and then to memorize and meditate its English translation using the above mentioned kriya. Afterwards, he asked us to record whatever inspiration we had received about its meaning in our meditation notebooks. Finally, he asked each of us to share with him that which we had written. He then graded it from 1 to 10, indicating that we had understood 10 to 100% of its meaning. It was rare for anyone to get a note more than “3.” After reviewing everyone’s recording, he would give a lecture about the meaning of the verse, which typically went on for about 90 minutes.

I have known the author, a professional journalist, Nacho Albalat, since 1996, when we began corresponding by mail, even before email was available, and soon after when he organized the first of many initiation seminars given by myself and other Acharyas in Spain. Since then, he has translated into Spanish our Kriya Yoga Journal, our website, and many of our publications, including the *Yoga of the 18 Siddhas: An Anthology*. He is the author of the books *The Yoga of Jesus*, *Recovering the Being*, *Advancing in Yoga: The Path of Kundalini, the Chakras and the Siddhas*, (all available in English and Spanish), *Teachings of Sri Aurobindo and the Mother*, *Teachings of the Mother*. He is a member of the Order of Acharyas since 2006.

I commend the author for sharing his meditations on the Siddha verses, which we believe will surely inspire our readers to seek their own inspi-

ration and guidance from the Siddhas works.

# News and Notes



**Quebec Ashram initiation seminars with M. G. Satchidananda. (in English)** 1st initiation: May 19-21, and May 26-28, 2023; 2nd initiation: June 23-24, and October 13-15, 2023; 3rd initiation: and July 21-30, 2023. In French: 2nd initiation: June 16-18; 3rd initiation: June 30- July 9, 2023.

**Kriya Hatha Yoga Teacher Training: August 3 to 18, 2023.** Learn how to make your practice of Babaji's Kriya Hatha Yoga deeply spiritual! Develop the confidence and competence to share it share it with others. Details here: [https://www.babajiskriyayoga.net/english/pdfs/events/hytt\\_quebec\\_2022.pdf](https://www.babajiskriyayoga.net/english/pdfs/events/hytt_quebec_2022.pdf)

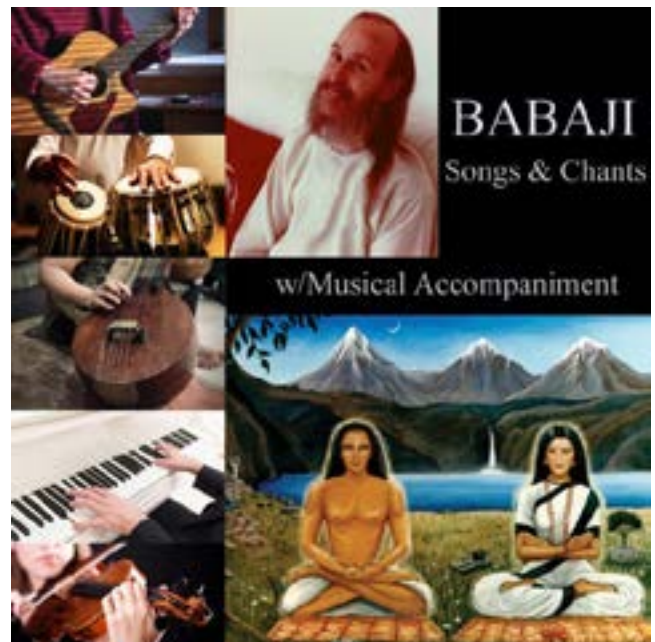
**New Indian language publications.** We are happy to announce the publication of the following titles in local India languages: In Hindi, Kailash, and later this year in Hindi volume 3 of the Voice of Babaji. Residents of India may order these and many other publications on our Indian ecommerce website: <https://babajiskriyayogastore.in/>

**New! MP3 recording "Devotional Songs and Chants from the Kriya Yoga tradition with musical accompaniment."**

This musical project was born out of the desire of a few initiates close to Satchidananda to set to music a cappella recordings of Babaji chants that were originally recorded by Satchidananda in 1993. So it is done, and well done, with a re-edition of the

voice, an inspired harmonization and a refined instrumentation of quality executed with the greatest care

To listen to samples of each song or to download in exchange for a donation of any amount click here: [https://www.babajiskriyayoga.net/english/book-store-2.htm#devot\\_chants\\_w\\_accompaniment\\_audio](https://www.babajiskriyayoga.net/english/book-store-2.htm#devot_chants_w_accompaniment_audio)



**Do you want to live in a new Sustainability community, in nature? Kriya Yoga initiates have created one for you. The website address**

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for Sustaino. Live is <https://sustaino.life/>

**Receive our new Babaji message cards!** They inspire and remind you of Kriya Babaji and the wisdom of our tradition. We will send them to you via **Whatsapp** 2-3 x per week in 6 languages as per your choice. Simultaneously, we will post them in English on Instagram ([instagram.com/babajiskriyayoga](https://www.instagram.com/babajiskriyayoga))

For more information [Click here](#) to Download PDF.

**Online satsang meetings, Yoga classes, questions and answers.** Many of our Acharyas are offering their support to initiates and non-initiates through online streaming Hatha Yoga classes, as well as satsang meetings through cyberspace communications like Zoom. However, other Kriya Yoga techniques which are taught during initiation seminars cannot be shared during these. Their purpose is to encourage participants to meditate, and secondarily to give some inspiration. Questions from initiates about the Kriya Yoga techniques will be answered only *in a personalized one-to-one setting, where confidentiality is ensured, either by email or a phone call or in person.*

**Use Zoom to join online Kriya Hatha Yoga classes, meditation and satsang meetings.** Watch recordings of these from 2020 to 2022 on [patreon.com/babajiskriyayoga](https://patreon.com/babajiskriyayoga)

**International satsang for initiates:** Every first Sunday of the month . 13:30 GMT+1 (15.00 Central European Time; 9:30 Montreal time) 14.30 Central European Time, 8.30 Montreal Time

**Daily Satsang – Babaji's Kriya Yoga Sri Lanka:** Every day (Monday to Saturday) 11:30 GMT (5 p.m. India Standard Time). [https://kriyababaji.it/babajiskriyayoga\\_online\\_satsang/](https://kriyababaji.it/babajiskriyayoga_online_satsang/)

**In Sao Paulo, Brazil:** for initiates: Satsang every day, 6:30 p.m. (São Paulo Time Zone). Hatha Yoga class every Friday, at 8:00 a.m. for everyone. <https://us02web.zoom.us/j/5184926117?pwd=Un->

[FVWmdSZC9PK0JoN0xPTGMxd3pSQT09](https://www.fvwmdszc9pk0joN0xPTGMxd3pSQT09)  
ID: 518 492 6117 Password: babaji

**At Flora des Aguas, Cunha, Brazil:** Monday to Friday: 6:30 am to 7:30 am: Kriya Hatha Yoga and classical Yoga asanas: 7:30 am to 8:10 am: Pranayama, meditation, reading and Vedic mantras. Contact: [fabifsamorim@hotmail.com](mailto:fabifsamorim@hotmail.com). In Portuguese.

**In India: Sunday Satsang.** 12.00 GMT+1 (14.00 CET) duration: 60 to 90 minutes. <https://www.babajiskriyayoga.net/english/pdfs/events/english Intl-satsang-infotext-suday.pdf>

**Visit our e-commerce site** [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net) for purchasing with your VISA, American Express or Mastercard all of the books and other products sold by Babaji's Kriya Yoga Publications, or for donations to the Order of Acharyas. Your credit card information is encrypted and kept secure. Check it out!

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**Visit Durga's blog.** [www.seekingtheself.com](http://www.seekingtheself.com)

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