

REALITY CURATOR

MARSHALL GOVINDAN INTERVIEW

Show Notes, Links & YouTube Tags — Full Reference Document

1. YouTube Tags

Copy and paste all tags below directly into the YouTube tag field (comma-separated).

Kriya Yoga, Babaji, Marshall Govindan, Satchidananda, Kriya Yoga teacher, Babaji Nagaraj, 18 Siddhas, Tamil Siddhas, Patanjali, Yoga Sutras, karma, karma yoga, law of karma, Prarabdha karma, Agami karma, Sanchita karma, witness consciousness, Sakshi, Samadhi, grace, surrender, sankalpa, Ishvarapranidhana, klesha, samskaras, vasanas, Sadhana, Darshan, Shaiva Siddhanta, Nataraj, Tirumular, Tirumandiram, Paramahansa Yogananda, Autobiography of a Yogi, Sri Aurobindo, Annie Besant, Theosophical Society, Madame Blavatsky, Sathya Sai Baba, Shirdi Sai Baba, V.T. Neelakantan, Yogi Ramaiah, Salvador Dalí, spiritual master interview, Himalayan yogi, self-realization, consciousness, yoga philosophy, spiritual practice, Quebec ashram, Cadaqués, yoga wisdom, spiritual transformation, consciousness awakening, yoga meditation, tantric yoga, kundalini yoga, yoga initiation, Kriya Yoga tradition, yoga lineage, spiritual lineage, Samkhya, sadhana, Desjardins Movement, Kriya Hatha Yoga, Order of Acharyas, Dalai Lama, Master Imram, Reality Curator, Viviana Czapracka-Gogacz

2. People — Wikipedia & Official Links

Marshall Govindan (Satchidananda)

- **Wikipedia** — Full biography https://en.wikipedia.org/wiki/Marshall_Govindan
- **Official profile** — Babaji's Kriya Yoga teacher page <https://www.babajiskriyayoga.net/english/teachers.htm>
- **Official website** — Babaji's Kriya Yoga main site <https://www.babajiskriyayoga.net/english/home.htm>

Babaji Nagaraj (Mahavatar Babaji)

- **Wikipedia** — Mahavatar Babaji https://en.wikipedia.org/wiki/Mahavatar_Babaji
- **Official page** — About Babaji - Babaji's Kriya Yoga <https://www.babajiskriyayoga.net/english/about-babaji.htm>

Yogi S.A.A. Ramaiah

- **Context** — Marshall's teacher for 18 years; pioneer of yoga therapy in India; disciple of Babaji who co-authored The Voice of Babaji with V.T. Neelakantan

Durga Ahlund

- **Official profile** — Teacher bio — Babaji's Kriya Yoga <https://www.babajiskriyayoga.net/english/teachers.htm>
- **Personal blog** — Seeking the Self <https://www.seekingtheself.com>

Paramahansa Yogananda

- **Wikipedia** — Full biography https://en.wikipedia.org/wiki/Paramahansa_Yogananda
- **Official website** — Self-Realization Fellowship <https://www.yogananda.org>

Sri Aurobindo

- **Wikipedia** — Full biography https://en.wikipedia.org/wiki/Sri_Aurobindo
- **Official website** — Sri Aurobindo Ashram, Pondicherry <https://www.sriurobindoashram.org>

Patanjali

- **Wikipedia** — Author of the Yoga Sutras <https://en.wikipedia.org/wiki/Patanjali>

Sathya Sai Baba

- **Wikipedia** — Full biography https://en.wikipedia.org/wiki/Sathya_Sai_Baba
- **Official website** — Sathya Sai International Organisation <https://www.sathyasai.org>

Shirdi Sai Baba

- **Wikipedia** — Sai Baba of Shirdi https://en.wikipedia.org/wiki/Sai_Baba_of_Shirdi

V.T. Neelakantan (B.T. Neelakantan)

- **Context** — Author of The Voice of Babaji, disciple of Babaji & secretary to Annie Besant https://en.wikipedia.org/wiki/Mahavatar_Babaji

Annie Besant

- **Wikipedia** — Full biography https://en.wikipedia.org/wiki/Annie_Besant

Helena Petrovna Blavatsky (Madame Blavatsky)

- **Wikipedia** — Founder of the Theosophical Society https://en.wikipedia.org/wiki/Helena_Blavatsky



Salvador Dalí

- **Wikipedia** – Full biography – Spanish surrealist artist https://en.wikipedia.org/wiki/Salvador_Dal%C3%AD
- **Official foundation** – Gala-Salvador Dalí Foundation <https://www.salvadordali.org/en/>

Tirumular (Thirumoolar)

- **Wikipedia** – Tamil Siddha yogi, author of the Tirumandiram <https://en.wikipedia.org/wiki/Tirumular>

Dr. T.N. Ganapathy

- **Context** – Director of the Siddha Research Project for 12 years; scholar of the South Indian Siddhanta tradition; editor of the 10-volume Tirumandiram

Dalai Lama

- **Wikipedia** – Quoted in the interview on Western materialism and health

Master Imram (Imram Kriya)

- <https://imram-kriya.com/> **Context** – Viviana's teacher; opened the Reality Curator interview series; student of Sathya Sai Baba

3. Books – Where to Buy

By Marshall Govindan (Satchidananda)

- **Babaji and the 18 Siddha Kriya Yoga Tradition** – The authoritative biography of Babaji <https://www.amazon.com/Babaji-Siddha-Kriya-Yoga-Tradition/dp/1895383005>
- **Kriya Yoga Sutras of Patanjali and the Siddhas** – Translation, commentary & practice <https://www.amazon.com/Kriya-Yoga-Sutras-Patanjali-Siddhas/dp/1895383129>
- **Kriya Yoga: Insights Along the Path** – Co-authored with Durga Ahlund (Jan Ahlund) <https://www.amazon.com/Kriya-Yoga-Insights-Along-Path/dp/1895383498>
- **Babaji's Kriya Hatha Yoga: 18 Postures** – Postures for relaxation and rejuvenation <https://www.amazon.com/Babajis-Kriya-Hatha-Yoga-Rejuvenation/dp/1895383056>
- **Opposite Doing: The Five Yoga Keys to Good Relationships** – Free e-book – practical guide to the yamas <https://www.babajiskriyayoga.net/english/publications.htm>
- **All books** – Babaji's Kriya Yoga official bookstore – Full catalogue including titles in Spanish, French & German <https://www.babajiskriyayoga.net/english/publications.htm>

By V.T. Neelakantan & S.A.A. Ramaiah

- **The Voice of Babaji: A Trilogy on Kriya Yoga** – Three classic volumes in one <https://www.amazon.com/Voice-Babaji-Trilogy-Kriya-Yoga/dp/1895383234>

By Paramahansa Yogananda

- **Autobiography of a Yogi** – Official Self-Realization Fellowship edition (most complete) <https://www.amazon.com/Autobiography-Self-Realization-Fellowship-Paramahansa-Yogananda/dp/0876120796>
- **Autobiography of a Yogi** – free legal PDF – Original 1946 edition, public domain <https://www.crystalclarity.com/products/autobiography-of-a-yogi>

By Sri Aurobindo

- **Letters on Yoga (4-volume set)** – Complete set <https://www.amazon.com/Letters-Yoga-Set-4-Volumes/dp/B013X4PYHS>
- **Letters on Yoga** – free ebook – Complete SABCL edition as epub/PDF <https://auro-ebooks.com/letters-on-yoga/>

By Tirumular

- **Tirumandiram (10-volume edition)** – Edited by T.N. Ganapathy & Marshall Govindan – Babaji's Kriya Yoga Publications <https://www.babajiskriyayoga.net/english/publications.htm>

4. Places & Institutions

Babaji's Kriya Yoga Ashram – Quebec, Canada

- **Official page** – About the ashram near Eastman, Quebec <https://www.babajiskriyayoga.net/english/ashram.htm>

Georgetown University – Washington D.C.



- **Wikipedia** — School of Foreign Service (Marshall Govindan's alma mater) https://en.wikipedia.org/wiki/Georgetown_University
- **Official website** — Georgetown University <https://www.georgetown.edu>

The Theosophical Society

- **Wikipedia** — Founded by Madame Blavatsky & Henry Steel Olcott https://en.wikipedia.org/wiki/Theosophical_Society
- **Official website** — Theosophical Society International, Adyar <https://www.ts-adyar.org>

Self-Realization Fellowship — Lake Shrine, Malibu

- **Official page** — Lake Shrine Temple, Pacific Palisades <https://www.yogananda.org/lake-shrine>

Cadaqués, Spain (where Dalí encounter took place)

- **Wikipedia** — Cadaqués — coastal town in Catalonia, Dalí's home <https://en.wikipedia.org/wiki/Cadaqu%C3%A9s>
- **Dalí House-Museum** — Salvador Dalí's home in Portlligat, Cadaqués <https://www.salvador dali.org/en/museums/dali-house-museum-portlligat/>

Carcassonne, Southern France

- Context — Where Marshall picked up a hitchhiker in 1968, leading to his meeting with Salvador Dalí

- **Wikipedia** — Carcassonne — medieval fortified city in Southern France

Badrinath & Himalayas — Babaji's abode

- **Wikipedia** — Badrinath — sacred Himalayan pilgrimage town <https://en.wikipedia.org/wiki/Badrinath>

Chidambaram Temple, Tamil Nadu

- **Wikipedia** — Nataraja temple — connected to Siddha tradition https://en.wikipedia.org/wiki/Chidambaram_Nataraja_temple

5. Key Concepts — Wikipedia References

- **Kriya Yoga** — The yoga of action with awareness https://en.wikipedia.org/wiki/Kriya_Yoga
- **The 18 Siddhas** — Tamil Yoga Siddha tradition https://en.wikipedia.org/wiki/Eighteen_Siddhas
- **Karma — the three types** — Prarabdha, Agami & Sanchita <https://en.wikipedia.org/wiki/Karma>
- **Sankalpa** — Intention / resolve in yoga <https://en.wikipedia.org/wiki/Sankalpa>
- **Klesha** — The five afflictions in yoga philosophy [https://en.wikipedia.org/wiki/Kle%C5%9Ba_\(Buddhism\)](https://en.wikipedia.org/wiki/Kle%C5%9Ba_(Buddhism))
- **Samskara** — Mental impressions / conditioning [https://en.wikipedia.org/wiki/Samskara_\(Indian_philosophy\)](https://en.wikipedia.org/wiki/Samskara_(Indian_philosophy))
- **Vasana** — Memories and subconscious tendencies <https://en.wikipedia.org/wiki/Vasana>
- **Samadhi** — State of meditative absorption <https://en.wikipedia.org/wiki/Samadhi>
- **Sadhana** — Spiritual practice / discipline for transformation <https://en.wikipedia.org/wiki/S%C4%81dhan%C4%81>
- **Samkhya** — Dualistic philosophy underlying yoga — nature and consciousness <https://en.wikipedia.org/wiki/Samkhya>
- **Karma Yoga** — Selfless service — duty without attachment to fruits https://en.wikipedia.org/wiki/Karma_yoga
- **Yamas (ethics)** — First limb of Patanjali's eight-fold path <https://en.wikipedia.org/wiki/Yamas>
- **Darshan** — Auspicious sight of a holy person <https://en.wikipedia.org/wiki/Darshan>
- **Shaiva Siddhanta** — Tamil Shaivite philosophical tradition https://en.wikipedia.org/wiki/Shaiva_Siddhanta
- **Nataraja** — Shiva as the cosmic dancer <https://en.wikipedia.org/wiki/Nataraja>
- **Nataraj dance** — The dance of Shiva — cosmic creation & destruction <https://en.wikipedia.org/wiki/Nataraja>
- **Yoga Sutras of Patanjali** — The foundational text of classical yoga https://en.wikipedia.org/wiki/Yoga_Sutras_of_Patanjali
- **Tirumandiram** — Classical Tamil Siddha text by Tirumular <https://en.wikipedia.org/wiki/Tirumandiram>

6. Additional Resources for Show Notes

- **Babaji's Kriya Yoga — main website** — Books, initiation info, global teachers <https://www.babajiskriyayoga.net/english/home.htm>
- **Kriya Yoga Journal** — Quarterly journal — articles in EN / FR / ES / DE <https://www.babajiskriyayoga.net/english/publications.htm>
- **Babaji's Kriya Yoga bookstore** — All publications including multilingual editions <https://www.babajiskriyayoga.net/english/publications.htm>
- **About Kriya Yoga** — Overview of the tradition and its five phases <https://www.babajiskriyayoga.net/english/about-kriya-yoga.htm>

→ **Sri Aurobindo Ashram** – Official ashram in Pondicherry – mentioned in context of Aurobindo's letters

<https://www.sriurobindoashram.org>

→ **Self-Realization Fellowship (Yogananda's organisation)** – Home of the Autobiography of a Yogi <https://www.yogananda.org>

7. Suggested Timestamps:

Based on corrected subtitle timecodes – March 2026

0:00 Introduction – who is Marshall Govindan (Satchidananda)?
4:03 Marshall begins: teachings vs. techniques – the map vs. the car
5:15 Q1: How did you accomplish so much in one life?
5:51 Wisdom defined – distinguishing the permanent from the impermanent
7:03 Grace – the first wisdom teaching
9:52 Sincerity – the only currency in yoga
10:43 Sankalpa, sadhana & surrender
12:36 The Yoga Siddha tradition – transformation, not escape
13:53 From Yogananda to Yogi Ramaiah
16:12 Leaving Yogi Ramaiah's organization in 1989 – becoming a teacher & author
17:08 First books: Babaji and the 18 Siddha Kriya Yoga Tradition
19:08 The Desjardins Movement & building the Quebec ashram
20:41 Counter-cultural origins – the 1960s
25:00 Durga Ahlund's contributions – Hatha Yoga programme, editing & initiations
26:41 Why these efforts succeeded – three reasons
32:34 Q2: What is your greatest achievement?
34:46 Patanjali's Yoga Sutras – a ten-year labour of love
36:46 Q3: The law of karma & how not to create new karma
38:14 The five kleshas – root causes of suffering
41:03 Samadhi – uprooting egoism at its source
44:01 Kriya Yoga – the antidote for karma
45:30 The yamas – Patanjali's social restraints
46:02 The witness perspective – awareness & the higher self
48:28 Sutras on karma – practical commentaries
51:30 Q4: How to invite loved ones into practice
53:41 Be a good example – walk your talk
56:02 Limitations of Western consumer culture
58:01 Paradoxical wisdom teachings – Siddhas and Jesus
59:55 Make spiritual practice your purpose in life
1:00:44 Kriya Hatha Yoga – a unique system prescribed by Babaji
1:02:42 Calmly active & actively calm – the first goal in yoga
1:03:41 Goodness – how the Siddhas describe the Divine
1:05:24 Q5: Serendipity & the playful ways of the Divine (Leela)
1:08:16 Meeting Salvador Dalí in Cadaqués, 1968
1:11:02 Discovering Autobiography of a Yogi at Lake Shrine
1:12:02 The classified ad – Kriya Yoga class, Dupont Circle
1:13:06 The insurance company president – grace at work
1:14:57 India, 1985 – the street mystic with the coin
1:15:41 Finding the Quebec ashram property – puja to Ganesha
1:17:50 "Go Babaji and leave the driving to him"
1:20:06 Bonus: Sathya Sai Baba – personal experiences
1:22:00 Yogi Ramaiah's healing – bone tuberculosis & Babaji's vision
1:24:26 A disciple of Sathya Sai Baba – first invitation to teach
1:27:32 Babaji and Sathya Sai Baba – the seen and unseen hand
1:29:45 Closing & farewell
1:30:00 Outro – links and resources

