



# Third Initiation into Babaji's Kriya Yoga

## Invitation Letter

by M. Govindan Satchidananda, founder and director of Babaji's Kriya Yoga Order of Acharyas, to the intensive residential retreat seminar program with advanced training in 144 Kriyas for Initiates of Babaji's Kriya Yoga

*Dear Student of Babaji's Kriya Yoga,*

*Om Kriya Babaji Nama Aum.*

*I am inviting you to apply for participation in the initiation into Babaji's advanced Kriyas. It involves training in the 144 Kriyas of meditation, breathing and postures culminating in a series of techniques designed to induce the state of "samadhi", the breathless state of communion with God and Absolute Reality. These 144 Kriyas include specific techniques to awaken the chakras, to develop the latent faculties or "siddhis", and to experience a personal relationship with each of the 18 Siddhas and Babaji. They are rich and diverse and will help to bring about an integrated development on all levels of your being, physically, vitally, mentally, intellectually and spiritually. They do include about 30 which you have already learned at the first or second initiations.*

*I was initiated into these Kriyas in 1971 and they have greatly improved the quality of my life and enabled me to experience Self-Realization. Only a handful of individuals have been initiated into these Kriyas in the past two decades. They will require about 20 minutes per day minimum of additional practice, added to your regular sadhana, as they are to be practiced on a rotating basis. To receive initiation one should make a commitment to practice a different one of these techniques every day on a rotating basis. Traditionally, the initiation into these 144 Kriyas has been given over a twelve-year period, one technique per month (12 months x 12 years = 144 kriyas). You will also be encouraged to practice the same Kriya every day for a month. They are a progressive system of practices.*

*To apply for participation in this first ever training in India, you must write a letter answering the questions of the Application Form for the Advanced Training Retreat, which you find attached. After receiving your reply we will select the most qualified candidates. If not selected, we will send to you recommendations for practice which will enable you to receive the initiation at a later date. If selected we may also request that you make up some areas of deficiency between now and the seminar in order to be accepted.*

*To receive initiation in these Kriyas, one must make a commitment to honour the pledge which Babaji has written (see enclosed). This commitment should also take a concrete form, in some activities of service, to be determined by you according to your capacity and interests. This may involve the dissemination of Kriya Yoga to others, such as through yoga asana classes, support of the monthly classes of initiates, volunteering of time to publicize Kriya Yoga and in work-study programs at the Kriya Yoga Ashram in Bangalore. There are many possibilities, which can be discussed on an individual basis. Only through selfless service can we overcome the ego-consciousness and reach the goal of the Universal Vision of Love. Babaji will work through you in countless ways if you can learn to make your life one of service. If you feel called to apply and attend, please accept this invitation with an early reply.*

*In our Guru's Service,*

*M. Govindan Satchidananda*