



## Babaji and the 18 Siddha Kriya Yoga Tradition

*By Marshall Govindan*

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### **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 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 long time disciple, reveals their little known 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.

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#### Review

"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. Ayyappa, a long time disciple of Babaji*

#### About the Author

About the author: Marshall Govindan has practised Kriya Yoga intensively as a disciple of Babaji since 1969. He studied and practised Kriya Yoga in India for nearly four years with Yogi S.A.A. Ramaiah, a direct disciple of Babaji, assisting him in the establishment and development of 23 Kriya Yoga centers around the world over two decades. He practised Babaji's Kriya yoga an average of 8 hours per day for 18 years. After fulfilling certain rigorous conditions, he was asked by Babaji on Christmas day, 1988, to go and teach Kriya yoga to others under his guidance and inspiration. In 1990 he was married for the first time, to Gaetane Annai Ouellet of Quebec in a traditional ceremony at the Chidambaram Shiva temple in South India. In 1991 he authored the bestselling book *Babaji and the 18 Siddha Kriya Yoga Tradition*. In 1992, he and his wife, Annai founded Babaji's Kriya Yoga Ashram on a beautiful mountain top, 40 acre estate. It is located at 196 Mountain Road, St Etienne de Bolton, Quebec, Canada JOE 1P0., near Montreal. They organize initiations and retreats here year round as well as summer camps which host a variety of teachers. In 1993 he edited and published the first english translation of *Thirumandiram: A Classic of Yoga and Tantra* by Siddha Thirumoolar. At the end of 1994 he retired after 25 years of work in some of North America's largest corporations, where he integrated the practise of Kriya Yoga with a life of dedicated service as an economist and later as a leading professional and author in the field of computer systems control and auditing.

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