

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 defined as the ancient founder of the *Shiva Pashupat* sect of yogis.

2 Ardhnarishwar means 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.*”

$$C \infty \geq E = mc^2$$

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!**”

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 Form-

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less 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 Phenomena – 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*¹, 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 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.
1 those karmas stored in the collective unconscious of the individual

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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.

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

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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*¹ 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 lightening standing still is 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

¹ A name for Brahma, who holds the destinies of humanities, the nations and creation.

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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 samadhi¹ 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’.

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 pro-

¹ ‘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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cess 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 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 the serpent of the fathomless deep, *Aja Ek Pad* – the ‘Unborn Standing on One Foot’; the *Ahirbudnya* – the ‘Serpent of the Fathomless Deep’. She is called Shakti when united with Shiva. She is the ‘Mother of the Great Deep’; *Amba*¹, 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 aura².

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 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 over-

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

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

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powering 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.





CHAPTER 2



*BABAJI IS NONE OTHER
THAN GORAKSHA NATH*

He is called the Nameless One and yet He goes by many names – the foremost among these being Babaji. He is the ‘Ancient of Days’, ‘Fore-father of all Adepts’, one of the greatest kings of the divine dynasties called ‘The Earliest and The Last’. He is the Mahavatar, the ‘Fountainhead of all Knowledge and Evolution of Humanity’ made known to today’s world, first by the Yogavatar Lahiri Mahasaya, then by Gyanavatar¹ Shri Yuktेश्वar, and then by Paramahansa Yogananda, who spread the soul-liberating science of Kriya Yoga from India to the western world.

The existence of Babaji was first publicly made known in Paramhansa Yogananda’s *Autobiography of a Yogi*², which revealed that he was the Immortal Yogi alive throughout the ages for the welfare and spiritual evolution of humanity. Babaji, we are told, is the name given to this Being by Yogananda’s Paramguru, the Yogavatar Lahiri Mahasaya, who was initiated by Babaji into Kriya Yoga. It is through Lahiri Mahasaya that the knowledge of Babaji’s evolutionary ‘Lightning Path of Kriya Yoga’ has now spread across the world. Although it is through this legacy that several details of the Mahavatar have been revealed to us, it has been done with a degree of conscious discretion. The great Spiritual Masters of those times were very careful to reveal

¹ Divine incarnation of wisdom.

² A spiritual classic written by Paramahansa Yogananda in the 20th century.

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only certain details of the Being called Babaji. The reason for this great mystery surrounding Babaji was the state of spiritual development of the people of those times. Certain details of Babaji's life and legacy were considered not fit for disclosure to the people at large, as they were not yet ready to receive Him.

The time has now come to unveil the truth of as much of this Being as is comprehensible to mortals, the Deathless Mahavatar, who has come to guard and guide and to bless our humanity and the world

Yogananda, in his *Autobiography of a Yogi*, says: “*I give in these pages on Babaji merely a hint of His life – only a few facts which he deems fit and helpful to be publicly imparted.*”

Knowing well that there would come a time when sincere seekers, with minds ripened and ready to receive the Truth of Babaji, would thirst for knowledge of this mighty Being, Yogananda left behind a host of clues about the identity of Babaji that were to be later revealed. Perhaps the greatest indication is given to us in his *Autobiography* where he tells us that Babaji is but one of many names of the Mahavatar; that He is called variously by a host of names that are *Shaivite* in origin. About Babaji, he says that:

“He has adopted the simple name Babaji (Revered Father); other titles of respect given to him by Lahiri Mahasaya's disciples are Mahamuni Babaji Maharaj (Supreme Ecstatic Master), Maha Yogi (The Great Yogi), and Trambak Baba or Shiva Baba (titles of avatars of Shiva).”

This is no mere slip of Yogananda's pen, but a clear indication of who is the being known as Babaji. From these names, even the lay reader can easily conclude that Lahiri Mahasaya and his disciples understood Babaji to be an *avatara* or aspect of Shiva. This aspect of Shiva isn't described as any ordinary *avatara*, but as an exalted and immortal manifestation of Shiva, for Babaji is none other than the im-

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mortal Shiva Himself, known famously throughout India as Shiva Goraksha, the sage of all ages and founder of the *Nath* tradition. In esoteric circles, and to the Himalayan Yogis, He is known as Shiva Goraksha Babaji. To the common man, he is simply known as Goraksha Nath or Gorakh Nath.

The identity of Babaji as Goraksha Nath is further reaffirmed when we consider the details of Yogananda's life. In *Mejda*, the book authored by Yogananda's younger brother, who himself is named after the sage Gorakh Nath, we are given the events of Yogananda's childhood.

Mejda (Yogananda) was born in Gorakhpur. Yogananda was a saint of the highest stature and it was not by mere accident that he was born in this city. I see his deep connection with Goraksha Nath, whom he later called Babaji in his celebrated *Autobiography of a Yogi*. This is the holy center for Gorakhnathis (devotees of Goraksha Nath), as this region was hallowed by the presence of Shiva Goraksha Babaji in the Middle Ages. This temple is His cardinal temple in India from where divine dispensations, missions, and blessings are given. It was here that Yogananda was born and magnetically pulled to the very location of Goraksha Nath's holiest of temples, by force of his love and reverence for the Being so dear to his heart.

Yogananda's parents were ardent worshippers of Goraksha Nath and regularly visited the temple for guidance and blessings. At the tender age of four, Yogananda experienced the power and grace of Shiva Goraksha Babaji by way of being filled with an ecstasy of expanded consciousness in this holy temple. The experience was recorded in *Mejda* as follows:

“Customarily, our parents took Mejda with them to the temple of Gorakhnath to worship every Sunday and on holy days. However, on one Sunday they didn't go to the temple because a religious festival was being held at our house... As

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the guests were departing, Mother realized that she had not seen Mejda for several hours. The house and neighborhood were searched, but he couldn't be found. Knowing well her son's nature, and at last taking this into account, Mother said to Father, 'Since we go to the temple of Gorakhnath every Sunday for worship, but we have not gone today, perhaps Mukund is there'.

"Father and some of the guests went directly to the temple. As Mother had surmised, there was Mejda, sitting like a little sage absorbed in meditation. While the family was enjoying the festivity, he had quietly slipped out of the house to make his customary Sunday visit to the temple – more than a kilometer away; a great distance for such a young child...

"...Dawn was approaching... Mejda at long last opened his eyes, and was at first surprised to see so many people gathered around him. Then he realized where he was and why everyone was so anxious about him. With a sweet little smile he gazed at Father, and then bowed his head in recognition of the trouble he had caused. Father addressed him in a grave voice: "Come home now. It is late. We were so worried about you."

Goraksha Nath, the Being who blessed Yogananda at this early age, is the very Being who would later guide and bless his journey and mission of spreading Kriya Yoga in the west. It is also this very Being who would later become known famously as the great Mahavatar Babaji, in Yogananda's classic autobiography.





CHAPTER 3



SAGES WHO ARE NOT THE BABAJI

In my dealings with sincere seekers all over the world, I have become aware that much confusion prevails as to who actually is the Being called Babaji. As mentioned earlier, Babaji simply means ‘Revered Father’ – an appellation or even a name by which many wise men are known in India. Therefore, to clear all doubt and put an end to this perplexity, I find it necessary to explain who is not, or cannot be, the real Shiva Gorakhsa Babaji.

Babaji Haidakhan I

This Babaji appeared in 1861 and lived amidst the Kumaon mountains in a place called Haidakhan, and he was popularly known as Haidakhan Baba. Many people believed that he was *Ashwatthama*¹, son of the rishi *Dronacharya*². After the great battle of *Mahabharata*³, he became *Chiranjeeva*, an immortal, and still lives in his astral or physical body. Some devotees believe him to be a partial manifestation of Shiva. In 1924, he disappeared into the Himalayas and is now believed to be roaming there, incognito, as Ashwatthama. This is not the Mahavatar, Shiva Gorakhsa Babaji, whom I am referring to and who is a complete

1 Son of the rishi Dronacharya, one of the eight Chiranjeev’s (immortals); he was present during the time of the great Mahabahrata war, about 3102 BCE, and is still said to be present in the Himalayas.

2 A Devarishi in the period of Mahabarata and the guru of kauravas and pandavars. Father of Ashvatama.

3 ‘Great Bharata’, one of two of India’s ancient and famous epics during the time of Lord Krishna, telling of the great war between the Pandavas and the Kauravas and serving as a repository for many spiritual and moral teachings.

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manifestation of Shiva. Nor is he the Babaji referred to in Yogananda's *Autobiography*. Swami Rama has equated the spiritual status of Haidakhan Baba to that of Sombari Baba and his own master, Bengali Baba, thus providing further proof that he is not Shiva Goraksha Babaji who is *anupadaka* – undying and eternal – a direct manifestation of Shiva.

Babaji Haidakhan II

Some years after the disappearance of Haidakhan Baba I, a young boy from Nepal came into the Kumaon region to the ashram¹ of the former Haidakhan Baba and claimed that he was the former Baba in this new, youthful body. This boy said he was the successor of the Baba, and he now also went by the name of Haidakhan Baba. Both the Babas took the name of the place where they were staying (Haidakhan), which is a common practice in India. About Haidakhan Baba I, there is an ambiguity as to his disappearance. Some say that he took *Mahasamadhi* in the remote Himalayan ranges, while others say he changed his *chola*² or shroud, meaning that his soul exited from his old body and entered into the new body of this young Nepali boy. This young *siddha*³ performed many miracles during his mission. He was greatly praised and worshipped as the true, immortal Babaji but, in the year 1984, he gave up his mortal body. Though he may be a partial avatara, or an aspect of the Immortal Babaji, a shadow of a doubt was cast when his own disciples claimed that he was the immortal Mahavatar Babaji. Haidakhan Baba has historical evidence as to

1 'where work or effort is made', a hermitage; also a stage of life, such as *brahmacharya*, householder, forest dweller, and complete renunciate (*samnyasin*).

2 Referred to the physical, apparent body of a Yogi, which he can change at his own sweet will, when his former body garment becomes decrepit and old. This may be done by the process of entering another's body or by the process of *Kayakalpa* (body rejuvenation). Or he may choose to maintain the body in perfect health by the *Sanjeevini* (rejuvenating) process of *Kundalini Kriya Yoga*.

3 'accomplished', a perfected Master or adept; a *mahasiddha* or 'great adept' denoting one of the Nine Immortal Nathas.

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his existence but he died a mortal death; hence he is clearly not *the* Immortal Babaji.

Gorakha Narayana

Also known as Gorakh Baba, this sage lives in the region of the Kumaon Himalayas. He is at times called Sri Babaji, as popularized in the book *Sri Babaji*, where it is written that Gorakh Narayana also goes by the title *Shiva Goraksha Babaji*. This yogi, Gorakh Narayana, may or may not go by the name *Shiva Goraksha Babaji*, but let me state explicitly that this is *not* the legendary Mahavatar *Shiva Goraksha Babaji* to whom I am referring in this book. Nor is he the Babaji of Yogananda's *Autobiography*. Gorakh Narayana explains that in a former life, he was *Kripacharya* from the time of the *Mahabharata* war. The *Shiva Goraksha Babaji* I am referring to is a direct manifestation of Lord Shiva Himself. During the time of the Mahabharata war, Babaji, the Cosmic Mahavatar, was performing the work of blessing the birth of the six divine sons of *Kunti*¹. He was far beyond being enmeshed in a war. On the contrary, He was the Silent Watcher, the Divine Presence and Witness to the Mahabharata war. Clearly, He was not Kripacharya who was involved in the great battle between the Pandava and the Kaurava clans.

Like many yogis living in the Himalayas, Gorakh Narayana resides at an ashram where pilgrims and wayfarers may easily contact him to seek his blessings and guidance. The Babaji I am referring to, *Shiva Goraksha Babaji*, is a Divine Being, and may only be contacted by His own choosing. Even in His terrestrial form, He manifests as and when the need arises for the sole purpose of providing guidance or an evolutionary boost to humanity or, in rare cases, to particular individuals. These interactions are very personal, extremely powerful, and phenomenally arcane.

¹ Mother of the Pandavas.

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Babaji Nagraj

We are making dedicated efforts to establish the historical existence of a certain sage from South India called Babaji Nagraj. We have researched his name in the Sarfoji Saraswati¹ Mahal Library in the town of Thanjavur in Tamil Nadu. It is thought that this sage was born there. Enquiry and research has also been conducted in various parts of Tamil Nadu like Cittargiri² but, so far, we have yet to discover any historical evidence as to the existence of such a being, other than a modern temple founded and dedicated in his name in the last years of the twentieth century. But this temple seems to have been on the private property of the person who wrote about Babaji Nagraj and his book on Kriya Yoga.

It is strange that Babaji Nagraj was introduced and affiliated with the name of the original Babaji, only after the Mahasamadhi of Paramahansa Yogananda and not while he was alive. If that had been done, it would have been good because Yogananda could have endorsed and blessed the claim that the Babaji of his *Autobiography*, and the later South Indian Babaji, is one and the same person. But this did not happen. What's more, neither do the people of Tamil Nadu know anything of Babaji Nagraj, while they know about the other Tamil Siddhas such as: Thirumular, Bogar Nath, Sambandhar, Karur Siddha and Ramlinga Swami. The Kriya Yoga of Babaji Nagraj also does not seem to match the original Kriya Yoga. However, all yogas are good – whether ancient or invented anew. I have just made the distinction here for people to practice the yoga they intend to practice, and not something else. Insofar as the historical evidence of a personality called Babaji Nagraj, we have till date found no reference or evidence to any saint by that name in the context of any of the Tamil Siddhas (Cittars) of South India.

1 The goddess of learning; she is the informing spirit of the mystic word of learning called Vach; therefore, she is called Vach Saraswati.

2 A place in southern India also known as the hill of the Siddhas.

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Statue of the 18 Siddhas at a temple in the town of Cittargiri.
Shiva Goraksha Babaji, leader of the Siddhas,
is at the centre with flowers placed at the base of the pedestal.

Going in search of Babaji Nagraj, we approached the small town of Cittargiri, a town aptly named for its legacy of the South Indian eighteen *Cittar* or *Siddha* tradition. (Siddhas in South India are known as *Cittars*.) There we saw the statues of the eighteen Tamil *Cittars* but we did not find any statue nor any mention of Babaji Nagraj. However, in the middle of the eighteen *Cittars* there was one *Cittar* at whose feet flowers were laid, distinguishing him as their leader and guru. This figure was Shiva Goraksha Babaji who, as we were told by the *pujari* of the temple, brought Yogic knowledge from the North of India to the South, along with the Rishis *Agastya* and *Sunder Nath* of the Himalayas.

There is an account in Nepal when Shiva Goraksha Babaji manifested as the spiritual King of the Nagas¹. He is depicted in *samadhi*

1 Serpent beings who act as agents of weather phenomenon.

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sitting upon a yogic throne of nine Nagas. *Naga* means ‘Cobra of Wisdom’ and *raja* means ‘king’ and, likewise, in certain parts of India and Nepal, Shiva Goraksha Babaji is known as the ‘Subduer or King of the Cobras of Wisdom’. The eighteen Cittars temple in the South Indian village of Cittargiri seems to concur with the possibility that the name ‘Nagraj’ may have emerged as Shiva Goraksha Babaji’s fame in Nepal spread to the south of India. So, Nagraj is merely an epithet of Shiva Goraksha Babaji.

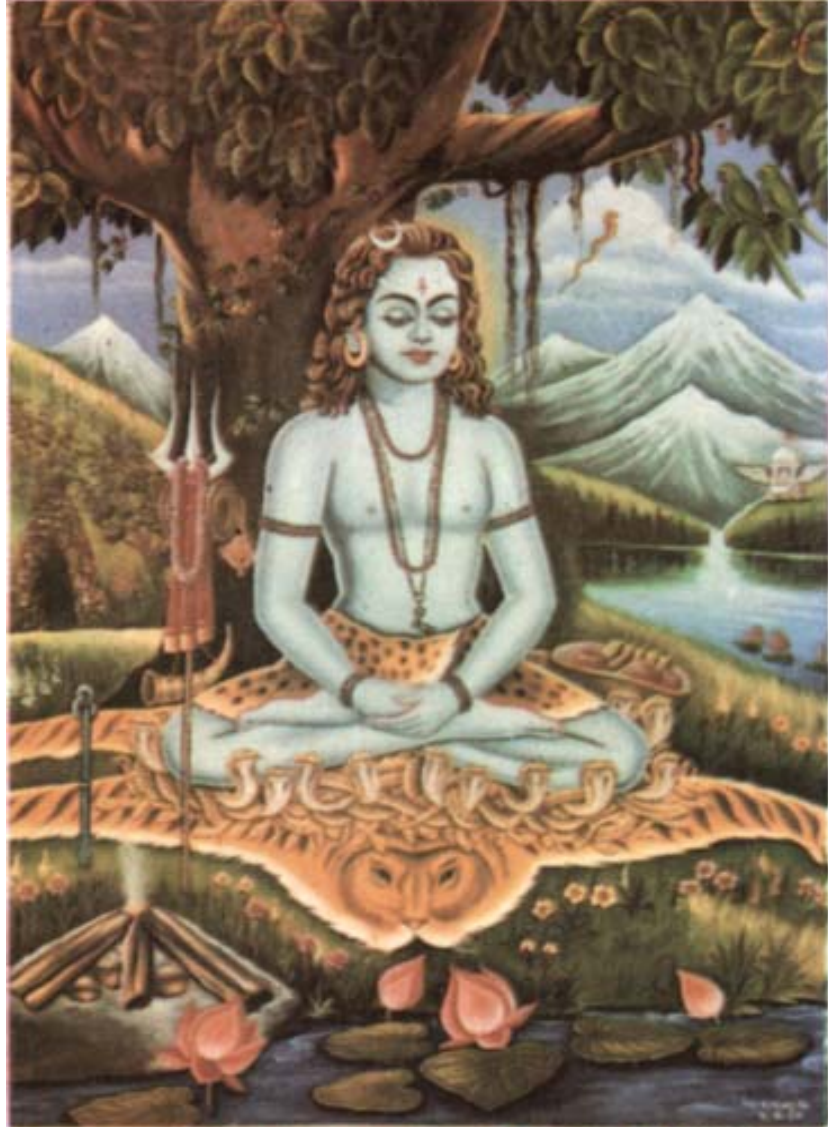
Other than this, there is a second century alchemist by the name of Nagarjuna, a disciple of Shiva Goraksha Babaji also from the north of India. It may be that the fame of Nagarjuna reached South India and he was later called ‘Nagraj’.

It is also important to note that if there was such a person named Babaji Nagraj who was born in Tamil Nadu and lived a life there, his birth is claimed to have been a mortal, human birth and, therefore, he cannot be the Mahavatar, the Immortal Babaji, spoken of in *Autobiography of a Yogi*, and whom I am speaking of here.



Sages Who Are Not The Babaji

योगाचार्य श्री गुरु गोरक्षनाथ जी



मृगस्थली स्थली पुण्या भार्गव नैपालमण्डलें /
यत्र गोरक्षनाथेन मंघमालासमीकृताः



CHAPTER 4



THE GORAKSHA MYSTERY

Lord Krishna¹ once asked the revered Garga rishi, “Which God is Babaji Goraksha Nath? By what *mantra* may He be invoked and worshipped? And, what type of meditation should be done to invoke the presence of this Being? Please tell me.”

Responding to Lord Krishna, Garga rishi narrated this interesting story:

“In the most ancient of days, all the *devas* (gods) and *rishis* (sages) asked Shiva, the Lord God, ‘Please tell us about the nature of Goraksha Nath.’ They further pleaded, ‘Oh Shiva, please tell us how this great, omniscient ascetic Goraksha Nath was born?’ Lord Shiva replied, ‘The formless Lord Goraksha Nath is *Jyoti-swaroop* (embodiment of light), the void is His mother, and Consciousness His father. Goraksha Nath was born *Aja* (from Himself). Know Goraksha Nath to be Myself. To spread the true Yoga, to end the suffering of humanity, I have incarnated as Goraksha Nath. Any mantra chanted of Goraksha Nath gives one the powers of the soul.’ The *devas* and *rishis* then asked, ‘Oh Lord Shiva, how do we perform the *puja*² of Goraksha Nath and what is the mantra we should recite with it, please tell us all this?’ Lord Shiva said, ‘Oh *devas*, now listen to the prayer and rituals that should

1 An incarnation (avatar) of the God Vishnu, the Purna Avatar whose teachings can be found in the Bhagavad-Gita and the Bhagavata-Purana.

2 ‘worship’, prescribed rituals usually accompanied by the recitation of mantras or shlokas, an important aspect of many forms of Yoga, notably Karma and Bhakti Yoga.

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be performed for Goraksha Nath. Visualize his image in your heart, for this type of meditation will give you the siddhis and all spiritual powers for self-realization.”



Lord Krishna worshipping Shiva Goraksha Babaji

Then Lord Krishna said, “Oh rishi Garga, the best amongst sages, all glory be to you. What you have narrated about Goraksha Nath has deeply intrigued me and I am very interested to know the process of His meditation.” Rishi Garga then told Krishna, “Oh Radhika Nath (Beloved of Radha), listen to the secret mantra and meditation of Goraksha Nath which I shall now tell you.”

And so, he goes on to tell Sri Krishna the secret process of the worship and meditation of Shiva Goraksha Babaji.

The Mystery Unveiled

Rishi Garga's narration definitely gives us a clue that, during those times, the Aja (unborn) Krishna/Narayana had drawn upon Himself the veil of his own *maya* (illusion), and He was asking these questions not only to unveil the mystery of His higher Self and Spirit called 'Shiva Goraksha Babaji' - but also to guide others to worship their own, impersonal, supreme Spirit - the *Atman*. We must understand that the higher Self of Kalki Maitreya¹ is Krishna, whose higher Self is Shiva Goraksha Babaji. This is insofar as the whole scheme of our human evolution is concerned. So close is the connection between Krishna and Babaji that, sometimes, Lord Krishna is called 'Shambhu Chaitanya' who is Babaji Himself.

This explains the statement of Lahiri Mahasaya: "That who is Krishna is the ancient Babaji Himself."

Babaji is to Krishna, as Shiva is to Vishnu. In the *Shiva Mahapurana*, Lord Shiva says, "Know Vishnu and Myself to be One." Those who know this are enlightened.



¹ The coming *avatar* of Lord Vishnu, 10th in order.

