

# **THE WAY OF SADHANA**

## **PRACTITIONER'S SERIES**

### **LESSON 1**

Dear Member

Greetings,

With this Lesson, we begin advanced studies in the Practice of Spiritual Healing and Psychic Energy. As you master the techniques given to you in each Lesson, you will be sharing in the knowledge acquired by the oldest and largest group of Spiritual Practitioners on the face of the Earth. You will also have ample opportunity to put into practice many of the Laws and Principles of Nature, which you have already studied, thoroughly in previous Lessons.

At this point in your studies, you should be aware that the same Laws which apply to many things called "psychic phenomena," are also the same Laws and energies which one can use and direct toward the Spiritual Healing of the body. All along the way, great effort has been made to steer you away from many of the superstitious theories that have become so popular in recent years. Psychic phenomenon and the use of Psychic Energy should not be considered a plaything. Nor should its effect be looked upon as a miracle or a gift that only a few are able to master.

Many of the Lessons you are about to receive will include Practices and Techniques in Psychometry, Psycho kinesis, and Dermo-Optic Perception, which are nothing more than an extended use of the five physical senses.

Along with these, we will also study the Human Aura, Clairvoyance, Telepathy, and other forms of Psychic Activity.

At the out-set of this Series; let me remind you as I have in the past, NONE OF THESE SUBJECTS ARE MYSTERIOUS OR MIRACULOUS. Each one, if used properly, can become a valuable tool in the hands of a True Spiritual Practitioner. With the right motive and proper application, none of these Psychic Tools will be harmful to you or to those around you. Instead, they can assist you in your service to Mankind. But, if as a Spiritual Practitioner you degrade yourself by using these Powers to become a magician, you will no longer be a value to yourself or to anyone else. The magicians amuses his audience with illusions that serve no function except to amuse; while the True Spiritual Practitioner concentrates his energy on the permanent renewal of Body, Mind, and Soul.

To thoroughly understand the World's Religions, requires a great deal more than simply studying Religious Scripture. We must also study their history and practices to determine the difference between philosophy and the physical practices, which made them living Religions. We must also remember that in the beginning, all sciences came into being as a direct result of Religious Beliefs and Practices. This is true, whether we think of the science of art, astronomy, chemistry, or medicine.

If one travels the World, they soon discover that all of these sciences, consciously or unconsciously, express the culture and character of the people where they are practiced. In the field of medicine, the varieties of "home remedies" always reflect the environment and the region where the people live. Dietary habits are established by the climate and terrain, which in turn also produce very unique demands upon the body in terms of

physical exercise and the use of muscular energy. People who live in a mountainous region will invariably use their high surroundings to interpret the deeper meaning of their Religious Scriptures as they relate to Man's everyday life. In the Western part of the United States, the Native American People interpret all of their Religious Actions in relationship to the Earth, Sky, and the Living Desert that surrounds them. From these different environments, each group of people finds the materials and methods to uniquely express all of their spiritual and physical well-being. Not only is this why people eat differently, it is also why they walk, move, and breathe differently.

Along with their Spiritual Studies, all Religious Communities and Monasteries have adopted physical exercises that have proved invaluable for the well-being of their Community. The Ancient Sages of India developed Yoga Exercises, while the Taoist and Buddhist Schools developed physical practices that were intended to enhance the student's "inner strength." After studying the different methods worked out by the Religions of the East and the West, we find that there are three types of Exercises that are Universal in their scope. These are:

1. Rhythmical Breathing Exercises
2. Simple Movements of the Body
3. True Rest

The result of these three types of Practice has been found to bring about dramatic changes in the body. The Exercises themselves do not require much time or effort and therefore are unlikely to disrupt a person's normal life style. These are the physical exercises that we will be looking at in this the Practitioner's Series.

It is an undeniable fact that people who are healthy have far more resistance to disease. As a consequence of this, they do not readily fall prey to serious illnesses. The three rules of Practice previously described, were developed to create a reservoir of "inner strength" and bodily resistance. Even when a person develops a negative condition, these same three Practices can quickly return the body to its proper balance. You will find that all of the Exercises and Treatments given to you in the Practitioner's Series will be simple, yet effective. All of them can be done in any place by any person, young or old, and will involve simple breathing exercises and physical movements.

Because of their simplicity, most people who do not have a background in Spiritual Practices may find them too simple to be taken seriously. This is where the Spiritual Practitioner comes in. You must never expect a sick person to do the Exercises completely without some mental support and direction. This may require physical assistance and the touch of a hand, along with visual symbols from the Practitioner as he orchestrates the whole Practice. In other words, you will find it much easier for the sick person if you are willing to do the Exercise with them. Quite often, the person will experience very good results with only one session. But generally speaking, the Exercises should be continued on a regular basis for the body to achieve its proper physical balance. Those who do these Exercises regularly will find that their body becomes stronger and their mental faculties will become sharper.

As creatures of the Earth, we must breathe without ceasing every moment that we live. Under normal conditions, every Human Being breathes approximately 25,000 times during each 24-hour period. This is why Breath Therapy is an important part of the Healing Profession in most

countries of the World. Men usually take 14 to 16 breaths per minute, while women breathe 18-20 times per minute. This simple fact has caused some to theorize that the four extra breaths taken in by every woman may possibly have something to do with the woman's longer span of life. Although this is purely conjecture, the evidence is startlingly in its favor when we consider that over a period of 70 years, every woman has utilized approximately 147,168,000 more breaths than her male counterpart.

The lungs are the source of the oxygen supply for all the organs of the body. It is for this reason that adequate breathing is essential if we are to maintain the needs and the functions of each organ properly. The need for oxygen differs from one person to another, depending upon the amount of power or energy that is required. The minimum ability of the lungs to inhale and exhale air is known as the Vital Capacity of the lungs. If we are in the habit of taking in short breaths, the air sacs in the lungs will be flat just like a partially inflated rubber balloon. If we exert the body more than normal in this condition, the lungs are incapable of supplying the greater quantity of oxygen needed. By deep breathing, we store up an extra supply of oxygen that can always be used by the muscles and organs of the body in an emergency.

When we are resting or lying down, we utilize much less oxygen. Of this, only two-thirds actually enters the body. The remaining one-third goes only as far as the throat and the breathing passages, and never reaches the lungs. Of the two-thirds that go into the lungs, only a very small amount reaches the tiny vessels within the lungs. This is because the thousands of small air passageways are restricted by the weight of the body, and the oxygen is unable to make its way to the millions of tiny air sacs known as alveoli. Without exercise and proper breathing, even a "healthy person" can

experience the partial collapse of these air passageways that supply us with Life-Giving Energy. If the alveoli or air sacs do not receive sufficient oxygen, many illnesses can develop such as congestion and colds, diseases of the lungs, heart, and all of the other organs of the body, along with mental depression and even cancer.

The prescription of proper breathing and exercise is not a new discovery. These two Practices have been taught by all of the Religions of the World for thousands of years to encourage both Physical and Spiritual Health. The Chinese physician, Khe Hung, who lived to be 81 years of age, was also the author of an old Chinese book of medicine that is still widely used throughout Asia. In the 3<sup>rd</sup> Century, A.D., he wrote the following recommendation:

“If Human Beings practice the art of perfect breathing, in which large volumes of air are inhaled, they will be untouched by illness. If they move their bodies frequently, they will not become old too soon. The body of every Human Being exists in the air, and air exists within the Human body. Thus air represents the major food required by the Human Beings. Those who are skillful enough to master the technique of proper breathing will not only possess a healthy body, they will also avoid illnesses and be capable of enduring hunger and stress, and live to a ripe old age.”

Correct breathing has been practiced by Taoist, Buddhist, and Zen Schools for thousands of years. The Ancient Forest Teachers taught the

value of deep, rhythmical, Pranic Breathing during periods of Meditation, to assist a student in achieving Oneness with the Divine. Unfortunately, many of these Ancient Techniques were shrouded in secrecy for centuries and only passed on to those individuals who were True Disciples of their Teacher. However, the situation is very different today. The Science of Proper Breathing is no longer kept secret. On the contrary, it is now studied and taught to others so that it can be used for the greater benefit of all Mankind.

The need for changes in our physical habits has never been more obvious than it is today. We have created societies that no longer depend upon the physical strength of their people. We have replaced muscle with machines and are now approaching a time when even Man's capacity for creative thinking is being replaced by computerized knowledge. What once was the joy of leisure time has now become the disease of sedentary boredom. While we have made much progress in the last 50 years, we have also made many mistakes. In the name of higher technology, we have polluted the Earth, Water and Air, which once were the main source of the quality of Human Life. By demanding greater quantity, we have dangerously forfeited quality to the point where many life forms are close to extinction. And whatever progress we have made in the field of medicine, is quickly being lost by our artificial way of life.

According to recent surveys, less than 20% of our young people are in perfect physical condition; while the other 80% are suffering from various diseases and defects, such as sloping shoulders, damaged backbones, abnormal feet, and other physical imperfections. We now know that industrial pollution interferes with the body's production of the natural substances that would normally resist disease. In a study at Pennsylvania State University, it was found that animals exposed to carbon dioxide,

sulfur, and nitrogen oxide, produced far less antibodies and were therefore more susceptible to serious illness. These animals also remained ill for a longer period of time than those not exposed to the same chemical pollution.

Medical science tells us that most Human ailments can be classified as “civilization sicknesses” and are a direct result of the way we live. Nearly all of these can be avoided by proper diet, exercise, and an increased supply of oxygen to the heart and other organs of the body. Physical exertion is no longer a necessity for most of us; therefore, we only use one seventh of the total strength of our lungs. This alone should be reason enough for us to adopt the habit of breathing deeply. This coincides with the popular slogan that says: “Use it or lose it.” As a matter of fact, all of the organs within the body must be moved or exercised continually if they are to remain healthy and strong.

It is all too easy to be aware of the body when it is ill or out of balance. We must now take measures to do away with these negative symptoms. Be aware of the posture of your body when you are sitting, walking, or standing still. Make a greater effort to keep it upright and erect, while at the same time the chest is expanded and inflated. Be aware of your breathing. Take deeper breaths. Remember depression, anxiety and worry are largely caused by the habit of short-breathing, and shallow breaths are not sufficient to supply you with the oxygen needed to ward off these mental or physical illnesses.

It is a well-known fact that the damage done by most human diseases can be totally reversed by proper breathing and physical exercises. If breathing exercises are done conscientiously, the following results will take place:

After seven days, the progress of the disease will be stopped and many of the symptoms will disappear.

After ninety days, you will be aware that you have recovered from your illness and you will begin to feel like a new person.

After one year of systematic breathing exercises, you will have developed a resistance to disease, and your mental capacity will be much greater than ever before.

There are five kinds of Breathing Movements. These are:

1. Shoulder Breathing
2. Chest Breathing
3. Stomach Breathing
4. Side Breathing
5. Complete Breathing

These are the five Breathing Movements that we will use in many of our Exercises. But before we begin, let me suggest that you go back and review what we have previously said about Prana in Hatha Yoga, Lesson 2. It is very important to understand that these Practices are not only meant to improve your physical health, but also to expand your Awareness of the Divine Power available to you in the simple act of breathing properly. By associating your Awareness with the Power of Prana, you will attract to yourself the Creative and Purifying Energy of Divine Rejuvenation.

## **EXERCISE 75**

### **Shoulder Breathing**

Shoulder Breathing involves the upper part of the lungs, which is the smallest. We begin here, simply because this is the area of the lungs commonly used by most people. As we have previously said, shallow breaths have a tendency to involve only this portion of the lungs and in no way should be considered a complete breath. But like many therapeutic exercises, we must begin slowly by developing that area which is most commonly used. Even this limited area of the lungs can be strengthened and expanded to produce greater results than ever before. Some people call this type of breath, collarbone breathing, because the oxygen fills only the area of the lungs beneath the collarbone. Therefore, this Exercise is intended to develop the upper part of the lungs. When we do this, we also increase the blood flow to the shoulders, neck and mouth. Weak shallow breaths have a tendency to affect the vocal organs and the manner in which a person speaks. By the use of this Exercise, we will improve the quality of the voice and build up a resistance to disease in the nasal passages. A secondary result will be an improvement in the posture of any individual who is round-shouldered.

Begin your Exercise in a standing position with your arms totally relaxed at your sides. Keep the shoulders and collarbone in mind at all times. As you inhale, the shoulders should be lifted and moved forward slightly. Inhale slowly, as the shoulders move upward and forward at the same rate of speed as your breath. But remember, the lower arms should always be relaxed. If you feel any tension in the elbows, your arms will not

be relaxed enough. With each inhalation of breath, your collarbones will be lifted closer to the jaw and your shoulders should be reaching for your ears.

Inhale through the nose – hold the breath in for several seconds – and then exhale through the mouth. As you exhale, your shoulders and collarbones should remain in a high position, and the neck and chin should sink slightly into the upper body. This will create a pressure in the upper lungs, helping you to force out all of the stale air. Exhale slowly as you squeeze out as much air as possible. Relax between each breath and then begin again. See Illustration.



**INHALE**



**EXHALE**

On the first day, you should limit yourself to five breaths every time you practice the Exercise – but you should practice the Exercise once in the morning and once at night. After a few days, you should be able to increase the number of breaths to seven and do the complete Exercise three times a day. Those who suffer from asthma, bronchitis, coughs, and similar lung complaints, are advised to practice this form of Shoulder Breathing first, before you take on any other kind of breathing Exercise. In just a matter of

a few days, you will notice enough improvement to go on to the next Exercise.

Let me give you one more suggestion. As you exhale each breath, the sound of the air coming out of your lungs should be like a long drawn out-HHHA – until you can no longer hear it or make the sound any more. This sound in itself is a Curative Sound and is used in many of the Ancient Healing Chants of the Native American People.

## **EXERCISE 76**

### **Chest Breathing**

Many people believe that Chest Breathing constitutes a complete breath. But this is not true. Chest Breathing also has its limitations, and is only a preparatory exercise leading to the full and Complete Breath. It does however, involve a greater portion of the lungs and therefore, it also produces greater benefits.

This Exercise should be done while standing in an upright position with your hands on the back of your hips. The thumbs of your hands should be pointed forward and your fingers should be pointed downward toward the buttocks. By tilting the head slightly backward, the rib cage will be lifted and the breastbone will be pushed forward. As you inhale, the diaphragm just below the lungs will be pushed upward as the abdomen is drawn in. See Illustration.



Again, inhale through the nose and exhale through the mouth. As you inhale, you should also draw in your abdomen at the same rate as the inhaled breath. Breathe slowly – do not try to force the air into your lungs. A slow even stretching of the lung cavity is far more beneficial than blasting it open with a quick hard inhalation of air. Deep breathing does not mean fast or hard breathing. If you have ever blown up a balloon, you know that once it reaches its maximum expansion, any excess air will do one

of two things; the excess air will try to escape or the balloon will blow up. However, the lungs are not a balloon. Therefore, you need not worry about them blowing up, but they will react against too much air being forced into them. This reaction will cause them to push against the incoming air to release the pressure. Therefore, each inhalation of breath should be slow and even, taking in only as much air as is comfortable for the lungs to maintain.

By approaching this Exercise slowly and carefully, you will find after a few days, the capacity of the lungs will increase and the rib cage will expand naturally. When the breath is exhaled, drop your arms to your side and bring the head slightly forward. This will allow the rib cage to move downward, while the lung cavity becomes narrow again. For example: arms down – head forward – relax completely – and then exhale fully. You should also remain relaxed for a few seconds before you begin a second inhalation of breath. After you are relaxed, raise the hands to the hips in the prescribed manner – tilt the head slightly backward and inhale slowly.

For the first few days, Chest Breathing should also be limited to five breaths each time you do the Exercise. Eventually, you will find that this breath and the movements involved can be used any time you feel the need to stretch or change your frame of mind. Chest Breathing strengthens the lungs and stretches the rib cage. This in turn produces a beneficial affect upon the neck and spine, allowing more of the Life-Giving Prana to reach the nerve centers in the spine.

Always be aware of what you are doing when you perform an Exercise. It is not enough to simply breathe in greater quantities of air. You must always be Aware of the Divine Force flowing into you. By Willfully giving it direction, you will quickly improve your health and your Spiritual outlook. Remember also, everything you do Spiritually should be preceded by some form of Willful Breath. Not only will this enhance your strength, it will also give Power and Authority to what you are doing.

May the Peace of God Surround You and Guide You.

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