

- Satchidananda's transition from academic ambitions to the path of Yoga. Early experiences.
- A brief history of Satchidananda and yoga in the United States from the 1960's to the 1990's (through times of cultural transformation and change).
- What being a renunciate meant and what was asked by Yogi Ramaiah to stay in his ashrams.
- How is 8 hours of sadhana possible in a day? Satchidananda explains what his daily schedule looked like... and that he did this for 18 years!
- Biggest obstacle to the modern mind? We have not prioritized our Divine potential.
- The intention of Babaji's Kriya Yoga is to quiet the mind and vital body, hear the voice of your soul, and reach enlightenment through the 5-Fold Path.
- Transform our human nature to the full potential of our Divine nature from the teachings of Babaji and the Siddhas.
- Use the 5 pillars of Babaji's Kriya Yoga (Asana-Pranayama-Dhyana-Mantra-Bhakti) to attain this full potential.
- Learn to recognize the voice of your Soul, the passive Witness.
- Gradually deepen your surrender on all levels through your sadhana of Babaji's Kriya Yoga.
- Levels of surrender: What happens to us as we surrender our ego.
- What is the role of suffering in our prioritizing of our Self enlightenment?
- Ramalingam... the most recent Siddha to have attained the state of immortality.
- Follow the teachings, not the Guru. Do the work.
- How do we reframe Yoga in modern times?
- The state of the world is your Yoga mat.
- How the world is like a yoga mat - the perfect school and place of practice. We have the responsibility and opportunity to work on ourselves and realize our divine potential
- The future of mankind. Global warming.
- Order of Acharyas... it's purpose, how it works and how it helps all seekers across the world.
- Babaji's Kriya Yoga is a quiet and profound contribution to the world.
- What happens when you die?

Anbu Sivam – Love is God

Our purpose in life.

Great Hamsa meditation at the end! I Am That:” A guided meditation to quiet the mind and hear the voice of your soul