

THE WAY OF SADHANA

MASTER SERIES

LESSON I

Dear Member
Greetings,

By your own efforts you have completed the work of Karma Yoga, and you are now ready to enter into a more advanced system of study, called The Master Series.

From the very beginning of human history, all Spiritual Teachers have found it necessary to reserve the highest and most difficult subject matter for those who have proved themselves capable of further advancement. It is still customary to disseminate the Highest Truth in a private session, with only the individual student and Teacher present. For this reason, the material which you will receive in the Master Series has very rarely been presented in written form anywhere in the World.

As a student of The Sadhana Society, you need not concern yourself with any expectations of difficulty or doubt about entering into a new form of study. The fact of the matter is that ever since you opened your very first Lesson, you have been preparing yourself for Greater Truth without even knowing it.

The rational and intellectual approach of the Master Series may not be suited to everyone; but because of your persistent effort, you

have shown that you are equal to the task. While other individuals are more easily satisfied with instructions of a lesser nature, they are also more inclined to give themselves over body and soul to organizations that offer them the “easy way” and the “easy answer.”

Statistically, the Sadhanist student falls in an entirely different category. The membership of The Sadhana Society consists largely of individuals who have already studied many other forms of Spiritual Teachings. Every Sadhanist would agree with me, when I say that every form of Teaching has an element of value within it. The difficulty arises when most organizations down-play the intellectual capacity of their membership. Because of this, the student is consistently given a general form of instruction that consists of many half-truths and not enough real substance. There are many individuals who are content to “believe” and dedicate themselves to any organization that will take them in and treat them as if they were little children incapable of ever thinking too deeply for themselves. Among this group, are those individuals who feel a sense of inferiority about their own Being, and yet they are willing to bow down to anyone who offers them the “Gift of Salvation.” It is painfully obvious that individuality is not the main criteria of these organizations, but rather the survival of the group.

The purpose of The Sadhana Society, is not simply to pacify you by telling you what you WANT to know; but rather to instruct you in the things that you NEED to know before you can ever achieve your own Uniquely Divine Potential. As your Spiritual Teacher, my purpose is not to evangelize and create a following of “believers.” The world is already filled with “believers” who live in a constant state of chaos. My purpose and the purpose of The Sadhana Society, is to assist you in

becoming a Divinely Unique Spiritual Teacher, capable of serving all of Mankind.

As a dedicated student, you have proven yourself worthy by your deep desire to know the Ultimate Knowledge which leads to Divine Wisdom. Recognizing this, the Lessons of the Master Series were written to afford distant students a means by which they can achieve the Realization of that Absolute Truth which is the ONE COMMON SOURCE of all phenomena in the Universe – seen or unseen. The Highest Truth TEACHES THAT THERE IS ONE LIFE, ONE BEING, ONE REALITY, AND THAT ALL NOTIONS OF SEPARATENESS AND MULTIPLICITY ARE LIMITED AND UNREAL.

Sadhana teaches that the SUBJECT and the OBJECT are merely different expressions of the One Absolute Being. Therefore, God and Man are simply different aspects of the One Divine Reality. The things that we call matter, mind, brain, intellect, sense powers, plus all names and forms, are merely the outward manifestation of that One Divine Being, which in Sanskrit is called Brahman. Separately, these things may appear real to us, but their existence is only relative. Brahman was described by the Ancient Forest Teachers as,

“...that of which all animate and inanimate objects are born, by which they live and into which they return after dissolution.”

In like manner, Brahman can be thought of as the Eternal Canvas upon which Creation and the individual egos are painted. You may now

begin to understand how the individual Self becomes a reflection or an image of Brahman. The whole Universe was created in the same way.

If we can learn to know the Divine Mystery of our existence, we shall also know the whole marvelous pattern of nature, from the tiniest atom to the vast dimensions of each galaxy. Everything is the same; birth, growth, development, decay and death. This is the sequence in all of nature and it is the same with Man as with each blade of grass. The only differences are in the manner of expression and relative time-cycles. In some instances, the whole life cycle may be completed in a matter of a few hours or days. Man's life cycle spans 3/4 of a century, but the incidents in any life cycle are the same. The surest way to reach a full understanding of the Universe and all of its Divine Powers, is to begin by understanding our own Purpose for Existence.

In one of the Pueblo Villages of New Mexico, a Native American pottery maker explained it this way:

“The individual is only a part of Great Spirit, like a lump of clay is part of Mother Earth. All of the different kinds of soil are different from one another and yet they are One. In some we grow our corn and crops, in another, only the cactus will grow. With the clay it is the same. Every color of clay hides within it an individual uniqueness. Everyone can see this with their eyes. There are many shades of gray, brown and red, all expressing something different. Our old tradition tells us

that the red clay is closest to the heart of the Mother Clay. But all colors are her children. All people are like lumps of clay. If we know our own lump of clay – we know them all. When I work the clay with my hands, my fingers feel what Mother Clay would have me do. Each shape is different, there are no two pots alike, and yet, they are all children of Mother Clay.”

The Native American has always understood the UNITY OF GOD, MAN AND THE UNIVERSE. The potter does not blindly shape the clay. Instead, he looks upon it as a Sacred Substance, while his fingers feel for the hidden and unique design within it. When you can understand the Divinity within your own Being, you will then be able to bring forth the Endless and Unique Blessings hidden within the Universe. The miracles attributed to the Great Spiritual Teachers of the past, were not miracles at all; nor were they exceptions to the Laws of Nature. Like the potter, the Great Spiritual Teachers were aware of Nature's Hidden Possibilities and Divine Powers which the spiritually uneducated could not see. Through the Practice of Higher Truth, you can also achieve Greater Knowledge and Awareness of the subtle Powers of God which can be used for the benefit of all Mankind.

The Path of Higher Truth is for the strong and not for the weak. Any serious student will have to force their way to Greater Realization by the power of pure reason and inquisitiveness. They have to be prepared to throw away all old idols, all old beliefs, superstitions and opinions. They have to make room in their lives for Greater Truth,

before they can experience the gift of Divine Wisdom. The real test will come when you are able to see yourself as something other than the ego "I," which associates itself only with the physical body. So long as you are unable to rid yourself of the old "I" consciousness, you are still a worshipper of a false idol.

Your personal religion should not be based upon fancy words or blind belief. If you only think about God – you are a fool. But once you have experienced God – you are wise indeed. True Religion is always found through DIRECT EXPERIENCE. Knowing this does not give you the right to disturb the Faith of anyone else, regardless of the emphasis they place upon dogmas and blind belief. All religions are based upon the same Divine Truth. Even an ignorant man can reach beyond the philosopher, by Prayer and Devotion. The worker who loves his work and city, along with the farmer who loves his animals and the land, can only grow more loving in the work that they do. Anyone who can change belief into action and direct experience, will just as surely experience Greater Awareness, which will eventually lead to Greater Realization.

Sadhana is a direct path to Greater Awareness. It shows us that we are far more powerful than our doubts and fears. Although we have the capacity to feel and think, we are also much greater than our thoughts and emotions. Although temporarily endowed with a physical body, Wisdom shows us that we are not the body, nor are we birth or death. All sense knowledge is limited and is therefore an endless chain of cause and effects. The world that we perceive with our brain is only a relative world, only a shadow of what is Truly Real. And yet, this world that we live in, where happiness and misery are evenly

balanced, is the only place where Man can Realize his True Nature and Know that he is Brahman.

If you think of the Universe and everything within it, you will soon begin to realize that you are surrounded by an endless variety of Natural Forces. The clouds in the sky are pushed along their course by atmospheric winds. The wind in turn, is filled with the power of electricity. There is also the force of pressure which keeps this planet from flying apart and the power of gravity which stabilizes every object on the planet's surface. There is also the power of fire which can transmute great forests into a thin layer of weightless dust, while the power of water grinds away our mountains drop by drop. At the core of every atom in the Universe, we find unimaginable power waiting to be set free. Nor is this power limited to the world that we are aware of with our physical senses. Beyond the world of sight and sound, beyond the world of scientific probing, are the finer elements of the physical world called Spirit – the primordial world of Pure Energy.

One of the greatest and least recognized forces in the Universe is derived from the Power of Thought. One of the most important things for you to remember is that THE FINER THE ELEMENT, THE MORE POWERFUL IT IS. The more we are able to refine our thoughts, the more powerful they become. Anger and fear, can certainly have a devastating effect upon the surface conditions around us, but like a tornado, their effect is only temporary. But when human thought is filled with the Power of Love, its influence can last for thousands of years.

As Sadhanists, we must always remember that the Silent Power of our Thoughts can influence people even at great distances. Human Thought fills the Universe like a great cob-web of Energy. It includes not only our own thoughts, but the thoughts of every human being on the face of the Earth, and is the natural meeting ground of all Positive Thought. The combination of everything in the Universe is like the phenomena of One Divine Universal Being. When we rely only upon our physical senses, we cannot experience IT in total; all we are able to see is a world of illusion, an imperfect vision of Divine Reality. Our human brain misinterprets every physical revelation, in the same way as it would have us believe that the morning sun is a red ball in the sky. EVERY NEGATIVE THOUGHT AND ACTION IS A WEAKNESS WHICH CREATES AN IMPERFECT VISION OF PERFECTION. POSITIVE THOUGHT STRENGTHENS OUR AWARENESS, AND THIS IN TURN, STRENGTHENS OUR WILL BY REVEALING TO US THE REAL NATURE OF THE POWER OF GOD. Negative thought weakens us and causes us to be aware of only decay and death.

We cannot continue to rely upon the traditional laws and words of others for Divine Revelation. We must recover from this illness of self-imposed slavery, and regain the Freedom of our own Willful Awareness. Only when we have done this, shall we be Free. We have to give up our world of illusion and recognize that all of our sorrows and sufferings come to us because of the limited interpretations of the senses. We cannot afford to be limited by our senses or by our ego, which would bind us to an existence no better than that of the animals.

Renunciation or “giving up,” does not suggest that we should all become ascetics. Who then, would there be to help others? Renunciation does not mean that we should all become beggars; for poverty is certainly not a symbol of Holiness. Renunciation must begin with our limited viewpoint and opinions. The little pieces of knowledge that you have stored up in your brain will never give you True Insight. Instead, they will continually deceive you and make you believe in a world that does not exist. Left to themselves, these mental illusions can only lead you to greater suffering. This can occur in an endless variety of ways. Let me give you an example: A thirsty traveler crossing the American Desert, looks towards the horizon and sees a large body of water situated in the midst of a beautiful landscape. He can even see the reflection of trees in the blue water. Traveling to the point of his vision, he realizes that it is only a mirage. Going back to his point of origin, he sees the lake again and points it out to every other traveler who passes by. Everyone sees it and believes it to be real, but all of the belief in the world can never make it real. As we approach True Divine Reality, our illusionary vision of this Universe and this physical body will vanish. Although the illusion may return again and again, we shall always know it to be unreal.

As students of Sadhana, we must learn to Consciously Control all of our brain centers. The first great step towards Realization is found in the joy of living; isolating yourself from the world will not do it. Try to live your life as fully as you can, remembering always that you are a Child of God. Sing and be joyous, remember that laughter can sometimes be much better than prayer. Get rid of your fears and misery – and for heaven's sake, do not infect others with them. No matter where you live, you should make every effort to surround

yourself with objects of beauty and joy; such as flowers, pictures or anything that will remind you of the Divine Wonder of Creation.

The second step is the purification of your thoughts and actions. To be joyous, you must be involved in what you are doing and thinking. The dancers cannot enjoy the dance unless they are fully involved. The more they refine their method of dancing, the more they become involved.

The third step requires a re-training of the brain. Learn to reason out what is True, from that which is untrue. Willfully direct your brain to see God in all things. As you use the Power of your Will, have faith in your own Divinity. It is only when you forget or ignore your Divine Being, that you will experience fear and misery. As soon as you think, "I AM THAT!" Great Peace and Joy will come to you. You will continue to make mistakes, but do not be dismayed. Have faith in your ability to express Divine Perfection. Remember, if Man had not been One with God, Humanity would have gone mad long ago.

The History of the World is really the story of a few men and women who had faith in themselves. That is the only kind of faith that can callout the Divinity within you. KNOW ALSO THAT YOU CAN DO ANYTHING. You fail only when you do not strive sufficiently to express your Divine Perfection. Never lose faith in yourself. For as soon as a man or a nation loses faith, they fall into decay and death.

As a Sadhanist, you must learn to be as intense as the narrowest sectarian, and yet as broad as the heavens. You must have absolute control over all of your thoughts and actions. You must be able to be a

Hindu, a Buddhist or a Christian, and still have the power to go beyond all of these different ideas and experience the Eternal Oneness. It is only by constant practice that we can achieve this kind of control. Live in the World, but do not be deceived by illusions and limitations. Do not identify yourself with superstition, but instead look for the Divine Truth in all things.

EXERCISE NUMBER 53

As you Meditate, put your whole body and Soul into it. Be as intense and alert as you possibly can. Try to be Aware that your Real Self is all that there is, and that your Divine Consciousness is the only Real part of you. At first, you will have to use your Meditation by thinking away everything; such as "I am not this body or these emotions that I feel." Analyze everything that comes into the mind and by sheer action of your Will, think it away by saying, "I am not that." Do this until you can begin to feel that you are body-less. Try to be Aware that the body was never the Real Self, it was all superstition.

Next, begin to assert what you REALLY ARE. You are Existence, Knowledge and Blissful Peace. You are Being, Knowing and Loving. By this process, you will make complete and direct contact with the Real Self – that portion of your Being which is All-Knowing and unencumbered by the physical objects that you normally associate with yourself. Use any method that you can think of that will make you more Aware of the KNOWER WITHIN YOU. The KNOWER may be Aware of everything that surrounds him, but he is also Aware that these objects ARE NOT THAT WHICH KNOWS. For example, tell yourself:

"I Am not this physical person."

"I Am neither male nor female – I Am not limited by sex."

"I Am THE KNOWER, who is Aware of all these things; I AM KNOWLEDGE ITSELF."

"I do not experience anger or hatred, pain or pleasure, because I AM THE SEER."

"Everything that I see, experiences birth and death; But I have never experienced birth or death."

"Everything above is filled with Me; Everything below is filled with Me."

"Everything and everywhere is filled with Me; I Am in all beings and all beings are in Me."

"I Am Existence above all Knowledge; I Am the Awareness of the Universe."

"The body eats and drinks and becomes tired; but I Am not the body, I Am not the brain – I AM AWARENESS."

"I AM THE SEER WHO SEES ALL THINGS."

"When the body is healthy, I AM THE WITNESS."

"When disease comes to the body, I AM ALSO THE WITNESS."

"I AM EXISTENCE, KNOWLEDGE AND BLISS."

Remember, you are not that which is seen – YOU ARE THE SEER. Carry your Meditation as far as you possibly can in this way. By following your reason you become THE WITNESS, witnessing the Universe. You are Aware of the ego and the body, but you are neither the ego nor the body. YOU ARE THAT WHICH IS UNCHANGEABLE, ETERNAL AND INFINITE.

May the Peace of God Surround You and Guide You.

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