



WHO IS BABAJI?

In my communications and dialogues with sincere seekers all over the world, I have become aware of how much confusion exists as to who is the mighty being called “Babaji”. Therefore, to clear all doubts and put to rest this perplexity with finality I have in this book, based on my experience and subsequent realization, revealed who is the *true* Babaji.

Throughout my childhood, adolescence and later years I have felt and seen his guiding presence, as if preparing me for the experience at Badrinath, Himalayas in 1967 when I was a youth of twenty-three.

Babaji enlightened the modern world with the original Kriya Yoga¹, through His disciple Yogavatar Lahiri Mahasaya whom He initiated into this soul-saving science in 1861. When Paramahansa² Yogananda published his all-time classic *Autobiography of a Yogi* in 1946, Mahavatar Babaji became known, for the first time, to the public at large.

It is to this *parampara* or grand lineage that I belong, and am privileged to impart the sacred science of Kriya Yoga to humanity. All the Yogas, like Raja Yoga, Kriya Yoga, Bhakti Yoga, Jnana Yoga, Karma

1 ‘Yoga of doing’, the ‘lightning path’ which brings you to the path of non-doing (*akarma*); given by Babaji Gorakshanath for the dissolution of *karma* and acceleration of human evolution to Divinity.

2 ‘Supreme swan’, the 4th level of initiation of a yogi; an honorific title given to great adepts, such as Ramakrishna and Yogananda.

Yoga, Hatha Yoga, Laya Yoga, Tantra Yoga and Hamsa Yoga emanate, for the grace and salvation of humankind, from the same source – the *Visible-Invisible Savior of all Beings* called Babaji.

The future accomplishment of *Earth Peace Through Self Peace* shall, more than the United Nations Organizations, be brought about by the United Minds Organization - through the practice of the peerless science of Kriya Yoga, which is a nondenominational and nonsectarian pathway to world peace and self-realization.

The stream of humanity and its evolution may be channelized and directed to the practice of the correct Kriya Yoga and to knowing that Shiva Goraksha Babaji and Babaji of *Autobiography of a Yogi* are one and the same person. This purpose may be served through the reader's understanding of this book. The central theme and spiritual purpose of my writing this book is given below:

1. To unveil before the world, the great mystery that Shiva Goraksha Babaji is the Babaji of *Autobiography of a Yogi*. All other writings of people, persons, places and things are subservient and should only be used to serve the accomplishment of this purpose. This book is not about Lahiri Mahasaya, Sri Yuktेशwar or Paramahansa Yogananda. So, when I write a chapter about Yogananda, that chapter is only a facility to use that reference to prove that Babaji and Shiva Goraksha Babaji (Goraksha Nath or Gorakh Nath) are one.

2. The second critical factor and linchpin to expound upon and clarify to a misguided public, is that the yogic treatise *Goraksha Shataka*³ and the original Kriya Yoga given by Mahavatar Babaji to Lahiri Mahasaya are also one and the same. My purpose is to prove that the original source of Babaji's Kriya Yoga is the *Goraksha*

³ Goraksha Shataka is the first part of Goraksha Paddhati written by Shiva Goraksha Babaji. Goraksha Paddhati is a system of yogic techniques for self-realization.

Shataka and *Manu Smriti*⁴. This not only clarifies that the Goraksha Shataka and Kriya Yoga are one, but further goes to illuminate that Babaji and Goraksha Nath are one and the same Being.

In medieval times, the immortal Babaji manifested as the eternal Goraksha Nath. In modern times, the immortal Goraksha Nath manifested as the eternal Babaji. Therefore, both of them are one and the same Being, who revealed Himself to me as *Shiva Goraksha Babaji*.

Many people speak of Babaji and Goraksha Nath, and great confusion occurs because some speak of Him in His terrestrial dimension, others in His celestial dimension, and yet others talk of Him in His cosmic dimension. Some writers speak of Him in His ‘conscious’ state, others in His ‘super-conscious’ state, while yet others endeavor to speak of His ‘supreme-conscious’ state. So, while the Being we are talking about is not different, each author speaks of Him only to the limit of his understanding, and the fact is that nobody can comprehend Him. So, it is only by His grace that this, that, or any other book can be written.

I have tried to clarify this as best as possible in the sub-chapter titled *Babaji’s Dream Bodies* (see chapter 19 - *The Sage of All Ages*). We all know Babaji in His limited form on earth, but it is impossible to comprehend His eternal Being, which is beyond relativity and creation. This book will mainly deal with the terrestrial, celestial and divine aspects of Babaji, in relativity and in creation.

4 Manu Smriti (also known as Manava Dharma Shastra) was written by Manu, who is considered the first lawgiver to mankind. Encoded in this treatise are the ethical and spiritual laws of humanity and its evolution.

Examining some untruths

I have come across many a writing in books published about the cults, creeds and religions of various sects belonging to Kabir⁵, Guru Nanak⁶, Alam Prabhu⁷ and Balak Nath⁸. The devotees and followers of these saints and spiritual teachers, in order to prove their master the best and more superior than the rest, have made almost all of them engage in either a physical or philosophical combat with the greatest of all sages – Shiva Goraksha Babaji. It was their belief that unless their own master or satguru had defeated Goraksha Nath in a philosophical debate or a combat of *siddhis*, he could not be recognized and elevated in society as a great saint or an *avatar*. Goraksha Nath, so to say, became the ultimate benchmark and examiner without whose testing, no saint could be accepted as a saint by the masses.

This, somehow created a psychological schism in the minds of bigoted followers and, hence, they contrived false stories in which Goraksha Nath was worsted in philosophical debates or the combat of *siddhis*, even though there was a gap of two or three hundred years between their masters incarnations and that of the great Goraksha Nath. Having scant regard for the time and periods in which their masters lived, they were so keen to prove that their masters were the greatest, that they went to any lengths and interpolated false information in their religious scriptures and texts.

The fact of the matter is that even the historical Shiva Goraksha Babaji of medieval times lived a good 150 to 200 years before the

5 Kabir was a medieval saint of India who was given the spiritual Kriya Yoga by Babaji. He was also given the mantra of ‘Rama’ by his guru Ramananda.

6 Guru Nanak was another great medieval saint and founder of the Sikh religion. He has sung the praises of Babaji Goraksha Nath in the *japji gutka*.

7 Alam Prabhu was a saint who existed 150 years after Babaji Goraksha Nath, and was blessed by him in a vision. The story of the physical meeting of both these masters is not an historical fact.

8 Baba Balak Nath and the thousands of Yogis who followed the Nath tradition during the Middle Ages were all the disciples of Babaji Goraksha Nath.

time of say Alam Prabhu, Balak Nath and Guru Nanak. As a matter of fact, it was Goraksha Nath, the sage of all ages, who inspired and influenced Lord Bhartari Nath, Kabir and Guru Nanak in all their poetry and writings. These great beings of lofty, avataric stature had no hand whatsoever in the concoction of false stories depicting that they defeated their greatest benefactor and master, Goraksha Nath. They were certainly in no need of such bravado.

So, any person who reads a book that projects a jaundiced view, or any slant towards a cult, must beware of being misled by untruths about this great master of all masters whose presence hallows the Himalayan mountains until today. He upholds the whole spiritual edifice of the land of *Bharatvarsha*⁹, called India. Kabir sang the *purusharth*¹⁰ and masculinity of the philosophy of Goraksha Nath, and the great woman saint Meera sang the devotional heart of Goraksha Nath. Yet, both these great saints were unable to completely expound upon the philosophy and truth of Shiva Goraksha Babaji. But, if Goraksha Nath were to move and shift a little, the whole edifice of India's philosophy and yoga would, to give an analogy, register a 6.6 on the seismic scale. The blessings of this sage of all ages, who has said nothing in His defense, have continued to uphold the truth in all the religions and philosophies and yogas of the world.

Seeking Babaji

YOU ARE BABAJI TO THE EXTENT YOU KNOW BABAJI and very few people really know Babaji. This is not to discourage any humble seeker on the path, but just to check the arrogant seeker seeing Babaji and imagining he knows everything about everything, and everything about Babaji. The danger lies in the delusion that we have met Babaji, and nobody but the person claiming to have seen Babaji can testify to it. He has to be true to his own self; to what extent he had a vision of

9 Present-day India – the land whose people are wedded to the Divine light.

10 'Human purpose' The effort to know the True-Self within the mind of our bodies.

Babaji or saw Babaji. Whether he experienced Babaji through the chirping of a bird, or as a light breeze; saw Him in a dream or in a *drishtanta*¹¹, saw Him in a *sakshaatkara*¹², i.e. actually experienced him as *Sat*, known his *Chit* and felt him as *Ananda*¹³, or experienced Him in the highest state of *Brahma-Nirvana*¹⁴ which is called the ‘Isness of the Zero Not Zero’¹⁵; how many of us have experienced and been one with Him as the Non-Being Essentiality¹⁶?

While experiencing the various states of spiritual awareness, one has to be true to oneself. I am not sitting here in judgment of what is true and what is not. For my part, all that I know is that I am being inspired to serve, and to guide. My pen just writes because He wants it to write. Perhaps the purpose of this book is to tame our egos and enable each of us to have a humbler sense of proportion as to where we stand, and where the great being Babaji stands. Remember, that the great sages, alive through the ages, can see through the hearts and minds of humanity. They know exactly where each individual stands in the hierarchy of his personal evolution and the depth of his devotion to God.

11 Spiritual vision.

12 A true vision of the divine Lord.

13 Sat-Chit-Ananda – Existence-Consciousness-Bliss.

14 Merging in the transcendental core beyond the universe and being everywhere and nowhere at the same time. Highest state of enlightenment.

15 Yogiraj has coined this term. The zero represents the Nothing of Creation. The naught-zero represents the Everything in Creation and the Is-ness pervades them and is beyond them both.

16 A word coined by the Yogiraj Siddhanath; this word is a paradox because *Para Brahma* is so beyond mortal conception that He is a Non-Being as far as we are concerned; and yet He is the essentiality of the very fabric of our Soul-essence and Creation.







Babaji The Lightning Standing Still

CHAPTER 1



KNOWING THE BEING

The Cosmic Lightning Holder

Beyond the ken of mortals is the great Spiritual King of our world, who rises from the still waters of our innermost Consciousness – the mighty *Lakulish*¹ of our lilac lagoons. Himself the unfathomable Consciousness, He holds in His hand the Lightning of Immortality – the Cosmic Kundalini Shakti that is the very mystery of life and death. The Holder, the Wielder and the Moulder of this Lightning is the one and only Babaji. In the aspect of Holder, He is Shiva – the Lightless Light beyond light. In the aspect of Wielder, He is *Ardhnarishwar*² where He can either maintain His state of lightless light, or become the light in creation. In the aspect of Moulder, He is transformed into His Shakti, *Mataji* – the moulding light of creation.

In order to form the connection between the descent of Spirit into Matter, we must first understand that as Spirit descends, it creates Matter in its various forms and yet remains pristine and unchanged. How it can be in the Matter of creation and yet not be involved in it, is the mystery of all mysteries and may only be understood if the Supreme Consciousness wants it to be so. So humbly taking it from there, I have evolved a simple formula as a working hypothesis to delve into

1 The 'staff-holder', 'He who holds the lightning-staff of evolution', a representation of Lord Shiva or Babaji-Gorakhnath; also deified as the ancient founder of the *Shiva Pashupat* sect of yogis.

2 Shiva and Shakti depicted as half-man, half-woman in one body, showing to us that the balance of the universe is rooted in reciprocity.





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the mysteries of the unfathomable Truth. This formula states that, “*Consciousness is infinitely greater than yet coequal to energy which is equal to mass multiplied by the square of the velocity of light.*”

$$C \cong \{e = mc^2\}$$

In its present state, this equation has been experienced by many enlightened souls and advanced Yogis. This formula of existence has certainly been validated by their personal experience. However, even though it matters not to the Spirit, for the sake of the intellect of humanity, the challenge is to prove the above formula as a measured test in the laboratory. Whether it is proven or not in the future doesn't really contribute to the evolution of our consciousness, because both humanity and its intellect are transient in the constancy of the Eternal Consciousness. Rather than attempt to prove the existence of reality with the intellect, it is far more purposeful to become one with Reality by experiencing it, as the Yogis did. So **Nothing matters; only God spirits!** This means that, “**Consciousness creates the Universe and yet remains the same.**” I speak for you here the great spiritual formula of high math, voiced by the Sages of the Ancient of Days:

*Om purnamada purnamidam
Purnat purna mudachyatae
Purnasya purna madaya
Purna meva vashisyathae*

From the complete, if the complete is taken away, the complete still remains complete. This is what makes the enlightened Yogi exclaim, “**Oh Lord, the Universe, a bubble in my consciousness; my consciousness, a nothing in thy Nothingness!**”





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To further expound the meaning of *The Cosmic Lightning Holder*, Babaji is the innermost quintessential Spirit of our souls and is thus understood by the personal aspect of our spiritual selves. The Formless Spirit of Babaji, beyond creation, is represented by the still waters of our consciousness. In creation, the spiritual form of Babaji is represented by Lakulish – The Lightning Staff Holder, arising from the lilac lagoons that represent the sacred shores of our individual souls.

The lightning represents His dynamic aspect in creation as Mataji, and the lilac waters represent His potential spirit beyond creation, as Shiva. We humans fail to delve into the still waters of our own consciousness, because they are muddied by the bedlam of misery created by our own thoughts. We cover the eyes of our souls with the hands of our minds, and then cry that we cannot see! All we need to do is remove the hands of the mind from the eyes of our soul with the persistent practice of Kriya Yoga, and behold the Divine In-dweller Shiva Goraksha Babaji – the Heart of Divinity throbbing in humanity.

‘The Lightning Standing Still’ is one of the aspects of Babaji where He plays the Time-Reversed Phenomenon – faster than light. When the speed of light is reached, time stands still. But when surpassed, it has no space in time, hence, time ticks back towards the future. Because the future lies behind you in the great storehouse of *sanchit karma*³, it comes from over and behind as time moves forward. However, as you travel along the forward road, you are treading your past and working out your karma as you go along. So, the future lies behind you and the past is before you, as you walk forward to work out your past karma. Therefore, it is said that when you finish your karma, your purity enables you to travel back to the future unimpeded by karma. So your future life depends upon the actions of your past. Your actions that you do now are by total free will, but once your free will is hardened in the mold of time, then you must bear the consequences, good or bad, of the deeds you have determined by your own free will. The best way to

3 Those past karmas collectively stored in the unconscious mind of the individual.





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get out of this catch 22 is to practice Kriya Yoga and live in the **Eternal Now**, which is a name for Babaji.

This is the great enigma of the space-time continuum. You lengthen time to shorten the distance; you shorten time to lengthen the distance. Time becomes space as distance, and space becomes time as duration. Time is eternity, and distance is infinity. When eternity meets infinity, time becomes space, and space becomes time. **This is said to be the ‘Eternal Now’! That is why meeting Babaji is always in the ‘Present’; there is no past, no future; everything is in the present.**

The Being that has the ability to play with time and space is in total At-One-Ment with God.

He is everywhere and nowhere at the same time, and His mass is infinite. I have penned a few lines to show how important it was for me to know, and to become one with Time.

*Oh Time, could you with me conspire
To relive my past life film entire
Fashioning my future picture show
In tune with God's own mystic flow*
Yogiraj Siddhanath

So, is the lightning that He holds in His hands also standing still? No. This is the lightning moving at the speed of light in our three-dimensional world of relativity and, therefore, this light, also called the Cosmic Kundalini Shakti, is used for the evolution and welfare of all humanity. It is said that Shiva Goraksha Babaji burst forth from the heart of His own supreme consciousness, called Shiva, for the celebration of Creation. In a flash, He unites with the Womb of Creation, which is His own beloved Shakti energy, permeates it with His Divine Consciousness and yet remains unchanged, immutable and free.





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This is one of His important dynamic aspects as Mataji, whom Yogananda refers to as Babaji's sister, and whom I refer to as Babaji's feminine, constructive, light energy. Although the Lightning Holder, the Wielder and the Moulder are a flow guided by the Continuum-Consciousness called Babaji, they are the same and yet they are apart, because the Lightning Holder is the Lightning Standing Still, who is the Spirit of Babaji beyond creation. The Wielder is also Babaji, who is a channel leading into creation and the Lightning itself. Traveling at the speed of 300,000 kilometers per second, is Babaji in creation called Mataji. Now in Hindu philosophy, she is called the *Padma Matri* or *Mata*, meaning – the Universal Lotus Mother, later referred to as the transcendental matrix.

Babaji holds the very mystery of life and death. He directs the entire evolution and dissolution of the world, not only of humanity but also of *devas*, nature spirits, and all creatures of our world. He is called *Vaidhatra* (The Cosmic Lightning Holder) of the destiny of all nations and beings, from the celestial to the terrestrial. *Vaidhatra* derives from *vidyut*, which means cosmic electricity. *Vaidhatra* also means 'First from the Creator' who is known as *Vidhata*⁴ which, in turn, refers to *Brahma*, the Creator. The divine Babaji was the first to be manifested from *Nilalohita Shiva* (the Blue Void of Consciousness) through the divine mind of *Brahma*. He is the 'Time-reversed White Hole' from which creation came into manifestation.

Let there be no shadow of doubt that Babaji is the Cosmic Lightning Holder, far more vast and expansive than Indra and Saint George, who are also lightning holders; however, they are only an aspect of Babaji. Babaji is also the Lightning of Cosmic Kundalini that in turn becomes the Universal Lightning, then Celestial Lightning and, then, the individual Lightning of Human Kundalini; which is the birthright of every person to use for his own evolution. Such is the decree ordained by Babaji, the sage of all ages. Babaji as the lightning standing still is

4 A name for *Brahma*, who holds the destinies of humanities, the nations and creation.





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faster than light. He is **THE TIME REVERSED BLACK HOLE** from which creation came into manifestation.

To put it in the phraseology of quantum physics, I would say that Babaji is the rarest of the rare stars of lightless light found in the naked singularity of certain super-massive black holes – because light is swallowed up by a black hole, along with time and space. So, the star of lightless light cannot emit light as we know it, because it is swallowed up by the intense gravity of the black hole. This particularly rare star has to be of a superior radiance of sorts. I choose to call the star ‘The Lightless Light’. This dazzling star of very special black holes has been discovered and known by quantum physicists throughout the world. Those who think of Babaji with feeble hearts and dull minds shall know Him to that extent and those who absorb him in *samadhi*⁵ will know Him in a much vaster Truth and extent.

Cosmic Kundalini Holder

As steward of the cosmos through the ages, it is Shiva Goraksha Babaji who undertakes the task of guarding the seeds of creation through the birth, destruction, and rebirth of each of the created universes. Each universe comes into being with a tremendous explosion of light and sound known as the ‘Big Bang’, where, within a billionth of a second, matter explodes and expands in all directions at an inconceivable velocity to form the phenomena called Creation. This is called the *Omkar* or the ‘sound of instant creation’.

⁵ ‘Putting together’, the ecstatic or unitive state in which the meditator becomes one with the object of meditation; the eighth and final limb (*anga*) of Patanjali’s eightfold path; there are many types of *samadhi*, the most significant distinction being between *samprajnata* (super-conscious) and *asamprajnata* (supra-conscious) ecstasy; only the latter leads to the dissolution of the *karmic* factors deep within the mind; beyond both types of ecstasy is enlightenment, which is also sometimes called *sahaja-samâdhi* or the condition of ‘natural’ or ‘spontaneous’ ecstasy, where there is perfect continuity of supra-conscious throughout waking, dreaming and sleeping.





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After a duration of time, known in the ancient Indian astronomical system as *Mahakalpa*, the universe folds in upon itself with a tremendous gravitational force withdrawing all light, time, space, and matter – the wholeness of the created universe contracts into one tiny point of light, the size of a *bindu*, a single spark of Divine Light in the womb of the Great Void. To western scientists, this event is known as the ‘Big Crunch’, but, in ancient India, the rishis and sages knew it as the process of *pratiprasava*, that is the ‘drawing in of all the elements of nature and creation’ to a single focal point of *nagna satya*, the naked truth, which outlasts all manifested creation and which, in contemporary quantum physics, is called the ‘naked singularity’.

This Cosmic Lightning descends to become Universal Lightning, then Celestial Lightning and then the Terrestrial Lightning of human kundalini.

The Human Kundalini

Kundalini, which literally means a ‘coiled spiral’, is the electromagnetic *pranic* energy that lies dormant in human beings. The word itself stems from an earlier root – *kunda* – that means the ‘fire pit’. Kundalini lies coiled three-and-a-half times around the base of the spine like a cobra. When it is awakened, it can propel a *yogi* from the static state to kinetic activation in a split second. The kundalini is actually intensified spiritual *prana*. If pranic energy is compared to an atomic bomb, the charge of the kundalini energy benefits the guided *yogi* like a benevolent hydrogen bomb. The kundalini *shakti* or force is activated and awakened during the *Kriya Yoga pranayama* which I call the kundalini ‘breath’. It is hidden and latent within the nervous system of all human beings.

The kundalini has seven layers of consciousness. If all the seven layers of kundalini consciousness are awakened, then the soul finally departs from its abode on earth. No one can awaken even the sixth layer of kundalini and live for a very long time. Such a person must





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dissolve in Cosmic Consciousness. So, we are now talking of not only the human kundalini but also the cosmic kundalini.

The Cosmic Kundalini

The cosmic kundalini is a totally different noumenon from the phenomenon of human kundalini. She is *Aja Ek Pad* – the ‘Unborn Standing on One Foot’ and the *Ahirbudnya* – the ‘Serpent of the Fathomless Deep’. She is called Shakti when related with Shiva. She is the ‘Mother of the Great Deep’; *Amba*⁶, also known as *Bal Tripura Sundari*. The naked singularity, is Shiva fused with His Shakti, whom no one can fathom; whom no one can know intellectually in their ultimate seven-fold form. I am referring here to the cosmic kundalini of Shiva Goraksha Babaji.

A Yogi practicing the Kundalini Kriya Yoga of Babaji, with sincerity, is sooner or later bound to awaken this divine force. When he gets absorbed in this yogic practice, the kundalini opens up the treasures of the Yogi’s body, mind, and soul, and he is endowed with divine experiences such as: knowing all past life experiences, reading the future, and seeing the aura⁷.

Fusing the Cosmic and Human Kundalini

An aspirant has to bridge the gap between the cosmic and his own kundalini. If, for example, the cosmic kundalini travels at 300,000 km/sec and the individual’s kundalini travels at 30m/sec, then one has to bridge this gap. For this, one needs a transformer; a spiritual step-down system. This transformer is the *Satguru* – one who has realized the Truth. Only he can help speed up the aspirant’s kundalini, lessen

⁶ ‘Great Deep’, appellation for an aspect of the Divine Mother. The waters of the unfathomable deep. Also known as the goddess *Bal Tripura Sundari*.

⁷ The astral/celestial radiance around the body of a meditating yogi and a saint, the nimbus/halo predominantly emits from around the head area.





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the speed of the cosmic kundalini, and then help both the kundalinis fuse together to give the individual's soul an evolutionary boost. Thus, his soul-awareness takes a quantum leap, which could be too overpowering and difficult to handle for the aspirant, unless guided by the Satguru.

As one keeps attending more and more of the Satguru's *satsangs* or gatherings, one will see the kundalini at work. Experiencing the radiance of the Satguru's aura, witnessing the changing dimensions and observing the stillness within, are the powers bestowed by the kundalini.

