

THE WAY OF SADHANA

KARMA YOGA

LESSON 1

Dear Member
Greetings,

By your own persistent effort and determination you are now ready to enter into the Advanced Teachings of The Sadhana Society. With this Lesson, we will begin the study and practice of Karma Yoga. At the same time, your name will be added to those in other countries around the world who are also practicing the higher laws of Karma Yoga, all of whom are helping to bring about a major change in the Spiritual Unfoldment of Humanity. Through long years of study and practice, these individuals have not only gained attentiveness to God, but they have also achieved True Awareness of their Oneness with God.

Contrary to popular occult beliefs, these individuals are not hidden away from the rest of mankind in some inaccessible region of the Himalayas or Tibet; nor are they Super-Beings that have separated themselves from the problems and sufferings of humanity. If this were true, humanity would be justified in scoffing at such "holier than though" individuals, in the same way that anyone could rightfully scoff at a doctor or a teacher who was not readily available to assist them in their bleakest hours of misery and confusion, simply because the doctor or teacher might be fearful of contamination from "lesser beings." Imagine if you will, what the fate of mankind might have been if the Christ or Buddha had separated themselves from the rest of humanity. What kind of Divine Example would humanity

have been given, if by greedy and self-centered awareness these individuals would have chosen to desert the ranks of mankind and instead hidden themselves in a proverbial "Shangri-La" to pray and think good thoughts, and never once reach out a hand to touch the world or soothe the brow of those in trouble. Enlightened Spiritual Giants of the world have indeed found the Divine Key of Infinite Peace and Tranquility; but like the center of the tornado, which is as quiet as a whisper, they are more often than not surrounded by the raging tumult of the human storm.

Over the last hundred years, many well intended people have tried to invent exotic names to define this Great Body of the World's Enlightened Individuals, by using such names as; "The Great White Brotherhood," "The Secret Brotherhood," "The Avatars of Light," "The Secret Masters of the Far East," "The Illuminati" and "The Ascended Masters." All of these titles have a way of implying exclusiveness and separateness from the rest of mankind. The very mention of any of these names spoken or whispered in awe, suggests in the mind of the uneducated, an insulated and exclusive form of Enlightenment bestowed upon a select few and secretly guarded from the eyes of the many. Nothing could be further from the truth. These Divinely Liberated men and women are not a privileged kind of world species – THEY ARE TOTALLY HUMAN. They are not by decree or by choice, the inhabitants of a selective and isolated Spiritual Community. In truth, THEY ARE THE WORLD WORKERS – the teachers and writers, the researchers and scientists, or the mother and father who teaches and guides their child toward a Greater Awareness of the Human Possibility. Some of these World Workers do indeed wear garments that represent the various Religions of the World, while others wear the clothes of the farmer and the carpenter, the sage and the fool. Their dwelling place is the world of man – BECAUSE THEY ARE HUMAN. They dwell in the cities and in the fields. By birth they are

citizens of every culture, from the jungle villages of Africa to the polluted and industrialized centers of the world. They act as an example for us to follow. By their Humanness, we are able to perceive the Greater Possibilities for Human Action.

As a Sadhanist, you are urged to pursue whatever form of expression is necessary to reveal your Light to the world. As Sadhanists, we are Divinely United with all of Humanity, individually and together. We express the ATTAINABLE, not simply by intellectual rhetoric, but by our work and by the sweat of our brow. The word "Sadhana," means TO DO. It is the Union of our Action with the Divine and Endless Power that pervades the Universe.

Karma is a Sanskrit word, which also means TO DO or TO MAKE. Therefore, Karma is "Doing" or "Making." All action, all that a person does with the aid of the physical body, produces a change in the Stream of Life's Events. Whatever we do, is called an action. Every action that we do produces an effect, which is simply another form of action. Karma is the action of doing and it is the action that comes about as an effect of our doing. All such actions involve Willful Intention to a greater or lesser degree. For example, a person building a house or telling a lie – ACTS, but a flag fluttering in the breeze, does not act – it moves. The Willful Intent – the reason for building a house or the reason for telling a lie produces an effect – a result for which we are responsible. The Pristine Consciousness within the breeze or the wind cannot be considered Willful Intent. The purpose of the breeze is to MOVE. It had no Willful Intention of fluttering the flag; therefore the flag did not react, it simply MOVED with the wind.

From this simple analogy, you may now begin to understand that Karma means something much more than the simple explanation given to it

by many of the so-called occult schools. THE WHOLE OF THE UNIVERSE IS AN ENDLESS CHAIN OF CAUSE AND EFFECT – BUT IN ITS PERFECTLY CREATED STATE, IT IS NOT KARMA. Karma is associated only with Willful Intent – the effects of which, Conscious and Willful past actions were the cause. The Natural Balance of cause in the universe is a provable fact in every scientific laboratory of the world. But Karma involves the Conscious and Willful Intention of modifying or changing the Natural Balance of cause and effect. Dissatisfied with things as they are, man the Co-Creator, Willfully chooses to modify the Perfect Creation to suit his own means. MAN IS RESPONSIBLE FOR HIS OWN CREATION – THE GOOD OR THE BAD OF IT, AND MUST IN TURN REAP THE RESULT OF HIS CREATION.

The law of Karma, IS NOT as some would have you believe, a Divinely Ordained Law. IT IS A MAN-MADE LAW, WHICH BINDS MAN TO THE CREATIONS OF HIS IMPERFECT WILLFUL INTENT. Karma, or all actions done by Willful Intent are converted into Karma Yoga when they are done without any selfishness or the limited motive of a separate self. However, to bring this about requires a higher form of knowledge. As we achieve a Greater Awareness, we also begin to recognize that All of Humanity is an extension of our Real and Greater Self. Knowing this, we begin to act beyond the limitations of our self-interest and take into account the Greater Value of Human Interest as a motive for everything that we do. As we become aware that all of humanity is “My Other-Self,” we also increase our knowledge of the Infinite Possibilities that await us.

All of the Great Teachers of the world have emphasized Karma Yoga or Unselfish work and Action, as a means of attaining the Ultimate Possibility of our Divine Heritage. We are told that we must have the same good intention for our enemies as well as our friends. This applies to whatever we

happen to be doing or thinking in the course of our daily life. Selfishness or self-indulgence, limits our opportunities to discover the greater value of our purpose here on Earth. The Law of Karma is not exclusively Hindu or Buddhist; it is a fundamental teaching all of the Religions of the World. Saint Paul was teaching a form of Karma Yoga when he addressed the Galatians with the following words:

“Brethren, be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.”

This was a reminder to them that the pettiness of the little self was the greatest obstacle that confronted man. To achieve the greatness that God intended for them, they must put aside the little self and do good works that would benefit all mankind.

The real goal of mankind is Knowledge that leads to Divine Awareness. The cause of all of the miseries that we experience in the world is brought about by foolishly thinking that happiness and self-pleasure are the great ideals to be strived for. But temporary pleasure and happiness are not the goal. They may please us for a brief moment and distract us from our miseries, but they come to an end almost as quickly as they appear before us. We soon discover that the True Meaning of Life is not temporary happiness, but instead it must be found in the Eternal Knowledge toward which we are striving.

By the time we reach our middle twenties, we begin to discover that pleasure and pain are great teachers, and that we learn as much from evil as we do from good. As the experiences of pleasure and pain register their impressions upon our brain, we begin to adjust our actions to relate to our

preferences regarding both of their values. The result of these combined impressions upon us and our ultimate choice regarding them becomes what is called man's Character or Personality. The sum total of our preferences is translated into the tendencies, which make up the Blueprint of our Personality. This in turn, expresses itself in everything that we say and do. These combined tendencies which make up your Mental Blueprint and predictable actions, soon become identified by other people as being the "real you."

Every one of your past experiences whether good or bad, have become equal factors in the formation of your Personality. Your brain has been shaped and molded as much by good as it has by evil. Often times, the experiences of misery can teach us more about happiness than happiness itself. Poverty can be as great a teacher as wealth, because the hurtful blows of poverty can bring out the Inner Fire of our True Nature much more than the experience of wealth and praise.

We are always looking for the illusive pleasures of life outside of ourselves. Somehow, we have been led to believe that all knowledge comes from the outside. But in point of fact, IT IS ALL INSIDE. Our search for knowledge is really a search for the Greater Self. What a person "knows," is a result of the discoveries of the Infinite Knowledge that they have unveiled within their Being. WE DO NOT LEARN ANYTHING NEW. The Teacher does not give us what we do not already have. The so-called new discoveries or Greater Awareness comes about as we strip away the covering of illusion, which surrounds our Inner Being. Inseparable from the Infinite and All-Knowing Universal Mind, the Real Self is the Source of All Knowledge. The Teacher and physical universe acts only as tools, assisting us in prying open

the rigid barriers of pre-conceived ideas, which hang upon us forming a limiting veil of illusion.

History tells us that Sir Isaac Newton discovered gravity, but the truth is that gravity existed before Newton came along. It wasn't something that was hidden under a rock or in a corner waiting for him. The falling apple gave Newton a suggestion, with which he rearranged all of the previous pieces of information in his brain and discovered a new link between them. The external world was simply the suggestion, which set him to study all of his previous information. By achieving greater awareness, he was able to see how all of the pieces of information worked harmoniously together to produce a predictable effect, which he called the Law of Gravitation.

Every human being is One with all Divine Knowledge, and every human Mind is One with the Divine Mind. The Ancient Teachers were right when they said that all knowledge, whether secular or Spiritual, is already in the human Mind. Our awareness of Greater Knowledge comes about as we lift the veil of limited illusion from our Consciousness. Sadly, in too many cases this Greater Knowledge remains covered by a thick fog of pre-conceived ideas and opinions, and the individuals remain in ignorance for many lifetimes. But those who dare to lift the veil and clear the Consciousness achieve a Greater Awareness of the All-Knowing Storehouse of Knowledge within the Self. These individuals are the Great Sages and Teachers who have enhanced the lives of mankind. These Enlightened Seers have existed in every cycle of human history. They exist now – and they will be there like Guiding Lights in every cycle to come. It is not enough to simply sit back and glorify the names of past Teachers and Enlightened Minds. The greater value for mankind will come when you are able to add your name to theirs.

The Mind is like a flint stone, filled with the Fire of Wisdom. Every time we question our limited opinions and suggest to ourselves that Greater Knowledge exists, the suggestion produces a friction upon the Mind, which brings forth Greater Awareness. The same is true with all of our feelings and actions, our joys and sorrows. If we study our Real Self, we will become Aware that each one of these experiences is simply the result of what we are.

Everything that you do physically or mentally is Karma – and it leaves its mark upon you. Whatever you think or say is Karma. When you listen, walk, breathe or eat, that too is Karma. All work and all action is called karma. YOU ARE THE SUM TOTAL OF ALL OF YOUR WORKS AND ACTIONS. You may not be aware of the endless number of small actions that make up your Personality, but they are there never the less, influencing everything that you do. For example: If you were to stand by the seashore and listen to the waves dashing upon the beach, you might think that it is one great sound. Yet by observation, you will discover that one wave is really composed of millions upon millions of smaller waves. Each one of these smaller waves is making a noise, and yet you do not hear it. It is only when they are combined into a larger wave that you are able to hear the crushing sound that is made. In the same way, we have a tendency to believe that only certain works or things that we do are tangible to us. Very rarely do we realize that these larger incidents are brought about and are simply the effect of the accumulated and unrecognized smaller works and actions that we have done.

The Creative Consciousness of Man is attracting all of the Powers of the Universe toward its Self, and it fuses all of these Powers together to achieve Greater Creativity. This Divine Current contains all of the knowledge

that mankind has previously achieved. It contains the vibrations of all of the good that man has accomplished and all of the negative vibrations that have been created out of limited ignorance. All of this Power swirls around us like the waves in the groove of a record. All of the vibrations of sound and action, the laughter and the tears of centuries past flow into us like a mighty stream of tendencies. Whatever we draw into our being becomes a part of our own Character. In as much as we are able to draw this Power into our Divine Center, we also have the Power to transform it into a Greater Good and send it back into the Universe to affect millions of other human beings like ourselves.

Everything that we see in the world, all of the works of human society, are a manifestation of the Will of Man. The machines and cities, the instruments of peace and war, the expression of art and the schools of learning, are simply the manifestations of the Will of Man. All of these manifestations were brought about by the Will of previous personalities. It is the men and women of Mighty Will that have the Greatest Power. These Gigantic Souls, expressing the Creative Mastery of Will and persistent work, were able to transform the world in a single lifetime.

Modern psychology would like to have us believe that all human tendencies are inherited. They suggest that all Creative Genius, all Personalities of Powerful Will, are the result of some ancestral lineage. It is a farce to believe such idiotic ideas with millions of examples in history that go totally contrary to such a theory. The Power of a Gandhi, a Christ or a Buddha, is not achieved in one lifetime, nor was it something passed down from father to son. Nowhere is it recorded that their parents ever spoke a word or performed an act for the good of mankind. Without Jesus, who would even remember Joseph, the carpenter or Mary, the temple virgin? If

it were not for Gandhi, who would have awakened the people of India and united them in the peaceful struggle that brought an end to a foreign "World Empire." There have been thousands of petty kings like the father of Buddha. But if the Power of Buddha was only a case of hereditary transmission, how can you account for the differences between father and son? Here we have a petty king, who was not even obeyed by his own servants, who produced a son whom half the world worships. You cannot solve the question of a Buddha or a Christ, simply by the theory of heredity. Where then did their accumulated power come from? These Divine Powers evolved through many lifetimes, growing bigger and bigger, creating, expanding and enlightening the Personality, which finally burst upon society in the form of a Buddha or a Christ. Everyone's enlightenment is determined by their own Willful action and work – by their own Karma.

No one can achieve anything unless they earn it. To be a Christ or a Buddha, one must learn to think and act as a Christ or a Buddha. A man may struggle all of his life for wealth. In doing so he may cheat thousands along the way, but in the end, he may find that his accumulated riches cannot buy Peace of Mind or Greater Awareness of Self. We may go on accumulating all kinds of things for our physical enjoyment, only to discover that the accumulated things become a burden rather than a pleasure. A fool may buy all of the books in the world, but he will only be able to understand what he deserves to understand – WHAT HE IS READY TO UNDERSTAND. Our accumulated Karma determines what we deserve and what we can assimilate. By our past action or inaction, we are responsible for what we are. We also have the Power to achieve whatever we wish to achieve, so long as we are prepared to work for it and Willfully bring it about. If we are now the result of our own PAST ACTIONS, it also follows that whatever we wish to be in the future, can be produced by our PRESENT ACTIONS.

You must always remember that no one is going to give you your future on a silver platter. No one is going to do it for you – you must do it all yourself. Learn to concentrate your Mind upon the things of Greater Value. Be ready to cast off anything that stands in the way and learn to freely give up the meaningless burdens that slow you down or steal your energy. CONCENTRATE YOUR ENERGIES – STOP SCATTERING THEM IN AN ENDLESS AND USELESS VARIETY OF DIRECTIONS. Karma Yoga teaches us to work by concentrating and directing every one of our actions toward a Higher Good. By uniting our Consciousness with Divine Consciousness, we begin to put away our petty considerations of the lower ego. Once we have achieved mastery over the little-self, all of the work and actions that we do will become infinitely better, not only for us individually, but for all of Mankind.

Many “occult schools” teach Samadhi, Cosmic Consciousness or Enlightenment, as if these were a State of Mind separated from us by some vast space. These negative theories are born out of the same ideas which would have us believe that God and man are separate, one from the other, by irreconcilable differences and distances. These “Medieval Teachings” were conceived to perpetuate the false differences between earthly princes and the common man. These corrupted teachings were not a Divine Revelation given to man through the voice of the Buddha and the Christ. The pure and simple fact is, WE WERE BORN IN GOD AND WE ARE SURROUNDED AND INFUSED BY THE POWER OF GOD EVERY MOMENT THAT WE LIVE.

When we perform any work or action selfishly, we separate ourselves from the Truth – only to experience the oblivion of ignorance. In this way, we create our own limited world – a world, in which we are so blinded, that

all we can see is our small selfish ego. Karma Yoga will lead us out of this self-limiting illusion. It teaches us to be aware of every act that we do. It teaches us to be Conscious of this Divinely Created Body as we feed it, wash it and dress it. This Consciousness leads to a Greater Awareness of the Higher Purpose for this physical instrument, called the body. Think what might have gone on in the mind of any of the Great Teachers as they performed these simple bodily functions.

“With this food, I re-dedicate the strength of this body to the Work of God.”

“I wash this body that it may be a Pure and Vibrant Expression of Perfectness.”

“I dress this body with the same Pure Dedication, as when I prepare the Temple for the Presence of the Lord.

These thoughts and practices are not just simple ramblings of the brain. When done with Total Dedication, they are a form of Samadhi. When you can train yourself to be totally immersed in every small act that you do, you will be experiencing a degree of Enlightenment.

The more you can put away the limited consciousness of the small ego, the more you will be able to see the Real Self. The painter, who is able to lose consciousness of his ego and becomes completely immersed in his paintings, is the only one who is able to produce a “masterpiece.” A good chef concentrates his whole being on the food material that he is handling. Only in this way can he produce the “perfect feast.”

As you talk, "Say it as God would say it." As you walk or perform your daily tasks, be immersed in the Divine Awareness of your Purpose for Existence. The Divine Teachers tell us over and over again, that all works should be done in this way. Do not seek any personal benefits, but rather be Aware of the Greater Effect that your presence here on Earth can have upon the Whole of Mankind.

May the Peace of God Surround You and Guide You.

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