

**THE WAY OF SADHANA**  
**HATHA YOGA**  
**LESSON 1**

Dear Member  
Greetings,

With this Lesson, you will begin a series of studies which are called Hatha Yoga. Although the name of this Series is different than the last, we do not want you to assume that you have completed Kriya Yoga – only the name is different. In fact, it is not a new Series at all, but a related section of Kriya Yoga. The new name is intended to be a helpful tool for your future reference.

When we go back and study the methods of the Ancient Schools, we find that Hatha Yoga was originally part of the Kriya Yoga Studies. Kriya Yoga was divided into three parts. The first was PROPER TREATMENT OF THE BODY (HATHA YOGA). The second part was THE STUDY OF ONE'S OWN TRUE SELF. The third aspect was ATTENTIVENESS TO GOD. If you will review pages 7 and 8 of your first Kriya Yoga Lesson, you will understand why Hatha Yoga was originally intended to be part of Kriya Yoga. The original purpose of Hatha Yoga was to give the student a system of physical exercises, by which they could experiment and test the validity of the Spiritual Truths which they had been studying. By focusing upon the physical body, the Teacher was able to present very complex Spiritual Truths. By using the physical body as a means of experimentation, the student quickly learned to judge the degree of success or failure in his understanding of the Higher Truths.

In the last few hundred years, Hatha Yoga has been taught as if it were a system separate from the Older School of learning. Its principle object today is to achieve physical health through the practice of various physical postures, but very little Spiritual Direction. It is not the intent of The Sadhana Society to condemn or play down the value of modern day Yoga practices postures or exercises. Most of these physical exercises do indeed benefit the physical body, but they should not be entered into for the purpose of attaining Spiritual Perfection any more than one might take up medicine, simply because they misconstrue it to be the Pathway to God. As a physician, you can learn to remove a person's appendix or cure the plague, but that knowledge does not necessarily make the physician more Spiritual. A physical therapist can teach a stroke victim methods by which they can learn to gain control over some of the involuntary muscles of the body, and by so doing, the victim is able to walk again. But neither the therapist nor the stroke victim have become any more Spiritual as a result.

The great danger of modern day Hatha Yoga is not in the practices themselves, but rather in the method by which it is presented to the public. There have always existed a large number of people in every society, who are ignorant and gullible enough to believe that if a person has acquired the ability to stick pins into their cheeks and muscles without feeling pain or without losing blood, that these people must indeed be performing Great Spiritual Feats. They do not remember that these same practices can be accomplished by any competent physician in the land. Are we then to assume that every physician is Spiritual and performing miracles? The trickery which feeds upon these ignorant beliefs

is endless. The idle-curious have always been fascinated by unusual acts and disgusting exhibitions which are utterly unworthy of the Divine Nature of Man. The original intent of Hatha Yoga was not for the purpose of digressing from the Spiritual Goal. It was not a method by which the student learned how to perform miracles, or to entertain the ignorant with crude side shows of unusual body control. Even modern practitioners of Hatha Yoga, look upon these extremists with great contempt. They know that the only purpose of their branch of philosophy is to give the person a healthy body, making it a good instrument with which to work. The competent Hatha Yoga Teacher knows very well that the body is the TEMPLE OF THE SOUL.

As Sadhanists, we will adhere rigidly to the original intent of Hatha Yoga. Our purpose will not be to digress from our Spiritual Path, but to expand our horizons and to put into practice in a logical way, many of the things that we have already discovered about our Divine Nature and the Infinite Perfection that fills us and surrounds us. The Practices that you will be given in this Series are of such a nature that they can be performed by any individual, regardless of age or physical condition. They will require from you, Spiritual Dedication and Mental Direction. For those of you who have a serious interest in modern day physical postures, I will simply suggest that you go to your library or purchase a few books on the subject, which are readily available everywhere. If you follow their instructions carefully, and do not force your body too quickly, you may find that they will have a physical benefit for you. But bear in mind, the purpose of the Sadhana Lessons, is not only physical but Spiritual. They encompass practices that concentrate upon both Mental and Spiritual

Accomplishments. Only in this way, will you be able to qualify as a SADHANIST PRACTITIONER OF DIVINE HEALING.

In order to master the subject of Spiritual Healing, we must be willing to put aside all of our previously conceived ideas about the subject, and approach it with an attitude of openness and fairness.

From the beginning of time, the religious traditions of Mankind have been filled with accounts of Super-Natural Cures – the ability to heal the sick, to raise the dead, and the ability to drive out evil spirits. These stories are not only found in the Judaic-Christian Bible, but also in every Religious Scripture of the World. Nor are they peculiar to the life of Jesus. These very same stories are attributed to every Great Saint and Prophet that has ever lived. Many people regard these stories as absurd and imaginary. They would have us believe that they were written to misguide and control the ignorant masses. There is no question that the majority of people were indeed ignorant and easily influenced. They were inclined even in their writings, to magnify these stories out of proportion. In many cases they were taught as “Miracle Stories”, to prove that the Prophet or Saint was something more than physical, and that these miracles were the result of Special Powers, possible only to certain Divinely Appointed Individuals. As Sadhanists, we reject the possibility of a Perfect and Divine Creator having any need to make exceptions to the Laws of His Own Perfect Creation. When we read the accounts of such stories, our purpose should not be to discredit or support the manner in which these stories were told. If there is any truth in these stories of Mental and Spiritual Healing, we will not find it hidden behind the illusions of miracles, but rather in the Perfect Law that governs all of Creation.

In the Upanishads, we are told that the Soul of Man is beyond all mortal afflictions – “It is free from sin, free from old age and death, free from grief, hunger and thirst.” In this way, the Ancient Forest Teachers reminded us that we are more than we think we are. Even though we experience continual changes in our physical condition, we are told that the physical body constitutes only part of our being. In fact, it represents just a very small part of our Real Life. But unfortunately, to the majority of people, the body seems to be the only important part of the Total Self. Because of this lack of knowledge about our Real Self, we block out the steady flow of our Divine Life Force, and we suffer in endless ways.

DIS-EASE, indicates the lack of ease – a disturbance or imbalance in our physical nature. The word DIS-ORDER is another word that properly suggests the cause of our suffering. When our physical habits lead us away from the purpose of the Real Self, or when our bodily desires are over magnified, they block out any Awareness that we might have had about the Soul and its Divine Powers. Our True Nature is indeed unaffected by suffering and disease. But disease and suffering cannot be called unreal. For nearly every person, pain and disease are facts. They become the only thing that the individual realizes, therefore they become real. When this occurs, the Unchangeable and Perfect Soul is realized only as a dream.

Medical Science has done a great deal to help Mankind in alleviating the EFFECT of disease. But more often than not, the relief is only temporary, because the CAUSE that produced the disease has not been removed. The real CAUSE of disease is more often in the mind than in the

body. We all know how our mental attitude can have a de-vitalizing affect upon our physical condition. What we seem to forget, is that the mind can also have an energizing affect upon the physical. A Change of pace, a change of thought, anything that will break our old mental habits can produce a marvelous effect in the elimination of the disease. By this simple method, we temporarily forget the body and thereby lift ourselves out of the stagnant mental condition that we have been locked into. But we cannot do this, so long as we believe that the total of our existence is dependent upon the body. We must build up a Greater Awareness of our Real Self, and come to recognize that we are born Perfect and are sustained by that Perfect Self, which nothing physical can prevail against. It is because we have lost this Higher Awareness of Self that we have drifted into disease and feel helpless and troubled.

True Spiritual Healing is accomplished by contact with That Divine Spiritual Essence, which fills us and surrounds us. Perhaps you are one of the individuals who have never believed in prayer. But that may be because you have never experienced Spontaneous and Creative Prayer in action – Prayer that is Creative and sincere, is a tremendous Healing Power. Faith also has great Healing Power. Again, we are speaking about Faith in your own Divine Nature – in your own Perfectness. Such Awareness as this can elevate any individual to a point where the Healing Forces are released, and the body is healed.

There are endless accounts of such healings which take place every day all over the World. We read of people who have been pronounced incurable by the very best of physicians, who make long journeys to Sacred Shrines, believing firmly that they will be cured – and they have

been. In many places of the World, people make long Pilgrimages to Holy Places, where they can rest upon the Sacred Land or bathe in the Sacred River. These Pilgrimages take sheer Will of Faith, and do indeed produce tremendous results. Through whole-hearted Prayer and unwavering Faith, they succeed in making themselves receptive to this Divine Power. The same can be said for our everyday life. Unless we are open to the DIRECT INFLUENCE of that Divine Power, it cannot penetrate our being and heal us.

If we carefully read all of the incidents in the life of Jesus that are associated with "Miracle Healings", we will discover that he was not able to help all of the people who came in contact with him, but only those who had Unquestioning Faith. In the Gospel of St. Matthew, we read:

"When Jesus departed, two blind men followed him crying and saying, 'Thou Son of David, have mercy on us.' And when he came into the house, the blind men came to him. And Jesus said unto them, 'Believe ye that I am able to do this?' They said unto him, 'Yes, Lord.' Then he touched their eyes saying, 'According to your faith, be it unto you.' And their eyes were opened. Again he spoke to a woman who had touched the hem of his garment saying, 'Daughter be of good comfort, your faith has made thee whole.' And the woman was made whole from that hour. Also to the Centurion he said, 'As you have believed, so be it unto you.'"

Absolute Faith is the basis of all Divine Spiritual Healing. Even medical science recognizes the necessity for Faith between patient and doctor. I am not speaking about the kind of faith which is identified with fear, ignorance and blind belief. When we recognize the Power of Soul over all things, and we truly desire to be restored by that Power, we establish a direct connection with it and healing is accomplished. That is called Faith by Direct Perception.

In many of the Scriptures of the World, we are told that disease is the result of sin. Christian theologians, define sin as WRONG DOING. Buddhists, define it as WRONG THINKING. In India, the Ancient Forest Sages defined it as, "MISSING THE MARK." Whatever definition we choose to accept, it should be apparent to us that when we act contrary to nature and the Divine Perfect Law, we create certain negative results from which we cannot escape. Pure and simply, we experience the LAW OF CAUSE AND EFFECT. Many people in the West will immediately ask; "But why do good people and innocent children suffer?" Most individuals who ask these questions have never taken into account the fact that Life did not begin here and now. The effects that we now experience may indeed have been the result of mistakes made in previous lifetimes. Another fact that is often overlooked is that suffering can be a great purifying agent. How many hardships and painful experiences did the Great Souls of the World have to pass through, in order to attain their Greatness? Even the worst of sickness, can sometimes prove to be a blessing. It all depends upon our individual mental attitude. If we allow ourselves to be dragged down by it and made despondent and unhappy, then it becomes a misfortune. But, if we remember our Divine Origin and

our Perfect Oneness with that Divine Power, it can bring us to a New Spiritual Awakening.

To be healed Spiritually or to become a Spiritual Healer, we must analyze our Real Nature. We must ask ourselves: "Where is that Divine Power within me? Is it in my hands or my feet? Is it my mind or my ego?" In this way, we keep on lifting our thoughts until we gain the Awareness that no longer identifies our individual selves solely with the body, but rather recognizes the Perfect Self within. Before we can reach this Blessed State of Awareness, we must examine certain Spiritual Truths which will aid us in our Self-Discovery.

Many of the Practices of True Hatha Yoga were developed to maintain a proper physical vehicle by which to work out our Perfection. One of the most important Practices to accomplish this is through the Control of Breath. As we stated in our last Lesson, BREATH IS THE MEDIUM OF LIFE. By understanding and applying the Science of Proper Breathing, we can keep this body in a healthy condition. By our breathing, we can control the Prana or Vital Life Force which enters into the body. As long as this Vital Life Force continues to circulate evenly and steadily, a Perfect Rhythm and Balance will be maintained within our body, and we will enjoy good health. We must bear in mind another aspect of proper breathing, which was also mentioned in our last Lesson, which emphasizes the importance of the Mind upon the Breath. The slightest mental irritation will destroy the regularity of our breathing and will cause an imbalance in the body. If we are not able to establish a proper mental calmness and Peace of Mind, the body may indeed develop pain and disease. If on the other hand, we can control our breath and

give it direction of Peace and Harmony, we can restore the equilibrium of the body, thereby guaranteeing perfect health.

When we learn to achieve complete Breath Control, we will have at our disposal the Infinite Storehouse of Vital Life Force or Prana at our command, and we will be able to send it to any part of our organism, where pain and distress will be eliminated and the body organs reinvigorated. When we are able to do this for ourselves, we will also be able to transmit that same Power to others – either by MENTAL DIRECTION of that Power or by the “LAYING ON OF HANDS.” This same Power can be used and transmitted across vast distances, to reach an individual anywhere on the face of the Earth. It can be used to surround and infuse that person with the influencing vibrations of Divine Perfection. After you have completed this present series of Hatha Yoga, you will find it quite easy to produce a positive effect at Will and never be hindered from doing so, if the receiving person is receptive to such help.

If we do not think and live properly, we cannot have perfect health. Wrong thoughts and actions generate a poison into our system which must eventually culminate in disease. Even medical science has come to recognize that any strong emotion, such as anger and hatred, can and does lead to serious illness. If on the other hand, we live absolutely in accordance with Spiritual Law, we will be continually filled with Divine Life Force and will not have to concern ourselves about our physical health.

The tendency of our materialistic world is to make us forget how Perfect and Divine we really are. If you pay attention to only one flower in your garden, giving it all of the water at the expense of every other

flower, most of your garden will wither and die, and you will be left with only one example of what it could have been. The same is true, when we direct our Total Attention upon only a portion of our Real Self. We must learn to have Conscious Communion with the Real Self – with the Total Divine Self – every day. Only in this way, will we grow Spiritually and become Divinely Productive. When we experience pain or disease, we must search within ourselves and see whether or not we have somehow forgotten our Divine Connection with the Infinite. If we are not able to establish the Continual Flow of Divine Life Force within us, we will never be able to help others. We will never be effective Spiritual Healers, until we have established a quality of Peace and Harmony within our own lives.

It has long been expected that the word or simple touch of a Spiritual Teacher, will be filled with the Power to elevate the mind and heal the body. How do you suppose the Great Spiritual Teachers acquired such Powers? – Through Constant and Divine Communication with the Real Self and Complete Surrender to the Perfectness of God's Law. They literally united the little self, into the Infinite Self. When we learn to raise ourselves above all bodily limitations, trusting wholly in our Divine Perfection, then whatever flows through us, will bring Unfailing Blessings and a sense of Perfect Being. The Enlightened Teacher is able to say to a person, "Be thou whole", and at once that person becomes whole. Because of their constant Contemplation of Truth, they have become a Manifestation of Truth. Their Will, has become part of the Divine Will. Therefore, whatever they say will spring into manifestation, simply because they have no thought separate from God. When the

Power of Soul is set Free, it vanishes all of the limitations of human life, just as the light of the sun dispels all darkness as it lights a new day.

Although they are filled with this Divine Power, the Great Spiritual Teachers never ask anything for themselves. They do not foolishly attempt to possess it, but recognize that its nature is Endlessly Flowing. Therefore, they learn to give of themselves not only to God, but to all of Mankind. In this way, the Power of Soul flows continually through them in Great Abundance. The Spiritual Healer must constantly be Aware that they are an Instrument of God. They must never forget, that this Power is God given, and should never be used for material ends. The Divine Gift of healing the sick and comforting the afflicted must be given freely without any personal motives of ambition or recognition. Whenever we try to use the Power of Soul for any ordinary purpose, such as money making or self-aggrandizement, it will only become degraded. The only motive in all such work must be that of Infinite Love. The more we feel the Divine Presence of God, the less our thoughts will dwell on worldly gains.

Every moment that we live, we have within us the possibility of perfect health and renewed energy. When we Meditate, we are re-kindling the Fire of Divine Life, which already exists within us. The Ancient Scriptures of the Vedas say, "Know thyself" – because knowledge of our Higher Self will dispel all of the physical afflictions of the World. There are various methods by which we may accomplish Spiritual Self-Healing. The highest and safest form of Self-Healing is Meditation. In Meditation, we abandon all thought of sickness or health, and we lift our mind beyond all the mundane things about us, striving to enter into that Divine Presence.

When we are able to do this even for a moment, we will immediately feel the effect of restored Power. In Meditation, we should be conscious only of Infinite Perfection. When our thoughts are concentrated upon that Perfection, our whole being is flooded with the Divine Life Force and we are filled with strength.

Starting with your next Lesson, you will be given many Exercises and suggestions to study and practice. Some of these Exercises will be exclusively for the purpose of Spiritual Healing, while others will be of a physical nature and meant to be used exclusively for the physical. Many of these will be very ancient and proven Exercises, which have long been practiced by the Native American people – while others will be the original practices of True Hatha Yoga from India. Although you did not know it, you have already received many Exercises that can be used in your Practice of Spiritual Healing. Some are more suited to your own personal health, while others can be applied in helping others.

This week, we will dispense with the normal Exercise. Instead, we suggest that you review all of the 20 Exercises that you have already received. This will be a form of self-testing for you. Try to determine which Exercises out of the past Lessons, can be used for Spiritual Healing. If you will also review Exercise Number 20, of your last Lesson (Kriya Yoga, Lesson 13), you will note that the suggestion is made that when you breathe, you must ADD YOUR CONSCIOUS THOUGHT to what you are doing. This suggestion, will also apply to every previous Exercise that you have received. Concentrate your thoughts and actions upon the desire to be healed or to heal, and you will be in effect, practicing the first simple pre-requisites for Spiritual Healing.

Remember also, that you are trying to unfold your Perfect Divine Nature. The Upanishads declare:

“The one who has reached this Divine Self, if blind  
– ceases to be blind, if wounded – ceases to be  
wounded, if afflicted – ceases to be afflicted.”

May the Peace of God Surround You and Guide You.

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