

BABAJI



AND THE 18 SIDDHA KRIYA YOGA TRADITION

By M. Govindan, M.A.

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KRIYA YOGA TRADITION

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**This book
is dedicated to
Babaji**

BAJI'S KRIYA YOGA ORDER OF ACHARYAS, U.S.A. INC.
Chidambaram, India



Babaji and Mataji (Annai) at their Ganri Shankar Peetam Ashram near Badrinath, India.

This is a rare account of Babaji, who has retained his youthful form since the third century A.D., and of the immortal masters of southern India, the Siddhas, who initiated him into Kriya Yoga, a scientific art for realizing God, Truth and Self. It relates the inspiring story of Babaji's birth, childhood, quest for self-realization, transformation and mission in assisting humanity's "supramental evolution".

The psychophysiology of Kriya Yoga and guidelines for its practice are clearly explained. Kriya Yoga can bring about one's physical, vital mental, intellectual and spiritual development, and thus help increase health and happiness.

"An excellent contribution to the little known science of

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. Ayyappa, longtime disciple of Babaji.