Welcome to the Babaji Kriya Yoga Space

To receive words of wisdom from Marshall Satchidananda Govindan, please register.



Welcome, Babaji Kriya Yoga students



Babaji Kriya Yoga

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Babaji

In 1946, one of the most prominent yogis of modern India, Yogananda (Paramhansa Yogananda), revealed in his book "Autobiography of a Yogi" the existence of a Christ-like saint, an immortal yogi: Babaji (Mahavatar Babaji). Yogananda explained that Babaji had been living in the Himalayas for centuries and guiding many spiritual masters without their knowledge. Babaji was portrayed as a great Siddha who had surpassed human limitations and was quietly working for the evolution of humanity. Between 1952 and 1953, Babaji dictated three books to V.T. Neelakantan, published under the title "The Voice of Babaji: A Trilogy on Kriya Yoga." In these books, Babaji reveals the answer to the question "Who am I?"

He says that when we know who we are, then we will know who Babaji is. Babaji is not limited by human personality, nor by a series of events, nor even by his body transformed into the divine. However, in his writings, he also revealed for the first time precious details about the history of his life, in the form of guidelines to follow for our path towards Self-Realization, for every aspirant. Subsequently, these details were documented in the book "Babaji and the Tradition of Kriya Yoga of the 18 Siddhas," by Marshall Govindan, in 1991.

L'ashram du Kriya Yoga de Babaji

Located near Sutton in the Eastern Townships of Quebec, discover this place of rejuvenation through this television program.

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What is the purpose of our lives

The purpose of life is happiness, peace, love, and enlightenment. This desire for perfection comes from the Self, the image of God in man, that perfect image seeking to express itself through each of us. Kriya Yoga is the scientific art of Self-realization in the physical, vital, mental, and spiritual bodies. This form of Yoga is a synthesis of the ancient teachings of the 18 Siddhas, revived in this modern era by a great Master of India, Babaji Nagaraj. It includes a series of techniques or 'kriyas' grouped into five phases or branches. Paramahamsa Yogananda taught the practice of Kriya Kundalini Pranayama, which can accelerate the natural progression of Divine Consciousness in human beings.

The Ashram in Quebec, Canada

Babaji

Video

This YouTube bellow is one of a kind. An interview about yoga where Satchidananda was choosen among hundreds to explain 'What is Yoga'

See more









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