

THE WAY OF SADHANA
KRIYA YOGA
LESSON 2

Dear Member
Greetings,

In our last Lesson, we mentioned the subject of Healing Places which were established by the Ancient People all over the World, particularly those original people of this continent – Native Americans. The books on archeology are filled with information about mystery structures all over the World. This has led to much speculation in the field of archeology and anthropology. These structures are of every size and shape. The most obvious of these, are the structures that consist of massive stones placed in geometrical form, in areas where no natural stone formations should exist. There is also speculation as to the method by which these huge stones were moved to their present location.

Much has been written about the Pyramids of Egypt and their counterparts in North, Central and South America. These play a prominent part in our attempt to understand past civilizations, simply because they represent an obvious architectural style of a particular civilization. We marvel at the Pyramids of Egypt, because we believe that their builders had neither iron tools nor wheeled vehicles. Yet they laid huge limestone blocks, some weighing as much as 15 tons, within one fiftieth of an inch from each other. We also marvel at the mathematical accuracy by which the four corners of the Pyramids were placed, designating the four points of the compass. These structures in Egypt,

along with the intricately carved Pyramids of the Americas, suggest well organized plans by sophisticated civilizations, producing architecture on a massive scale. They are indeed Monuments of Mystery. Although we have theorized as to their purpose, most of our speculation is simply theory. With each new discovery and mathematical measurement that we make, we are forced to conclude that these Ancient People, did indeed possess architectural genius far superior to that which is known today. Our researchers readily admit that many of the accomplishments of these Ancient Builders would be impossible to duplicate with present day knowledge and standards. We have to conclude therefore, that these Ancient Individuals were not as primitive as we pre-supposed. They were superior to us in many ways. The more we try to decipher the Great Mysteries, the more we must conclude that there is much that we do not know.

In our previous Lesson, we mentioned another kind of ancient structure on the Salisbury Plain of England. This monument to the past is called, Stonehenge. Recent examination by professional researchers has concluded that Stonehenge is a solar observatory that was built approximately 4,000 years ago by a little known people. As late as the first century A.D., when Romans occupied Britain, we are told that the Druids were still using Stonehenge as a Temple for worship. Similar structures are found on the French coast of Brittany and many other places throughout Europe. We have speculated that some may be ancient tombs, Temples, and astrological calculating devices. But in each instance, the accuracy with which the stones have been placed, like huge compasses, make us speculate that there is much more to these man-made Monuments of the past, than we can presently imagine.

Where did these Ancient People learn the knowledge that we are just now beginning to discover from their monuments? Surely these were not the work of one man, but the work of many. We cannot conclude that only one of these Ancient People was gifted with the Wisdom that no other had. All of these massive works were joint ventures. It took many minds working together to accomplish the end result. So we ask again; "How did they get their knowledge? By what process were they schooled in the knowledge that they possessed?" If we are ever to learn how they acquired the knowledge that they possessed, we have to travel further back in time to the ancestors of these Ancient People. If we move backward in time a thousand years beyond the construction of these massive archeological wonders, we will begin to get an answer.

Long before a people even think about building an astrological Temple to the Sun, they must of necessity, already possess great knowledge of the Sun and the movement of the Heavenly Bodies. Before individuals can build Shrines and Healing Places that are designed to encompass the magnetic polarities of the Earth, they must have previous knowledge of those physical locations of Power. No one, no matter how primitive or modern, could even begin to speculate about polarities within the Earth, without having previous knowledge about the Earth's movements. Because of our attitude of superiority and super-intelligence, we have delegated all of these Ancient People into a category of ignorance, even though our intellect tells us that they possessed knowledge beyond our wildest imagination.

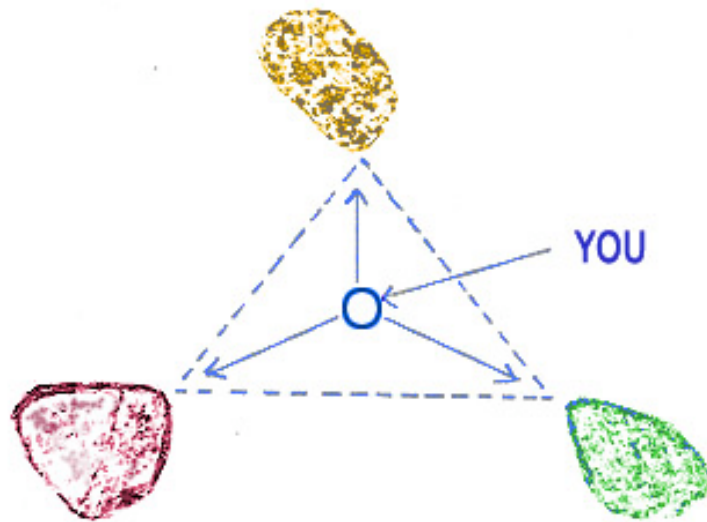
All of the knowledge revealed by the Ancient People in their engineering feats had been practiced long before on a smaller scale. As the races of people moved about upon the face of the Earth, it was essential for their survival that they put into practice the various bits and pieces of information that they had discovered to enhance their lives. The whole Universe was their source of sustenance – their source of Power over the forces of ignorance and disease. Close observation and keen perception was necessary for the survival of life. Their sensitive nature and perceptive Awareness revealed to them many Great Truths, which people even today are un-familiar with.

The Ancient People of the Americas were very extensive travelers. Wherever they went and wherever they stopped in their travels, they built Shrines and Places of Worship. They planted crops and located hidden sources of water. The dwelling area was usually surrounded on all sides, by places that marked the rising and the setting of the Sun and the four phases of the Moon. There were Teaching Areas apart from the living area. There were places for men and places for women to practice the functions of their particular sex. Sometimes Council Chambers were established in a cave or an isolated area, where the most important decisions of the tribe and the individual were arrived at and concluded. There was always an area used to send Blessings upon the people of the tribe. This was an area on a high point of rock, or at a distance where the panorama of the whole village could be observed. These were called, BLESSING WAY POINTS. There were areas at the entrances to the village that were set aside as watching places for the protection of the people from hostile influences, which might otherwise approach unnoticed. There were also HEALING PLACES. Most of the places mentioned were not

structures in the true sense of the word. They were more likely than not natural places, which were chosen for the specific function designated to them because of their natural appearance. Perhaps the Sun or the Moon shone upon that place in a particular manner. At other times, a place would be chosen because of its isolation or protective nature.

The HEALING PLACES were almost invariably chosen because of their shape and form, and the manner in which various forces of nature were focused there. Within every Healing Place there were three or four points of healing, where the natural rock formed a similar configuration as the four rocks that were described in the Practice of your last Lesson.

There was a difference however, in that the rocks in the HEALING PLACE were large and massive. Sometimes there were four rocks that formed an Energy Source at the point where the Powers met in the middle. At another place within the Healing Area, one might find three rocks with protrusions on them, forming a line of Power that created a triangle. Within the center of the Triangle of Power, was a NEUTRAL area in which no Power entered. The individual using this sort of configuration sat in the middle – in the NEUTRAL area. This was done so that the Power around them could draw all of the negative causing vibrations out of the body, pulling it from the center outward and drawing it into the Force that was moving about them. These particular areas were used for purging or purification.



From time to time in these Healing Areas, it is not unusual to find an overhang of rock on the side of the canyon wall. These generally appear to be like a shallow cave or indentation, which is just large enough for one human being to sit in. Beneath this overhang or within this small cave, the Magnetic Power of the rock was used in such a way, that it penetrated every area of the human body at one time. Quite often, there will be table-like rocks of huge size, which are exposed to the Light of the Sun during the day and the Light of the Moon during the dark hours of the night. These table-rocks have slight indentations upon their surface, which correspond to the shape of a human being. If you can imagine lying upon your back in the soft sand of a beach near a lake or the ocean, you will understand what kind of an indentation we are talking about. The difference of course, is that at the beach, the indentation is produced and made when your body presses into it. Upon the table-rocks within the Healing Area, we are talking about natural formations that were shaped and formed over millions of years. You may imagine, because of

previous experiences with rock that it would be uncomfortable to lay flat upon your back on such a hard surface for any amount of time. But if it is in a Healing Place, the very opposite is true. One of the great benefits of such a place is the manner in which the Power of the Rock helps to align the Forces within the central nervous system, which runs through your spinal column.

Because the Ancient People recognize that their body is composed of the elements of the Earth in a concentrated form, they have a deeply Religious feeling for the things of the Earth. The Earth is the Mother, out of which all human bodies are born and to which all human bodies return at death. When the Native American speaks of Mother Earth, they are using one of the most profound statements of their Religion. Its counterpart in other Religions might be defined as the Mother of God. In Christianity, the feminine aspect of nature – the Mother of Jesus – is afforded the same respect out of faith. But the Native American People do not base their deep respect for Mother Earth upon faith alone. They have learned to recognize that the Earth gives Selflessly of Herself, like an Endless Benediction from Mother to child.

EVERYTHING THAT COMES FROM THE EARTH HAS A PURPOSE. In the Ancient Healing Places and every other area of use, we find rocks of every shape and size: Stones for healing, grinding, scraping, cooking, for building materials, etc. There are always very Special Stones which are used exclusively for healing. Quite often, these stones will have a shape and form representing various organs of the human body. Stones used for healing kidney disorders, will be of a semi-porous nature, much like the human kidney. A heart stone will be divided into sections, very similar

to the manner in which the human heart is divided. This type of Healing Stone is generally small enough to be handled and manipulated by the hands. Usually, the composition of the stone will have a coloration similar to the human organ it represents. Some of these stones are still found in Ancient Healing Places. They are also used as Teaching Tools in other places.

In the area around the village, one place is chosen for exclusive use by women. This is called, THE WOMEN'S WAY or THE BIRTHING PLACE. It is the area to which expectant mothers retire, just before the birth of their child. To the Native American People, childbirth is a Natural and Sacred Function. Several days before the birth of a child, the expectant mother will retire to THE WOMEN'S WAY. Here she is mentally and physically able to prepare herself, to become One with all of the Forces of Nature. It is a quiet and peaceful place, where the rocks, grass and trees, are looked upon as Sacred Guardians of the event that is about to take place. ONLY WOMEN ENTER HERE. When the expectant mother arrives, she enters the company of other women, who will assist her in purification and preparation for the great event. All of the food and water that enters this place has been made Sacred, by first placing it in one of the Healing Areas or Shrines for some period of time before it is brought to THE WOMEN'S WAY.

If there is one rule that governs THE WOMEN'S WAY, it is the Law of Gentleness. The songs that are sung here are soft and gentle. The grasses that are picked for weaving in the idle hours are stroked and manipulated as gently as one might imagine a mother stroking the hair of her child. In the sitting areas and the sleeping areas, the ground is made

smooth and soft, not by rakes and shovels, but by the method of brushing the hand across the ground in gentle strokes which move all protruding objects aside. So many times has the ground been stroked in this manner, that the sitting and sleeping places have become like a fine sand. Upon these soft areas are placed blankets of foliage from the evergreen trees – preferably from the Spruce and the Juniper. From the moment of her arrival, the expectant mother is assisted in every way possible to experience all of the Powers of Nature as they are expressed in Gentle Strength. Here at THE WOMEN’S WAY, we will also find some most unusual Healing Stones. These stones are exceptionally smooth in texture. Because of their nature, they are easily warmed to body temperature by the hand. They retain that heat for a long period of time. Anticipating the coming birth of a child, one stone will be chosen which has the shape and form of an unborn child as it is curled up in the womb of the mother. This Healing Rock is used as a Power outside of the body, to assist the movement of the unborn child through the birth canal. It is gently stroked and rubbed on the abdomen and back area with a downward motion. It is as though this Special Rock, which has already seen and felt the Light of Day and the Warmth of the Sun, is used to coax the unborn child out of its protective world, into a whole new world of experience.

It is not commonly known, but many of these special Healing Stones are still used by expectant mothers, without the knowledge of modern day doctors and hospital staffs. To the modern mentality, the use of these rocks may seem to be nothing more than a form of superstition. But there is no superstition connected with it whatsoever. The Power of Mind is simply directing the Natural Flow of a Natural Energy, in a most

Natural Way. There is never a need for tranquilizers or sedatives in this place, because the Forces of Nature are all turned into Forces of Calming and Gentle Peace. The Powers of Mother Earth are directed to Create and become a Mothering Power – MOTHERING.

At the same time across the village in another special place – called THE PLACE OF MEN – the expectant father is performing the Rites of Purification. With the same concentrated effort, he prepares himself physically and mentally to become a Just Teacher and Guide for the new child. In his prayers and meditations, he seeks the council of GREAT SPIRIT. He prays that his hands will be strong to protect and provide for the child. He asks for Wisdom, that his tongue may speak only Truth in the presence of this New Life.

The young woman who is about to give birth to her first child, is not unfamiliar with what is about to take place. Ever since the time she entered puberty and was initiated by the older women in the Coming of Age Ceremony, she had been taught all that she needed to know about her own body, she had visited THE WOMEN'S WAY many times before, to learn and prepare herself for this most important event. It may come as a surprise to many of you who are un-familiar with the ways of the Native American People, to learn that the tools of teaching include Healing Rocks, used by all mothers at birth. But more importantly, they also include a large number of rocks, stones and pebbles, which visibly depict the growth and development of a child; from the moment of conception, through the embryonic state and into the fetal state. This expectant mother has seen with her own eyes, not only what goes on inside of her body, but she has been witness to many births before this moment. She

has bathed, dressed, fed and cared for a dozen children or more, long before she is privileged to perform these functions with her own child.

I am presenting you with this information, so that you may become fully aware of how all of the Forces of Nature can be used for the betterment of Mankind. As you may know, rocks are the oldest things upon the face of the Earth. Many of them were born at the moment when the Earth cooled, in the Dawn of Creation. Within them, every conceivable Power is stored and locked up – Power that has come to us over billions of years. If you strike two stones together, a spark will fly out, revealing the light and the fire that existed when this Earth was made. Do you know what happens to rocks when the Sun shines upon them? The Power of the Sun penetrates deep into the rock and follows a flowing course along the crystalline arteries within the structure of the rock. It flows across the very hardest substance of the rock, much like a river flowing in its bed. The protrusions on all natural rock exist simply because of their hardness. These are hard areas within the rock that have resisted millions of years of wearing away. It is also from these protrusions that the Forces of Nature Emanate.

This is why you were told in your last Lesson to place the rocks in a manner so that the protrusions on the rocks would face one another, forming a point in the center of the square where all of the Powers would meet. Since our last Lesson, we have received many reports and inquiries pertaining to Exercise Number 6. From all indications, your results were good. Some of you have asked how many times should the Exercise be repeated, and whether it was possible to focus the Energy upon other areas of the body. Because you are using Natural Elements,

it is perfectly safe to repeat these Experiments over and over again. As a matter of fact, as you learn to direct this Energy with your Conscious Will, you will find an endless variety of ways to put it to use. Some of you have explained in your letters, that it produced a tingling sensation at the tip of your fingers or upon other parts of the body. This feeling is not only normal, but desirable. It verifies that your Experiment has been successful. You should never hesitate to use this same Experiment and Practice, as a means of toning and revitalizing the whole of the body. If you experiment with this Practice, you will soon discover a comfortable method by which you can direct this same Energy to any area of the body that is out of balance, and re-establish a Natural Balance within the affected area. This can be done by simply raising or lowering the height of the stones.

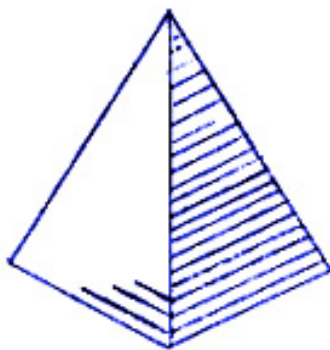
You must also remember (and this is most important), that this Practice is not only used for physical effects, but can be used very successfully as a means to enhance the latent Powers of Extra-Sensory Perception which lie sleeping within each and every individual. When it is used to enhance your Mental Perception, it will produce an effect similar to having the ability to see and hear at great distances.

From time to time, you may even want to experiment with a different variety of rocks, until you discover the four rocks that serve you the best. Remember, there are no two rocks alike. They are different in shape and texture, different in mineral composition, different in color and every other way. You may find that there are certain rocks that you are aesthetically attracted to for some unknown reason. More likely than not, these will serve you the best.

EXERCISE NUMBER 7

In this week's Exercise, we will use the same stones that we used in our last Experiment. This time however, you will place the stones on the floor – approximately three feet from where you are going to perform the Experiment. The configuration of the stones should be the same as they were in **Exercise Number 6**. Protruding areas on the stones should be facing one another – forming a cross-point of Power focused towards the center. You will take your position at the place where the Powers meet.

It would be preferable for this Exercise, if you could arrange one or two pillows on the floor to sit upon in an upright position. If you cannot do this, you may use a chair. But remember, you must sit in the center – at the point of Greatest Power. If you sit on the floor, do so in the Indian position with your legs folded in front of you and your back relatively erect. The rocks should form four points around you. If you use your imagination, you will be Aware that you are sitting in a square. Keeping the four rocks in mind, you will then IMAGINE A FIFTH POINT, approximately five inches above your head. This will require Concentration on your part. You will now draw an imaginary line from each stone, to that imaginary point above your head. Do this until you feel as though you were sitting in a Great Pyramid. (See diagram below.)



This configuration which you have created with your mind is the first principle of Pyramid Power. It is one of the oldest forms of Meditation used for the purpose of lifting the Awareness above physical consciousness. When you are able to hold the pyramid configuration in your mind, you will direct all of the energy that is entering into your body from the stones; MOVING IT DIRECTLY UPWARD THROUGH YOUR SPINAL COLUMN AND OUT THROUGH YOUR HEAD TO THE ATMOSPHERE ABOVE YOU. As do this, allow your Consciousness to experience a Freedom FROM the body. Be Aware that you can create in the atmosphere above your head, any Free Thought that you choose. It may be in the form of a Prayer or a Blessing. It may be a Creative Reaching-Out to all Mankind.

After about fifteen or twenty minutes, your Consciousness should be allowed to relax and settle down very slowly, until the only things that you are Aware of are the rocks around you. When this is done, sit for a few minutes longer and enjoy the Peace and Silence of the Fine Vibrations which YOU HAVE CREATED around yourself.

EXERCISE NUMBER 8

Between now and our next Lesson, you should also practice the METHOD OF SELF-PURGING. For this Exercise, you will use only three stones. They will be placed around you in a triangular fashion, with the protrusions on the stones facing into the center of the triangular configuration. If you go back and review the diagram on page 5, you will have a visible example as to the proper method in placing the stones and the proper place in the triangle for you to sit.

Your Meditation should be entered into as usual. After you have achieved a physical calm and mental association with the rocks around you, you should allow your breathing to become slightly deeper than normal. As you inhale, you draw in all of the Purifying Forces of the Universe. As you exhale, you allow all of the impurities and negative conditions of the body to flow out of you – not only with the out-going breath, but through every pore of your being. Try to imagine that you are surrounded by three magnets, which are pulling all of the negativity from you each time you exhale. It is being drawn out of your skin and into the atmosphere some distance away from you, where it will be Re-Purified and Re-Balanced into Perfect Power. Remember, your breaths should not be deep breaths. Your breath should only be slightly deeper than normal. When you conclude your Meditation in this fashion, you should allow your Consciousness to Focus Within. Turn all of your thoughts inside of yourself. Recognize that this vehicle that is called the human body is now Pure and Perfect. It is the Perfect Instrument in which YOU reside as Master.

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You may choose to perform these Exercises many times in the future. May we suggest that for future use, you find three stones to use exclusively for **Exercise Number 8**. Over a period of time, the stones that are used in **Exercise Number 8** will become magnetic, and instead of sending you Power, they will have a drawing effect. They will be Receivers of whatever physical emanations you choose to place into them. The four stones used in **Exercise Number 6** and **Number 7**, should be kept separate from the three stones used in **Exercise Number 8**. If they are simply placed together in a bag or on a shelf, they could indeed influence each other, neutralizing the polarity that they should have when you choose to use them again. Remember also, that no Practice or Exercise will be effective unless you add your Conscious Will to it and Consciously Practice until you have achieved the desired results.

May the Peace of God Surround You and Guide You.

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