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144 kriya yoga techniques pdf

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Babaji's Kriya Yoga is a holistic approach that harmonizes God Truth and Self-Realization through a series of techniques divided into five branches. The practice draws from ancient teachings of the 18 Siddha tradition and includes physical postures (Kriya Hatha Yoga), breathing exercises (Kriya Kundalini Pranayama), meditation techniques (Kriya Dhyana Yoga), mantra repetition (Kriya Mantra Yoga), and devotional activities (Kriya Bhakti Yoga). The guru mantra, Om Kriya Babaji Nama Aum, serves as a gateway to connect with the legendary Himalayan Siddha, Babaji Nagaraj. As spiritual energy flows through the crown chakra becomes more accessible. The mantra, known as Shakti, carries conscious power, which allows the Guru's energy to be transmitted through it. This sacred sound is rooted in the Guru's word, making it a form of themselves. Babaji's Kriya Yoga embodies "Action with Awareness," guiding practitioners towards self-knowledge and truth. By incorporating awareness into daily life, including thoughts, words, dreams, desires, and actions, one can become a more conscious human being. However, this requires alignment between the body, mind, heart, and will, as well as the soul's aspiration for purification and perfection. Babaji's Kriya Yoga consists of 144 exercises and spiritual practices aimed at self-realization and transformation across the five bodies: physical, vital, mental, intellectual, and spiritual. The primary objective of Kriya Hatha Yoga is deep relaxation, allowing the body to become purified of various disorders and irregularities through asana practice. Asanas also grant flexibility, lightness, and buoyancy in the body, while the 18-series asana awakens energy centers along the spine and kundalini. Kriya Kundalini Pranayama focuses on purifying the nervous system and circulating life energy through all nerves and subtle energy channels without obstruction. Ultimately, these pranayamas will awaken the sushumna and direct kundalini upward. Babaji's Kriya Yoga Dhyana demands that truth realized in inner consciousness penetrate into waking consciousness and become effective there. The level of consciousness determines the quality of life lived. Rather than trying to stop thoughts or drop into a void, meditations focus on strengthening the mind's power, visualization, and intuition, which can be used in daily life. These meditations help develop concentration, orienting the entire consciousness towards the soul. Kriya Mantra Yoga involves silent repetition of powerful chakra seed syllables and sound, stimulating divine qualities. This practice tunes the being, turns consciousness toward the Divine, and opens one to a flow of divine energy and grace. Through Babaji's Kriya Yoga, one begins to study themselves, letting go of negative habits, desires, fears, and other disturbances. As one establishes a new inner Witness perspective, full of peace and joy, their personality transforms, and they begin to experience themselves as an instrument of love and a superior creative force. Engaging in activities that bring happiness to others and contribute to a better world is the core philosophy of Babaji's Kriya Yoga. This spiritual tradition involves awakening from a state of being unaware while still being physically present, essentially "waking up" with one's eyes open. The path of Self-realization offered by Kriya Yoga integrates all aspects of life and fosters self-discipline, allowing individuals to live with compassion and an open heart. Kriya Yoga has its roots in the teachings of the Yoga Siddhas, perfected masters of Siva Yoga. Babaji Nagaraj synthesized his techniques from those taught by Agastyar and Boganathar, ancient yogis who passed on their wisdom. The tradition was further shared with Marshall Govindan, a devoted practitioner who had already spent years mastering Kriya Yoga and had completed a year-long silence in retreat. After fulfilling stringent conditions set by Yogiar, including dedicating himself to a rigorous practice of over 50 hours a week for twelve years, Marshall Govindan received the authorization to teach the 144 kriyas (techniques) of Babaji's Kriya Yoga. Guided by the Light of the Guru, Govindan's life took a new direction in 1988, and he began sharing Kriya Yoga with others. This led him to travel extensively, initiating over 10,000 students across twenty countries and training sixteen advanced students to carry on his mission.