

The Voice of Babaji - A Trilogy on Kriya Yoga

By V.T. Neelakantan, S. A. A. Ramaiah, Kriya Babaji and others

(Talk for book launch) Durga Ahlund

We are so pleased to have finally brought out *The Voice of Babaji, A Trilogy on Kriya Yoga* in the Marathi language. This book is purely inspired. Directed by the voice and sometimes divine presence of Sat Guru Deva Kriya Babaji, in 1952, Sri V. T. Neelakantan began journaling his experiences, in order to share them with the world. Satguru Babaji requested,... no, lovingly demanded, that V.T. Neelakantan, first, prepare the teachings of Kriya in a form appropriate for a series of books, and second, to get the books printed and published with the help of Sat Guru's disciple, S.A.A. Ramaiah. This book reads not like the fantasy of a devotee, nor is it merely inspired thought. The teachings have presence, have shakti and affect the reader in his/her depths. This book is a gift and a road map to Kriya Yoga students today, just as it was to the beloved devotee, 50-year-old, V. T. Neelakantan and beloved 29-year-old disciple S. A. A. Ramaiah. The demand from Babaji was that, regardless of how challenging it would be to get this series of books out, the books must be written and published for the generations, "to put faith in the minds and hearts of *billions* of people." "(Satguru Deva) wanted a large body of sincere, all-surrendered workers who would silently, perhaps in obscurity work day and night with one objective in view, the service of the God in man."

The Voice of Babaji and Mysticism Unlocked, Babaji's Masterkey of all Ills (Kriya), and Babaji's Death of Death (Kriya) are profound and contain important spiritual understandings that have the power and potential to support the Mission of Kriya Yoga. But also, the writings are rich with the personality of Kriya Babaji and the personal relationship of Sat Guru Deva with his disciples. The conversations dictated by Neelakantan to S. A. A. Ramaiah and then written by Ramaiah will immediately charm and awe the reader.

The books of Kriya teach few specific techniques, but rather direct us deeply in the principles of Kriya Yoga and on a life well lived, not only in India but throughout the world. It offers all of us, valuable teachings on how to be yogic and dharmic while living in the world. Sat Guru Deva does not direct us to meditate in a cave to reach high states of consciousness and Aloneness. Babaji tells us to spend our life developing awareness of the Lord within and the One in all, while choosing to remain in community, with families, and in the service of others. We are taught that our own mind is a garden and each of us can choose to cultivate it intelligently or to aimlessly allow it to lay fallow. Babaji gives us the right seeds to plant in our mind, and teaches us how to plant them, how to nourish them, so that they bloom into right and pure thoughts, conducive to the life of the truth. He calls us, the master gardener of our soul. And demands that we understand, that no thought we have in our mind is kept ineffectual...for good or bad, positive or negative, courageous or fearful, generous or hateful. "Thoughts crystallize into habit and solidify into fruit," he assures us. Live in fear of disease and you surely get it. Anxiety

demoralizes the whole body and impure thoughts shatter the nervous system and poison the blood. Thought is the fountain of action, life and manifestation. Fear, doubt and worry will paint destructive pictures on the canvas of your mind. Instead, take the brush in hand and paint constructive pictures on that canvas. Take care to guard your thoughts and beautify your mind.

The Voice of Babaji, a trilogy on Kriya Yoga takes on issues of the day in 2019, even though these three books were assembled in the early 1950's. The dangers of materialism and skepticism are discussed in length. Babaji warns us of the human nature of man and how easily the world is gripped by materialism and fear and skepticism, cynicism. He describes how effortlessly materialism grips us and how greed takes hold of us and limits our attention and concern to the welfare of oneself and one's family. He offers the sadhana of Kriya Yoga as a balm for materialism and skepticism. He says that the principles of Kriya Yoga are broad, universal, all-embracing and in full accordance with science and reason. And yet, it is the quintessence of the teachings of all religions and of Babaji. Kriya Yoga has set as its purpose the upliftment of man above sorrows and miseries of mundane life, by teaching men and women to see the Blissful Divinity that is behind all outward forms of life. He says, Kriya Yoga is acceptable to every human being upon the earth, for its features are both suitable and unoffending to all faiths and beliefs.

Kriya Yoga (action with awareness) is essential for man's evolution, for an ethical culture. You can choose to study Vedanta, however, it is Kriya Yoga that eliminates the obstacles of aversion and desire. It is Kriya Yoga, which will steady your meditation. Kriya Yoga invites you and trains you in ethical perfection, in honesty, fairness, truthfulness. It will lead you to work for others, without idea of menial service or superiority. Kriya Yoga crushes the idea of superiority or inferiority. All work, service and love are a form of worship to the Kriya yogi. All kinds of work are noble, elevating and purifying. Humility is proof of process and progress. Kriya Yoga awakens us to the opportunities for service and the humility and readiness to serve. In this book, Satguru Deva tells us to open centers of Kriya Yoga throughout every nook and corner of the world and to offer discourse on the principles of Kriya Yoga. - To develop sattvic qualities like mercy, tolerance, and cosmic love. He says energy is indestructible and what has been said through these books, what is uttered about these teachings will not be lost on those who are in tune with the Omniscient One behind them.... And all who hear rightly will be greatly benefitted.

Hari Aum

