

# **THE WAY OF SADHANA**

## **THE FOUNDATION**

### **LESSON 1**

Dear Member

We Welcome You,

Today you begin a journey that can lead you to the Highest Achievement of Human Awareness — which is Unlimited Consciousness of Self and Oneness with the Infinite. You will be guided on your journey by the Teachings of The Sadhana Society, and by the use of the oldest Methods and Practices known to Man. These will include the Teachings of the Enlightened Sages of the East, and the Long ignored Methods and Practices of the Ancient People of the North American Continent.

As you progress on your journey, you will Awaken the Great Hidden Powers that lie dormant within you. These are the already Perfected Manifestations of your own body and mind. You will learn to tap this Infinite Storehouse of Energy, and call forth The Divine Law of Abundance from your own Being. You will also learn to communicate through the use of the Ancient Akashic Records. Soon, you will discover that there is nothing that you cannot do. YOUR POWER IS LIMITLESS. Because there is no separation between Life and Death, you will also learn to communicate with Divine Personalities beyond the physical.

This Lesson is your first physical link with The Sadhana Society, and your first step on the Pathway to a Greater Spiritual Awareness. In order to enhance the strength of this contact and build a greater foundation for Spiritual Growth, it is necessary to acquaint you with certain facts. This will assist you in understanding the Purpose of The Sadhana Society and prepare you for the Lessons, Documents and Experiments, which you will be receiving in the future.

### **THE NAME OF THE SOCIETY**

SADHANA, is a Sanskrit word which is used to define Spiritual Practices and Disciplines. Its literal meaning is: "That by which something is performed — a means to an end." Sadhana is also that Practice by which Perfection is attained; it is the Instrument of Perfection. It is pronounced, Sa-dha na, with the (h) nearly silent. The title, Sadhana Society, means that we are a dedicated group of people who PRACTICE WHAT WE BELIEVE, as opposed to Belief without Practice. If an individual of any Faith or Religion truly Practices what they Believe as opposed to blindly subscribing to it, then they too are indeed, SADHANISTS. THE VERY ESSENCE OF SADHANA, IS TO ACHIEVE DIRECT EXPERIENCE BY PRACTICE.

### **THE HISTORY OF SADHANA**

The Sadhana Society traces its origin and history through five distinct phases of evolution. In each phase of Human Advancement, Religion begins with an IDEAL. Then, through the LIVING of that IDEAL

and using it as a testing ground, Humanity gains Greater Awareness of Self; thus catapulting the Whole of Religion into a more UNIVERSAL APPLICATION OF TRUTH.

## **THE FIRST PHASE**

The first phase of Sadhana's Teachings began with the Sacred Vedas, which were written during the developmental period of Religion in Ancient India. The Vedas are Man's first written records of his reaching towards God. They contained the Methods and Practices of the Ancient Forest Sages. For nearly 100,000 years they were handed down by word of mouth as Sacred and Inspirational Teachings from the distant past. In their written form, these Divine Chronicles are approximately 50,000 years old.

Veda means WORD or KNOWLEDGE. There are four Scriptures called Vedas: The Rig-Veda, the Yajur-Veda, the Sama-Veda and the Atharva-Veda. Most Hindus consider the Vedas as DIVINE REVELATION. Each of the Vedas is divided in two sections. The first section deals with Action, while the second section deals with the discovery of Divine Knowledge. These Vedas were first written as hymns and prayers, containing the first rituals of worship. The Rig-Veda is said to be the oldest scripture in the World, and is therefore considered to be THE MOTHER OF ALL RELIGIOUS SCRIPTURES. These Ancient Scriptures express and reveal Profound Truths regarding the Universal Aspects or Powers of God. The Vedas were the first Scriptures to proclaim that the

Universe is Infinite in space and Eternal in duration; without beginning and without end.

Thousands of years before the birth of any other Religion, the Forest Sages of Ancient India spoke these Grand Truths:

“Hear ye, children of Immortal Bliss’ I have known the Ancient One, who is beyond all darkness and delusion’ Knowing Him alone, you shall be saved from death again and again.

“He who has entered and is hidden within the Cave of the Heart of Hearts, is the Ancient One that cannot be seen with the external eyes. He is seen only with the eyes of the Soul. Without beginning, without end, He is not destroyed when the body is destroyed. He is the Lord of All, who lives in the heart of every being. He who has become sinless, sees Him — for he enters into that BEING, and becomes One with Him.

## **THE SECOND PHASE**

As the people practiced the Teachings of the Vedas they began to have more leisure and became more thoughtful. It was during this second phase of the development of Religion, that the Upanishads were created. The Upanishads or “sitting down talks”, deal with the CREATIVE

PRINCIPLE and UNIVERSAL SPIRIT behind this magnificent outer-world — and man's relationship with it. The Upanishads are composed of the latter parts of the Vedas, and are called Aranyakas or "Forest Books." They contain Truths which were revealed and taught by the Ancient Forest Sages and Rishis. They also contain many of the loftiest and most majestic Teachings of the World's Religions.

Within these early Scriptures, there breathed an exalted and comprehensive morality. There were no wicked divinities taught in the Upanishads and no mean or harmful practices. Every father of a family was his own priest and his home was his Temple. A Sacred Fire was lit in the home of every householder, and they chanted the beautiful and simple hymns of their Religion. Women occupied a Free and dignified position, and also directed these rites. Because of this many women were recognized and respected as dedicated Saints and Forest Teachers.

In the Upanishads, emphasis was placed on the Universal Aspect found in the root Teachings of the Vedas. They took from the Vedas only those things which were FREE from ancient dogmas and beliefs. No longer did Man have to limit his worship to Unseen Spirits. No longer was Man merely a slave to the Universe. Now he had discovered his Oneness with it.

In verses 13 and 14 of the Isha Upanishad, we read:

"Worship of the body alone leads to one result,  
while worship of the Spirit leads to another. So  
have we heard from the wise.

“They who BALANCE their worship to both body and Spirit; by body they overcome death, and by the Spirit achieve Immortality.”

### **THE THIRD PHASE**

Two thousand five-hundred years ago, the Teachings of the Upanishads were compiled in an established order of Practice by Shankara, a student of Patanjali; both of whom were Sadhanists. Thus began the third phase of Religion. Prior to this time, Practices were handed down from Teacher to Teacher. Shankara also established the first system of Monastic Orders in India. He was a dynamic man, who reformed religion through his strong will, challenging the patterns of limited dogmas and rituals to create a system of UNIVERSAL TEACHINGS. Along with this, he established Sanctuaries for those wishing to dedicate themselves to the discovery and Teachings of The Infinite. Even today, The Sadhana Society draws heavily upon the Commentaries and Practices which were taught by Shankara.

For nearly 1,500 years prior to the time of Shankara, Great Sages and Teachers traveling with the wandering caravans, crossed the Indus River in the west; bringing these Ancient Teachings with them. Their journeys brought them to many places in the region of the Mediterranean; such as Judea, Samaria, Galilee and Phoenicia. These tribal states later were to become the homeland of the Hebrew Nation and the birthplace of Christ. These Ancient Truths established their roots

deep into the cultures of the tribal people. They also deeply affected the Egyptian, Babylonian, Greek and Assyrian Empires.

At the same time as the Reformation Movement of Shankara, there arose in India one who later became known as The Buddha. Through The Buddha's Teachings, which were also based upon the Vedas, the Ancient Truths were carried in the opposite direction; far to the east, the north and the south, spreading across the vast continent of Asia. Under the influence of The Buddha, the Spiritual Seed was nurtured to become the nucleus idea of all major Religions of the World.

### **THE FOURTH PHASE**

These Ancient Truths were adapted to fit each culture and each nation, creating separate Nationalistic Religions. As these Religions grew in number, they lost touch with the Source of Truth. In giving precedence to Practices which reflected the traditions of the nation itself, they limited God, and weakened the possibility of Unlimited Communion with God. But from within these nations, there arose Great Mystics, Philosophers, and Seekers after the Truth. Thus began the process of separating Divine Truth from the nationalistic dogmas and creeds. The names of these Spiritual Giants are many. Their pleas for Truth have been echoed in every century and within each generation; Sadhanists all, who have pleaded for reason in a world separated by dogmas and distrust. From Platonius, in the Third Century A.D., to William Blake, in the Eighteenth Century, the cry was the same:

“Man must be Free from nation and religion, to experience God in his own way.”

By the middle of the Nineteenth Century, arose in India speaking of a New Direction in clear and undeniable tones. This God-Man, Ramakrishna, proclaimed the Universal Truth of “UNITY THROUGH DIVERSITY.” Thus he projected Religion into an era of Universality and gave a Universal meaning to all of the Ancient Truths and Teachings that preceded him. Ramakrishna said:

“There is but one God; but endless are His names and endless the aspects in which He may be regarded. Call Him by any name and worship Him in any aspect that please you and you are sure to see Him.”

No longer could Truth be the sole possession of any nation or Religion. No longer could any group or individual claim to be the sole possessor of the Truth. Now a new understanding of Religion was needed on an international scale. Many Great Minds, recognizing the Truth of his Teachings, added their strength to his, and a new tone of Religion came into being. The Message was spread far and wide. The first messenger to carry these Universal Teachings to the Western World was Swami Vivekananda, in 1893. Twenty years later came a plea from Rabindranath Tagore, which suggested that each person must re-discover the True Source of Religion that resides WITHIN MAN. Out of the turmoil of Human oppression which engulfed the World in the first half of

the Twentieth Century, came the words of Mahatma Gandhi. He declared that the POWER OF SOUL is the Ultimate Power in Man.

Therefore in this century, the clear meaning and intent of Religion has come of age. No longer is Religion based upon ignorance and superstition. No longer is it the sole possession of any nation. No longer is it restricted to a single voice and a single breath. No longer does it require blind dedication to a single Name or Personality. ORGANIZED RELIGION IS NOT DIVINE. IT IS MERELY A TOOL WHICH LEADS TO DIVINE TRUTH. Religion is not Hindu, Zoroastrian, Buddhist, Hebrew, Christian, or Islam. RELIGION IS MAN!!! It resides in Saint and sinner alike, waiting to be discovered and manifested in the World about us.

### **THE FIFTH PHASE**

The purpose of The Sadhana Society in this period of history is to teach all people of every nation THE UNITY AND DIVINITY OF GOD, MAN, AND THE UNIVERSE. In the early developmental stage, nature was regarded as something to be feared. But if we are to discover what Man is, we must first realize that Man is inseparable from the Universe and the Laws of Nature; therefore even THE EARTH IS SACRED AND DIVINE. Equipped with the New Realization of Self, as taught by those who previously achieved Expanded Consciousness, Man is now on the threshold of GREATER AWARENESS. Subsequently, Man is beginning to recognize that the rocks, trees, Earth and sky, are merely an Aspect of his Divine Physical Substance.

Through the Awareness of "UNITY WITHIN DIVERSITY", Man discovers a New World with Endless Possibilities. THIS DIVINE UNION IS ONE OF FREEDOM. There are no longer any strange powers to fear. There is only the Ever-Expanding Oneness of Man's Consciousness, as he becomes Aware of Divine Infinity. As the Diversity of the Universe unfolds before an Expanded Consciousness, Man perceives the Greater Possibilities of THE HIDDEN POWERS WITHIN HIMSELF.

The origin of many present day Religions can be traced to the Sacred and Holy Lands of India. But as we become more Aware, we discover that no Land upon the face of the Earth is less Sacred or Divine. Upon each continent, there are people who trace their antiquity as far back into the history of time, as the Ancient Sages of India. These Ancient People have been the silent minority. The Ancient Forest Sages in the Western World trace their common ancestry to the Peaceful People — The Hopi — The Keepers of The Truth in this hemisphere. Although Truth is One, the Practices and Principles that they have kept Sacred, have a NATURAL AFFINITY with the very air and soil of this continent. The minerals and substances of the Land are the BUILDING BLOCKS that make up our very body. Like a magnet, the body and the Land have an AFFINITY with each other; "LIKE ATTRACTS LIKE". The same is true in every Land — in every place on the face of the Earth. These Truths are JUST NOW being passed from the Ancient People, to a new people of a new generation. This is the fifth phase of Sadhana's history, and it calls upon us to Realize God with an Expanded Awareness so Unique, that it can only be experienced by the very UNIQUENESS OF OUR OWN BEING.

## **SYSTEM OF STUDY**

The Teachings and Practices of The Sadhana Society follow a DEFINITE SYSTEM AND ORDER. Through the progressive Lessons and Studies of Sadhana, which incorporate different systems of Yoga and Native American Practices, you will be led into a Greater Relationship with GOD, NATURE AND MAN. You will achieve the Power of Perfection, which will allow you to perceive beyond the limits normally attributed to the physical senses. Because of specific use of terminology, it is necessary that all new members begin with this initial Series of Lessons. In this way, you will become acquainted with Sadhana's terms and phrases; thus you will create a Greater Oneness with yourself and the Teachings. After this initial Series of Lessons is completed, you will be classified as a Kriya Yoga Member. Each individual will advance to Higher Teachings in accordance with their individual progress and development. Along with your Lessons, you will also be given specific Experiments and Practices. It may be interesting to note that the Lessons of The Sadhana Society contain more Experiments and Practices than any other World Organization. It should always be remembered, that TRUE AWARENESS can be achieved only through TRUE EFFORT.

## **MANNER OF STUDY**

You are your GREATEST ASSET. If you do not utilize this asset, no Teachings will ever help you. Regardless of what you have done or have been in the past, you are now entering into THE MOST IMPORTANT PERIOD OF YOUR LIFE, which is the Discovery and Manifestation of YOUR

TRUE POTENTIAL. What you discover, will enable you to GAIN TRUE MASTERY OVER ALL SITUATIONS, rather than being a victim of circumstances. For the best results, you should find a quiet and private place for your studies. You should select a specific day and specific period of time each week to study your Lessons. The time you choose for your studies should be adhered to as firmly as possible. If you feel you want to use extra study time in addition to your regular study period, please do so. The Teachers at the International Headquarters use the hours between 7 p.m. and mid-night each day for their Advanced Meditations and Experimentations. If you choose, you too may set aside this period of time for your own personal study. In this way, you will be adding your energies of Concentration and Experimentation to those of the Teachers.

In order to enhance your understanding of the Teachings, The Sadhana Society suggests that when you read the Lessons, you should keep a pencil and a tablet of paper beside you. As your own ideas come to you — STOP READING – and write the ideas down. If you will do this as you read, the Spirit of the Teachings will become much more visible to you. REMEMBER, YOUR OWN IDEAS ARE AS IMPORTANT AS THE WORDS YOU ARE READING. In this way, you will be training your own mental faculties to work for you, rather than against you. Also, feel free to make notations on your Lessons whenever and wherever necessary for your convenience. Keep all previous Lessons within close reach, so that you may be able to refer to them quickly if a question arises.

You will find that your DAILY EXPERIENCES will often manifest the very TEACHINGS that you have been studying in your Lessons.

From time to time, at the completion of a Series, you will be requested to submit a report on that Series of Lessons. This will allow you to obtain further information and assistance in putting into effect the Teachings set forth in the Series.

The Sadhana Society always welcomes your questions concerning the Teachings, Practices and Experiments. Extremely personal questions may also be submitted. These questions will be answered in a personal way by the Teachers of The Sadhana Society. Address your communications to: The Department of Instructions. ALWAYS INCLUDE THE NUMBER OF YOUR MEMBERSHIP CARD ON ALL COMMUNICATIONS.

As of today, your name has been placed upon the Temple Altar here at the International Headquarters. This is done so that you will sense our Oneness with you, on your Journey to Spiritual Unfoldment.

In your next Lesson, you will begin specific Studies and Practices which will lead you to a Greater Awareness of the SELF WITHIN.

May the Peace of God Surround You and Guide You.

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