

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

Dear Member  
Greetings,

You are now advancing into a new branch of Study and Practice called Kriya Yoga. If you have faithfully studied all of the Lessons of the First Series, you will understand why it was necessary that you should have a thorough background in the Purposes and Principles of The Sadhana Society. Starting with this Lesson, you will be given very specific Practices to perform with each Lesson that you receive. The subject matter of the Lessons will be very broad and diverse. Many of the subjects will be of such a nature that they could be misconstrued to be simply another form of sensationalism. You must understand that books and magazines which have recently been printed on many of these subjects tend to play up the sensational aspect for monetary gains and nothing more.

For well over a hundred years, people in this country have been fascinated by such subjects as Clairvoyance, Astral Projection, Levitation, Telekinesis, Psychometry, Metaphysical Healings, Reincarnation, and so forth. When these subjects were first introduced into this country before the turn of the century, they appeared to be an answer to a whole new way of discovering the Real Power within the individual. The Religions of the day were rigid and inflexible. They had never allowed the kind of Self-Searching that these subjects seemed to describe. In their hunger to

gain a new understanding of themselves, many people adopted these Practices as though they were the final answer to all of their Spiritual Questionings. Many individuals entered into these various avenues of research, only to discover to their disappointment that they led to dead-end streets. They became so pre-occupied with the new information, that they forgot completely the original goal; which was after all, the Spiritual Desire to be Free and to Know God.

It is not and it shall never be the intent of The Sadhana Society, to lead you on that kind of a dead-end practice. If our purpose was simply to entertain and excite Human curiosity, we would have done so in the very beginning with the First Lesson. We would have filled every page with sensational aspects and practices, which would have guaranteed us a captured audience. We did not do this with good purpose. Although we recognize the value of a knife as a tool for cutting, we do not consider it common sense to place that knife in the hand of a child. The next alternative for us was to adopt a method by which all the naively curious would fall by the wayside, through impatience and disinterest with the serious matter presented in the First Series.

For thousands of years, the Teachers of Sadhana have recognized that the World is not bettered by the idle curious or the sensation seekers. The truly Great Teachers of the World were indeed Masters of all of these phenomena, including the Human ability to work in Harmony with Nature and the Universe. But their goal was not to sensationalize, nor to manifest miracles like some kind of side-show magicians. Their sole purpose was to Teach and display in all of their actions, their Oneness with God.

The Purpose of The Sadhana Society is to educate and raise up Great Teachers in a World desperately in need of New Direction. First of all, we would have you be a Representative and a Living Example of the Divine Creator who made you. As you achieve that Ultimate Prerequisite, then and only then, would we wish that you become a Representative for The Sadhana Society.

During the Dark Ages of the past, it was a necessary procedure to test all candidates for Higher Learning. In the Mystery Schools of Ancient Egypt, Greece, and all through the Middle Ages, this testing was done; not only to find those candidates who were worthy of sharing the Great Mysteries, but also to find those who would use what they were about to learn for the good of all Humanity. It was also politically expedient to do this, because in many cases the Ancient Truths and Philosophies that were being taught were in contradiction to the totalitarian practices of social life. It is for this very same reason that most of the Secret Teachings of Jesus were shared only by a select few and taught in closed meetings, away from the eyes of the authorities of the day. The Teachings of Jesus that proposed that all men should be Free and that every individual was equally a Child of the Divine Father were regarded as inflammatory and revolutionary to a social system that was based upon the age old right of kings and the universally accepted practices of slavery. You must also remember that in the field of Religion, it was a long accepted practice to pass down by word of mouth, the most profound Truths of Religious Philosophy. In many areas of the World, where writing was either unknown or simply not developed enough to express these deep revelations, it was imperative to find those Real

Students who would be dedicated enough to devote their lives to the cause of handing down from generation to generation, the profound discoveries made by the Great Minds of an earlier day.

In the last several hundred years, many of the Mystery Schools evolved into Secret Societies, where select individuals could Study and Practice the Truths that were still hidden from the majority of the people. The World owes a great deal of indebtedness to these Secret Organizations. Had it not been for their stamina and determination, it is doubtful whether the Western World would have sprung to freedom as vigorously as it did. As you may already know, many of our Founding Fathers were associated with such Organizations, and we owe a debt of gratitude to these men who were secretly schooled in "THE RIGHT OF THE PEOPLE". Ultimately there has never been any Truth that is secret; but it is also true that there has always been Truths that are SACRED. These SACRED TRUTHS have never been kept from anyone who could prove themselves worthy enough to live and act in accordance with their Sacredness.

Among the Native American People, the Sacred Truths were handed down by word of mouth only to those who could prove themselves Worthy Guardians of that Truth. Even today, the Traditional People and their Leaders are desperately looking for those individuals inside and outside of the tribe, to whom these Truths can be passed on for the good of Humanity. Through the Teachings of The Sadhana Society, you will come to know many of these Sacred Truths and the manner in which you can manifest them in your every day life. By the very fact that you are

now reading this Lesson, you can feel assured that you have passed the test by your own determination to precede further.

In the weeks ahead, as you move from subject to subject and put into Practice the suggestions that you will be given, I want you to remember two very important things that you learned in the First Series. The first of these is that as a Sadhanist, YOU SHOULD BELIEVE NOTHING. Either you know or you do not know; and what you know, you should be able to Practice. The Teachings that lie ahead are not intended for you to believe blindly, but to Practice in such a way that you can prove or disprove their validity. Secondly, if you always remember The First Principle of Sadhana, which says; "THERE IS NO EXCEPTION TO DIVINE LAW", you will be less inclined to fall prey to belief in miracles and unnatural phenomena. What you learned to do once, you should be able to do over and over again – AT WILL. Whenever you have any doubt as to what you are doing or what we are suggesting that you attempt to do, go back and review The Purpose of Sadhana and The Principles of Sadhana. You will discover that the Ultimate Goal is to help you unfold your Divine Nature, so that you may become a vital and active REPRESENTATIVE OF GOD AMONG MEN.

At the very beginning of this New Series, it is most important that you know exactly what Kriya Yoga is. These words have their origin in the Ancient Vedic Scriptures of India. We use them here, because they express a particular practice which would be more difficult to define in any other language. The word YOGA means the act of joining together, or more importantly, the Union of the Individual Soul with God. The term KRIYA, is sometimes loosely defined as action, but it is much more than

that. Its real definition is, THOUGHT AS ACTION. Therefore, the whole term Kriya Yoga means the practice of becoming One with God, by making each and every thought of our Being act for us to this end.

The Ancient Sadhanist, Patanjali, described three methods by which we can master Kriya Yoga. The first was, PROPER TREATMENT OF THE BODY. This is defined as austerity. The Bhagavad-Gita tells us that austerity should be wise and beneficial to one's own body and to others. It does not mean self-mortification or self- condemnation. It simply means strictness in the proper treatment of one's own body. We are further told by Patanjali, that this is the way by which we minimize the impurities of the body, so that the Perfection of the body and the senses will be achieved. We are also warned against all extremes of excess, in whatever action we take to control the body. Out of sheer ego, some individuals make themselves believe that if they punish the body, they will become Spiritual. This is of course, the furthest thing from the Truth. Far from implying harmful restrictions upon the body, the intent is to produce a strong WILL-POWER for the avoidance of any excesses. It also recognizes the fact that we do indeed have a body, and that this body is a Divine Instrument which we have been given for the sole purpose of our own Divine Expression. Recognizing the Divinity in the body, we expect that it should and must be an Instrument to help us achieve GREATER AWARENESS. We can no longer afford to be a slave to every whim and fancy of the body. WE MUST BECOME ITS MASTER.

The second aspect of Kriya Yoga is, THE STUDY OF ONE'S OWN SELF. This means that we should constantly try to find answers to the reason for our existence. "Why am I here?" "What am I?" "What good use can

I make of my life?" These should be self-instigated thoughts, in a constant attempt to discover our True Self and our Oneness with all others.

The Third aspect of Kriya Yoga is, ATTENTIVENESS TO GOD. This means placing one's entire life in the service of God. It can also be defined as practical Devotion to God, by the method of treating all things as an Expression of God. We are told to look for God until we can see the Divine Law working in everything that comes into our lives. When we are able to see a Divine Purpose in everything, we are then able to Dedicate our whole life in the use of those Divine Powers, which are manifested in an endless variety of ways for the betterment of ourselves and all Humanity. Remember, these three aspects of Kriya Yoga require Mental Awareness and Conscious Thought, by which we perceive God in all things; including our ability to perceive the body, the Real Self, and all things manifested in the Universe as Divine. When we are moved by the Power of these three aspects, we are practicing Kriya Yoga.

Everything within the Universe, including both Body and Mind, is a Source of Divine Power. Everything that we see, feel, taste, smell and hear; every shape and form, every object that is known and unknown, is in fact, Power Itself. We are not only in the midst of this Power, but we are a part of it. The most marvelous thing of all is that all of this Power is at our disposal. THE SOUL OF MAN WAS NOT MADE FOR THE UNIVERSE, BUT RATHER THE UNIVERSE AND ALL THE THINGS WITHIN IT, WERE CREATED TO GLORIFY THE SOUL. This body of ours is nothing more than a great dynamo, a collector of Divine Power. Every time we breathe or eat, or whenever the sun shines upon us, we absorb IT into our Being. Even

the vibrations of sight and sound which enter through our eyes and ears to penetrate deep within the human brain, leave there a residue of vibration which is added to all of the other Powers that we have absorbed. We become Aware of this Power in many ways. We know it when we are operating at our very best. We recognize it every time we have an experience called SENSING. We can even watch it grow and change when we are experiencing and manifesting Creative Thought.

This Divine Power flows into us and out of us in an Endless Stream of Energy. When we give it direction, we call that good. But when the Power passes from us without direction or is mis-directed, we call that less-good. We are not really judging the Power as either good or less-good, but simply the result or the effect of that Power, and what that effect accomplishes in relationship to our way of thinking. Without the use of our Will, this Free Power remains undirected, and it passes through us without having any benefit upon our lives. When we learn to draw it in with each breath that we take, or to absorb it into our Being with the food that we eat – recognizing the Great Potentiality of it all – then and only then, can it serve us to the fullest. When we direct the total human body to accomplish a task of Divine Purpose knowing that we are One with that Power, we will reap exactly what we sow. But if we are content to let it flow through us misdirected or with no direction at all, we cannot blame God or the Universe for the haphazard incidents of our life.

In the very beginning of their studies, all students of Spiritual Truth must learn that they are responsible not only for the good in their lives, but also for the less-good – for the negative things. As Human Beings,

we are also responsible for sickness and health not only in our lives, but quite often in the lives of those in close proximity to us. How many times have you heard someone say, "God helps those who help themselves?" It is a proverb that we have heard over and over again, ever since we were children. It does however bear repeating in every generation, because it has within it a key to a Great Spiritual Truth. It sums up in simple language, the observations that have been made by generations of people. Anyone who is struggling to preserve their health or happiness will invariably find that the road to success is made easier **ONLY BY THE DEGREE OF EFFORT** that is put into the struggle.

Our early Forefathers never doubted that whenever they exerted effort and a determined Will to win against life's struggles, their All-Powerful God would help them and respond in their behalf. We know from past history that this did not always happen. Indeed, our Forefathers suffered and died from many things which were caused from sheer ignorance. Like many people of today, they too believed that faith alone was sufficient. The early settlers, unlike our present day citizens, lived at a time when all of the air, water, and food were pure and untainted. Yet 200 years ago, the average life span was less than 50 years of age. Surely we cannot blame Nature for their short life span. Almost all of the causes of their early deaths were man-made. There was ignorance, unsanitary conditions, and worst of all, fear and over-work. Added to these, was suspicion of one's neighbor and hatred of the Native People whom they did not understand. When they were in trouble, they would pray their prayers. But quite often, their prayers were hollow and without Spiritual substance; therefore, they accomplished nothing. They were not only separated from their ancestral homeland, but these early

settlers looked upon the earth and the forest about them as a dark heathenistic world to be conquered. It never occurred to them that the Spirit of God was upon the land, and that they should become One with IT. Had they dared to read the Book of their Faith, they might have learned otherwise. They would have been reminded in the Gospel of James that they needed more than faith: "For as the body without Spirit is dead, so faith without works is dead also."

In three hundred and fifty years, we have increased the expected life span to approximately seventy years. We should not however, be too boastful of our accomplishments. We pay very dearly for the extra years in pain, suffering and mental anguish. This is a very shaky extension of our life span. We have made a few advances in our knowledge of the World about us, but for the greater part, we are still in ignorance. We still look at the World and the things of the World as though they were foreign to our nature. We still live in a World of suspicion, hatred and greed. We have learned the value of taking baths to make the outside of us smell clean and sweet, but there is still corruption and evil breeding on the inside of us.

It is sad that so many individuals who call themselves Christians, have never read the Book of Wisdom (The Wisdom of Solomon). This ancient Book of the Bible was removed from Scripture with the translation of the King James Version. If it had been allowed to remain in the Bible of our ancestors, perhaps their lives might have been influenced by it. Perhaps even we today, might have been more thoughtful than we are about our actions. We are told by the writer of this ancient Book:

“Do not court death by the errors of your ways,  
nor invite destruction through your own actions.  
Death was not God’s doing. He takes no  
pleasure in the extinction of the living. TO BE – for  
this He created all. The World’s created things  
have health in them; in them no fatal poison can  
be found, and the King of Death holds no power  
on Earth.”

The Ancient Teachings of Sadhana tell us, there is within the individual a Divine Power that can be called upon and used for Self-help and Self-control. It is more than sufficient to carry us through our moments of stress, allowing us to pass through the greatest obstacles that may ever confront us. If we learn to balance the Power within us with the Divine Power of the Universe, we will recognize that we have an Endless Supply of Power and Strength to accomplish anything. This is the United Power of Soul, from which comes all of our Inspiration. When an individual determines by WILLFUL ACTION to manifest that Inspiration in their lives, nothing can stand against it.

We do not have to look too far to see some remarkable instance of what the effect of a WILLFUL MIND can do in times of stress and strain or in days of doubt and difficulty. There are countless instances of Super-Human feats of valor and endurance accomplished by the driving Force of Determination. We have all heard of remarkable recoveries of health and strength under circumstances where the sufferer had been encouraged to put forth an exceptional effort of Will. The important point to

remember is there are Divine Powers available to us – within us and outside of us – which do not operate to their fullest capacity unless we recognize and give them direction. The Power of Soul that lies within us is One with the Universal Energy which is all around us. This is the Power of God which we speak about. It has been demonstrated time and time again, that this Divine Power will come to our aid whenever we are truly in need if we make a deliberate effort of the Mind – but we have to make the effort. We can rely upon no one except ourselves to put us in touch with that Force of Power for help and healing. In the next few Lessons, we will try to explain the workings of this Divine Force and its influence upon us.

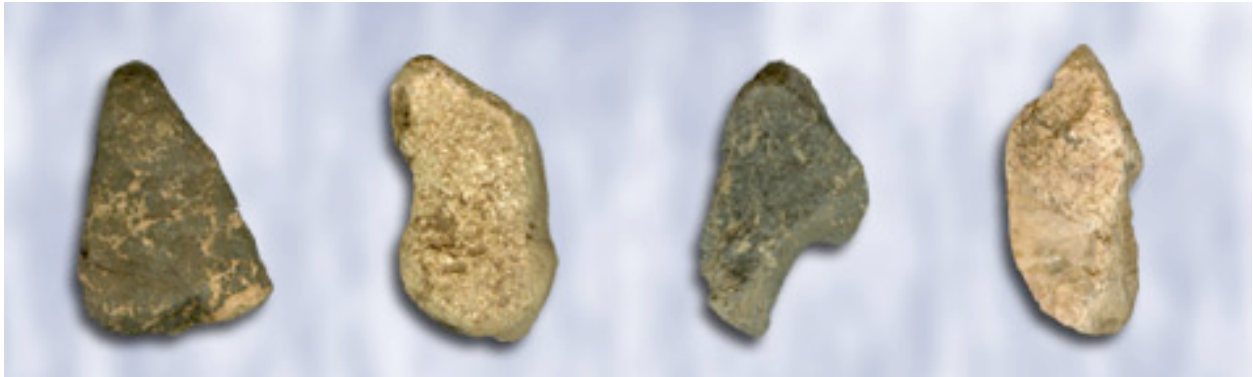
It is unreal to imagine that the Divine Creator would have set Man upon this Earth and surrounded him with useless instruments and objects of creation. As a thinking Human Being, can you imagine yourself sending a young child out into the wilderness alone, without providing them with every conceivable necessity? Many people would have us believe that God is more unthinking than the Human Being. We were not put into the world to be at the mercy of everything around us like some pawn of fate. THE DIVINE CREATOR HAS PROVIDED EVERYTHING THAT IS NECESSARY FOR OUR EXISTENCE. Recognizing that as children we were young and apt to make mistakes, the Creator provided us with the Power and the Implements of Power to correct whatever mistakes we might make. Every atom, every rock and tree, the air that we breathe, the water that we drink, all of these Units of Creation, were placed here to sustain and help us upon our journey.

The Native American People have never felt helpless in the wilderness. Such an idea would be as inconceivable to them, as starving in a grocery store would be to us. The Whole of the Universe is the Source of all physical sustenance. It is Nature's vast hospital. THERE IS NO DISEASE, PHYSICAL OR MENTAL, THAT CANNOT BE CURED BY THE POWERS THAT LIE HIDDEN WITHIN NATURE. Wherever the Ancient People went, they established places for prayer – places for thinking and communing with Great Spirit. They also established Healing Places – Healing Shrines where they could draw upon the Forces of Nature in a most effective way. Sometimes these places were arranged so that the first rays of the rising Sun could be captured, focusing its Power as a Purifying Force within this Healing Area. Special foods and herbs were brought to this place for the same type of purification. Within this place, water was prepared for use as a healing agent. (We will talk about this preparation of water in another Lesson.)

Healing rocks have always been used extensively by all of the Ancient People. The Druids of England built great monoliths of rock. One such place is Stonehenge. All over the world, rocks have played a significant role in healing and revitalizing the physical and mental spirit of the Human Being. There are rocks and minerals that affect every organ in the Human system. Sometimes they are simply rubbed upon the ailing part of the body or gently placed there as a focal point to draw the Forces of Nature into the troubled area.

## EXERCISE NUMBER SIX

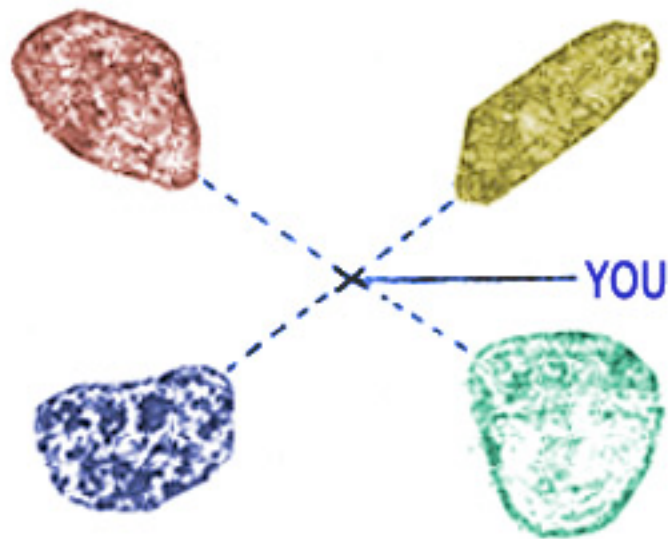
For our Experiment this week, you will need to use four stones. They need not be large; they can even be a bit smaller than the Sadhana Emblem on the cover of this Lesson. Do not use anything that is man-made, such as brick or clay, tile or plaster. **YOU MUST CHOOSE A NATURAL ROCK.** It makes no difference what kind of a rock it is, so long as it is natural. You should also avoid any rock that has been obviously broken by Human methods. Choose only those rocks that have been shaped naturally by the Forces of Nature. There should also be at least one protrusion on the rocks that you select, similar to those in the following illustration.



After you have selected the rocks that you will use in this demonstration, you should spend a little time becoming One with them. Look at them very closely – hold them in your hands and feel the texture of them. Let the Power of your hand become acquainted with every shape and form of the rocks. When you have done this, you will then place them in the area or room that you use for Meditation and Study. They should be set in such a fashion as to create Four Points of Energy

that surround you – pointing towards you as you Meditate. You will be the center, the focal point. You might choose to place them upon a table or a window sill, or a shelf or a chair. Each stone should be at approximately the same level – about two and a half feet above the floor. The distance of the rocks from your body is not too important, except that the closer you can place them, the better. They should not be so close however, that they interfere with your movement or freedom of functioning. The projection of each rock (the most obvious point of the rock), should be pointing toward you.





When you have placed the rocks of your choosing in this manner, they should form a cross or an X. The point where the two lines of Power meet in the center, is the place where you will be sitting in Meditation. When you have prepared everything, you will proceed with your Meditation in the usual manner. Allow your Mind and body to become quiet. Become Aware that the Forces of Nature are focused upon you through the rocks which you have set in place. It should be similar to having four spot-lights upon you. Know that you are the center, where all of this Energy meets. Let yourself be filled with the Power that pours into you. You must also remember, this Power is directed towards you, but IT will do nothing by ITSELF until you tell IT what to do. You may choose to use IT to bring you Peace or Healing, or anything else that you feel is essential to your growth or well being.

Keep a record of your results. Remember that you are in a spot-light and whatever happens depends upon your CONSCIOUS WILL for it to happen. When you have finished with your evenings Meditation, I am sure that you will want to keep these four rocks for future Experiments. Feel free to write me, telling me about any experience you may have from this Practice. In our next Lesson, we will talk more on this subject.

May the Peace of God Surround You and Guide You.

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