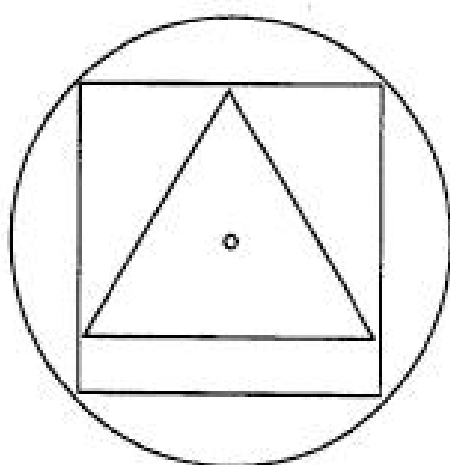


The  
Aryan  
Science  
of  
Accelerated  
Evolution



lost

# **The Aryan Science of Accelerated Evolution**

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### **Evolution: Advancing Consciousness**

Life is a struggle for higher evolution. The evolutionary level of any form of life is not measured by size, brute strength, nor physical agility. It is measured by its level of consciousness. All forms of life are anxious to realize a higher level of consciousness, and the actual nature of evolution is a steady advancing of consciousness.

Plants and animals have evolved mental faculties with a capacity for a rudimentary form of consciousness of emotional feelings (the natural instincts of animals are emotional responses). The more highly evolved the plant or animal, the greater the development of its mental faculties. But the mental faculties of even the most highly evolved animals, the frugivorous apes (gorillas, chimpanzees, etc.), is still only sufficient for a consciousness of emotional feelings, and they have no capacity for intellectual development.

Humans have evolved enough to develop mental faculties with a capacity for a more advanced level of consciousness, in which there is an intellect that is capable of reason and logic. This advanced consciousness gives humans a tremendous advantage over the lower animals, even those of much greater strength and agility. Hence, the lower animals are easily subjugated by the more advanced humans.

### **The Evolutionary Process**

While life is dependent on an ample intake of air, food, and water, these are not the basis for life. We cannot revive a corpse by stuffing food and water into its stomach nor air into its lungs. There is something else necessary to creating and sustaining life, and that is the subtle life-energy called in the ancient Aryan language, *Prana* (pronounced Prah'-nah).

Modern science has discovered that all matter is in reality only a manifestation of energy. Pranic energy is not only the basis of all life, but also of all electromagnetic energy, and hence, all

matter. Protons and electrons are the manifestation of a concentration of Pranic energy. Various concentrations of these electromagnetic energy particles form all the elements of physical matter. Combinations of these elements form molecules, which in turn form inorganic and organic compounds, all of which manifest the physical world as perceived through our five senses. Greater and greater concentrations of Pranic energy manifest more and more complex forms of matter. This is Nature's process of evolution.

When an organic compound has a sufficient concentration of Pranic energy, a rudimentary consciousness appears, and a life form has evolved. As the life form evolves further, it develops mental faculties which provide a capacity for higher concentrations of Pranic energy, which advance its level of consciousness. The greater the development of mental faculties, the greater the concentration of Pranic energy, and the higher the level of consciousness. The mental capacity of animals presently allows only enough concentration of Pranic energy to provide a consciousness of emotional feelings. In humans, the mental capacity has evolved enough for a concentration of Pranic energy sufficient for intellectual development.

### **Human Evolutionary Level**

As human evolution advances, the mental faculties continue to develop, and the capacity for Pranic energy concentration increases. Like the lower animals, all humans are at different levels of evolution, depending on the individual's capacity for concentration of Pranic energy.

Although humans have evolved the mental faculties of logic and reasoning, they still retain a consciousness of emotional feelings comparable to the consciousness of the lower animals. This is called the subconscious mind, and it is a repository of all past feelings and emotions, including many common to creatures of much lower evolution. The combination of the human conscious and subconscious minds produces a narrowness of identification, a peculiar sense of separateness, known as ego.

In the early stages of human evolution, the consciousness is only moderately above animal consciousness. There is only a small capacity for intellectual development, and the conscious mind is enslaved by the passions, fears, and desires of the subconscious mind, which strengthens egoism, making self-aggrandizement the focus of life. When this level of evolution is prevalent in a society, that society is repressive, chaotic, unsanitary, and has few technological capabilities.

As human evolution advances, the faculties of the intellect develop, which helps to subdue the grosser passions of the subconscious mind and lessen the strength of egoism. Values beyond self-aggrandizement develop, and there is focus on creativity and idealism. When such a higher level of evolution is prevalent in a society, that society is less repressive, becomes stable, sanitary, and develops technological capabilities.

But when human evolution arrives at the highest level, the subconscious mind is cleansed, ego dissolves, and the highest level of consciousness, superconsciousness, is awakened. Superconsciousness is beyond the consciousness of intellect, logic, and reasoning, as much so as ordinary human consciousness is beyond animal consciousness. Superconsciousness is infinite, omniscient, all-pervading consciousness, and in the highest level of human evolution it completely replaces the conscious mind. (We occasionally observe aspects of superconsciousness in flashes of intuition, in those with psychic abilities, and often in the abilities of subjects under hypnosis.) When the highest level of evolution is prevalent in a society, that society exists completely in harmony with Nature, beyond the need for technology, physical communication media, or even agriculture.

### **Evolutionary Cycles**

The process of evolution on this planet is not limited to gradual organic mutations from plant to animal to human. Evolution on this earth, like everything else in the universe, is also cyclic.

The evolutionary level of life forms is affected by their proximity to large concentrations of energy, much in the same manner as a coil of copper wire is affected by its proximity to a strong magnet, or a radio receiver is affected by its proximity to a broadcasting station. There is a tremendous concentration of energy at the center of our galaxy. The elliptical orbit of our stellar system varies the proximity of the earth to the center of the galaxy. Like the aforementioned magnet and coil of copper wire, the proximity to the galactic center affects the energy concentration in the nervous systems of all life forms. The closer to the galactic center, the greater the energy concentration and the higher the level of evolution (up to that permitted by physical capacity). The farther from the galactic center, the more diminished the energy concentration and the more retarded the level of evolution, sometimes even below physical capacity.

There are two main stellar cycles which affect our distance from the center of the galaxy. The most readily observable are the 24,000 year equinoctial cycles. Less noticeable are galactic cycles which take hundreds of thousands of years, and which affect the intensity of the equinoctial cycles.

### **Equinoctial Cycles**

Our sun, with all its planets and moons, revolves around another star in the galaxy, which we call its "dual". This revolution, which takes about 24,000 years and causes the backward movement of the equinoctial points around the zodiac, varies our solar system's proximity to the great concentration of energy at the center of our galaxy.

When our sun is at the point nearest the galactic center, the majority of humans are highly evolved. They are large and tall, their life span is extended, and their mental capacity is developed enough to comprehend the true nature of all existence. For the following 12,000 years, our sun gradually revolves to the point farthest from the galactic center. During this descending arc of the equinoctial cycle, humankind slowly devolves.

As our sun gets farther away from the galactic center, the mental capacity of humans becomes more and more reduced, gradually losing scientific and technical abilities, and awareness of the laws of Nature. At the farthest point, the majority of humans are small and short, their life span is very brief, their mental capacity is reduced to such an extent that little more than crass materialism can be grasped, and egoism becomes the ruler of the planet.

But when our sun again begins to advance toward the point nearest the galactic center, the mental capacity of humans once again begins to increase. Physical stature and life spans increase, scientific and technical abilities develop, idealism grows, and humans become more and more aware of their proper position in the realm of Nature. This ascending arc of the equinoctial cycle is gradually completed in another 12,000 years. Each period of 12,000 years brings a complete change, both in the material world (i.e. changes in land masses and climate), and in the physical and mental evolution of humans.

Each of these 12,000 year arcs are further divided into four evolutionary ages, called in the ancient Aryan language, Yugas (Yoo'-gahs). They are called Kali Yuga (Kah'-lee), Dwapara Yuga (Dwah-pahr'-ah), Treta Yuga (Treh'-tah), and Satya Yuga (Sah'-tyah). They are comparable to the Wolf Age, Wind Age, Sword Age, and Axe Age of the ancient Germanic tradition, and to the Iron Age, Bronze Age, Silver Age, and Golden Age of the ancient Greek and Roman tradition. The Kali Yuga lasts 1200 years, the Dwapara Yuga lasts 2400 years, the Treta Yuga lasts 3600 years, and the Satya Yuga lasts 4800 years.

During the 1200 years of the Kali Yuga, humans can understand matter only in its gross material or solid form, and only crude, physical means to move or manipulate matter are developed (levers, animals, wheels, etc.). The physical stature of humans is small, their life spans are short, and ego-consciousness is prevalent. This is the dark age of the world, a time of strife, violence, and war.

During the 2400 years of the Dwapara Yuga, humans begin to understand that matter is energy, and to comprehend the electricities and atomic energy. During this age, humans become taller, their life spans increase, there are rapid technological developments, and the barriers of distance and space are breached. Moreover, there is less war and violence, and ego-consciousness begins to give way to idealism. Although the Dwapara Yuga is also an age of materialism, it serves as a transition period between the dark or materialistic age and the beginning of the golden or spiritual ages.

The Treta Yuga is the beginning of the golden or spiritual ages. During the 3600 years of this age, humans begin to understand the true nature of magnetism, and the barrier of time is demolished. Physical stature and life spans increase yet further, and matter and energy are now perceived as consciousness. During this age, humans begin to evolve beyond the need for technology, war becomes a thing of the past, ego-consciousness diminishes, and idealism becomes prevalent in the world.

During the 4800 years of the Satya Yuga, humankind's earthly evolution reaches its zenith. The true nature of all existence is comprehended, physical stature is much larger and life spans are greatly lengthened, ego-consciousness is largely non-existent, and humans live in harmony with Nature's immutable laws.

The highest point of the last Satya Yuga was 11,501 B.C. The surviving records of that time are the awesome, inexplicable and unequalled monuments throughout the world: South American Megalithic structures such as Tiahuanaco, the pyramids of Egypt, and even the somewhat later Stonehenge. Modern-day archeological examinations bear witness to the years of devolution as human mental capacity and physical stature dwindled. The earliest known civilizations endured the longest. The civilization of Ancient Egypt, for instance, lasted several thousand years until the inhabitants gradually

succumbed to the decaying influence of time. When ego-consciousness became dominant over idealism, degeneracy was allowed to prevail over self-discipline, which resulted in the destruction of the civilization. The same fate destroyed the great civilizations of Sumeria, Greece, Persia, India, and Rome. The further away from the height of the Golden Age, the shorter the time they endured, succumbing more and more quickly to ego-consciousness. At the beginning of the last descending Dwapara Yuga, human mental capacity had diminished to the point that alphabets, writing, record keeping, and calendars became necessary (hence, we find that the oldest calendars, Indo-Aryan, Mayan, etc. all begin at about 3100 B.C. — the beginning of the last descending Dwapara Yuga). In that descending Dwapara Yuga, ego-consciousness once again became dominant, bringing empires and kingdoms into existence, and with this, armies and destructive wars. The end of the last descending Kali Yuga was about 500 A.D. This indeed was a dark age and a woesome period on earth. Human societies were unsanitary and unstable, and dark-age religions of superstition and intolerance arose and began to function as political empires.

But from the depth of the dark age, our sun again began advancing toward the galactic center, and human mental capacity gradually began to increase. By 1600 A.D., the last ascending Kali Yuga gave way to the Dwapara Yuga, and humans once again began to develop intellectually and socially. This was the age of the Renaissance and the discovery of distant continents. Telescopes and microscopes were invented. Newton discovered the laws of gravitation, and the steam engine was invented. As time advanced, science and technology developed, from railways and telegraph wires to radio waves, atomic energy, and space travel. In the political world, advances were made as well, stabilizing civilization and fostering an awareness of human needs and rights. Societal stabilization opened channels for artistic geniuses such as Da Vinci, Michelangelo, Bach, Mozart, Beethoven, and Wagner.

Today, we are well into the third century of the ascending Dwapara Yuga, and although human technological abilities and social awareness are growing, they are not nearly as advanced as they should be.

### **Galactic Cycles**

There is another, more subtle, effect on our evolutionary level which is caused by the natural elliptical revolution of the whole galaxy around its center. This also varies our proximity to the galactic center, but much more gradually. Although the effect is not nearly so dramatic as the 24,000 year equinoctial cycles, these galactic cycles nevertheless impact noticeably on the evolutionary level in the equinoctial cycles. It so happens that we have entered into a descending Kali Yuga, or dark age, of the galactic cycle. This is adversely affecting our entry into the equinoctial Dwapara Yuga, making selfishness and materialism on this earth much more intense. (The duration of this galactic dark age is more than four hundred thousand years.) As our evolutionary level is being drawn more and more upward by the ascending equinoctial Dwapara Yuga, it is also being pulled more and more downward by the descending galactic Kali Yuga. Today, on account of this galactic dark age, the evolutionary level of the earth is about 400 years behind its natural schedule. Although we have realized many of the technological advances normal for a Dwapara Yuga, our social and economic progress have been stunted by the influence of the galactic dark age.

### **Accelerated Evolution**

But fortunately, human evolution does not need to be dependent on either the genetic process or the stellar cycles. Thousands of years ago, during the golden ages, when humankind was highly evolved, a science was developed which could rapidly accelerate human evolution, so that even during the dark ages of this earth men and women of sufficient physical development could, by self effort, attain superconsciousness in their lifetime.

This ancient science of accelerated evolution originated in *Aryavarta*, which in ancient Aryan means "land of the Aryans". *Aryavarta* constituted much of modern-day Tibet, Nepal, and northern India, and it bordered on Tamil Nadu, the homeland of the ancient Tamils, which encompassed modern-day southern India and a great deal of submerged land southward. *Aryavarta* flourished during the last Satya Yuga, and its inhabitants had evolved beyond the need of technology, written language, record keeping, or even agriculture. Most had achieved some level of superconsciousness, and a few had even reached the very highest state of human evolution, attaining complete physical immortality. This highest state of evolution is difficult to achieve even during a golden age. One who achieved the highest state was called a *Siddha* (pronounced See'-dah), which means "one who has achieved perfection".

A *Siddha* is comparable to Friedrich Nietzsche's *Übermensch* or Superhuman. Nietzsche pointed out that "man is a rope, fastened between animal and Superhuman". Human is indeed the middle position in an evolutionary chain (or rope) between animal at the lower end and *Siddha* (or *Übermensch*) at the upper end.

It was Aryan *Siddhas* such as Nandi Deva, Manu, Patanjali, and Agastyar who, through superconsciousness, developed the science and techniques of accelerated evolution. (Note: it was the *Siddha* Manu, remembered today for the caste system, who calculated the aforementioned equinoctial and galactic cycles.) Aryan *Siddhas* brought this science to other parts of the world, especially neighboring Tamil Nadu. The surviving allegories of ancient Iran, Greece, Rome, and northern Europe leave no doubt that it was known in these lands as well. Many of the terms and practices of east Indian religion today come from this ancient Aryan science of accelerated evolution, although more often than not their meaning and usage have been misunderstood or corrupted, as should be expected of anything which came down to us through the dark ages.

For example, the title *Guru* (pronounced Goo'-roo, which means "elder" or "dispeller of darkness") came from the golden age times. Only one who had himself reached the very highest level of human evolution (a Siddha), and was willing to train others, was considered a Guru.

Those few who obtain the highest state rarely care to remain on the earth for very long — especially during a dark age. This is because when complete superconsciousness is reached, one is easily able to perceive the vast realms of energy and pure idea which are far more attractive than the physical realm. A Siddha (and those who are approaching this exalted state) is perfectly capable of withdrawing all the life energy from the physical body at will and entering the higher realms in the form of pure energy. Fortunately, however, a few remain on earth to help others to advance their own evolution.

When the dark ages descended on the earth, human physical and mental structure waned, social and technological achievements disappeared, and the earth devolved into violent, unsanitary, degenerating social orders. Realizing that this equinoctial Kali Yuga was coinciding with a galactic Kali Yuga, a few Aryan Siddhas decided to remain on earth during the dark ages in order to help maintain some sense of order, and to preserve the ancient Aryan science until human consciousness again had the capacity to use it.

Here we should note that Siddhas rarely intervene directly into the affairs of the world. Humanity would certainly not advance if everything was done for them. Most of us have seen examples of children whose parents shelter them, do everything for them, and keep them from getting their own knocks in life. Such children usually grow up to be spoiled, childish adults, who cannot keep a family together nor function properly in society. The situation would be similar if Siddhas intervened to seize government power, or stop wars, famines, or pestilence. We would learn nothing, and at best become

nere puppets in a pre-conceived drama. But Siddhas operate primarily through their students, inspiring and guiding them to lead the earth back into harmony with Nature. As the student evolves, those within his or her circle of influence advance as well, and this, in turn, affects the advancement of the whole world. However, direct intervention does happen, usually to protect, direct, or inspire students. An awesome example of this, a sign recognizable by only a few, was the fall of the Berlin wall on the extremely unlikely date of November 9, 1989.

### Nagaraj

On the 30th of November, in the year 203 A.D., a boy of fair complexion and copper-colored hair was born in Parangipettai, a small village in Tamil Nadu. He was named *Nagaraj*, which in ancient Aryan means "King of the Serpents". His name refers to control of *Kundalini*, the great concentration of Pranaic energy which is stored in an energy center at the base of the human spine. His father, a descendent of Brahmins from the north, was the village priest who tended a Shiva temple, and so at a very early age Nagaraj was introduced to the mysteries of Shiva, Tantra, and Yoga.

At the age of five, Nagaraj was kidnapped, taken to Calcutta, and sold as a slave. But Nagaraj's new owner felt a great attraction to the boy, and soon gave him his freedom. This kidnapping incident effectively freed him from the customary obligation to succeed his father as village priest.

Nagaraj joined a group of wandering *sannyasins* (those who have taken a vow to dedicate their lives to a search for spiritual realization). For the next few years he wandered from place to place, studying ancient spiritual writings. Soon, he became well-known as a scholar, and he was often invited to speak and debate with pundits from various schools of thought.

At the age of eleven, Nagaraj and a small group of sannyasins made a long journey on foot and boat from the north all the way to the sacred shrine of Katirgama in Sri Lanka (Ceylon). There, Nagaraj met the Tamil Siddha, *Boganathar*, who was a disciple of the famous Aryan Siddha, *Agastyar* (stories of Agastyar, a great master of Tantra and Yoga, are recorded in the Rig Veda, Ramayama, and Mahabharata).

For four years, Nagaraj remained with Boganathar and learned the *Siddhantham* (teachings of the Siddhas). Then Boganathar sent him to seek initiation in an advanced technique of the ancient science known as *Vashi Yoga* or *Kundalini Pranayama*, from his own Guru, Agastyar, who had originally brought the ancient Aryan science from the north into Tamil Nadu, and had remained there in seclusion throughout the dark ages.

Nagaraj returned to Tamil Nadu and travelled on foot to the Shakti shrine at Courtrallam, which was near where Agastyar was secluded. There, he sat in an Asana (a sitting posture) and began chanting the name of Agastyar, summoning the great Siddha from his seclusion. He remained there, locked in the Asana, chanting the name of Agastyar, for 47 days and nights. On the 48th day, when Nagaraj was on the verge of complete collapse, Agastyar suddenly appeared out of the forest.

Agastyar gave Nagaraj food and drink, and when he had recovered from his ordeal, the great Siddha initiated him into the ancient Kundalini Pranayama technique. After his initiation, Agastyar sent Nagaraj back to the north, to Badrinath, in the upper range of the Himalayas - the very heart of ancient Aryavarta. He instructed his 15 year old disciple to practice the ancient technique intensively in the solitude of the Himalayan mountains, and to become the greatest Siddha the world had ever known.

Nagaraj went to Badrinath, which is well over 10,000 feet in elevation. In this vast mountain seclusion, he practiced the Kundalini Pranayama technique as instructed by Agastyar. After eighteen months of intensive practice, and at the age of sixteen, Nagaraj achieved the very highest state of human evolution, manifesting complete physical immortality. To attain the highest level of evolution at the age of sixteen - especially at the height of the Kali Yuga - is a singular achievement. Nagaraj had done just what Agastyar had directed him to do: he had become the greatest Siddha the world has ever known.

Nagaraj remained in the Himalayas, and founded a small Ashram which is secluded in the rugged mountains a few miles from Badrinath. He is there today with a small group of about 15 disciples, including his paternal cousin, Nagalakshmi Devi also known as "Mataji"), a woman of astounding beauty who, through Nagaraj's intensive training, has also become a Siddha. There are also two Americans in the group, a woman and her daughter. (This was the "immortal Ashram" which Miguel Ferrano, the National Socialist writer, philosopher, friend and confidant of Carl Jung, was seeking when he journeyed to Badrinath in the 1960s). Nagaraj still appears as a beardless youth, because, of course, he stopped aging at the age of sixteen. Today, he is popularly known by the simple, unassuming name of *Babaji* (pronounced Bah'-bah-jee), which is ancient Aryan for "revered father". His close disciples refer to him as *Shriya Babaji* or *Babaji Nagaraj*.

### **Babaji Nagaraj's Mission**

Babaji Nagaraj's mission is to preserve, clarify, and make the ancient science of accelerated evolution available to those who have the capacity to use it. This is an especially important mission because of our solar system's entry into the descending galactic Kali Yuga which is retarding the natural evolution of all humanity. He works in a number of ways, sometimes in person, but usually through his students. He trains those who

have the capacity to accelerate their own evolution, and these, in turn, are able to serve with him in the great struggle to advance the evolution of the whole earth.

He has written no books, since the written word is so subject to misinterpretation in this age of ignorance (those of us who have written can testify to the astounding misinterpretations and ridiculous extrapolations which are given to even the simplest of written ideas). Instead, the great Siddha has synthesized the ancient science into 144 essential techniques, which he calls *Kriyas* (pronounced Kree'-yah, which means "rite" or "ritual"), and which constitute a comprehensive training program to rapidly accelerate human evolution. (These techniques are a form of Tantra. The words Kriya and Tantra have almost the same meaning. Since Tantra had become almost completely identified with sexual rituals during the dark ages, Babaji Nagaraj called his techniques Kriya.)

Kriya is not meant to become a new religion, and Babaji Nagaraj does not want a religion built around him. He prefers to remain in the background while his advanced students teach Kriya to all who have the capacity, regardless of religious preference, if any. He wants some form of Kriya to be practiced in a number of different social and religious circles so that there will be a much greater effect on the general upward evolution of humanity.

### Kriya Returns to its Aryan Heirs

By the 20th century, the equinoctial Kali Yuga was long past, and human intellect had advanced enough for the ancient science to be introduced to its Aryan heirs. The great Siddha had arranged for a variation of Kriya to reach the west early in his century.

In 1861, Babaji Nagaraj initiated a Bengali Brahmin householder, Lahiri Mahasaya (pronounced Lah'-hree Mah-hah'-ihaye) into Kriya, and directed him to teach it to others in northern India. Lahiri Mahasaya practiced Kriya for many years and attained a very advanced level of evolution. He synthesized the original Kriya Kundalini Pranayama technique (the 19th Kriya) into several, somewhat different Kundalini Pranayama techniques which he called "Kriya Yoga" and taught in a series of progressive initiations. We should note here that the original Kriya Kundalini Pranayama technique has many possible ramifications, and a Kriya master like Lahiri Mahasaya may wish to adapt it to the particular evolutionary level of his students. In fact, Lahiri Mahasaya taught different variations of his Kriya techniques to different students, including a different variation to each of his two sons. Even though different from the original form, Lahiri Mahasaya's Kriya techniques are definitely very powerful. Several of his disciples attained a very high level of evolution through Kriya practice, and they became famous teachers with students of their own.

One of Lahiri Mahasaya's most advanced students was another Bengali, Sriyukteswar (pronounced Shree-yook-tesh'-vahr). In 1894, Babaji Nagaraj met with Sriyukteswar and told him that he would send him a special student to be trained to teach Lahiri Mahasaya's Kriya Yoga in America and Europe. This was yet another Bengali, Paramhansa Yogananda (pronounced Pahr-ahm-hahn'-sah Yoh-gah-nahn'-dah), who, after several years of intense training by Sriyukteswar, attained a very advanced level of evolution. In 1920, Babaji Nagaraj

personally asked Yogananda to go on a special mission for him — to go to live in the United States and teach Lahiri Mahasaya's Kriya Yoga to the Aryan heirs of the ancient science of accelerated evolution.

Yogananda had an extremely difficult task. America of the 1920s, 30s, and 40s was steeped in fundamental Christianity — often intolerant and inflexible, and sometimes even dangerous when defied. But the very magnetism generated by his advanced state of evolution assured an astounding success. Yogananda traveled across the country, filling lecture halls with enthusiastic audiences. But there were also efforts to stop him. On one occasion, a group of Christian ministers hired a gunman to kill Yogananda. But the assassin was completely unable to carry out his task. When he approached Yogananda, he dropped his pistol and ran away. On another occasion, the owners of slum tenements, irate at Yogananda after he dared to publicly denounced them, also hired assassins. But this attempt failed in a similar manner. Yogananda had evolved beyond the power of anyone to do him harm.

In order to make Kriya as palatable as possible for Christianized Americans, Babaji Nagaraj instructed Yogananda to further simplify and Christianize Lahiri Mahasaya's Kriya Yoga. But in spite of the simplification, the techniques are still very powerful, and many of his students attained advanced states of evolution. To help accomplish his difficult mission, Yogananda founded an organization based in Los Angeles, *Self-Realization Fellowship*, which publishes his books and teaches his Kriya Yoga techniques to students all around the world. Yogananda remained in the United States, training students, for over 30 years. In 1946 he wrote his famous and very readable *Autobiography of a Yogi*, which was the first public reference to Babaji Nagaraj (whom he called "Mahavatar Babaji"). In 1952, Yogananda announced to his close disciples that he had completed his mission for Babaji Nagaraj, and that he would be leaving this world shortly. At the end of a public

speech in Los Angeles, he slumped quietly to the floor as he withdrew the life energy from his physical body. The authorities conveniently pronounced him "dead of a heart attack". The incident became even more astounding when officials at Forest Lawn Cemetery announced that Yogananda's body showed no signs of decomposition, apparently in a phenomenal state of incorruptibility.

Self-Realization Fellowship still produces Yogananda's books and gives instruction in his Kriya Yoga. Unfortunately, they have become a church, and since their main market is among the new age group, they present Yogananda as a somewhat effeminate and politically-correct, new ager, which is considerably different than he actually was.

Yogananda was a close friend of Luther Burbank, a supporter of the human eugenics movement popular in those days. He was also a supporter of Burbank's close friend, Henry Ford, who was outspoken about the power of international Jewry. Yogananda was scathing about Roosevelt and his "New Deal" policies, predicting that they would damage the country in the future. Moreover, Yogananda did not see Adolf Hitler as the incarnation of evil which he is painted as today. While visiting Germany in 1936, he requested an interview with the German leader, confiding to his close disciples that if he could see Hitler, he might be able to prevent the coming war. However, Hitler was not available at that time and Yogananda's schedule did not permit the possibility of a later meeting. He later confided that he realized that he was not supposed to interfere in this matter. As disagreeable as the future was to be, it had to be so. His own mission was otherwise. After his return to the United States, he told his students that "selfish politicians are pushing America into war". He admired and supported Charles Lindbergh and Senator Taft, and he supported the America First Movement which was trying to prevent Roosevelt from involving this country in a needless war with Germany. When the Roosevelt administration finally manipulated Japan into

attacking, he used his powers, which were considerable, to keep his students and their families from having to be involved in the fighting. After the war, he publicly exhorted Americans to "Turn in Communists! You have no idea what they are trying to do to your country!" In stark contrast to his opposition to World War II, he called the Korean War "a holy war against the forces of evil".

Yogananda asserted that the future social order would be what he termed "spiritual socialism", which he defined as people of like spiritual values living together on their own land in small, rural, cooperative communities. He called for people to form such communities now, in order to escape the future social chaos and collapse which he foresaw. He told one of his disciples, who was from Boston, that within a hundred years all of the people in Boston would be dark-complected. Clearly, Yogananda foresaw the multi-cultural trend of the country, and the massive problems it would generate.

But Yogananda realized that anything at odds with the coming political-correctness would restrict the spread of his Kriya Yoga, and keep it from many who could use it not only for their own benefit, but for that of all humanity. It was not his mission to combat political degeneracy, but to see to it that the Kriya techniques were available on a wide scale. And so, he instructed his disciples to edit his *Autobiography of a Yogi* and other writings to make them as acceptable as possible to prevailing public attitudes. This, of course, gives a somewhat distorted picture of Yogananda and his teachings. But in spite of the editing, we highly recommend Yogananda's *Autobiography of a Yogi*. This is a fascinating book which gives a clear view of the awesome power and abilities inherent in Kriya practice.

Today, there are others from the lineage of Lahiri Mahasaya, Sriyukteswar, and Yogananda who are teaching variations of Lahiri Mahasaya's Kriya Yoga in the United States and Europe. Some of these forms are Christianized, while others are very

traditional. Some even seem to be locked in a 19th century Bengali time warp. But now, as we are advancing even farther into the Dwapara Yuga, Babaji Nagaraj has opened another path, one which offers training in his original 144 Kriyas.

Shortly after Yogananda's mission had ended, Babaji Nagaraj summoned his Tamil disciple, S. A. Ramaiah, to Badrinath, where he trained him in the original 144 Kriyas. After six months of training at Babaji Nagaraj's Ashram, Ramaiah returned to his home in southern India and began giving intensive training to a small number of students. Over the years he journeyed to the United States and trained a few students here as well. One of his American students, a young man from Los Angeles known today as Marshall Govindan, received intensive training for 18 years, and then settled in Canada with his French-Canadian wife. In December of 1988, Babaji Nagaraj asked Govindan to begin teaching the original 144 Kriyas in North America and Europe. And so, beginning in 1989, the original 144 Kriyas were made available in this country. Like Ramaiah, Marshall Govindan calls his training *Babaji's Kriya Yoga* to distinguish it from the Lahiri Mahasaya and Yogananda variations already available.

### Arya Kriya

In this country, the various Kriya paths are tailored to appeal to their largest (and perhaps their only) market, the new age crowd. But the Great Siddha certainly does not want access to Kriya to be so limited. It is critical that we make up for the 400 years of evolution in which we are behind, and to do that will require many more idealists to begin raising their evolutionary level. Babaji Nagaraj wants there to be a Kriya path to appeal to any sincere idealist who has the capacity to make use of it. His new channel is for idealists among the small and little-known groups of Odinists, Aryanists, and National Socialists. This Kriya training is from an Aryan perspective, and is called simply: *Arya Kriya*.

## **The Path of Kriya**

Kriya is not a religion. It is a comprehensive training program to accelerate human evolution, so that one can realize and experience the infinite consciousness, or "God", in the context of any religion -- or none at all.

Kriya techniques accelerate human evolution by concentrating Pranic energy in the brain. The physical body is like a battery. We are born with a great concentration of Pranic energy which is stored in an energy center near the base of the spine. This energy supply is somewhat recharged through the intake of natural energy sources: air, water, food, and sleep. For many years we abound with energy. But usually after we enter middle age the energy charge begins to be depleted. As we grow older we have less and less energy, and the body becomes weaker, begins to deteriorate, and becomes more subject to diseases and injury. Finally, when the energy is exhausted or very weak, we die.

Unlike lower life forms, the human body consists not only of the brain and spinal column, but of a number of developed Pranic energy centers, called Chakras (pronounced Chahk'-rah, which means "wheel"), which function as storage areas and switching stations to direct the energy throughout the body. These Pranic centers, and the Pranic energy channels which connect them, are utilized in acupuncture and in the control of the Ki or Chi in oriental martial arts. The seven largest of these Pranic energy centers lie along the spinal column and direct this energy as needed or desired to various parts of the body and the senses.

These seven Pranic energy centers along the spine are known as *The Highway to the Infinite*. When these energy centers are stimulated by the psycho-physiological techniques of Kriya, the Pranic energy is redirected away from the sensory organs, up through these energy centers into the brain. When Pranic energy is sufficiently concentrated in the brain, superconsciousness is attained and human evolution is advanced.

Kriya is an integrated series of techniques which are grouped into five major categories:

### **Asana Kriya**

There are 18 essential physical exercises which are designed to completely eliminate illness and the infirmities of old age. These relax and rejuvenate the muscles and tendons, massage the internal organs and glands, and most important, they stimulate and strengthen all of the important Chakras, or Pranic energy centers. This eliminates blockages and permits the transmission of increasing amounts of Pranic energy, keeps the body free from impurities, functional disorders, and diseases, and advances evolution. These exercises are called *Asana Kriyas* (pronounced Ah'-shah-nah, which means "position"). They are similar to some of today's Hatha Yoga postures, but the Asana Kriyas are far more dynamic and powerful.

### **Kriya Kundalini Pranayama**

*Kriya Kundalini Pranayama* (pronounced Koon-dah-lee'-nee Prah-nah-yahm'-ah, which means control of Kundalini, the concentration of Pranic energy stored in the energy center near the base of the spine) is a powerful psycho-physiological technique which is the very heart of Kriya. This technique consciously directs Pranic energy up and down the Pranic energy channels of the spine, stimulates all the Pranic energy centers along the spine, and moves the Kundalini energy up through these energy centers and into the brain. This concentrates enough Pranic energy at the brain to bring about super-consciousness and to accelerate evolution. In addition, this technique slows down the breath and heart beat, which relaxes these organs and increases the natural length of human life.

### **Dhyana Kriya**

*Dhyana Kriyas* (pronounced Dee-yah'-nah, which means control of the mind) train the individual to control mental restlessness and to awaken the latent higher faculties of the mind.

Another important purpose of Dhyana Kriya is to cleanse the subconscious mind. The subconscious mind carries a great deal of hidden mental baggage (fears, suppressed desires, likes and dislikes) which control our character, influence our decisions, and cause mistakes and misunderstandings.

### **Kriya Mantras**

The Siddhas realized that sound was a powerful force which could be utilized in many beneficial ways. From their superconscious awareness, they observed that certain tones can affect our mental faculties or stimulate various Pranic energy centers. They called these tones or sounds *Mantras* (pronounced Mahn'-trah, which means "mind protector"). There are Mantras which can change one's consciousness, protect one from negative influences, cleanse subconscious emotions, heal various physical maladies, and even cause damage or kill. Babaji Nagaraj has developed powerful Kriya Mantras which change one's consciousness from ego-centered to spiritual-centered. Ultimately, the Kriya Mantra itself completely replaces the individual's self-centeredness, and cleanses the subconscious mind of all harmful emotional detritus.

### **Bhakti**

When superconsciousness is attained (Pranic energy is concentrated in the higher Pranic energy centers), one can completely experience — feel, see, hear, and smell — the infinite consciousness of which even the all-pervading Pranic energy is only a manifestation. The actual perception of this infinite consciousness is an intense, almost overwhelming, feeling of never-ending, ecstatic joy. The ancient Aryan word for this feeling is *Bhakti* (pronounced Bahk'-tee). But some degree of Bhakti can be experienced even before superconsciousness is attained. Certain spiritual activities or associations can temporarily concentrate enough Pranic energy in the higher centers to bring about an experience of Bhakti. This can happen during fellowship with other Kriya initiates, such as during Kriya retreats or group Kriya practice. It is not uncommon while chanting

Mantric songs, and especially during Mantra Yagnas (group chanting of Mantras around a fire). The more often that Bhakti is experienced, the longer the Pranic energy will remain in the higher centers (especially in conjunction with the daily practice of Kriya techniques), and the more rapidly evolution will advance. An important part of the Kriya path is for the Kriya initiate to experience Bhakti through such activities and associations as often as possible.

### Other Aspects of Kriya

- Babaji Nagaraj also recommends that each Kriya initiate perform serviceful work to help raise the evolution of humanity and bring the planet back into harmony with the immutable laws of Nature. The type of work, of course, varies with the natural abilities or desires of the individual. Daily practice of Kriya dramatically increases one's abilities, and so the combination of Kriya practice and serviceful work not only advances the individual, but his or her circle of influence as well.

- Although Babaji Nagaraj clearly qualifies as a Guru in the original sense of the word, he requires no Guru-disciple relationship from students of Kriya. He is perfectly content to remain in the background, and he encourages students to focus on any appealing spiritual icon. He has no desire to be the center of anyone's attention. His only concern is the upward evolution of this earth.

- Kriya is not limited to the young. Kriya practice may be started at any age so long as due caution is used with some of the physical exercises. Also, even ill and infirm individuals have used Kriya to heal themselves and then progress. Even a little practice of Kriya is amazingly beneficial.

- Kriya does not encourage renunciation of involvement in the world, but rather stresses the individual's duty to make contributions to the welfare and higher evolution of humanity.

- Kriya encourages family life and having a life partner with whom to advance on the path.

- Kriya does not denigrate the physical body. The proper care of the physical body is very important to achieving higher levels of consciousness.

- The ultimate goal of Kriya is not the transformation of the individual, but the transformation of the world.

### **Arya Kriya Initiation**

Initiation into Arya Kriya is offered through our written training course, which is designed to be studied and practiced in the privacy of your own home. We offer three progressive levels of initiation.

The first level initiation covers purification of body and mind, the 18 essential *Asana Kriyas*, and *Hong Sau*, an ancient Aryan psycho-physiological technique to develop concentration and control Pranic energy.

The second level initiation is the very heart of Arya Kriya, the *Kundalini Pranayama* technique, which accelerates human evolution and extends the normal span of human life.

The third level of initiation is a series of *Dhyana* techniques to develop the mental faculties.

Arya Kriya initiates at all levels receive *Arya*, our monthly newsletter which provides additional information and training and serves to network our circle of initiates.

Applications for Arya Kriya initiation are available from:

Jost  
PO Box 256  
NSJ, CA 95960 USA

### About the Author

For the interest of the reader, I have included some details about my own life, experiences, and training.

I was born in California in 1946. My first real spiritual training was at the age of 16, when I received training in Shotokan Karate (which was far less commercialized at that time) under the great master, Hiditaka Nishiyama. This gave me an understanding of the necessity of, and some good training in, discipline and will — something which I would soon sorely need just to survive.

After the completion of high school I joined the Army and was assigned to a reconnaissance platoon of the 101st Airborne Division. Within a year, my unit was sent to Vietnam where I spent two years in combat. My experiences there were pretty traumatic, and to this day I recognize the great effect which they had on me. My view of life went through a sobering transition in those steaming, insect-ridden jungles of Vietnam. All around me was pain, disease, death, and disfigurement. More fortunate than many, I left Vietnam with only minor damage. I returned embittered, confused, and thirsting for truth.

The transition back into American society of the late 1960s was not an easy one for me. I had no interest in the status quo, and with some exasperation I watched the flowering of the drug-culture. The jungles had taught me the speciousness of politics and politicians. I knew that truth must be sought elsewhere. I began a spiritual search. Having rejected Christianity long ago, I browsed through occult and new age literature, but found little of interest or of value. I first focused on Edgar Cayce, an astounding American psychic famous for his psychically prescribed medical treatments which were tried and proven. His spiritual view was fairly Christianized, but with very strong east Indian overtones. But what fascinated me most was his assertion that in the prehistoric past there were civilizations on the earth that were far more advanced than those today. The

details he gave on this went far to explain a great many historical mysteries, and I began to perceive the reasons for the chaos around the world today.

But the most influential book I ever read was Yogananda's *Autobiography of a Yogi*. Although also somewhat Christianized and from a Bengali perception, the information therein opened up vast new vistas for me. It all seemed strangely familiar to me, like something forgotten from ages long past. But the one thing in the book that most transfixed me was a drawing of one who, unlike the others illustrated, was clearly not a Bengali. This was the great master who Yogananda called *Mahavatar Babaji*. I was drawn to him immediately.

I received training in Kriya Yoga from Yogananda's Self Realization Fellowship. I was fortunate to be living near one of their centers, and so I regularly attended group practice of the Kriya techniques. It wasn't long before I noticed that the psychophysiological techniques were having an effect on me. By this time I had entered college on the GI Bill. I had never been much of a scholar, which was amply reflected by my high school grades. But I found that after a year of more of Kriya practice my abilities had greatly increased. Unless required, I did little or no homework and rarely studied for a test. Yet I remained on the Dean's List throughout college.

By the time I finished college, I was tired of the degeneracy and chaos of the city, and I longed for more training in the Kriyas. I moved to a small intentional community in northern California which was founded by one of Yogananda's direct disciples. He had not only received training directly from Yogananda, but had spent some time in India with disciples of Lahiri Mahasaya. He was a fountainhead of knowledge and information, and very articulate as well. He foresaw the importance of Yogananda's cooperative communities, and he realized that it was his mission to fulfill that vision. Today, his intentional community is probably the largest and most successful in the world.

From this disciple, I learned a great deal more about Yogananda and Lahiri Mahasaya's Kriya techniques, and I noticeably advanced on the path. However, I was somewhat disconcerted that even here, just as with Self Realization Fellowship, "Mahavatar Babaji" was kept in the background, as something of an enigma. No details of his life or mission, other than what was described in *Autobiography of a Yogi*, were known, and he was treated somewhat as a legend. I have since learned that the Great Siddha wished it to be this way, and had instructed Yogananda to keep him in the background. He wanted no religion built around him. Later on, he would come to his own.

After a while I moved to a remote, secluded spot in the forest, where I lived with my family in a simple canvas Tipi for more than five years. This primitive life-style did much to strengthen my Kriya practice. More and more I attuned myself to the Great Siddha, and my awareness and perception increased. However, I was aware that something was missing. I was certainly not a Christian, but neither was I a Hindu nor an American Indian. Yogananda had said that he had not come here to make Hindus out of Americans, but that his Kriya Yoga would enable everyone to come to spiritual realization in their own native religion. Thinking in terms of Christianity being my native religion, Yogananda's assertion sent cold shivers down my spine.

But the truth is not hard to find. It took only a little research for me to discover that the originators of Kriya were of the same blood as myself. In ancient times, Aryans, men and women of fair skin and hair, had built a great civilization in what is now northern India, and it was they who developed the powerful Kriya techniques. Finally, I understood fully the truth of Yogananda's words. Kriya is actually our own heritage, and Yogananda had simply brought it back to us.

At about that time, I also became involved with the revival of the pre-Christian religion of northern Europe, Odinism or

Asatru. I immediately recognized that the Kriya path of accelerated evolution was what was symbolized by the allegories of Wotan, Thor, Yggdrasil, etc. I realized that the hand of the Great Siddha had carefully guided me to an awakening undreamed of. Kriya was my own spiritual heritage from both the east and the west.

As my Kriya practice became stronger and more focused, I discerned that Babaji Nagaraj was drawing me nearer to him and guiding me to take part in the great struggle against the dark age forces. After I was initiated into the original form of Kriya Kundalini Pranayama, and into all of the other 144 Kriyas, he inspired me to open this new Kriya path, Arya Kriya, especially for Aryanists, Odinists, National Socialists, and other true heirs to the ancient Aryan science of accelerated evolution (who would understandably miss its significance if adorned with new age or east Indian trappings).

Please note: I am not a Siddha. I am just a pilgrim on the Kriya path and my life is dedicated to the great struggle. But I have witnessed many awesome transformations and events, and I have directly experienced the great power of this ancient Aryan science. I would never, ever, even consider leaving the path. Moreover, I am not a wordsmith by any stretch of the imagination, and in fact, I do not even like to write. But for whatever reasons, I have been selected to write this information down and to distribute it to other sincere seekers. This I do as a sacred duty and as serviceful work on the Kriya path. But I must point out that all credit should be given strictly to Babaji Nagaraj. Any errors or omissions are my responsibility.

--lost

### **Postscript: the Origin of Aryans**

A number of scholars assert that Aryans originated somewhere in central Asia, and then immigrated both westward toward Iran and Europe and eastward into what is now India. But there are others who contend that Aryans originated in Europe, and from there immigrated eastward into the middle east and Asia. However, these theories are all based on evidence which dates from time periods of around 2000 to 4000 B.C., which was left from the migrations of some Aryan tribes during the early part of the last descending dark age.

But astrological references in the earliest of written records confirm that the time period of Aryavarta was long before this. Its origin was at least 15,000 B.C., and it endured until its predictable disintegration when the earth's equinoctial cycle entered the dark ages.

The evidence of advanced civilizations such as Aryavarta is ignored or suppressed because the research, evaluations and conclusions of today's scientists are affected by their own social, religious, and political orientation, and their environment in today's industrial-agricultural civilization — a civilization based on the very dark age cultures and civilizations on which their investigations are focused. For the most part, their strong intellectual and scholastic identities do not allow them to conceive of a civilization where matter is not only recognized as energy, but also manipulated as such. Few seem to be able to conceive of a civilization beyond the need for written records, roads, wheels, machinery, agriculture, or apartment complexes. Yet the records are there.

The earth abounds with historical impossibilities such as, for example, the pre-historic megalithic structures in South America (and many others throughout the world) — structures made of huge stones weighing hundreds of tons, transported from distant quarries without the use of roads, wheels, or any other means necessary to do the same today, and erected at great

heights, fitted together, often at completely random angles, with astounding accuracy (accomplishments which would be extremely difficult — and some impossible — with the technology available today). Unable, or unwilling, to conceive of such advanced civilizations, most investigators continue to base their theories on easily explainable artifacts left from the dark ages. And so, until scientists focus their investigations much further back in time, the true origin of Aryans remains unknown.



**Babaji Nagaraj**